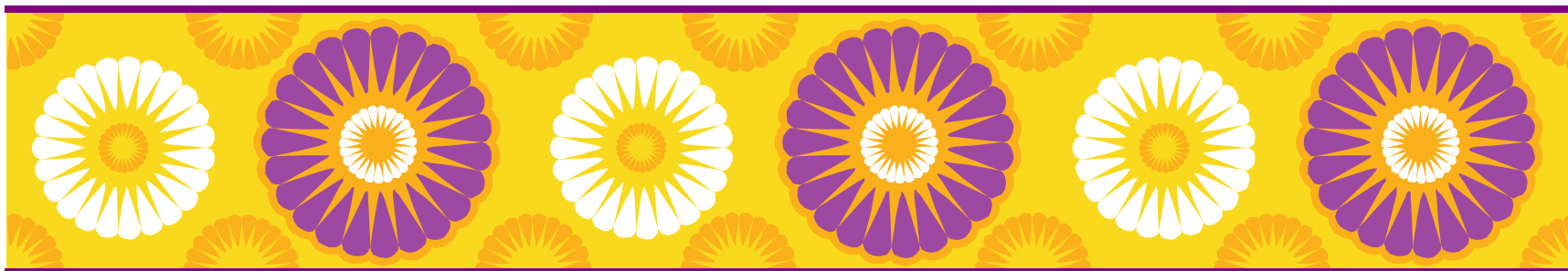


# *Step Into Your She-ro's Journey*

If not now, when?



# *Stepping in, Stepping up: Welcome to Your She-ro's Journey*

Invited and Compiled by Jen Louden

Designed by Ronna Detrick

**Hi, I'm Jen Louden**, a best-selling author of six books with almost a million copies in print, a teacher, and Comfort Queen turned activity catalyst. I just launched a new project: *The Savor & Serve Experiment* (<http://www.jenniferlouden.com>) and this is one of my first "experiments" - asking women I know how they are stepping into their she-ro's journey.

Welcome to this feast!





Can you feel it? *Can you?* Please tell me you can because I am feeling it so vastly, so insistently, that I can barely sleep. Some days I don't know what to do with all the energy bubbling up through me, so I go outside and howl with the coyotes.

Tell me you can feel it. Then we can clasp hands and compare notes; whispering in breath-full excitement at how hope-infused action is spreading so far and full.

**Yes! You *can* feel it!**

*It.* How do we talk about it without sounding hopelessly naïve, without wearing our hearts on our sleeves, without exhausting ourselves before we even start?

Do we even dare name it? I wonder: do we need to?

What if we squint at it out of the corner of our eye and say, "I see you. I serve you. You are hope and justice and community and sustainability and beauty and freedom for all. I see you. I know history has not been kind to you, oh I know. I know the big old corporations and governments of the world have broken your heart again and again, I know. And I declare: **I see you. This time will be different.**"

People are rising up, change is rushing forward - she-ro's and hero's are journeying forward - right now *as you read this*. Moving forward imperfectly. Often saying, "Who *me*? You're counting on *me*?" but still, putting one foot in front of the other, picking one thing he or she cares about and *taking action*.

Are you with us?

**You will need sustenance for the journey and companions. Here are both.**

**Essays, poems, photographs, videos, invitations - responses from women of whom I asked this question:**

**How are you stepping into your she-ro's journey these days?**





**Dive in, enjoy, share this with everyone who needs inspiration.**

This is what came pouring in; their hearts, their hurts, their hopes. Let them companion you on your she-ro's journey. You are not alone.

*You can feel it, I know you can.  
Soak up some love and then take the next step on your she-ro's journey.  
I can't wait to see what happens.*



## *Stepping Into My She-ro's Journey*

1. Sending my son off to college and letting go of that part of my identity
2. Learning to love and cherish my imperfect elderly mother, in part, because I'm learning to enjoy her imperfections
3. Spending the whole day in my pajamas instead of checking something from my to-do list
4. Learning new technical and practical skills to help get my work out into the world
5. Breaking out of my shyness to reach out to new people who can broaden my world and my reach
6. Moving from doing things on my own, operating solo, to doing them in community
7. Empowering other women to find their voices and tell their stories
8. Launching The Writer's Journey Roadmap--sending inspiring quotes and writing prompts out weekly to inspire others
9. Saying 'no' a hell of a lot more frequently
10. Learning to apologize--and learning to forgive--and it's taken years to do so
11. Joining a gospel choir at age 54 and taking singing lessons--for the first time ever



*She-ro Laura Davis* is a 7-time author whose books include *The Courage to Heal*, *Becoming the Parent You Want to Be* and *I Thought We'd Never Speak Again*. She teaches writing and memoir in Santa Cruz, CA and internationally. If you'd like some inspiration for your own writing, [subscribe](#) to her free Writer's Journey Roadmap. [Learn more](#) about Laura.



# How to be a Woman

There may come a time, my friend,  
when you have lived too many lives  
that are not your own,  
followed too many rules that broke your spirit,  
and mastered the art of imitation.

This will be a time when you've forgotten  
your own shape  
and you find that you no longer remember  
just how to be a woman.

Believe this: you can remember again,  
you can fit back into the shape  
that you were meant to be.  
It hasn't truly gone away.

Start by taking a deep breath,  
and sit quietly while you  
listen to the wisdom written on your heart  
by your God/Goddess.

Be kind to yourself  
caress your skin, your hair, your breasts,  
all the body bits that make you woman.

Gently touch the flabby bits, the too-skinny bits,  
the old bits, the not-perfect bits

Stop to kiss Mother Earth, Gaia,  
bend your knees, run your fingers through her soil  
hug her trees, blow kisses into her wind.

Twirl your skirts, kick up your heels  
and dance while you listen to the music nobody  
else hears.

Then, when you are ready,  
turn your head in the direction  
your own journey calls you and don't look back  
even when you hear the cries  
of those who feel betrayed by your leaving.

Stand tall, my friend,  
you need to be courageous for this remembering  
you need to be ready to break things  
shift things, disturb the status quo.

You need to be powerful,  
and wise, and steadfast,  
in this re-birth, because it is what is  
expected of you  
by all of those waiting for you to lead them.

Make no mistake - they ARE waiting  
for you to lead them  
because they are afraid, they are hurting,  
and they have lost their way.

They need your strength, your courage,  
your beauty, your art, to lead them  
into this new place.

But first,  
be gentle, sit quietly,  
for you need this time of rest  
to prepare you for the journey.

- by Heather Plett, [www.sophialeadership.com](http://www.sophialeadership.com)



*She-ro Heather Plett* is a writer, speaker, teacher and all around creative thinker. On her blog, [Sophia Leadership](http://Sophia Leadership), she invites people to imagine what can happen for the world if we all trust our feminine wisdom more.

## Showing up for You at 4 am

(Clicking on the image below opens a window on the web. Each browser is different. Click your back-arrow or on original window to return.)



*She-ro Dyana Valentine* is proud to be a boss-for-hire, a muse, a fire hose in a garden hose world. She follows her own advice: be quick off the line and excited to fail. [Find her here.](#)



## Stepping In and In

I am stepping in by working with my inner worries, fears, and doubts and turning them into a resolve to be more present and connected, and to act more kindly to people I encounter.

The only antidote I see to the fear of the rapidly escalating world changes is to love more fiercely and spend time doing what I can do to help others.

I am concentrating my creative efforts on our teen program focusing on empowerment, social and emotional intelligence, and positive creativity.

We are working with nearly 1000 teens who want a better and more loving world. This is a non-profit so this means walking my talk of contributing versus the ongoing urge to be more greedy. The website is [www.ahasb.com](http://www.ahasb.com). We need young and old to be actively engaged in a new world paradigm of One for All and All for One.

I am also consulting with many people who need guidance during this tumultuous time through my long-term psychological astrology practice. People find it really helpful to have a celestial and life-affirming perspective of the unfolding massive changes. I also practice a movement meditation series every day before I start my day.



