

# SageWoman

*Celebrating the Goddess in Every Woman*

FINDING OUR BALANCE  
ISSUE 78, SPRING 2010



“GROWING OURSELVES GREEN”  
BY GRETCHEN RAISCH-BASKIN

## FEATURES

### 6 WALKING WITH BALANCE *Cassie Premo Steele*

To be human means choosing. Choosing to speed up or slow down, choosing to act or (this is hard for many people) to do nothing.

### 10 MOVING NORTH *Holly Cedar*

Perhaps, I muse, we are all suns on a journey from north to south and north again. We spiral through our lives repeating lessons we haven't fully understood: gaining ground and losing it again.

### 14 INTO THE DEEP, DARK WILD

*Mary Reynolds Thompson*

Isn't every step toward our creative selves a disorienting step into the dark woods; a confused willingness to confront the wild heart of our own verdant souls?

### 19 THE PEOR ES NADA CLEANING COMPANY

*Yolanda Aleman*

But if all is Story, then I will choose the stories that support me and my imperfect offerings the most, the ones that give me a leg up.

### 23 REPLENISHING MY SPIRIT

*Jacquie Castileja Bucknell*

I gather my treasures — sea shells, ceramic frogs, toy cars from my grandson, perfumes, oils, statues — and though at first this process seems random, soon a theme begins for the ritual begins to emerge.

### 26 LISTENING TO HER VOICE

*Priscilla Berggren-Thomas Russell*

The words of my therapist echoed in my head. “You're compressing yourself,” he said. I rubbed my neck, trying to get the knots out. Had my need for order, control and perfection become extreme, even obsessive?

Cover art: *Sunrise Ruby*  
by Mara Berendt Friedman. See more of  
her work at [www.newmoonvisions.com](http://www.newmoonvisions.com)

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## FEATURES (CONT.)

### 29 TEMPLE DAYS *Eevie Keys*

I decided to dedicate an entire day each month to pure sacredness.

### 32 LONGING FOR WHOLENESS *Colleen Russell*

I was free to pursue my dreams: but that freedom came at the cost of my previous identity.

## COLUMNS

### 4 Living the Dream

*Anne Newkirk Niven*

### 36 One of Ten Thousand: Ma'at, the Balancer

*Diana L. Paxson*

### 45 Herbal Adventures

*Susun Weed*

### 47 The Jambalaya Spirit

*Luisah Teish*

### 49 The Wild Maiden

*Kiva Rose*

### 51 Green Witch Magic

*Ella Andrews*

### 55 Queening Through

*Barbara Ardinger*

### 59 Crone Eyes, Crone Heart

*Ann Kreilkamp*

### 63 Seasons of Change

*Bee Smith*

### 65 Sacred Self Care

*Valzora Spriggs*

### 67 Sweet Medicine Stories

*Loba*

### 69 Generation Z

*Z Budapest*

### 71 A Circle is Cast

*DeAnna Alba*

## DEPARTMENTS

### 75 Leaves of Sage

### 81 Tools for Transformation

### 85 The Rattle

### 94 Women at the Well

### 95 Weaving the Web

### 96 A Pinch of Sage

## POETRY

### 9 Ordinary Priestess

### 13 Spring, Tra-La

### 22 Phases