

# Mysteries of Life

with Judith Barr

*Spiritual Midwife, Psychotherapist, Interfaith Minister, Poet, Writer, and Performing Artist*



NEWS OF THE SACRED WORK OF THE FEMININE

ISSUE EIGHT

*Helping to restore the Feminine to her place of honor  
in our lives and in our world . . .*

## THE CYCLE OF LIFE

*Many have asked me to write and record my teaching about the cycle of life. No matter how many times they hear it, they want to hear it again, to let it take them to the place within that will open for healing this time ... and this time ... and this time.*

**W**e go 'round the cycle of life again and again, each time walking the circle on a deeper level. A spiral leading us inward and downward, into and through our own inner labyrinths. A spiral leading us deeper and deeper into the mysteries of our own soul's journey and into the mysteries of life.



good job!" ... into ... "Oh! so I've returned to this at a deeper, subtler level of it's existence and mine. I know its painful, yet I also celebrate the return and the opportunity it offers to clear and heal the wound still deeper within me."

With that said, let us take a journey together 'round the cycle of life ...

When they re-meet an old wound, people often say, "I thought I worked on that before." "Yes," I say, "you did. On a previous walk 'round the cycle, at a different level of your being." Every time we move through the cycle of life, we revisit the same issues at deeper and more subtle layers of our being. For example, if a woman worked on physical abuse five years ago, and verbal abuse two years ago, perhaps she will work on emotional abuse this year, energetic abuse next year, and psychic abuse the following year.

So coming back to the same threads in our being is not a sign of failure. It is a natural aspect of life's cycles spiralling ever deeper toward the center. At the same time, it can be a healer of duality ... if we allow it to be. It can help us transform: "Here again? I thought I worked on that! I guess I didn't do a very

Although there are some exceptions, I usually begin in the North. The North. Midnight of our day. The dark of night. Winter of our year. The time of dying. The death of the old. Everything appears stark, barren, frozen, and dead on the surface ... while all the life energy draws itself in and downward to rest and be held within. It is a time of introspection, deep, quiet transformation within. In the time after the dying, there can be still, open emptiness ... the emptiness into which something new can eventually be conceived. The north at its deepest becomes the ready womb.

When we are aligned with the Divine in the North—we are midwives to the dying, and to the limitless possibilities that can follow the dying. We come to the dying, not defenseless, but rather, undefended ... with

a commitment to serve, and a trust in the process of dying. We attune to the dying...helping in the naming of what is dying, witnessing and bringing our presence, comforting and assisting in the dying ... all in a way that helps the dying itself, and, at the same time, helps to create a passageway from the dying into whatever will come next.

When we are not aligned with the Divine in the North—the dying gets distorted into killing. We kill our own feelings, our inspirations, our knowing; we kill our dreams, our visions, and our hopes; we may kill what we have manifested thus far. We send out energy from ourselves that is killing energy. If you've heard the phrase "if looks could kill," you know an example of this. Sometimes we kill our relationships, sometimes other living beings, like ants, spiders, bees, plants. And at the far extreme, we may kill other human beings. All to defend ourselves against the dying!

My prayer in the North ... that she will help us stay aligned with her; that she will help us come to her as undefended midwives, so we can serve her and the dying that needs to take place.

We come to the East. The East. Dawn of our day. The new light. Spring of our year. Life energy coming up from the depths. The time of birthing. The birth of the new. New life peeking itself out into a new world from the deep, dark womb and through the frozen, hard ground.

When we are aligned with the Divine in the East, we again serve as midwives, only this time, to the birth. Again we come undefended, with a commitment to serve, and a trust in the process of birthing. We hold a container for the birthing, attune to birther and that which is to be born, act as witness, comforter, and helper. We respect and honor the timing, pace, rhythm, and movement, as it unfolds in its own organic process.

When we are disconnected from the Divine in the East, we change from midwives into obstetricians. We distort the birthing, turning it into a delivery. We bring, whether consciously or not, our distrust and fear of the process of birthing, and of that which needs to be born. We dishonor the natural rhythm of the birthing, forcing our own timing and pace upon the birth. We may stop the birth, because we don't want it now. We may hurry

the birth, because we are tired of waiting and feel out of control. We may go in after that which is to be born and pull it out, instead of letting it come on its own. Or we may hold it in, refusing to let it emerge. Perhaps we don't like what we know needs to be born. Perhaps it is our sorrow that needs to come to life, but we prevent its birthing because we would rather give birth to our joy. Perhaps it is our anger or our fear that needs to be born, but we'd rather give birth to our playfulness. In the East, when we are disconnected from the Divine, we bring our willfulness to the birthing process, distorting it beyond recognition.

