

# Women's Path to Enlightenment



## Transforming the limited body into the limitless self

### History

Reverend Misa had been praying for a path of enlightenment specially created for a woman's energy and connection to the Divine. The answer was with her for some years, before she realized she already had the link to the pathway, through a beautiful womb shaped, granite ceremonial bowl that had been given to her.

When she finally began meditating with the ceremonial bowl, we lovingly refer to as the Mother Bowl, she received visions about ceremonies that had been asleep for over 100 years. Four Native Grandmothers (Guardians of the Ceremonies) began speaking to her and presented themselves to her in vision and asked her to bring these ceremonies to women of all races and cultures. Although the ceremonies were put to sleep when the tribe died out, The Guardians agreed it would be revived when the women of the world were ready for them. And the time is Now.

Later it was revealed that Reverend Misa had once been a Guardian and she agreed in this life to be a Guardian once again and to revive these ceremonies. These beautiful ceremonies are Native in origin and

we maintain the rituals and traditions in a Native way; however, the pathway is open to all across the planet that wish to embrace it and make it their own.

*Men are welcomed to join women in doing the meditation, journeys and the healing prescriptions. At least for now the ceremonies are for women only, as they were in ancient times. Because women historically have needed to concede their power to men, the ceremonies give us an opportunity claim and get comfortable with our own feminine power.*

### **Full Moon Water Ceremony and Rites of Passage Ceremonies**

We began our journey into the pathway with the Full Moon Ceremony and couple Rites of Passage Ceremonies – Elderhood, Menses.

We thought we were just doing some beautiful, Native ceremonies for women.....and then we found out the ceremonies were part of a pathway—a women's pathway to enlightenment, or as the Grandmothers in the spirit world describe it—

It is a pathway of shedding our limited bodies so that we may become our limitless selves.

### **Major Elements of the Pathway as We Know It Today**

1. Full Moon Ceremony
2. Rites of Passage Ceremonies – Birth, Menses, Adulthood, Elderhood & Death
3. Creation Meditation – 3 parts that correlate with different rites of passage
4. Healing Journeys – 4 powerful focuses for healing
5. Prescriptions – Meditation prescriptions based on the 4 healing journeys

### **Full Moon Water Ceremony**

This is a place for women to discover more of their own spiritual power and intuitive wisdom. Through the ceremony we develop a powerful relationship with our deepest inner truth, ability to hold space for our own emotional journey and the journeys of other women, receive messages through the sacred element of water, receive strength with our feminine ancestors, and to bless the water of the planet and the water within ourselves that has been so badly damaged.

As we bless the water, we re-create the energy of the planet. Even the rain responds to our call in areas of draught, as we share our love for the sacred nature of water. If all we do is bless the water, with 75% of us, the animals, and Mother Earth being water, we can change the world through our love.

You can attend Full Moon Ceremonies with one of our ordained Keepers or on the telephone with Reverend Misa. For a schedule of ceremonies, check out our calendar at <http://www.NewDreamFoundation.com>

*By the way, when you attend a ceremony in person, you are asked to wear a skirt in keeping with traditional ways. Of course we don't need to wear skirts for our prayers to be heard. However, our decision to honor the Native tradition of women wearing skirts is in honor of the beautiful Native women who practiced this ceremony for hundreds of years and then graciously chose to share it with us today. When you put on your skirt, you might want to say a prayer for our many Native sisters today who still experience discrimination and cynical attitudes because of their spiritual beliefs and culture. And consider wearing your skirt in honor of them.*

## **Rites of Passage**

### Elderhood

We now have 6 elders who have been initiated as Elders of the Water Ceremonies, claiming the three missions they will complete before their death in service of their communities, as well as a yearly meditation retreat for our world.

### Adulthood

One woman has claimed her purpose and gifts for the benefit of her community through an Adulthood Ceremony. (We were so joyfully

touched when her mother presented her with her Womanhood medicine bag and lovingly gave her daughter to the great Mother for care and guidance.)

