

# Mother Maiden Crone: Shamanic Ceremonies for Women's Transitions: A Facilitator's Guidebook

Nancy D. Baker Ph.D.



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From the Introduction: Mother, Maiden, Crone...The birth of a daughter. A celebration. A young girl, a daughter, marking her first menstrual period, standing between the women who love and support her. Celebrating. Or a girl, becoming an adult, between the women who lovingly guide her. Women supporting and guiding the next generation. Or those women, as their roles in life change from young adult roles to their next ones, no longer focused on young adult societal demands, transitioning into what has been called the midlife crisis. Or the woman entering menopause, another major transition, this time to Wise Woman, the Crone. What an accomplishment! One that is neither supported nor recognized, but rather is often full of physical and emotional angst. This time, instead, surrounded by women who are walking the same, but different, paths. Young and old celebrating that transition with her. Then, the woman walking and passing from the sunset of her life to the winter; the death. Not alone, but with other women, as her Spirit reunites with the One. With other women celebrating what she has given and not forgetting her memory; celebrating her. Celebrating, and holding On High, the person, the woman, the Soul. And the cycle of life continues for the next woman, and the next; the never ending cycle of the female that repeats itself every time a girl child is born.

This guidebook affords any facilitator the tools needed to conduct complete Shamanic ceremonies for six major transitions in the life of the woman. It also provides the information, including a basic ceremony template, so that the facilitator is able to develop Shamanic ceremonies of his or her own.

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