My prayer in the East ... that she will help us stay connected with her; that she will help us come to her as undefended midwives, open to release our willfulness for the sake of our deepest, most positive will ... our willingness to serve in the birthing as is truly needed.

*So coming back  
to the same threads  
in our being is not  
a sign of failure.  
It is a natural aspect  
of life's cycles  
spiralling ever deeper  
toward the center.*

We come to the South. Noontime of our day. The sun shines brightest and warmest from the sky straight above us. The summer of our year. Life has been protected and fed, nourished into growth. Everything in bloom, blossoms surrounding us. Life at its fullest. The fire of life glowing, passionate, alive.

When we are connected with the Divine in the South, we consciously commit to use our fullness, our fire, our heat, and our passion to serve the Divine. We take great, purposeful care in how we use these powerful energies.

But when we are disconnected from the Divine in the South, we split off from consciousness of the power of our fire and how we use it. As a result, we hurt ourselves and others, either by how we use our fullness, or by how we avoid using it.

It is frightening for us to come to the South. There are two profound reasons. First, every time we come to the South, we know, whether consciously or unconsciously, that we will meet the places in us where we have been wounded by someone else, misusing or abusing their fire with us. Second, every time we come to the South, we know, albeit unconsciously, that we will meet the places in us where we would misuse or abuse the fire within us. We may try to avoid the South, we may try not to move there in the first place. We may try to go around it. But in the depths of our

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# Preview of Upcoming Events . . .

FALL 1997

## *A New Opportunity at Mysteries of Life!*

### FOR BOTH WOMEN AND MEN MYSTERIES OF LIFE FOUR DAY WORKSHOP

An opportunity for men and women together to do some of the deep healing work that the women do in the Women's Mysteries Intensives. This will be an ideal container for men and women as individuals, as well as for couples interested in witnessing and supporting each other in work that touches the depths of our beings.

**THURSDAY, OCTOBER 16, 1997  
THROUGH SUNDAY, OCTOBER 19, 1997**

If you are interested, please call for details.

*(See Women's Mysteries Intensive, Spring 1998,  
for more information.)*

## CREATING LIVING RITUAL— FOR THE HOLIDAYS AND EVERY DAY

Rituals are containers we create from the inside out—

To hold us as we make leaps of faith into new phases of our being;

To ground us in our sacredness as we accept and mature our humanity;



To hold us as we descend further into our own mysteries and the mystery of life—

So that we may create our lives from the still-deeper inside out.

May this workshop help you, at last — freed from imposition by forces within or without — to create the holidays you most deeply desire!

**SUNDAY, NOVEMBER 2, 1997—10 AM TO 6 PM**

Fee: \$85 - \$105 (depending on your financial need)

## GENERATING OUR LIVING FROM THE LIFE WITHIN

### *Healing the Split Between Money and Spirit*

We all need money to live on this earth. We have many diverse responses to this truth and to money itself. We humans have split money so far apart from spirit and especially from the Feminine Spirit ... that we have caused great harm to ourselves and to our world.

Let us dare to look in the mirror, see with clarity and honesty, feel to the depths of our being, and in this way allow money to be a guide to our healing, our unifying, and our coming Home.

**SATURDAY, NOVEMBER 15, 1997—10 AM TO 10 PM  
NORTH SALEM, NEW YORK**

Fee: \$125 - 150 (depending on your financial need)  
includes three sessions and dinner

Dear Judith,

*Thank you for working with me individually, in the women's community, and at the Women's Mysteries Intensive. With your guidance I've been able to gently let go of my need to know, in my mind, what path my journey was taking me and I was miraculously led, by my heart, to a universe I didn't know existed. A universe where I am seen as I am and loved, where my needs matter and are met; where I am safe, even encouraged, to have my feelings openly. I've spent my whole life seeking such a universe and am truly blessed to have discovered it.*

Michelle Hedding  
Oakland, CA

Dear Judith,

*That was the most astounding four days [Women's Mysteries Intensive] we spent in the shelter of the house and your quiet, loving spirit! I had not realized the depth of my pain, nor my need to grieve. The process by which you led us is powerful—staying with heart, not head. I find myself more often connecting with my breath and tears. Thank you so much for all you do and are.*

Fondly, Phoebe Honig  
Pittsfield, MA

## ONGOING

**WOMEN COMING HOME  
IN COMMUNITY**

This is a community of women, each committed to her journey, her healing, and inhabiting of her deepest self. From that very commitment flows a safety, support for and giving to each other that is priceless.

**ONGOING - ONE DAY MONTHLY  
NORTH SALEM, NEW YORK**

Fee: \$100 - 125 per day (depending on your financial need)

**Pre-requisites:** Each participant needs to be working individually with a therapist or spiritual helper.

Each participant needs to be at a level of development that supports her participation in this depth of group work.

