

CRONES: DANGEROUS & DIFFICULT WOMEN

With Alison Palmer PhD

7 Ways to Be a Dangerous & Difficult Crone or Elder Wise Woman

1. **LOVE yourself.**

- *What would it really mean to love yourself?*

2. **BE YOU - however weird that might be.**

- *Scale of 1-10 (1= not at all; 10 = fully) how much are you being fully you?*
- *Off the top of your head, what comes up as the first thing where you feel truly yourself, in all your splendiddness?*
- *What comes up as the first thing or situation where you feel you are not being you at all - or minimally you?*

3. **SAY NO when you really want to say No.**

- *Scale of 1-10 (1= very hard; 10 = just so easy) how easy or difficult do you find it to say No?*
- *Off the top of your head, what comes up as the first thing or situation where you find it very easy to say a clear and unequivocal NO?*
- *And same thing, what comes up as the first thing or situation where you find it impossible or near impossible to say NO?*

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4. **SAY YES when you really want to say Yes:**

- Scale of 1-10 (1= very hard; 10 = just so easy) how easy or difficult do you find it to say Yes?
- Off the top of your head, what comes up as the first thing or situation where you find it very easy to say a clear and unequivocal Yes?
- And same thing, what comes up as the first thing or situation where you find it impossible or near impossible to say YES?

5. **OWN YOUR WISDOM:**

- Do you feel wise? Do you acknowledge that you have WISDOM? Do you find it easy to share your wisdom?
- Note one example when you acknowledged some wisdom that you have:
- Note one example when you chose to dismiss or denigrate your wisdom.

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6: **KNOW YOUR PRIORITIES:**

- *What are your key priorities in your own life right now? Your concerns?*
- *List 3:*
- *Feel the energy of these and allow them to mix with your wisdom.*

7. **WRITE YOUR UNIQUE STORY:**

- *Without looking back to your past to shape your now and future possible story, write your own story from this point onwards.*
- *Indulge in your creativity and imagination. Who are you? What enchantments do you live within and what enchantments do you wish to encounter in your story? Feel the energy of this. It is so different to the heaviness of the stories we normally tell ourselves, full of doom and battling. Remember, a dangerous elder woman takes responsibility for the energy she lives in, wraps around herself, dances and sings with; for the energy she knowingly ripples into the world, impacting everything near and far; for the energy she allows into her life sphere.*