*She-ro Jennifer Freed* has provided thousands with the practical tools to compassionately reassess personal behaviors and make significant life changes. National media appearances include Good Morning America, NPR, ABC and FOX News, SIRRIUS Radio, Air America, USA Today, Disney.com, Lifescript.com, and others. Jennifer hosts the popular radio program FREED UP! on *Voice America*. Visit her at [www.jenniferfreed.com](http://www.jenniferfreed.com)



## *Unravelling the She-ro's Journey*

(Clicking on the image below opens a window on the web. Each browser is different. Click your back-arrow or on original window to return.)



*She-ro Susannah Conway* is a photographer, writer and the creator of the [Unravelling e-courses](#). A Polaroid addict and very proud aunt, she is currently hard at work on her first book, to be published in spring 2012. Learn more at <http://www.susannahconway.com/>

## What I'm Doing

I give \$1 a day to **Philanthroper** – it's a small contribution to make the world a better place. They choose the focus and I learn all kinds of ways to help the world.

I also am part of the **Save Americorps** and I have offered to testify before the senate about the win-win nature of Americorps for those struggling and those helping (as a parent of a former Americorps volunteer), and I have given them money.

I volunteer for **Share Grief** as a volunteer grief specialist and correspond in a heartfelt way with people who are grieving.

Right this minute, in my sh-ero journey, I admit when I don't know what to do – just admitting that puts some light on my fears and somehow comforts me in ways I can't explain.



*She-ro Char Brooks* helps people who want to manage the ups and downs of their physical and mental health, so they can do what they love to do. She is also the author of **Patient Power: Get The HealthCare You Deserve**. You can learn more about her work at [www.the-first-step.com](http://www.the-first-step.com).





She is brave,  
a superhero  
a woman

who trusts in her own  
truth. She is finding  
her own wings  
because she knows  
she was born to fly.  
The world smiles as she  
steps into the air, her  
heart becoming a  
soaring eagle.



*She-ro Goddess Leonie* is the creator of [GoddessGuidebook.com](http://GoddessGuidebook.com), a popular creativity, spirituality + business blog for women.



## *Inspired by an Ibex*

The natural instinct to go for what you want... be persistent and stay positive even in the face of gigantic walls!



*She-ro Donna Zajonc* is a Professional Certified Coach and Director of Coaching and Practitioner Services for the Power of TED\*. She served three terms in the Oregon Legislature and is author of *The Politics of Hope: Reviving the Dream of Democracy*.





European Ibex like to eat moss and lichens as well as lick the salt off the wall of the dam.

Having had a full-time professional coaching practice for many years, *She-ro Donna* collaborates with David Emerald, author of *The Power of TED\** as both wife and business partner. [Contact her.](#)



## *A recovering perfectionist's experiments in stepping up and letting go...*

- Treating business ventures as experiments - letting go of the need to know that it will be successful before I start which is terrifying for a recovering control freak.
- Being kind to myself for not knowing it all - when it's easier to pretend to others and to myself that I do.
- Creating platforms & spotlights for others - despite sometimes (often) thinking I need to keep the spotlight on us.
- Keeping my feet on *my* path and my heart open - when it's so easy to get distracted, disoriented and closed off by external, disrupting events.
- Nurturing my soul, my body, my self and my family with home-cooked, old-fashioned organic food - but not depriving myself of my one vice...a whole bar of organic chocolate. Yes. A whole bar. Every day. And no, I don't feel guilty or beat myself up about it.

It is a journey with many twists and turns - and all I can do is carve and follow *my* path. A task that's much harder to do than I ever thought...but so much more rewarding than I could have ever dreamed.



*She-ro Lea Woodward* is a recovering perfectionist. She runs **Kinetiva** a place where natural talents are nurtured, not stifled; where passions make money, not just dreams; and where your purpose is empowered, not hidden.

## How I'm Doing it Today

### *I believe:*

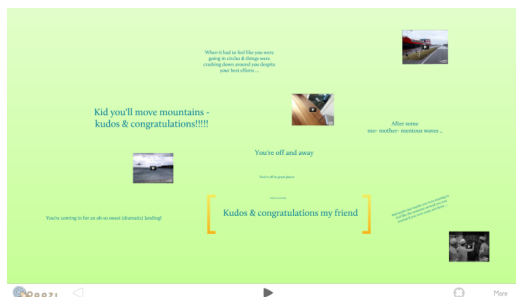
- that **creativity** is inherent.
- being human means being **socially responsible**.
  - for most of us, **suffering** is **optional**.
  - for all of us, **humour** is our **golden ticket**.
- in **differences** that make a difference and **similarities** that are significant.
  - that to see myself and others fully I have to get out of my own **frame**.

### *I think:*

- the world could use more **whimsy**
- **cookie dough** should be a food group unto itself.
  - I know being **Canadian** rocks.

I'm **passionate** about making a living doing what I love; creating engaging workshops that help people **laugh, learn and lead**.

(Clicking on the image below opens a window on the web. Each browser is different. Click your back-arrow or on original window to return.)



*She-ro Lee-Anne Ragan* has received international acclaim for her work as a specialist in cross-cultural, communications, teambuilding, evaluation and conflict resolution training. Her work has taken her to Africa, Asia, the Arctic, India, Mexico, from coast to coast in Canada, and to the United States. [Learn TONS more.](#)



## *I'm bringing sexy back*

Sexy. As in...

Beautiful.

Appealing to all senses on all levels.  
Physical. Mental. Emotional. Spiritual.

Humorous.

(we love those who make us laugh)

Delicious.

Pleasurable.

Saturated. Full. Plenty.

A little mysterious.

Self-aware.

(without affectation)

Comfortable.

Self-respecting.

Confident.

I do not need to be solemn or restrained to be purposeful.

I do not need to be so *serious* to be taking things *seriously*.

It might not seem appropriate, but neither is it effective.

It's better to approach the work at hand with less worry and more swing in my step. In the end, it gets better results. Because when I am sexy, I am simply seducing solutions from the challenges before me.



*She-ro Cairene MacDonald* helps self-employed creatives develop alternative organizational systems that work the way their brains work - so they can get the important things that need doing *done*, without wasting time and energy trying to be people they're not. Find her at [Third Hand Works](#).





working on being  
VULNERABLE  
changing the current  
T A P E S  
that seem to be on  
repeat  
in my HEAD ~~and~~ HEART  
simply opening my  
M O U T H  
and saying how i feel.



*She-ro Ali Edwards's* passion resides in that very special place where the stories and images of life intersect. Her work includes blogging, teaching, writing, photography, product design and living a full life. Visit her at <http://www.aliedwards.com>.

## *Moving Forward*

My she-ro's journey is pretty unglamorous. It's just moving forward, one day at a time, while being honest about how far from a she-ro I usually feel.

- Walking straight ahead, assertively, head-up-and-shoulders-back into the things I most fear and resist (while simultaneously feeling petrified and totally stuck).
- Seeing my life as a huge, sweeping drama that requires my limitless perseverance, enduring strength, and raw, exposing vulnerability (while secretly hoping for love-scenes with a staggeringly handsome co-star).
- Recognizing that I am not alone. Companions come alongside: women in sacred texts and mythic legends; others who just show up, oft' times miraculously, in my every day life (while I'm often too self-absorbed to see them).
- Realizing that my own personal battles really aren't mine alone; though they make me feel crazy, and cause me many restless nights, they are the very things that others need to hear me acknowledge, name, and struggle through (while I attempt to appear perfect, nonplussed, and completely put together).

I'm not fooling anyone. Certainly not myself. The journey is long and hard. I feel ill-equipped to meet my own needs, let alone those of my daughters and those so poignant and painful I encounter every day in this world. In the midst, my she-ro's journey remains one of telling the truth - about all of this - over and over again.



