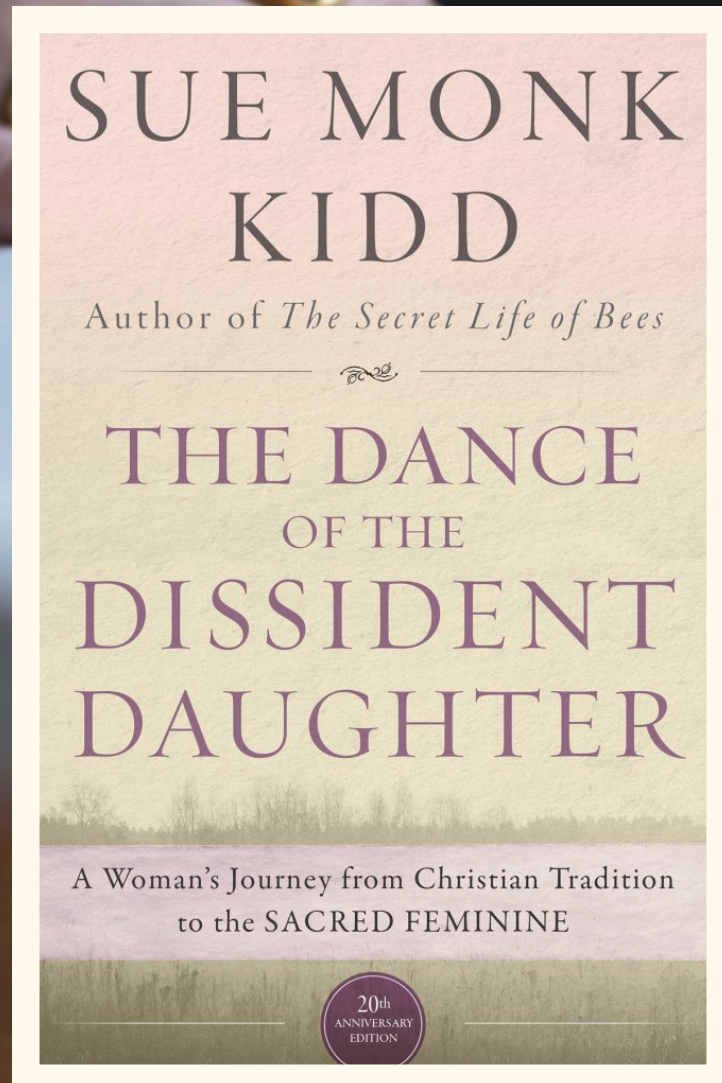




STEPH
JAGGER

A Reader's Guide

A collection of meditations and prompts to gently edge you into deeper connection with the book and yourself.



OUR TOP 10 FOR READING BETWEEN THE LINES

one

MARINATION

PAGE 15 ("THAT'S HOW I LIKE TO SEE A WOMAN")

"But it occurred to me that if I abandoned my daughter at that moment, if I simply walked away and was silent, the feminine spirit unfolding inside her might also become crouched and silent. Perhaps she would learn the internal posture of being on her knees."

As we start this book, take a moment and notice: What is your internal posture? What is the state of your feminine spirit at this time in your life?

Are you happy with your answer? Anything about that you'd like to change?

two

QUOTE

PAGE 22 (THE DEEP SLEEP)

"The truth may set you free, but first it will shatter the safe, sweet way you live."

This. This is one of Steph's FAVORITE quotes of all times. It has been a guide post in her life. As such, we're gonna encourage you to read it five times very slowly. Let. It. Sink. In.

three

MARINATION

PAGE 43 (THE FEMININE WOUND: Winter of Resistance)

“One of the primary forms that resistance takes is trivialization.”

Ooooph. That lands.

Plain and simple: What might you be trivializing?
What are you brushing off as no big deal, or trying to convince yourself doesn't matter?

four

EXERCISE

PAGE 57 (FACES OF DAUGHTERHOOD)

Throughout this chapter Kidd explores the “feminine scripts that had been imprinted on my life.” ... aka the images of what a woman should be or do.

For Kidd, those scripts include the “Gracious Lady,” the “Church Handmaid,” “The Secondary Partner,” the “Many-Breasted Mother,” “The Favored Daughter,” and “Silent Woman.”

Now it's your turn.

How would you title the feminine scripts that have been imprinted on your life? Be sure to look at and examine scripts about the feminine at all ages and stages of life. You can borrow from Kidd's list and/or create your own.

Some questions to get the wheels turnin'...

