I AM CRONE, THE ANCIENT ONE

(I was wearing a mask as I read this. In the flickering candlelight, it was powerful. You have permission to change this in any way that suits your purpose. -Debby)

I am Crone, the Ancient One. This body carries stories and feelings, experiences. When the child from this body lay frozen in fear in the middle of the night, seeing shapes that shouldn't be there, but were, I the Crone was there. For I have been that child, alone, frozen with fear, many, many lifetimes. 1 have passed thru the fear, and gained knowledge and strength from the experience. This strength, stored in my very cells, is my inheritance to the child of this body, my body. The many generations of experiences, of a child, alone in the dark, facing the unknown, have been carried, relived, and called forth, to bring comfort, wisdom, strength.

I am Crone, the Ancient One. My body carries the fears of lifetimes, the joys of lifetimes, the belief and disbelief of lifetimes. All these experiences live, in me, and in this body. As a young woman, I've chosen mates, and felt the fire and yearning, the passion and fear of bonding with man. I've felt the confusion of choices, and I've made choices, and learned from the choices I've made. And when this woman body listens closely, she can hear the council of ancient wisdom, if she listens closely. But in the end, she must make her own choices as have all women before her.

I am Crone, the Ancient One. I have been a child filled with energy flowing thru my veins and muscles. My body has glowed with the light of living forever. It has performed the miracle of carrying burdens that have seemed too heavy to bear and yet it survived. I have been frail and weak as time reduced strength. I have died, and been reborn. All these memories are carried in my cell memories- the cell memories of this body of woman. I rejoice in this cycle of life and death. All experiences I value. I am filled with a richness each experience brings to me. It is my birthright and an inheritance that is passed on generation after generation.

I am Crone, the Ancient One. I am powerful beyond words, because I carry experiences for which there are no words. In the living of life,

there is power. I share this moment with you... such value in this moment. Each powerful moment of awareness contains a lifetime of experiences. Consider the beauty of such a moment.

I am Crone, the Ancient One, and I am filled with the love of life and the love of death. 1 enter the darkness and move into the light. In my body is a myriad of pathways taken and not yet taken; a maze leading from experience to experience. I hold the fear and thrill of choices about to be made, and the exhilaration of taking a first step.

I am Crone, the Ancient One, and I live.