*She-ro Ronna Detrick* is the voice and owner of [RENEGADEconversations](#). She speaks, writes, coaches, and does everything she can to invite provocative conversation. She believes in strong convictions, compelling advocacy, and living an unedited, uncensored, out-loud life. She wants the same for others. Subscribe to and join in [Conversational Renegade-ness](#). Find her on [Twitter](#).

## *The Work I Am Teaching is the Same Work I'm Doing on Myself*

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*She-ro Abby Kerr* is a brand editor calling creative entrepreneurs to rule their realm and up their addictability factor. You can find her at [Abby Kerr Ink](#) and on Twitter [@AbbyKerr](#).



## *Dancing the She-ro's Journey*

Dance is my moving meditation.  
It is my passion, my practice and my  
prayer. I'm trusting myself enough  
these days to know that sharing what I  
love is the best way I can be of service  
to others. I believe creative expression  
and movement can help heal ourselves  
and our world. Authenticity. Serenity.  
Compassion. Beauty. Connection.  
Freedom. Gratitude.  
If I can help people experience more of  
these things in their own life  
through the work I do,  
I know I'm doing my part.



*She-ro Lisa Evans* is a dancer, writer and movement arts facilitator. She leads ecstatic events and experiences held primarily outdoors in nature and provides movement-based life coaching. She lives in Cannon Beach, Oregon with her husband, James, otherwise known as "YummyKiwiMan", and her cat, Buddy who thinks he's a dog. Dance with her here [www.beachdance.com](http://www.beachdance.com) and here [www.move-and-be-moved.com](http://www.move-and-be-moved.com).



## *I Show Up*

I step into my shero's journey by showing up as I am.  
I listen with my inner ear.  
I respond to the guidance within.  
I say yes to what is alive for me (even when other voices are shouting no).  
I risk what I think I know for a greater truth.  
I let myself rest and receive.  
I allow my feelings...all of them. I feel my joy; I feel my sorrow; I feel my anger.  
I grieve. I wail.  
I honor the parts of me that need to be heard and seen, that society says are "negative" or "bad".  
I get messy.  
I feed my disgust and rage at the injustice and oppression to the element of fire, and it is transformed into fuel for my passion and purpose.  
I give myself permission to lead authentically, even though I get scared I will be rejected or won't do it "right" .  
I get over my "self" and my fears of not being enough as I persist with my sincere desire to serve.  
I take the next step without knowing the step after that.  
I tune into Spirit.  
I watch and feel nature.  
I remind myself that there is a process to life, and it includes chaos and things falling apart.  
I open the door to my shadows and welcome them in.  
I clear every day-- my mind, my beliefs, my attachments, my patterns.  
I am picky about what I think.

*(Continued on next page)*



*She-ro Kendra Thornbury* helps soul-centered women entrepreneurs & evolutionary leaders **create spiritual and financial freedom** so that they have a greater impact & make more money....and remain true to who they are! Known for her ability to blend spirituality with business and soul with money, she teaches her clients how to use entrepreneurship as a path of purpose and profit.



I ask how I can help.  
I witness myself.  
I do my best to embody that which I want to see in the world.  
I take responsibility for my reality, for my peace, for my prosperity.  
I stir the pot and sit in the discomfort and conflict that sometimes surfaces.  
I sing.  
I align.  
I affirm.  
I reject anything that does not feel good.  
I consciously choose.  
I surrender.  
I fall down. I get up.  
I breathe in. I breathe out.  
I live in gratitude. I say thank you every night before I fall asleep.

*She-ro Kendra* E Thornbury, MA, is an internationally acclaimed coach, spiritual guide, speaker, facilitator, humanitarian and entrepreneur. She has served as President for the Puget Sound Coaches Association and as a board member for leading organizations such as the Women's Business Exchange and Woman's Way Red Lodge. [Learn more about her.](#)



## Get Sweaty

(Clicking on the image below opens a window on the web. Each browser is different. Click your back-arrow or on original window to return.)



*She-ro Desiree Adaway* is a consultant, strategist, coach, storyteller and explorer. She uses her superpowers-her voice, sense of adventure and belief in the transformative power of community-to help organizations design programs that create unrestricted revenue, volunteers and advocates. Visit [www.desireeadaway.com](http://www.desireeadaway.com) and Twitter at [@desireeadaway](https://twitter.com/desireeadaway).

## Jason Does the Kung Fu Fighting Dance

...the norm of the monomyth requires that the (s)hero shall now begin the labor of bringing back the runes of wisdom...  
into the kingdom of humanity...(Joseph Campbell, *The Hero With A Thousand Faces*)

**The Vision:** I have this scene I play in my head regularly. The mythic hero, Jason, having just snagged the Golden Fleece from the last trial, does a little dance of joy. A little 'hands-in-the-air,' a little hip-shaking; I imagine him singing "Everybody Was Kung Fu Fighting." And, as the joy fills his heart and triumph courses through his body, he thinks, "How the *fuck* am I going to get this home?" I smile, because I feel that way, too, sometimes.

For me, the first leg of the shero's journey was claiming my power. It took me 12 years to do that. Now, I am 7 months into the second leg of the journey: bringing my gift to the world.

**Claiming + Trusting:** The last few weeks, these practices have kept me on track. Like those things they use at the bowling alley to keep the ball from going in the gutter.

Everyday, I claim my title: holistic health educator. Even though this is what I do and who I am-it is inside me to a certain extent-I still practice putting it on everyday, like a T-shirt.

I refuse to give in to perfectionism. It's so tempting, this particular busy-maker (it's an old friend, actually). But I know it keeps me from my work and erodes trust. I stop, I breathe, I remember my crazy idea: women who know, like, and trust their bodies and make empowered health choices. And how perfectionism doesn't serve that, *at all*.

Instead of striving, I stride. Striding combines intention, strength, and a weensy bit of stretching to me. I paraphrase Thoreau, "(Stride) confidently in the direction of your dreams..." to buoy myself.

**Me:** I am more integrated than I ever hoped to be, as if all the best parts of myself have come together to support me. Which feels awesome. I also find that I am suddenly, radically, self-compassionate. Everything was leading up to this, and now everything is helping to support it. Weird, but cool. Everything doesn't get hunky-dory when you claim your power, but it does get better.



*She-ro Joanna Meriwether* has a degree in health education, is an ordained interfaith minister, and has her Master's degree in Social Work. She combines these disciplines and her own experiences with a chronic disease, into a thriving holistic health education practice. She's attended several of Jen's retreats at [Kripalu](http://kripalu.org). Visit her at <http://joannameriwether.com>.



## *Heroic Journeys Take Us Outward; She-roic Journeys Take Us Deep Within*

I've come to distinguish between masculine-style Heroic Journeys and more feminine She-roic Journeys. Not that they're gender-specific - they're both available to everyone. But when we answer the call of the She-ro's Journey, the adventure is found within.

The Hero's Journey is a journey out - of exploration, of adventure, of conquest. It's Homeric. You're stepping forward, making things happen. The way I think of a She-ro's Journey, it's more about a journey down. The S-hero comes forward when the Hero is brought to his or her knees. Rather than the triumphant return, it's the disarming descent.

What if our breakdowns, our losses, our crises of faith, our moments of questioning EVERYTHING are the S-hero's Journeys of our lives?


I feel that way about 2010.

I was delighted to be pregnant with our second baby, right on time: he or she would be 2.5 years younger than Cooper. Just as planned! In February, my husband and I went to a 13-week ultrasound and watched as the technician measured everything possible. Finally, she said, "Um... the only thing is, I'm not finding a heartbeat." We hadn't seen it either. We'd seen ultrasounds before. We knew the heartbeat flashes like a strobe light. But you don't see what you don't want to see. I asked, "Could you get the radiologist in here? Maybe he can find it." She said, "I'm sorry. I don't think so." When I found my breath, it came out as a howl.