### Menses

One young woman who just started her menses and an older woman who wanted to acknowledge the flow of her body and spirit have been initiated in a Menses ceremony. Our soon to be women, it seems, can hardly wait to be included.

### Birth

Soon we will initiate our very first baby to the journey of the sacred feminine in this ceremony—the first time in over 100 years.

## **Apprenticeship**

Some women are called to facilitate the Full Moon Ceremony or other Rites of Passage Ceremonies. To do so requires a couple different levels of training in order to become a Keeper of the Water Ceremonies.

Level 1 – Year’s preparation and you are initiated or ordained to do the Full Moon Ceremony, Newborn, Menses

Level 2 – Two or more quests to facilitate the Adulthood Initiation

Level 3 – Two or more quests and must be an elder to facilitate the Elderhood Initiation.

*Once ordained at Level 1, you can hold circles in your area. We ask women not to do these on their own without apprenticeship. While they look simple and easy, the Apprentices and Keepers can tell you there is deep and profound work being done to prepare for initiation and to be able to hold this particular sacred space for women. Once ordained, you become a special part of a community of sisters, dedicated to the sacred flow of the feminine.*

## **The Creation Meditation**

The meditation is natural to us because it works with the sacred energy of a woman's body and spirit—through her womb, the sacred water that flows through us during our monthly cycles and our concurrent relationship to the pull of the moon, the nature of the Divine Feminine and our emotions. It is the only path to enlightenment we know about that is primarily developed through our relationship with our emotions.

### Step One of the Meditation

This step of the meditation was learned at the time a girl began her menses. It was part of her initiation into the mystical world of womanhood, as she learned to hold her emotions with compassion and love. Imagine learning how to flow with your intuition rather than your moods!

### Step Two of the Meditation

At the time a woman was ready for her adulthood ceremony, when she claimed her purpose, her primary gifts, and her service to her family and community, she was taught the Second Step of the Creation Meditation—the union of her Divine Feminine and Masculine natures. Imagine fully embracing the Divine Masculine nature of yourself, and as a result, attracting your perfect partner!

### Step Three of the Meditation

A woman learned the third step when she prepared to become an elder and discovered her three final missions—the goals her spirit wanted her to accomplish on behalf of her community before she died. Imagine being fully prepared for the great service of elderhood with clarity about your purpose, understanding of your spiritual gifts, ability to be self-aware of the intuitive guidance lying beneath your emotions, and an ability to hold space for the limitless nature of yourself and others.

## **What the Creation Meditation Can Do For You**

And so several of us women who had been drawn to the Women's Water Ceremonies began doing the Creation Meditation that was being passed on to us. We took our limitations and our Feelings about our limitations into meditation, where we held it in our love, until it transforms itself. And in doing so we become transformed.

Notice we typically describe our feelings by saying I am sad, happy, frustrated, delighted, etc. This meditation allows you to simply love uncomfortable feelings until they naturally transform in that love. The I am.....we then become is transcendent.

For example, when Reverend Misa took her frustration around money into the meditation, her frustration transformed into the concept—I am flight. Somewhere, deep in her subconscious an intuitive wisdom was revealed, beyond any affirmation she might create with her mind. These words give uplift her spirit and fill her with trust to welcome generosity as well as to give it.

The external desire then becomes reality because our new experience of I am comes from such a powerful, deeply intuitive place. We are what we desire and the external world then reflects what we have become. Joy is in reinforcing the new I am ..... that we have become.

This meditation (just its first step) is changing our lives—almost over night. Issues we have been struggling with since we were children—abuse, abandonment, depression, unworthiness, etc.— are dissolving, and blessed peace becomes more and more present in our daily lives.

## **Healing Journeys**

These are the newest addition to our knowledge of the path and are currently being remembered. At SpiritQuest this year we will introduce them to the community for the first time. Journeys are based in specific healing rhythms and songs to release limited beliefs at their core level and we will create opportunities to share them with you in person whenever we can.

## **The Four Prescriptions**

When you are facing really big emotional challenges in your life, these focuses are recommended for you to take into the Creation Meditation. You can use them at any time you need them. Let your own intuition guide you as to the right prescription at any given moment. If you think your own mind/thoughts will trick you into “thinking this one would be the best one, ” ask a friend you trust to select the focus for you. Friends sometimes see us better than we see ourselves.

