

# SageWoman

*Celebrating the Goddess in Every Woman*



*The Queen*

Why We Need the Queen · Hera: Queen for the Ages  
Crown Yourself Queen: Ceremony for Claiming Your Sovereignty

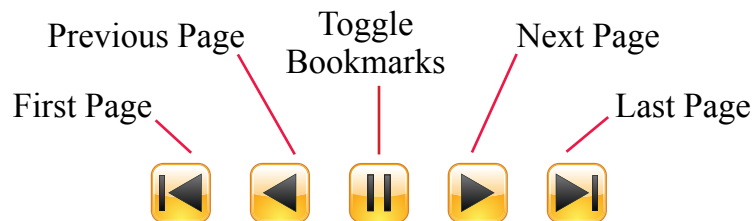


Magazines that feed your soul and liven your spirits.



## Navigation Controls

Availability depends on reader.



# SageWoman

*Celebrating the Goddess in Every Woman*

NO. 74  
VISIONS OF GODDESS:  
THE QUEEN



## FEATURES 6 WHY WE NEED TO CLAIM THE QUEEN

*Barbara Ardinger*

We women now live long beyond menopause. We need to name and honor a fourth stage of our lives: the Queen.

## 10 FIND YOUR CENTER OF POWER: PUT ON THE GIRDLE OF THE QUEEN

*Lisa Sarasohn*

A queen is sovereign in her own right. She is autonomous, self-governing. Being queenly means wielding your womanly power in the realm of your own life and in the other domains entrusted to your care. And the seat of her power (and yours) is in — the belly.

## 16 CROWN YOURSELF QUEEN: CEREMONY FOR CLAIMING YOUR SOVEREIGNTY

*Mama Donna Henes*

While changing our hair, image, demeanor and wardrobe might seem superficial, it can symbolically represent the full range of changes — physical, mental, emotional, and spiritual — that we are experiencing, changes that mark our entry into a new phase of our lives. It represents transformation from the outside in.

## 19 QUEEN FOR A DAY

*Debbie Philp*

The Queen says, “You have lived for others. You have raised your children. You have kept your house. Now,” she says, “live for yourself. In becoming that which you truly desire, you will find me. I am within you. I have been there all along.”



Cover art: *Hera* by Thalia Took  
For more information, including images from  
her Goddess oracle deck see [www.thaliatook.com](http://www.thaliatook.com).  
or write to Thalia c/o *SageWoman*.

# SageWoman

*Celebrating the Goddess in Every Woman*

NO. 74  
VISIONS OF GODDESS:  
THE QUEEN



## COLUMNS

- 4 Living the Dream  
*Anne Newkirk Niven*
- 23 One of Ten Thousand: Hera  
— Queen for All Ages  
*Diana L. Paxson*
- 33 The Wild Maiden  
*Kiva Rose*
- 37 Motherheart  
*Bodie Parkhurst*
- 41 The Queen's Progress  
*Lunaea Weatherstone*
- 45 Crone Eyes, Crone Heart  
*Ann Kreilkamp*
- 51 AstroBlessings  
*Bee Smith*
- 55 Ase! At the Crossroads  
*Stephanie Rose Bird*
- 59 Sacred Self Care  
*Valzora Spriggs*

- 61 Sweet Medicine Stories  
*Loba*
- 65 Love Magic with Madge  
*Elizabeth Cunningham*
- 69 Peaceful Mom  
*Ayla Serenemoon*

## DEPARTMENTS

- 71 Leaves of Sage
- 77 Tools for Transformation
- 81 The Rattle
- 92 Women at the Well
- 94 Weaving the Web
- 96 A Pinch of Sage

## POETRY

- 8 *The Queen of Wands*
- 15 *Instructions for Growing Your Goddess-Self*