In the coming weeks, our shock gave way to grief. I was angry. Terrified. Having a second child - being a mother of 2 and an entrepreneur, plus holding space for a rich inner life and intimate marriage - THAT was my Hero's Journey! What the fuck was this? I had taken SUCH good care of myself and that baby. There was no explanation. As the loss slowly sank in, I saw one of the naked truths of this life: the things I cherish most are the things I have least control to protect or keep... *(Continued on next page)*



*She-ro Michele Lisenbury Christensen* (@lisenbury) is a student and teacher of feminine power, masculine power, and the integration of the two in work and life. She's read more than 100 books a year since she was 5. They've gotten longer. Her transformational leadership and relationship coaching are fueled by ancient yogic wisdom, cutting edge brain science, relentless personal experimentation, and hemp chai lattes...



I can insure my vehicle. I can brush my teeth. But my babies? Nobody knows what might happen to them, or why. This awareness has left me tender, softened, and exquisitely present - at least, more of the time! - to my husband, my son, my body. All my fragile, uncontrollable, unprotectable treasures.

Slowly, through lots of prayer, lots of support, lots of yoga, and an ongoing feeling that I had stepped into the web of life in a deeper way, having lost a child, the sun began to come back out. Then in April, my business partnership's cracks became visible from the road. We began the excruciating process of grieving our losses, dividing our assets and liabilities, and dissolving the partnership. All while we grieved separately and wondered together whether our friendship could survive the cataclysm. By the end of the year, we'd sorted out all the details, and as spring dawns now, we're rebuilding our connection on a new footing. But to return from the deep well of self-doubt, shame, grief, and fear, I've had to rewrite my relationship not only with my partner, but with my career and with myself.

Both these experiences felt like what I think of as the S-hero's Journey: it's a journey of descent. Of dropping into who we really are. Of feeling things stripped away that we'd give anything to keep. And of finding something there, when we land at the bottom with a thud, that nourishes us. These journeys to the underworld reveal to us our heroic selves - our deepest qualities of character and soul. Much to the chagrin of my ego, they don't offer me the feeling of conquest or self-selected adventure that I would imagine a heroic venture might. But my descent - like the goddess Inanna's - strips away all my trappings, lays me low, and gives me back to myself in a way that helps me rise again, strengthened.

*She-ro Michele* was raised in Alaska by Ice Road Truckers (seriously.) she thrives on paradox and adventure. She and her husband Kurt designed and built their Seattle home for their son Cooper and - they hope - another. Her online home is at [www.workingwithpower.com](http://www.workingwithpower.com).

## *The Shining One*

I believe the she-ro is awake in us from an early age. When I discovered this photo of myself at 5 years old, i saw the Shining one that i have always aspired to be. The Shining One that lives inside us all. This is what the world asks of us.



*She-ro Molly Gordon* is a business sage and trickster for the spiritually and psychologically savvy. Since 1993, she's shown thousands of accidental-turned-intentional entrepreneurs how to grow businesses that fit just right. Molly's style is straightforward, sassy, and smart. She is noted for her refreshing, practical perspectives on life and business, which you can get from her free weekly e-zine, *Authentic Promotion*. As a facilitator, Molly is noted for her ability to connect with diverse audiences and to reveal unexpected alliances and shared interests.





## *Visions of Trust*

For those of you who wish you heard voices and had visions, I just want to tell you, it's not actually as helpful as it sounds.

It's easy for me to have visions. The difficulty is living them into being. There's always an enormous process of becoming. It's not like I'm seeing a little farther down the road. I'm looking at another galaxy. I have no idea how I can, or even if I can participate in what I'm being invited to be / do.

It pretty much looks like this. I trust. I trust. Meltdown. Tears. Something blissfully beautiful falls effortlessly into place. I trust. Melt-down. What were you thinking? I trust. The cycle never ends, the visions keep coming and, happy mystic that I am, I keep saying yes.

I said no. Once. There's always the option. It was as if a steel cage suddenly descended. I won't do that again. My happiness is braided with the yes.

Right now, part of this looks like stepping up my teaching work at a time when I'm experiencing a significant and scary decline in health. It means trusting the message that sacred self care for me is in stepping up, not stepping back. It means learning to let everyone see the decline, instead of working around it which is my usual tendency. I know that's good and right. And I still don't know exactly how to live it.

But I have a vision of what it can be like for everyone when I do.



*She-ro Mahala Mazerov* teaches heart essence practices from her Tibetan Buddhist lineage, making them accessible to all. Her vision-of-a-lifetime is creating a world-wide community focused on love and compassion. You'll find her at <http://TenThousandBodhisattvas.com>.

## *Fear and I have a happy relationship.*

As a young woman, I'm still at the stage of life where the big things I do scare the pants off of me. I have drive but lack calm confidence. But I thrive on the twisting in the pit of my stomach. I yearn for the feeling of blood rushing away from my face when something big is staring me down.

- getting on an airplane by myself for the first time
- going to a private party with national press
- emailing a role model & asking for an interview
- offering my opinion on how others run their businesses
- teaching positive productivity

Of course, the more clarity and consciousness I attain around exactly what my journey looks like, the more I'm allowed sips of calm. The more I feel the elegance of confidence. The less likely I am to back out at the last minute.

I like that.

As a young mom, I'm also acutely aware of my need to help my daughter step into her own she-ro's journey. She may be small but I want her to know that fear can push us forward - not always hold us back - and that there is calm & confidence past the fear.

It helps with potty training too. I hope.

I grow, she grows. We embrace fear and we find our confidence on the other side.



*She-ro Tara Gentile* empowers artists of all sorts to produce and profit from their passion. She pushes past comfort & convention to dig into the power of ease & independence. She is also the editor of *Scoutie Girl*, a daily digital zine where creatives connect, converse, and commune.



## *Working in the Gaps*

These days I'm learning to work with the gaps.

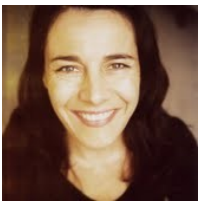
The gap between how I think things should be and how they actually are.  
The gap between how good I think I need to be and how good I feel.

And what I'm learning is that the secret - for me anyway - to working with the gaps is kindness.

My courage to act - despite the gaps - is fueled by kindness. I'm buoyed by the kindness of strangers. I'm sheltered and nourished by the kindness of my family, my tribe.

And I'm being slowly transformed by self-kindness.

May you be kind, brave one, and may you be met by kindness.



*She-ro Marianne Elliott* is a human rights advocate, writer and yoga teacher. Zen peacekeeper. Change-maker. Instigator of radical acts of kindness to ourselves and others. Creator of the 30 Days of Yoga course. Practicing Buddhist (trust me, it takes a lot of practice). Practice with her at <http://marianne-elliott.com>.



## *The Sun Licks My Skin*



*She-ro Kate Swoboda* is a life coach, teacher, and writer living in the San Francisco Bay Area. She supports women from around the world in making powerful choices and rocking out their lives (side note: this involves a lot of courageous laughter, love, acceptance, and not taking ourselves too seriously). She's the author of four e-programs and creator of the Courageous Play and Create Stillness retreats. Learn more at <http://www.yourcourageouslife.com>, or check out <http://www.courageousguides.com>.

## *I Heart Living Green*

**My She-ro's journey is about fueling my creative business goals with my personal beliefs rooted in a holistic green lifestyle.  
My activism out in the world is based on the notion that "it's all related."**

One of the most interesting feelings that emerged after my daughter was born, among the surges of hormone fueled ecstasy (miracle of birth!), relief (everything went fine, she's fine!), giddiness (I did it!), and delight (look at her bald old man cuteness!), was the unexpected and at times, overwhelming urge to sob uncontrollably at the thought that someday I was going to die. For the first time in my life I felt the pangs of mortality juxtaposed against the notion that I now had someone for which I incontrovertibly needed to live. The bittersweet irony of these feelings did not escape me, but I soon discovered they would be the new normal of motherhood.

