



## A Pathway to Life

*“A segment taken from Women of Tibet: Gyalyum Chemo - The Great Mother DVD Extras, in which Dr. Marion Woodman (Addiction to Perfection), Alice Walker (The Color Purple), and Angeles Arrien (The Second Half of Life) discuss the Great Mother archetype in further detail, our neglect of her in our current times, and our need to respect and put her back where she belongs in order to ensure our future and our children's future.”*

I shared this video in our September session and it is so powerful, it is worth seeing again—and for some seeing for the first time.

Carl Jung said that the mother archetype is “the source of life.” Life is what we want, what we have, what we are here for. Yet many struggle with the idea of the Great Mother. Here is a simple 9 minute meditation for you to explore how you are feeling about the Great Mother:



## Part of Life is Curiosity, Wrestling, Questioning

The patriarchal system doesn't allow for thoughts, explorations, doubts, challenges. We want all of those here. We want our search for the Great Mother to empower us to a greater sense of Life, a broader sense of self, and a larger curiosity about ourselves and Life itself.

What we want to notice, watch for and be guided by is when working with the Great Mother deepens our experience of life. So we are looking for feeling, experience, shift and depth.

Here is an overview of the Great Mother through culture and time:

<https://advaitaashrama.org/the-universal-mother/>

## *Who Defines Life for You?*



The article to go along with this video, only 2 minutes, touches in with different opinions on the Barbie movie from feminist scholars:

<https://ucalgary.ca/news/better-and-worse-feminist-scholars-weigh-barbies-legacy>

And another take from a feminist scholar about the movie:

<https://fortune.com/2023/07/17/barbie-movie-beauty-standards-patriarchy-queer-camp-femmephobia-feminism-scholar/>

The Barbie movie “controversy” is a wonderful place to think about who defines life for us, our own urge to define it for others, and the necessity of seeing the shift around patriarchy to take on different forms—often unexpected and certainly not what “we would have done.”

## Can you bring your “fantasy self” to LIFE?

I haven't yet seen the Barbie movie (Tommy and a few kids have), but I understand that she “comes to life” and out of the doll world. What would that be like for each us? To stop being a “doll” and come to life—not just as ourselves, but as the fantasy version of ourself?

“Supported by Ruth’s ghost, Barbie expresses the desire to be not “just the idea”, but the one “doing the imagining”.” From another article about the movie and feminism: <https://theconversation.com/life-in-plastic-its-fantastic-how-barbie-reimagines-a-childhood-icon-through-a-feminist-lens-208945>

This idea of being the one “doing the imagining” is an echo of feminist writer Germaine Greer’s take that true feminism, and the dismantling of patriarchy, aren’t something we can even imagine—because it’s being created in real time.

## “Soul remedies for the modern age”

This website has a very particular take on the Divine Mother or Great Mother (which may or may not be your thing), but it’s idea of “soul remedies” is a powerful articulation of healing, or movement into life. What kind of soul remedy would you like right now?

<https://divinemothercenter.org>



# Let's have some fun with LIFE!





