



REST DAY

DAY 11

SUGGESTIONS

REST DAY

ENJOY :

Setting your own practice schedule and your day of rest

READ :

The poem : The Journey by Mary Oliver

EVALUATE & EXPLORE :

Your Shadow Journey so far by completing your evaluation questionnaire and read the MotherQuest Mandala.

CELEBRATE :

That you have made it to our mid-point and if you desire to continue and you haven't booked in already please go to the link below and join.

<https://shadowdancer.ministryofshe.com/register/fierce-grace-part-two/>

PREPARE :

Get ready for Mystery, initiation and awakening with the wisdom of Mary.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22



THE JOURNEY

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice—
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do—
determined to save
the only life you could save.

- Mary Oliver -