A lot of times we can't articulate them, and we may only have a vague sense of them floating around in our brains, but I think these feelings are the driving force that causes many women to switch it into high gear, so to speak, when they have children. When my daughter was about 3 years old, I began developing a business idea for an eco-friendly spa and wellness business, driven by the desire to find something I myself would like to patronize in my city of Los Angeles, and which also contributed meaningfully to the world. I did an immense amount of research about green and organic supplies and products, and alternative wellness modalities, folding in my experience as a yoga and meditation instructor for 12 years.

As the mother of a daughter, and future beauty product consumer herself, I want her to know about how to care for herself in a conscious, loving, and healthy way through her food and nutrition choices, her consumer habits, as well as all her wellness and beauty habits. How we are going to live on the planet and how we are going to raise our children to live on it, should be the number one issue for all of us as parents, in my mind. Once on this path, your shades of green can vary, but I do believe they can't help but deepen as you come to realize how it is all related.

For myself, I'm constantly learning and becoming more aware of ways I can improve my approach to being an eco-conscious parent. My daughter is an ongoing inspiration for me. I want to live as long and as healthfully as possible, and I want her to live in a world that is just, green, and bountiful long after I'm gone.



*She-ro Randi Ragan* is the owner of the award-winning GreenBliss EcoSpa, LA's only eco friendly mobile spa and wellness service. Services include spa parties, retreats and getaway weekends, green spa elements and ambiance for event productions, green living and eco-beauty education. Randi writes, speaks, and blogs about mindful green living here [www.greenblissecospa.com](http://www.greenblissecospa.com).

## Planting Seeds in the Dark

I used to think that she-ro's were perfect, gorgeous, successful women. I felt too flawed to be called a she-ro and I was terrified of sharing my goals lest you catch me faking she-ro-ness.

It's been 6 months since my kidney health deteriorated and our first child died in utero. My health, our precious daughter and all the dreams we had for sharing our life with her, the hope of ever carrying a child full-term... all lost in one fell swoop.

But that wasn't all I lost. Gratefully, I also lost the ability to believe in my old, naive definition of she-ro's.

From this side of a well-used and well-broken heart, it's clear to me that a real she-ro can sit just as easily in darkness, ugliness, and the uncertainty of suffering and loss as she can in places of beauty, abundance, joy and ease.

- A real she-ro finds ways to live and express what's most important to her, and to serve, even when she doesn't know if she's chosen "the right" goals, and has no assurance that her projects will work out, and no possibility that her work will ever be finished.
- A real she-ro knows that seeds grow best when they're planted in soil that's mixed with shit. She lovingly steps barefoot into the shitty soils of life and keeps sowing and nurturing seeds of possibility, even though she knows some seeds will not survive and it'll be some time before she'll have the pleasure of little green miracles peeping through the dirt, reaching for the sun.
- A real she-ro creates, loves and serves with her whole heart. Not in spite of the risk of loss, but because of the risk of loss. She understands that it's in uncontrollable chaos, trauma and loss that her contributions become all the more precious, necessary and urgent.

Now that I understand what a she-ro really is, it's so much easier to see and celebrate the she-ro's inside of me and the many courageous women around me.

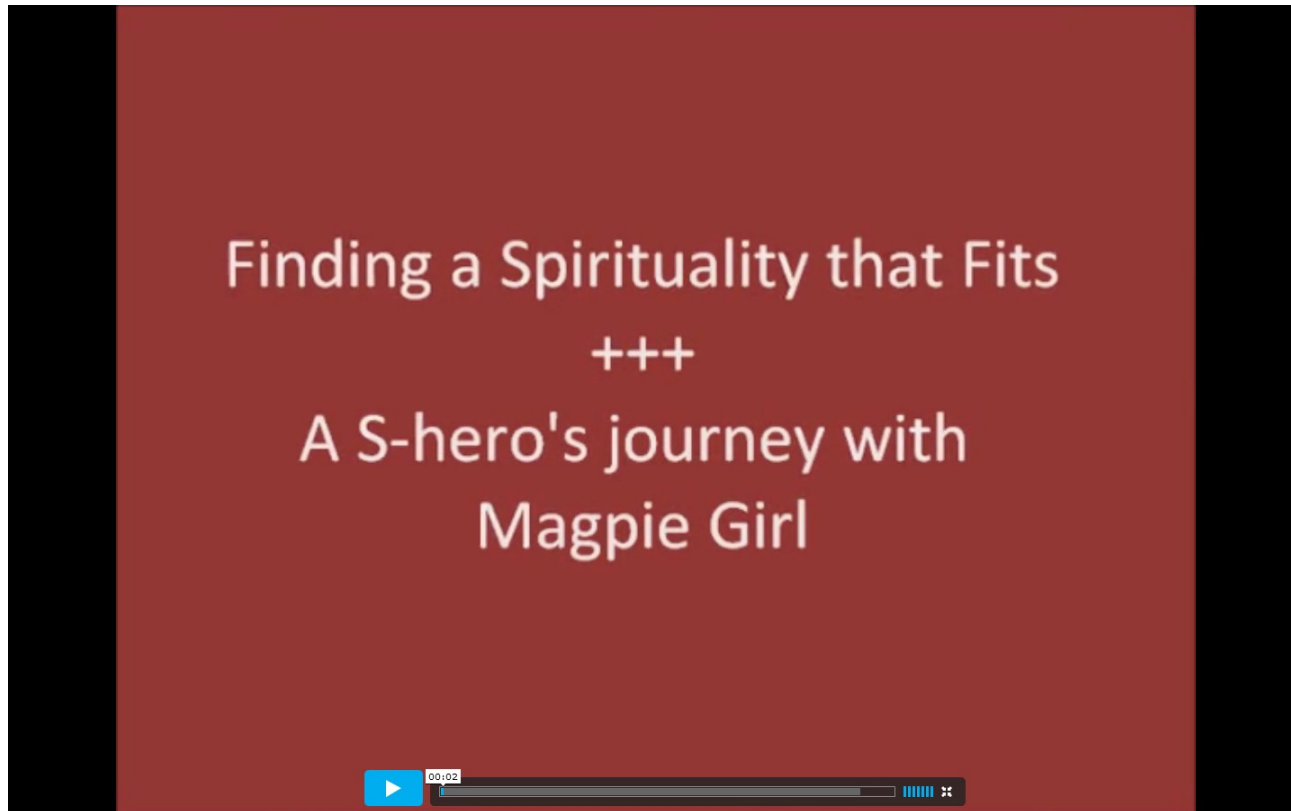


*She-ro Cath Duncan* is loving, healing and serving herself and others by walking, making art, raising funds for the [Kidney Foundation](#), tending to her small urban garden, writing, and having real and compassionate conversations with new and old friends. You'll also find her blogging occasionally at [Agile Living](#) and dropping breadcrumbs to track and share her journey on [Facebook](#).



## *Finding a Spirituality that Fits*

(Clicking on the image below opens a window on the web. Each browser is different. Click your back-arrow or on original window to return.)



*She-ro Rachelle Mee-Chapman* believes in art, beauty, freedom, and above all things, Love. She offers a customized mix of life coaching and spiritual direction online and in Seattle. You can join her at [Magpie Girl](#) where she provides care for creative souls; and at [Flock](#), where she hosts an online soulcare community for women dedicated to “finding a spirituality that fits.”

## *Fear and Love*

(Clicking on the image below opens a window on the web. Each browser is different. Click your back-arrow or on original window to return.)