Surrender  
Acceptance  
Commitment  
Desire

## **To Participate**

*For an outline of Ways to Participate in the Women's Path for Enlightenment, e-mail us at [HelpingHands@NewDreamFoundation.com](mailto:HelpingHands@NewDreamFoundation.com)*

### Sister of the Water

Learn Step 1 of the Creation Meditation and begin doing it regularly  
Attend the Full Moon Water Ceremonies in person or tele-ceremonies monthly

Do the Prescription Meditations as you need them

Share your experiences on-line with your sisters at the Foundation web site

Participate in special workshops, ceremonies and tele-calls

Attend SpiritQuest where you can experience several of the Rites of Passage ceremonies and initiations at the original water bowl

### Gentlemen

Creation Meditation

Prescriptions

Share on-line

### Keeper of the Water Ceremonies

Attend a minimum of 3 Full Moon Ceremonies

Learn and do Step 1 of Creation Meditation

Read about the Apprenticeship Program at the web site

Contact us at [HelpingHands@NewDreamFoundation.com](mailto:HelpingHands@NewDreamFoundation.com)

Attend monthly pre-apprenticeship training calls

Learn the rest of the Creation Meditation

Participate in the Secret Art of Ceremony class in September

Attend monthly apprenticeship training calls

Hold 6-9 Full Moon Ceremonies

Prepare your ceremonial clothing, talking stick and water bowl

Attend Spirit Quest in June for your Initiation as a Keeper

## **Step 1—Gently Releasing Your Limiting Beliefs**

### **From the Grandmothers—**

Your womb and the primordial sacred womb of life are one. Go to your womb and there see/sense the belief that limits you. Hold it, forgive it, love it within your womb so that it can die a peaceful death.

It is very important not to rush into or through the three steps. Regular practice of the first step alone can change your life completely. Remember a woman used to spend years just mastering one step.

Listen to your guidance and intuition, not your ego. Each limit you bring to the meditation will show you how far you need to take it. You may be guided to hold the feeling through just Step 1 or you may feel guided to hold the ever changing feeling through all three steps in a row.

Each meditation is unique in relationship to your gifts and your needs in the moment. Practice following the flow of energy.

Below is the beginning and first step of the Creation Meditation. When you are ready for Step 2 and 3, visit our web site at <http://www.NewDreamFoundation.com> and look for the Creation Meditation.

When you have had a significant experience you would like to share with other sisters, please do so at our web site Forums. Your story may just be what another sister on her journey needs to hear to lighten her path!

### **Step One of the Creation Meditation**

Find a quiet moment. Turn off the phone, the TV, the stereo, and commit to not answering the door. This is your time. Your sacred

time. Tell the children, your spouse, or your roommate to leave you undisturbed for a while. You have sacred work to do.

You might want to light a candle or place a bowl of water near you, but most of all, what you need most is your solitude.

Breathe gently and sweetly, accepting the nourishment of the air, the day, spirit, whatever fills you with peace. Then focus on your womb. Allow all your attention to connect to the womb within you. Feel/know/sense/see/hear its darkness, its vastness, its sacred nature, and its ability to hold all possibilities in love and compassion.

Allow your awareness (do not force this, but rather allow) to bring you something you feel limited about. Perhaps it is a fear you have, a concern or doubt, or a feeling that is uncomfortable for you. And hold that limit in the sacredness of your womb. Do not try to fix or change it for that would dishonor the wisdom that lives within the limit. Simply be with the feeling of this limit. As you hold it, feel your compassion swell within you, just as you would feel compassion for a child who was struggling with her or his limits. Simply be in compassion. Do nothing, except Be with it.

It will, in its own time, transform into a peaceful freedom. It might transform the first time you hold the limit in this way. It might take several or many times, but it will transform—on its own—in the presence of your compassion.

*Enjoy this journey that will transform your life!  
We welcome you, Sister of the Water!*