AIMS For a better birth...

Imagine a woman...

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A poem by Patricia Lynn Reilly

Imagine a woman who believes it is right and good she is a woman.
A woman who honors her experience and tells her stories.
Who refuses to carry the sins of others within her body and life.

Imagine a woman who trusts and respects herself.
A woman who listens to her needs and desires.
Who meets them with tenderness and grace.

Imagine a woman who acknowledges the past's influence on the present.
A woman who has walked through her past.
Who has healed into the present.

Imagine a woman who authors her own life.
A woman who exerts, initiates, and moves on her own behalf.
Who refuses to surrender except to her truest self and wisest voice.

Imagine a woman who names her own gods.
A woman who imagines the divine in her image and likeness.
Who designs a personal spirituality to inform her daily life.

Imagine a woman in love with her own body.
A woman who believes her body is enough, just as it is.
Who celebrates its rhythms and cycles as an

exquisite resource.

Imagine a woman who honors the body of the Goddess in her changing body. A woman who celebrates the accumulation of her years and her wisdom.Who refuses to use her life-energy disguising the changes in her body and life.

Imagine a woman who values the women in her life.
A woman who sits in circles of women.
Who is reminded of the truth about herself when she forgets.
Imagine yourself as this woman.

Patricia Lynn Reilly