*She-ro's Pace and Kyeli Smith* are the co-leaders of the Connection Revolution, where they help idealists who want to change the world and are looking for a path with heart. They write, blog, and teach workshops to foster understanding, tolerance, healing, authentic communication, and personal growth. They're happily married (to each other) and live in Austin, Texas with their awesome son and too many cats. <http://connection-revolution.com>

## *Fear of Choice*

**Part I: Volcanic Ash, Earthquakes, Tsunami, Hurricanes, Floods ~ Natural disasters are occurring but I think that is because the earth is responding to our choices and calibrating itself by providing us with a very powerful answer.**

The earth is calibrating itself against the choices we have made to overpopulate it. It is calibrating itself because of the heavy carbon footprint we have stomped into it because of our choice to have more convenience and information at our fingertips. It is calibrating itself because we have chosen for a couple hundred years to rip fuels and minerals from its core to satisfy our well being. It is calibrating itself because we continue to live on it as individual isolated units but not as a group.

**But that is not what scares me most about this world that we live in.** Yes, it has been careless and selfish of us ( myself included) to make these choices. But I optimistically believe that what the earth is doing is actually going to make the world a better place. But I have a death grip fear about us as a human race.

**Part II: Gunshots, Rape, Hunger, Genetic Modification ~ I am scared about the fact that we live as 4 types of citizens: global, national, local and individual and we choose to neglect at least two of those on a daily basis.**

On a daily basis, individuals choose to do some of the following: Rape women because we can. Shoot another human being because we can. Feed ourselves but not our brothers and sisters because we can. Watch young people become less of what they can be because we can. Kill our citizens with deadly things that we call food because we can.

The earth is calibrating itself which is a natural, albeit scary. But we cannot control that. We can only control ourselves. And we struggle to do that on a daily basis.

What I am wondering if it is time for the human race to work together to calibrate itself too. **I am in, are you?**



***She-ro Ericka Hines*** is a former lawyer turned facilitator, trainer, coach, and entrepreneur. She owns a leadership development firm **Social Change Diva** that works with individuals, socially conscious companies and non-profit organizations that want to “step into their leadership” in order to move their mission forward. She helps individuals learn to lead with both confidence and humility.



## Saying "Yes"

This year, I wrote a book about angels. It was a radical act for me. I never wanted to be seen as "that angel lady," or "that weirdo." I never wanted to single myself out as different. But I am. In the past, the call of my s/hero's journey (which always involved (ironically) being as *different* as a person could possibly be, has sent me scrambling to the corner to hide. But recently, for reasons that I will summarize as 'the great rising of the new earth', I've come out. No more waiting for some outside entity – university, boss, or committee to give me the seal of approval so that I could proceed to my own destiny as Queen of the Universe. I'm out.

**Here's what happened:** One day, while meditating in my car behind the café where I go to write, I had a vision: I saw my foot. It was suspended in mid air at the edge of a cliff. And suddenly, with a chilling certainty, I knew: I have a choice to make. I can step forward and I may fall, I may crash to the ground, shattered. But if I don't step forward, I have to go back – back to the life I no longer want to live.

I gulped. I took a deep breath. And I stepped. And just like that, where there had been nothing, the ground was there to meet me. *"This is new earth,"* I heard as I opened my eyes. *"I have made it just for you."* After that vision, I met everything that came at me - the good and the awful - with the same answer. Yes, I'll take it. Yes, I see you. Yes, I'm willing. Yes. It was radical acceptance: Take care of your father? Yes. Sit at the hospital with your mother? Yes. Write a book about angels... um, what? I mean, gulp, yes. **This yes transformed everything.**

Right now, it feels as if the world is falling apart at the seams – and maybe it is. But at the middle of the collapse of financial institutions, governments and the tsunami of natural disasters sweeping the globe, something new is being born: ***A radical, heart-centered yes that is also a prayer.***

**This yes, this prayer, is a soul call** - from the collective voice of the world's heart. It's a yes that is aching to help, yearning to be of service, longing to reach out to the suffering of the world. It is speaking through each of us - slightly different in each heart. But it is always some version of this: *Center me in my heart. Fill me with generosity. Help me to share what I have, what I know. Let me speak with integrity. Let me seek authenticity. Help me to play my part in the unfolding of the new earth that is asking to be born through me.*

**It's the call of our time – it is also the call of the s/hero's (and the hero's) journey. Will you step? Will you say yes?**



**She-ro Amy Oscar** is a writer, magazine editor, and mom. This year, she finished her first book, *Sea of Miracles: An invitation from the angels*. You can follow her on Twitter: [@amyoscar](#) or connect on Facebook: [Amy Oscar](#).

*untitled & unfinished - a work in progress*



*She-ro Joy Agcongay* is a marketing consultant to overwhelmed entrepreneurs and creativity workshop junkie exploring the She-ro's Journey one nano-step at a time. Nerd. Wanderluster. Explorer. Thumb wrestler. Gardener. Silent retreator. A work in progress. You can adventure with her here [www.adventuresofjoy.com](http://www.adventuresofjoy.com) and market with her here [www.joyagcongaymarketing.com](http://www.joyagcongaymarketing.com).

## *Here is what we need to do*

We need to turn  
all our sorry finances over to  
our dogs.  
Our companion animals  
understand the perfect  
exchange-rate:  
Only the currency of love  
has value.

We need to stop  
everything  
the moment Grandmother Spider  
drops into  
our world.  
Here is the ultimate note of  
life  
and death,  
our private preview  
of destiny.

We need to recognize that  
our neighbor's cat, our local raven,  
rabbit, pigeon, raccoon,  
hamster, vole, junebug  
are all better advisors than  
lawyer, counselor,  
doctrinaire priest.

In one square yard of  
the earthed place  
we think we own,  
there are more shamans,  
gurus, and  
teachers

than we could ever outlive  
In an inch of dirt,  
a cubic foot of air,  
a teacup of dust,  
a mouthful of water,  
the divine devices and voices  
of Nature  
roar.

What we need to do  
is have ears to hear them  
whispering like thunder in  
the intimate dew,  
guiding, instructing:

*"Turn over any stone  
and a master will appear."*



*She-ro Marcie Telander* is a poet, an earth-based psychotherapist and a deep ecologist. She is also a long time beloved mentor of Jen's. Read of some of the ways she serves on her she-ro's journey on the next page...



## *How I Serve on my Sher-o's Journey:*

(more from Marcie Telander)

Hunkering down and holding the land that I have chosen to steward. Looking close-up and with care for the super in the Natural, for magnificence in the minutiae.

Sharing Wise Acre, our Rocky Mountain cabin between a trout stream and the East River, with the many pilgrims that flow to our door.

- Here we celebrate marriages, baptisms, communal gardening, Earth Goddesses and Green Men, veggies and Wildflower Fests, all forms of rites of passage, Wise Women Gatherings, spontaneous vision quests, writing workshops, labyrinth walking, river listening, stone reading and geomancy divining. Here we hold bonfires and feasts and music and dancing, yoga and performances and where children and adults build earth altars, fairy houses and discover secret gardens in which to write, sleep, heal.
- Here we plan and promote ecological protection for our mountain and the wide variety of fragile ecosystems which uniquely coexist here in southwestern Colorado., working continuously to preserve our mountain from a potentially devastating, molybdenum mining project.
- Here I offer *"HOW ARE WE HAPPY? Expanding Passion, Peace and Purpose in Life,"* an experiential program from 25 years of study and synthesis of ancient technologies of the expressive and transformational arts and current, cutting-edge technologies of interpersonal neurobiology, body, emotion, mind integration, empathic/implicit relationship building and the qualities which lead to well-being.



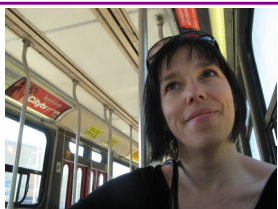
Visit *She-ro Marcie* and Wise Acres at [www.marcieland.com](http://www.marcieland.com).

## *Facing that Moment*

I'm wired to create, to instigate, to make something happen. I love taking the wee whisper of an idea, bringing it to life and sharing it with the world. That's life to me.

