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Herst_ry
IS EVERY WOMAN'S STORY



The amnesia of women's stories is not just an Irish problem - *this is a global phenomenon.*

5

“There's room for everyone under Brigid's cloak.”

EVERYTHING BELONGS
Richard Rohr

ST BRIGID OF KILDARE
I would like an abundance of Peace
© Jen Norton

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10



11

Brigid (The Goddess Of The Eternal Flame)
Saint Brigid (Our Lady of Exalted Light)

Brigid is associated with poetry, smiting, and nature. If you pull her card and you are going through dark times and you feel a shift to better times, this card is to remind you that Brigid makes sure darkness never lasts. She is the eternal flame and represents the truth that the light never leaves us and can never be extinguished.

A reflective question
What allows me to feel light more often, every day?

Intention:
I am an eternal flame and each day my light grows brighter.

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Brigid (The Goddess Of The Eternal Flame)
Saint Brigid (Our Lady of Exalted Light)

Who Is Saint Brigid?

St. Brigid represents the elevated state of knowing that we have everything we could need. Brigid was born in Ireland in 453 the daughter of an enslaved pic woman known as Brocca. Brigid's name comes from the Celtic Briganti meaning High or exalted. Brigid share her name with the Celtic goddess and took on many of the same attributes. St Brigid feast day is on Imbolc 1st of February, which is the same day that the Goddess is honored.

Tradition would say that St. Brigid died on Imbolc in 525. Her successor at the Monastery in Kildare Dar Lugdach also died on Imbolc a year later

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Brigid (The Goddess Of The Eternal Flame)
Saint Brigid (Our Lady of Exalted Light)

Saint Brigid lived in alignment with the highest, most exalted aspect of her being. She was born a slave but legend relates that she gave away anything she possibly could to help those in need. Her generosity was an indication of the tremendous inner wealth she received from her connection to spirit.

Her message to us is to reconnect to the inner fire, that external flame that feeds us more than anything external could. Read poetry or whatever feels like sacred scripture for your soul.

Let your soul voice surface though uncensored automatic writing or let your sol guide your body through movement

A Reflective Question

What can I clear our of my space that no longer resonates with me?

Intention

I give endlessly because the light is without end. My Soul is all I need.

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Check in

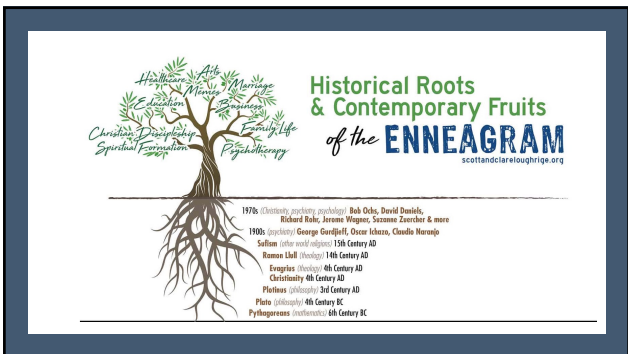
1. What has been happening in your life for the past month that reflects in the teachings of this month?

