

**A collaborative poem written by all mothers and daughters attending
Maiden Spirit Celebration, June 5th 2005 in Portland, Oregon**

The Wise Woman In Me...
Protects and nurtures her young.
Has taught me that I AM SHE and that is enough.
Is shy, kind, and beautiful
My fire, my water, my peace, my anger.
Wants to heal the planet.
Loves the wise woman in you.
Asks to keep her power & find inner peace.
Loves everything in sight, heals everything, and never hurts.
She's still trying to find me.
Tells me what to be without getting a make over.
Is young and free.
Respects Nature and all her blessings.
Listens to her heart.
Teaches people about love and passion.
Looks to be free and known.
Speaks through my intuition.
Knows how to say NO gracefully, and make choices that truly nourish me.
Is loving, learning, living.
Is bright like the moon.
Stays in the present moment, and loves herself.
Is being reborn and revitalized, never to be lost again!
Is creative, very imaginative and loving.
Knows love & how to release it to the world.
Makes me more tender as I grow.
Remembers to breathe, and live with love and compassion in my actions.
Is fun
Loves to get her energy out.
Represents power.
Guides me always.
Is like my sister.
Lets me know that I am loved.
Is finding her voice.
Is strong and wise and good.

Maiden Spirit is an after school/weekend program for girls age nine to fourteen, offering holistic learning through dance, song, story and art. *Maiden Spirit* prepares girls for a conscious rite-of passage into womanhood, at Menarche. *Maiden Spirit* facilitator, please contact Georgette Star @ Life Blessing Institute (503) 631-3906 gettestar@earthlink.net