But no matter how much I love it, no matter how often I do it, no matter how deeply I believe, there is always, *always* that moment, that moment when I think it's all too much, too big, too new, too scary, that moment when I want to get on a train and go anywhere but here, that moment when my stomach writhes and my head is full of "*What the hell was I thinking?*"

That sacred moment is my chance to tell the Universe I am willing. I am willing to be scared and small and alone. I am willing to be embarrassed, to be vulnerable, to get it wrong, to fail. I am here, being who I am and giving what I have to the world. I am *willing*.



*She-ro Jamie Ridler* is a creative living coach and the founder of **Jamie Ridler Studios**. From coaching to workshops, from podcasting to blogging, Jamie's work helps women find the confidence and courage to discover and express their creative selves so they can be the star they are.



## *Cook, Care, Connect and Color*



I recently had a dream where I taught a woman the four secrets to happiness:

**Cook** for yourself, and for others.

**Connect** with yourself, and with others.

**Care** for yourself, and for others.

**Color.** Have a lot of color in your life.

I want to say that I'm stepping into my she-ro's journey by doing something powerful and courageous, but instead, I'm coming to accept that I make the biggest difference in quiet ways: making food for others, writing letters, remembering birthdays, sending care packages, spending time with friends and family, connecting people with each other, and gathering small groups of women together.

My newest workshop, Cupcakes, Cards and Compassion combines all of these elements. Groups of women come together to eat cupcakes

and create handmade cards to send to themselves, to someone they love, and to someone who needs some extra lovingkindness.

I would love to be the kind of she-ro who gives TED Talks and gets on magazine covers, but I'm learning to accept that being a colorful and caring cook who connects people in an everyday way is important too.

As Leo Buscaglia wrote, "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."



*She-ro Britt Bravo* is a blogger, podcaster, social media coach, and creative career consultant. She blogs at [Have Fun, Do Good](http://HaveFun,DoGood.com) and hosts the [Big Vision Podcast](http://BigVisionPodcast.com). You can find out more about her work at [brittbravo.com](http://brittbravo.com) and follow her on Twitter at [@bbravo](https://twitter.com/bbravo).



## *There is No One Way of Working in the World*

(Clicking on the image below opens a window on the web. Each browser is different. Click your back-arrow or on original window to return.)



*She-ro Else Coit* is a transformational writer, speaker, Master Transformative Coach and radio show host. A specialist in human potential and well-being, Else was a senior international corporate manager with British Telecom and a professional chef. She is currently Media Director at the Center For Sustainable Change and hosts a weekly popular radio show. Listen in at <http://elsecoit.com>

## Feel anyway

When so much in the world hurts, crushes, overwhelms and swallows us whole, I vow to feel anyway.  
To open my heart, anyway.  
It is the boldest most radical act a person can do. Always has been, always will be.  
I vow to feel the sky, and your tender tears, with my fingertips.  
To know the rhythm of the ocean in my bones.  
To reflect moonlight in my upturned face.  
To wiggle my toes in rich warm sun-kissed dirt.  
To bury my nose in your pungent stink and stay there forever.  
To throw my head back in deep throated delirious laughter.  
To take in the pain of the world and not shun it.  
To look fear in the eye and smile back with radiance.  
My heart is big enough for all of this and more.

I promise to be reverent,  
untamed,  
kind,  
beautiful,  
wild,  
proud,  
unbridled,  
wise,  
childlike,  
passionate,  
peaceful,  
generous,  
and wanton.

*(Continued on next page)*



*She-ro Julie Stuart* The revolution will not be televised—but it *could* be visually mapped, laminated, overnighted, mounted on a wall, and used to ignite a movement once Julie Stuart gets involved. Recognized in Harvard Business Review for her graphic facilitation work before anyone could agree on what to *call* it, Julie has facilitated high-stakes meetings for such clients as Accenture, GE Energy, the American Institute for Architects, and the Centers for Disease Control (CDC).



And to feel anyway, even when the world is crashing down around me. I promise you.

Take my hand. Let me show you how to feel anyway too.

It's a risk. I know. Only the bravest can swim in tumultuous seas. Only a boat built from the strongest wood will survive. A sexton that's true.

We'll navigate by the stars. They never lie. Steer steady toward a tsunami of bliss, as vast and limitless as the horizon. It's there shimmering for us under the bright sun.

I will illuminate your inner territory. You will pry my heart open wider and wider. A blood oath between us. Fuller and farther together.

Come. Be with me. Let me throw my arms around your neck and pull your body close.

I will delight you,

entice you,

tickle you,

torture you,

tease you,

exasperate you,

enthrall you,

bewilder you,

enrapture you,

mesmerize you

and love you.

Claim what you desire. It's right here. Now. Breathing, pulsing next to you.

Like a whisper. Like the brush of a kiss, a soft exhale against your cheek.

This. Now.

A moment so real it crushes insignificance with its weight.

Open me like a living poem. I dare you.

*She-ro Julie* is part strategist, part business truth-teller, part idea taxonomist, part champion of insights, Julie combines the right questions with a few well-placed scribbles to envision what's really possible for her clients—and to map out how to make what matters *happen*. Learn more at [www.makingideasvisible.com](http://www.makingideasvisible.com).





## *Power and Graciousness*

(Clicking on the image below opens a window on the web. Each browser is different. Click your back-arrow or on original window to return.)



*She-ro Bridget Pilloud* is a writer, intuitive and life-shifter. Creator of Meet Your Inner You, find her at <http://www.bridgetpilloud.com>.

## *Creative Sizzle*

I have a vision and a mission: to support women to become fully alive.

To encourage them to break free of the chains of conditioning that have kept them silent and small and to begin to discover their own creative voice. To boldly claim their spontaneous creative vitality.

To provide them with a container of safety and love that allows them to take up space and shine. To help them to learn to be on their own side, to stop listening to critics, both inner and outer, and to develop their own nurturing inner voice.

To create a healing territory where they can learn to reclaim their connection with the sacred feminine and to regain their birthright of trust in the wisdom of their intuition, their body and their emotions. To bring that wisdom out into the world in a way that can bring sustenance to themselves and to those they love.

I am passionate about empowering women to learn to say YES to what gives them pleasure and joy and to say NO to what no longer serves. To give them the delicious experience of believing in them more than they can believe in themselves.

To celebrate them as the gifted, talented, dynamic and resourceful women that they are.

To taste for themselves how living an authentic, creative life can make them happier, livelier, joyful, spunky and wild!



*She-ro Chris Zydel*, founder of Creative Juices Arts, has over 32 years of experience as a compassionate and soulful creativity guide. Through her classes, workshops and training programs she has devoted herself to providing the support, guidance and inspiration that allows her many students to connect with the sacred force of creativity that lives inside of us all. Visit her at <http://www.creativejuicesarts.com>.

## *Transform through Love*

I am afraid,  
of course,  
many times, every day.  
Even so, and even then,  
I transform the world by being in love with it -  
this trembling sphere,  
with its lumps and cracks of rage and hope -  
and we  
the people  
for all our innovation and invention  
still  
lumps and cracks and trembling.  
I wonder what it might mean to believe in a God -  
to trust there is a guiding hand that is not my own,  
cupped and ready.  
Even so, and even then,  
all I have is this glorious, impotent breath,  
which i forget,  
of course,  
many times, every day  
even as I remind you of yours.



*She-ro Lisa Baldwin:* prolific ponderer, kindness enthusiast, hopeful adventurer, playful Buddhist, writer of short things. Visit her at <http://zenatplay.com>.





## *The Beauty of Grief*

[Click here to listen to an MP3 of Karly Randolph Pitman's beautiful words](#)

(A window will open in your browser or selected audio player. Click your back-arrow or in original window to return to this page.)



*She-ro Karly Randolph Pitman* is the creator of growing human(kind)ness, a therapy to heal food suffering, the author of several books on overeating, and a student of life. She lives with her family in Montana. Visit her at <http://www.karlyrandolphpitman.com> and <http://www.firstourselves.org>.