- I've been praised or rewarded by society when I...
- I've been punished or disciplined by society when I (look at the inverse of this for info on the script)...
- I sense raised eyebrows when I (look at the inverse of this for info on the script)...
- I catch myself saying “I should” around these types of topics...

What's been illuminated? What themes around gendered scripts are here?

Which of your scripts are you on board with and would like to choose with intention?

Which might you want to probe more and potentially give the heave-ho?

Which have you already said buh-bye to?



QUOTE

five

PAGE 92 (TRUSTING YOUR OWN FEMININE SOURCE: Signs of Exit)

"My ultimate authority is the divine voice in my own soul. Period."

This. This is everything. Let this sink into your bones. Let your soul rejoice in it. What does your authority have to say? Do you know its voice?

EXERCISE

Six

PAGE 117 (OPENING TO THE FEMININE DIVINE)

"I felt a quickening sensation in my body, a soft current that spread from my belly up through my breasts and down my arms. Jean Shinoda Bolen calls the sensation 'a sensory intuition' or 'tuning fork phenomenon.' It may occur when something deep inside us responds with an instinctual awareness to sacred moments and events. Feminine knowing often registers in the body even before the mind."

Let's practice and experiment...

This week take special notice of your physical sensations, your body's messages as you move about your days.

Perhaps you notice warmth or energy sweeping through. Or perhaps tearfulness or shaking occurs.

Notice the physical sensations and explore what they may be in response to (without judgement).

Keep a journal of this throughout the week and then look back and review. What patterns are here?

(P.S. This may require slowing down so that you can notice. Be patient and gracious with yourself.)

seven

eight

EXERCISE

PAGE 121 (OPENING TO THE FEMININE DIVINE: A Ritual of Intention)

"I simply know that rituals performed consciously can be powerful catalysts of change. They can be moments of integration, making something suddenly clear, making us stronger inside, opening up unknown places within us and imbuing new meaning."

It's time to do a ritual.

And news flash: there's no "perfect" time or way to do a ritual. Let it be "small" or let it be "big." All that matters is that it's meaningful to you.

Go DO something that is an external manifestation of your internal changes.

Step 1: Determine what you would like to acknowledge or declare. What would you like to make a shift toward?

Step 2: Think of a physical act that can signify the change. A couple ideas include...

- Step (or plunge or dive or soak) into water (spoiler alert... we do this at the Deep Dive retreats at Jurassic and it is powerful.)
- Draw a line on the ground (representing the change you're making) and cross over it
- Plant a seed
- Donate or regift an item that represents something you're ready to let go of
- Shout your change into a canyon or forest or somewhere else vast and spacious in nature
- Write a letter to yourself or someone else, then let it burn

Step 3: Do the act. Like now.

Step 4: Now that that's done... how do you feel? What's different?

To note: Sometimes the difference is noticeable. Sometimes it isn't...until a few minutes or days or weeks down the road.

EXERCISE

PAGE 214 (HEALING THE FEMININE WOUND: It's a Girl!)

Kidd discusses the step in our journeys that involves seeing the feminine wound in our mothers as well. Regarding mothers, she states:

"Either way, it was only now as we made our journeys back to authentic feminine ground that we could appreciate and forgive their wounds and deficits, their aches and struggles to be themselves in a culture that was arranged against them."

What has your relationship been like with your mother?
What do you recognize as her own feminine wound?
What would you like to acknowledge or forgive in her?
What would you like to acknowledge or forgive in yourself as it pertains to your relationship?

Perhaps writing her a letter that isn't sent could be a good start?

Perhaps it begins:

Dear Mom (Mum, Ma, Mother),



nine

QUOTE

PAGE 241 (VOICING THE SOUL: From Silence to Lyricism)

"If someone should ask me, 'What does the soul do?' I would say, It does two things. It loves. And it creates."

It loves. And it creates.

How does your soul feel as you read that? What have you, or will you, allow your soul to love and create?

ten

MARINATION

PAGE 255 (EMBODYING SACRED FEMININE EXPERIENCE: A Spirituality of Naturalness)

"But the Sacred Feminine consciousness seizes us by the shoulders, looks in our eyes, and tells us with passion and simplicity: If you don't get anything else, get this. This is your life, right now, on this changing earth, in this impermanent body, among these excruciatingly ordinary things. This is it. You will not find it anywhere else."

This is it. You will not find it anywhere else.

After reading The Dance of the Dissident Daughter, what is different for you and your life right now, dearest bird?

NOTES



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