

“We think back through our mothers if we are women....”

Virginia Woolf, *A Room of One's Own* (1929)

We think back through our mothers if we are women who wish to become our full magnificent True Selves. We think back not just through our own mother, but hers, and then hers, and back we go through our lineage, looking and learning about what has come before us, not only in the gifts that but also the patterns and behaviors that hold us back. I believe all of our women ancestors are standing in spirit behind us, supporting us to be the one who breaks these destructive patterns. They are whispering in our ears “You are the one to shine”. These whispers of support and love are so clearly available to us if only we take the time to stop and listen. Stopping to learn and honor what has come before us teaches us how to be and how not to be. These ancestors bring us to our truth by showing us our unique beauty and gifts. It is up to us to listen, learn and grow.

We can learn so much from the patterns of what has come down to us through this line of women. We are living in a time when our culture realizes the importance of connecting with all that is available to us in the universe We can learn not only from our own ancestor lineage but the lineage of all women; learning how to accomplish what is ours to accomplish by being aware of how those who have come before have done it. We as women have a unique ability to see past the practical and logical ways of life into the spiritual and emotional side of our existence.

If we truly learn to nurture our path and our selves, we nurture the entire world.

Trice Bonney