## What Do I Think

It sounds really simple, but this is it: I'm stepping into my she-ro's journey by sharing what I think.

By which I don't mean: not speaking up in the moment, and venting my honest view to my girlfriends on the phone later.

By which I don't mean: sharing what my inner critic thinks or spouting my judgments about other people.

By which I do mean: writing about my ideas, my views - and sharing that writing with the world. Trusting that the ideas that sound the oddest and most foreign to me when they show up are the ones to get out there and share, adrenalin pulsing and all. Trusting my own stories enough to tell them.

Turns out, that is a radical act. Let's get a planet-full of women doing it.

And my edge is this: there are hoverings, whispers, tugs--about what the next stage of stepping into my shero's journey will look like. It's not quite time for it yet. I haven't grown into it yet. I'm stepping in, simply by making more room in my mind for the thoughts about it, allowing space for this new direction, not running away, even as I feel so stretched by it, even as doing so feels like facing into a huge and towering mountain.



*She-ro Tara Sophia Mohr* is a writer, coach and personal growth teacher. She blogs for Huffington Post, writes the blog [Wise Living](#), and is the creator of [The Real Life: Poems for Wise Living](#).

## *The She-ro's Journey*

This is going to sound so simple, and it is; and, it is profoundly important. I am a woman. I don't know what it is to be a man. So if we are talking about authenticity, integrity and being real, my being a woman is absolutely a core part of this discussion.

Yes, yes, I know all about the non-dual world where I am really spirit. I know that. I experience that, too; and, I am here in a female body. In this realm, this physical world, I am a woman. *After all, we're talking about a Shero's journey. Right?*

What am I doing today, right now, to be fully in this journey? I am living the power, beauty, wisdom, and connection to the earth that is part of being a woman. I am feeling the fire inside. I am feeling the more unwelcome feelings of anger and shame, humiliation and degradation that are part of living as a woman in this masculine, linear culture. And, this is the most important part I think, I am really questioning all the things that come up within me that cause me to see life from victimhood. This has been the hardest part for me to work through as a woman. Making myself small and not wanting to own my light, my darkness, my beauty, my power, my vision, are all parts of this victimhood.

Life is full of diversity. We love the diversity in nature. We celebrate it. We are learning, still learning, to truly celebrate the diversity in humans. Age, weight, skin color, physical capacity, intellectual capacity, are all characteristics we've tended to rate and categorize, causing us to judge, to put down, to make ourselves feel better, to make ourselves feel worse. We're funny beings, us humans.

My work is to celebrate, to reveal, to uncover and to reclaim, the truth of the sacred realm of womanhood and one something I constantly get pushback is around focusing on gender. I hear that it is divisive, that it pushes men away, and that it somehow means we are making ourselves better than men, or by seeing our own light it may diminish theirs. I know it is only in a culture that wants to categorize, prioritize and judge that we can't celebrate the diversity that is inherent in gender.

The Dalai Lama said, "The world will be saved by the Western Woman." He used the word 'woman'. It won't happen if I pretend to be a man. It won't happen if I don't come to know womanhood as it is, not as it is purported to be by the media and other realms...



*She-ro Julie Daley* is a coach and teacher of Creativity in Business (and other adapted courses) at places like Microsoft Stanford University Continuing Studies. She's coached hundreds of women and men who lost loved ones in 9/11, and 9/11 widows who wanted to learn to love again.





... of saturating influence. I will only know it by experience, by conscious embodiment, and by coming to know the beauty of my sisters.

The whole world is sacred. Every single particle and atom is sacred. The sacred realm of womanhood is right here on earth, in this woman's body, just as it is in your body. Much of my work to be of service in this world is to know the sacredness of my female body. Woman has been maligned for millennia. We've been degraded, humiliated, shamed, burned, and ridiculed. To be woman, in this culture, is to be less than.

What am I doing right now to be of service to this world? Claiming the light of my soul, remembering the darkness of the mystery, and knowing I am powerful beyond measure; all the while, learning to do this with the most important element: humility. This is not an easy task, yet I know it is what is being asked of me.

My knowing all of this does not diminish men one iota. Believing so, is just another way I keep myself small. As Marianne Williamson said, "Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you."

Many women have told me they are reluctant to feel their own light and power, for they fear it might diminish the men in their lives. For many women, this belief was buried down deep. It certainly was for me. I've been living this belief for decades. When I feel this power, the power that flows through a female body, I recognize my sense of injustice for how the world is. I feel my anger, an emotion that provides fruitful energy for good and meaningful action when I feel it fully and witness it transmute into life force. Most importantly, I feel the profound love I have for all of life, for all the worlds' children, for women and men, for the earth, itself.

My offering to this world, right now, is to live the fullness of womanhood, knowing that if I do, I can then know, and only then know, the fullness of manhood as it is lived through men.

*She-ro Julie* offers courses and coaching that *guides women into their own internal landscape, a land where the sacred feminine makes herself known in Her own way.* "It is my blessing to guide you to the heart of this sacred, creative nature, to help you manifest it with consciousness, and to support you in delivering to the world the gifts you were meant to give." Get blessed at <http://www.unabashedlyfemale.com/>





## *Step Into Your She-ro's Journey*

**Kripalu with Jen**  
**April 17-20, 2011**

*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.*  
—Marianne Williamson



Does this quote make you shiver with recognition? Are you hungry to do something new that makes a real difference in the world, except that the idea scares you so much you just keep doing what you've always done? If so, you are being called to the she-ro's journey, a quest to claim your power, trust it, and use it to transform the world—while having a blast. Join me and a tribe of like-minded women to recognize and embrace your she-ro's journey.

You will

- Identify the dragons blocking your way
- Discern the sustainable, joyful story of your service
- Connect to your lineage
- Claim your gifts
- Map out resources and self-care for your journey
- Leave knowing how to serve with wisdom and power while enjoying the journey.

Get the support you need to take your place as a leader and teacher. Your gifts can make a difference, now more than ever! **[Click here for registration information.](#)**

## *More Resources For Your She-ro's Journey*

**Join me in The Savor and Serve Café**

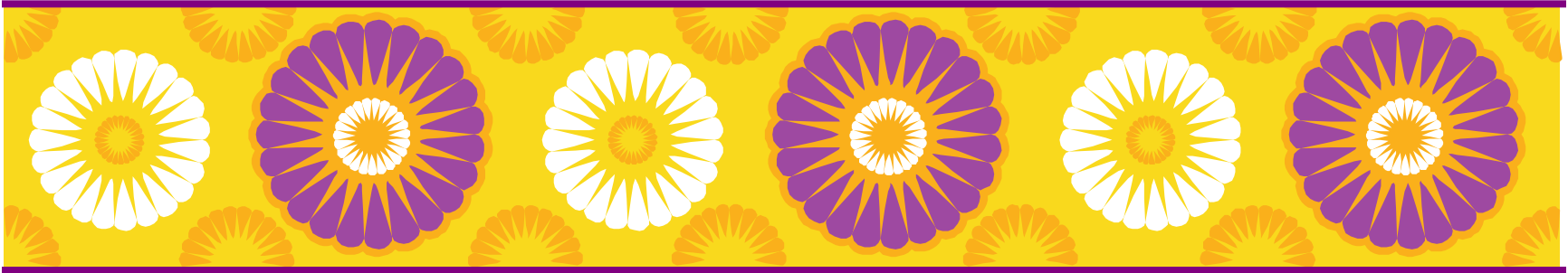
The Café is an inner circle and sanctuary for you to receive inspiring and carefully curated resources for finding *your* sustainable happy-making way to serve and savor your world. It really does change lives. When you join the Café, you'll access a fantastic library and incredible community to help you show up with more wow, to be more awake and aware, and shine your genius into the world.

**[Sign up for Savor and Serve!](#)**

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*You can feel it, I know you can.  
Soak up some love and then take the next step on your she-ro's journey.  
I can't wait to see what happens.*

