Reflections on MARIANNE Williamson's A Woman's Worth

A BOOK ABOUT BEAUTY AND AGE, RELATIONSHIPS
AND SEX, CHILDREN AND CAREERS, AND THE
REASSURANCE AND REASSERTION OF THE
FEMININE IN A PATRIARCHAL SOCIETY

WHOIS



MARIANNE WILLIAMSON IS AN AMERICAN AUTHOR, SPEAKER, AND POLITICAL ACTIVIST.

Williamson has written several self-help books, including A Return to Love:, which became a New York Times Best Seller. She was launched into prominence by Oprah Winfrey and became known as her "spiritual advisor".

She ran for the Democratic nomination for president in 2020 and in 2024..

MEDITATION AND PRAYER FOR GATHERING

We see in the middle of our mind a little ball of golden light. We watch this light as it begins to grow larger and larger, until now, it covers the entire inner vision of our mind.

We see for ourselves within this light a beautiful temple. We see a garden that surrounds the temple and a body of water that flows through the garden, we see that the inside of the temple is lit as well by this same beautiful golden light. And we are here for we have been drawn together.

We devote our time spent together, our relationships to one another and pray that we are lifted above and beyond the energies, the fears, the limited thoughts that would obstruct us on our path. Rather, may love so infuse our very being that we are delivered from our old fears and become deliverers of others.

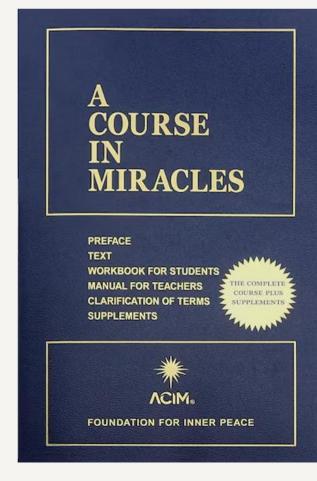
let's go girls!

This got me through many tough times in my life WHAT IS A COURSE IN MIRACLES?

Marianne Williamson Has Been Teaching A Course in Miracles For Decades

The Course is based on universal spiritual themes. It's not religious. It is a psychological training in the relinquishment of a thought system based on fear and the acceptance, instead, of a thought system that is based on love.

A Course in Miracles uses religious terms in decidedly non traditional, psychotherapeutically oriented ways. The Course in Miracles says religion and psychotherapy at their peak are the same thing. The they both have to do with the healing of the mind.



You think you have many different problems, but you really only have one, and that is your separation from God. - ACIM

We live in a world where there is an endless fascination with analyzing the problem.

The Course in Miracles is not about endless analysis of a problem

You can't get rid of Darkness by hitting it with a baseball bat. You get rid of Darkness by turning on the light.

The Course in Miracles says that who you are is light. The Course in Miracles defines light as understanding that only love exists. The light in any situation casts out the darkness in any situation by knowing that you are love and by disciplining yourself to align your thoughts with love.



WHEN YOU TURN ON THE LOVE

Fear Disappears

The fear was literally a misunderstanding in any situation. It was your:

- misunderstanding of who you are
- · somebody else's misunderstanding of who you are
- somebody else's misunderstanding of the world.

You dissolve the consequences produced by that misunderstanding by understanding. You dissolve the darkness by turning on the light. You dissolve the fear by turning on the love. Problems do not exist in the level of ultimate reality.

We have over identified with the mind that is in pain.

We are not talking about denying our problems. We are talking however, about denying their ultimate power over us. You cannot deny their ultimate power over you as long as you are identifying with the problem and the level of reality on which the problem exists.

YOU ARE HEIR TO THE LAWS THAT PREVAIL WITHIN THE WORLD YOU IDENTIFY WITH.



THE IDEA IS THAT THERE ARE

2 filters through which to see the world

One filter is the perception of the world through **bodily senses**. The other filter is that which the **heart knows to be true**.

So even though we've been through "hell and back", and we can get triggered by our exes, remember that we can only get **triggered if we think it's real**.

I can remember who you really are. I can choose to extend my perception beyond what my physical senses just told me, and remember who you are.

There is always another way to go, and that's to know LOVE. It's going to be hard. It's supposed to be hard but the key is to say - "I am willing to see the situation differently", and when we do we are always given the help.