2. How is the energy of Brigid – of the feminine showing up in your life right now?

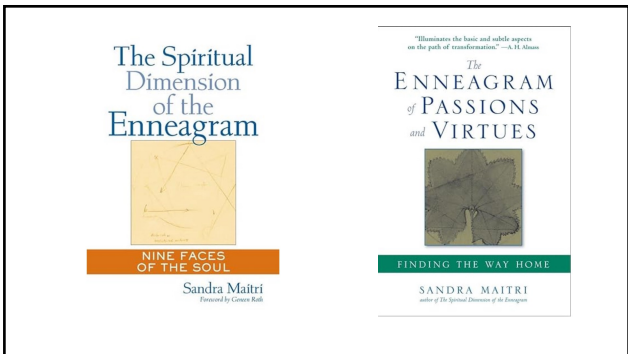
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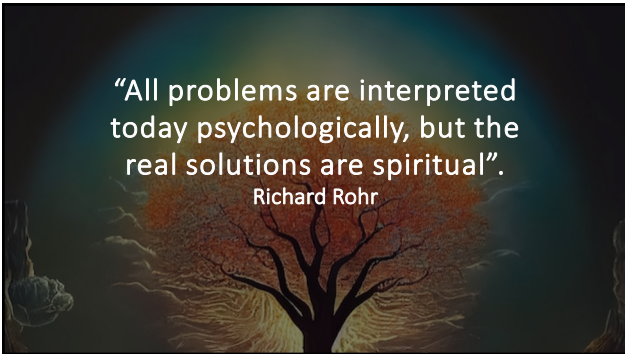
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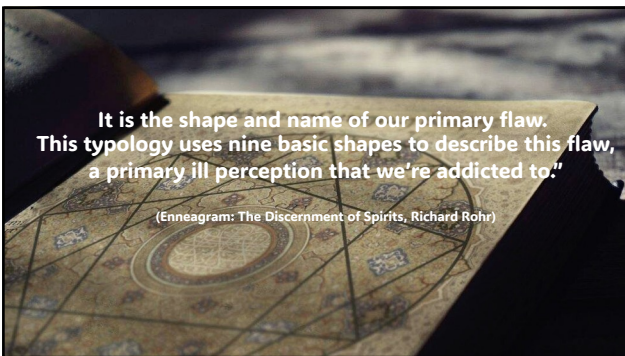
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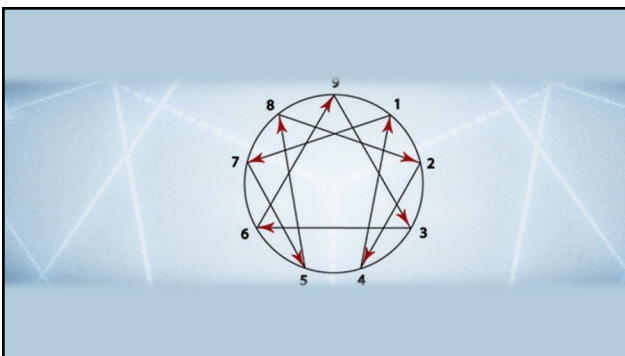
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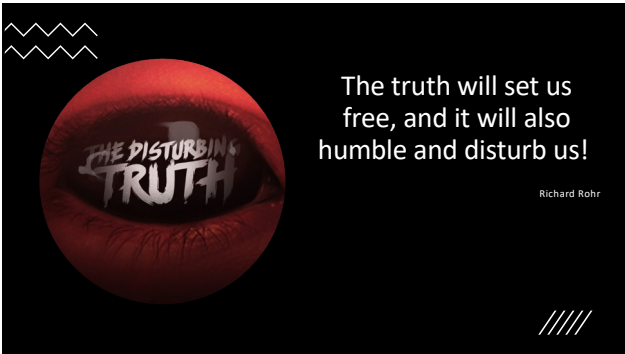
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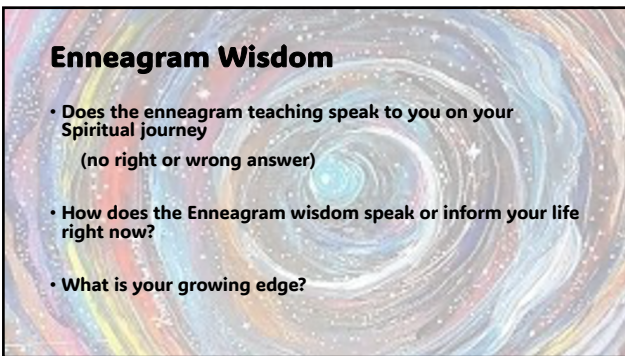
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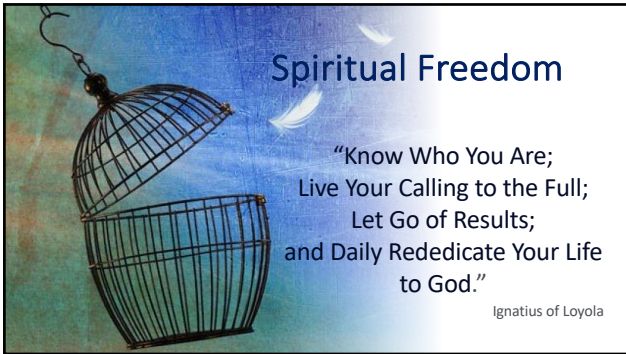
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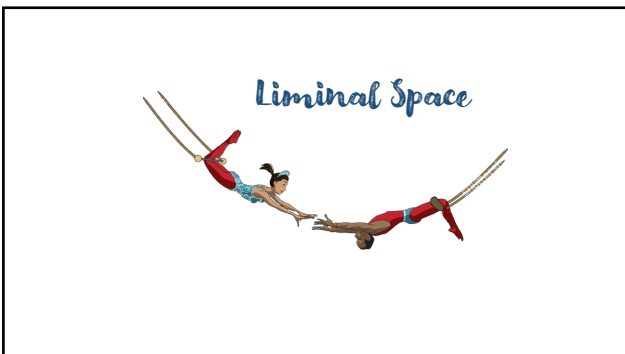
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“Be PATIENT toward all that is *unsolved* in your heart and **TRY** to LOVE the questions *themselves*. Do not *now* seek the **ANSWERS**, WHICH cannot be *given* you BECAUSE YOU *would not be able* to live them. And *the* **POINT** is to live everything. Live the **QUESTIONS**.” —RILKE

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Welcome to
Spiritual Exercises for Life
Ignatian Wisdom for Today's Anxious

Month Six

Month 6 on Website

SPIRITUAL EXERCISES MONTH SIX

Week One

- Spiritual Exercises Master (Repeat Each Week)
- The Painter's Daughter By Austin Clarke
- Thin places-Margaret Brady

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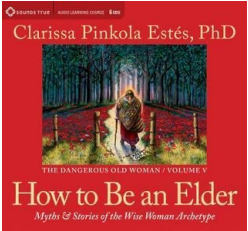
Welcome to
 Spiritual Exercises for Life
Ignatian Wisdom for Today's Awareness

Month Six
Open House: February 24th
 SPIRITUAL EXERCISES MONTH SIX
Next Webinar: March 9th

- Spiritual Exercises Master (Repeat Each Week)
- The Plumber's Daughter: By Austin Clarke
- Thin places-Margaret Brady

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**"We did not come here
 to be healers- We came
 here AS healers ..."**



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