Several women in the community have created personal intensives, calling together other women to witness and support their work. This is a profound and vital option for you if you want and need something different from an individual session or a group intensive.

**HEALING OUR  
WOUNDED SEXUALITY***Ongoing Women's Group*

One participant says of the group ...

***"THIS WORK IS AT THE VERY BEATING  
HEART OF WHAT WE NEED TO HEAL!"***

(For more information, see description for "Healing Our Wounded Sexuality" introductory workshop, Fall 1997)

**TUESDAY NIGHTS - 7:00 - 9:30  
NORTH SALEM, NEW YORK**

Fee: \$35 - \$50 (depending on your financial need)

**Pre-requisites:** Same as "Women Coming Home in Community," above.

## SPRING 1998

***THE FOLLOWING WORKSHOP IS A  
WONDERFUL OPPORTUNITY FOR  
WOMEN TO TASTE THE DEPTH OF  
TRANSFORMATIVE WORK OFFERED  
THROUGH MYSTERIES OF LIFE!***

**WOMEN'S MYSTERIES  
INTENSIVE**

**APRIL 29 - MAY 3 1998  
CHESTER, MASSACHUSETTS**

Each woman will bring the individual concerns and issues in her particular journey. We will use ritual to hold profound and deep individual and group process.

We will weave together the human and the Divine, the deep therapeutic and the grounded spiritual ... learning, honoring, and practicing the magic of positive intention; discovering and healing unconscious negative intention; moving with creative forms that emerge (such as writing, face painting, drawing, movement, dance, prayer, visualization, meditation); doing deep personal and group process work; experiencing silent stillness; playing; being; distinguishing form from essence; remembering what true power is, what true power feels like, looks like, sounds like; consciously healing our connection with the Divine within and all around us.

Fee: Includes workshop, room, and board - \$510\*  
\$485 if registered by December 1, 1997

*As the group will be limited to 12 to 15 participants, early registration is encouraged.*

To register, send a non-refundable deposit of \$200 to:

Judith Barr, c/o Mysteries of Life  
PO Box 218, North Salem, New York 10560

\*If there are enough women registered at the full fee, I would delight in offering partial scholarships to women who long to participate and truly can't pay the full fee. If the fee is prohibitive for you, please contact me to explore what we might work out together. Payment plans are an option.

*Dear Judith,*

*Thank you for the Women's Mysteries Intensive. You carefully constructed a safe container for ten women, many of whom didn't know each other, which made it safe for each of us to do deep and intensely personal work. Being witness to each other's work continued the learning and healing through the recognition of common threads and the shared experience. The food, the setting, the rituals and the playing all greatly contributed to the connectedness - to our own stories, to women's stories, to the feminine and the Divine. A month later I feel renewed, replenished, more patient and with greater perspective. Truly an awesome experience to be done again and again. I am so grateful I found you.*

*Andrée deLisser  
Goldens Bridge, NY*

(continued from page 2)

beings, we know that in order to inhabit the fullness of who we are, we must visit the South again and again, willing to meet these places ... so it will be truly safe for us to be our full selves and for those around us to be their full selves.

My prayer in the South ... that she will help us stay connected to her; that she will help us come to her again and again with our deepest longings to fully inhabit her energies in us, and with our openness and willingness to heal and transform the painful misuse and abuse of her energies.

We come to the West. The evening of our day. Twilight. The autumn of our year. The fruits of this year's life ripen on the vine and offer themselves for harvest. And then, life cycles back into the dying again.

When we are aligned with the Divine in the West, we receive the harvest. We recognize the fruits. We account for them. We value, even treasure them. Innately we know how to reap the fruits of the harvest; exactly what to store for winter and how; what to enjoy now and how to serve it. We know how much to keep for ourselves, how much to share with others, and with whom. We have no doubts about the rightness of each aspect; we are clear about our discernment, not being distracted by judgments of selfishness or withholding. Aligned with the Divine in the West, we instinctively relish the harvest as a moment in its own right and as a part of deeply preparing for the winter to come.

When we are disconnected from the Divine in the West, we refuse the harvest. We discount the fruits,

refusing to even recognize them. Perhaps, as in the East, we bring our willfulness to the very fruits we have created, saying, "I don't want this fruit. I don't want sadness as a fruit. Who made this fruit? It's not mine!" The harvest sits on our doorstep and we slam the door in its face, leaving it to rot. Or perhaps, leaving it for someone to take. Then, turning away from our own harvest, created by our own movement through the cycle of life ... we begin to look outward at others' harvests. We begin to want the harvest of our friend who has created anger, or the fruits of our neighbor who has created new life's work, or the harvest of our partner who has created gratitude. The more we refuse our own harvest, the more we look outside for the harvest, the more disconnected we become from our own cycle, our own spiral, the harvest that is needed in our journey right now, and ... the harvest that we are.

My prayer in the West ... that she will help us stay aligned with her; that she will help us welcome and hold the harvest that is ours; that she will help us heal duality in the face of, perhaps, a difficult harvest; that she will help us claim the harvest in and of itself, and also so we will be prepared for the approaching winter and the next cycle to come.

My prayer as we journey through the cycle of life ... that Life will help us stay aligned with her. That she will help us grow our consciousness so that we can go into and through our journey with her and hold it at the same time. That she will teach us to join and to live from the wedding of Truth and Love at the deepest levels of being.

© Judith Barr, February 1997.

## ORDER FORM - THE SPOKEN WORD ON BEHALF OF THE FEMININE

Please send me the following . . . [all are audio cassettes except where indicated] (fee includes tax, shipping and handling)

QTY	TOTAL
_____ <i>A Menstrual Journey</i> (book) (\$12.32) . . . . .	\$_____
_____ <i>The Call of My Blood Mysteries</i> (\$12.32) . . . . .	_____
THE SPOKEN WORD ON BEHALF OF THE FEMININE	
_____ Series of the following four tapes (\$45.00) . . . . .	_____
_____ <i>Woman, Come to Your Self</i> (\$12.32) . . . . .	_____
_____ <i>Healing the Feminine Betrayal of the Feminine</i> (\$12.32) . . . . .	_____
_____ <i>Feeling: A Form of Prayer</i> (\$12.32) . . . . .	_____
_____ <i>Weeding Through Distortion to the Truth</i> . . . . . (\$12.32)	_____
_____ Series and correspondence work with Judith (\$132.00) . . . . .	_____
<b>TOTAL</b> . . . . .	<b>\$_____</b>

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_

Please make checks payable to JUDITH BARR and send to her c/o MYSTERIES OF LIFE, PO Box 218, North Salem, NY 10560  
**(914) 669-5822**

I am updating my mailing list and want to keep you informed of my work, if you wish. Please check the appropriate box to let me know. Thank you.

- Please add my name to your mailing list (no purchase necessary).
- Please keep my name on your mailing list.

# Mysteries of Life with Judith Barr

NEWS OF THE SACRED WORK OF THE FEMININE

*Helping to restore the Feminine to her place of honor  
in our lives and in our world . . .*



ISSUE EIGHT



## PREVIEW OF UPCOMING EVENTS . . .

S U M M E R 1 9 9 7

### **WOMEN'S SABBATH: THE MAGIC OF MENSTRUATION**

*Healing the Split Between Body and Spirit  
Healing Workshop and Act of Service*

Woman's menstruation is deep at the heart of the mystery of woman's sacredness, spirituality, and holy power. Hidden, and distorted through the ages as curse and unclean time, this powerful, mystical aspect of our lives as women is slowly being reclaimed.

This will be both a workshop and an act of service. The workshop itself will be a time for women to heal and reclaim in relation to their bleeding time, a container in which to heal the split between body and spirit, human and divine, mundane and sacred. The act of service will be the video-taping of the workshop by Roberta Cantow, filmmaker with whom I have been consulting for a couple of years. If you feel called to heal yourself and serve in the healing of other women as well—women of today and tomorrow alike—call for more information.

**THURSDAY, AUGUST 28 - 7 TO 10 PM  
FRIDAY, AUGUST 29 - 7 TO 10 PM**

**SATURDAY, AUGUST 30 - 10 AM TO 10 PM  
SUNDAY, AUGUST 31 - 10 AM TO 1 PM**

Fee: \$200 for the series. \$100 non-refundable deposit.

F A L L 1 9 9 7

### **HEALING OUR WOUNDED SEXUALITY**

*Healing the Split Between Sexuality and Spirituality*

Using my own intuition and guidance, the connection we make with each other, Women's Mysteries, the Pathwork Guide lectures, and my years of experience as a psychotherapist and spiritual midwife ... this introductory workshop is intended to help women heal the wounds to their sexuality that are the result of the split between the sexual and the spiritual, and the consequent distortions and abuses this rending apart has created in our world.

**SEPTEMBER 1997** — The form and timing of this workshop will depend upon the women who are called to participate. It may be a daylong workshop on September 20, or a series of four sessions Sunday evenings, September 7, 14, 21, and 28.

Fee: \$125 - \$150 (depending on your financial need)



**Judith Barr**  
c/o Mysteries of Life  
PO Box 218  
North Salem, NY 10560  
**(914) 669-5822**

*Judith has a practice in  
North Salem, New York,  
and travels with her work  
wherever she is called.*



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Oklahoma City OK 73112

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