AND THAT WAS YOUR PRIMER ON A COURSE IN MIRACLES

which sets the stage for Alloman's Clorth



QUEEN

SLAVE GIRL

EMBRACES INTRINSIC WORTH & FEMININITY

TRAPPED BY SOCIETAL EXPECTATIONS

CONNECTED TO EMOTIONAL AND SPIRITUAL POWER

COMPROMISE VALUES TO CONFORM AND GAIN APPROVAL

DOES NOT RELY ON EXTERMAL VALIDATION

PRIORITIZING OTHERS NEEDS
ABOVE OUR OWN

The journey from slave girl to queen involves unlearning societal conditioning and reconnecting to one's spiritual and emotional power.

The journey is one of healing wounds, embracing self-worth, and always choosing love over fear.

Identify how we can sometimes feel trapped in our societal expectations and brainstorm ways to connect with our inner "Queen"

EXAMPLES:

FEELING GUILT OF PERCEIVED SHORTCOMINGS, EXPECTATION TO "DO IT ALL", BEING JUDGED AS "DAMAGED GOODS", FEELING TIED ONLY TO THE IDENTITY OF MOTHER, NOT WOMAN, PRESSURE TO SACRIFICE EVERYTHING...

Let's Discuss:

financial pressure?

01

WHAT
EXPECTATIONS
DO WE FEEL
MOST
PRESSURED BY?

02

Creating.

WHAT MAKES
YOU FEEL
ALIGNED AND
EMPOWERED
WITH YOUR
TRUE SELF?

03

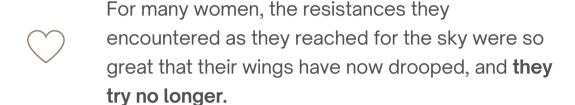
HOW CAN WE INCORPORATE SMALL ACTS OF LOVE INTO OUR DAYS?

04

WHAT WOULD
THE QUEEN SAY
IN ANY
SITUATION
WHERE YOU FEEL
TRAPPED?

long shower?

Quotes



- Womanhood is being recast, and we're pregnant, en masse, giving birth to our own redemption. It's as if someone removed our chair but couldn't take away our longing to sit.
- Our jailer is a 3-headed monster: **one head our past, one our insecurity and one popular culture**
 like battered wives, looking endlessly for love in

 places with no capacity to love us back.
- every woman was born to be a Queen, but that option was not available on the multiple choice questionnaire we were handed as little girls.

 Rarely did anyone tell us we could choose to be magic.

INTERNAL LIGHT



the nature of light

THE NATURE OF INTERNAL LIGHT IS **CONSTANT AN** UNCHANGING.

attempt to dim the light

WE ARE CONDITIONED TO DISCONNECT FROM **OUR INNER POWER** THROUGH OUR INSECURITIES.

Couré's role

CHOOSE LOVE **OVER FEAR IN** THOUGHTS. **ACTIONS AND** RELATIONSHIP.

We have spent enough time in darkness; now we are headed for the light.

FOR "SUCCEEDING",

TELL THEM SILENTLY "I

HAVEN'T EVEN

STARTED **NEXT TIME SOMEONE**

EMBRACE INNER RADIANCE BY RELEASING FEAR, GUILT AD SELF-DOUBT.

reclaining the light

Let's talk HOW WEDIM

FEAR OF JUDGEMENT OR REJECTION

01

This can lead to self-censorship, downplaying our strengths and hiding to avoid criticism. Could you be avoiding leadership roles or public speaking for these reasons?

02

IMPOSTER SYNDROME

Are we doubting our abilities or self sabotaging opportunities? Who has declined a promotion or failed to apply for a job because of the fear of being "unqualified" even though you are?

COMPARISON TO OTHERS

03

Constant comparison to others can lead to feelings of inadequacy. Envy and diminished self confidence prevent us from celebrating our unique gifts. *Do you watch social media highlights to underscore what you lack?*

04

FEAR OF LETTING GO OF THE PAST

Holding onto past mistakes can keep us tethered. This blocks the flow of light. Where are we avoiding new opportunities because we're stuck in the old narratives of hurt?

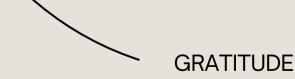


TAKE SMALL DELIBERATE STEPS AFFIRMATIONS
AND
INCANTATIONS

CULTIVATING PRACTICES TO OVERCOME

BUILD POSITIVE RELATIONSHIPS AND SEEK SUPPORT

MEDITATION AND MINDFULNESS



Quotes



We as women are trained to see ourselves as cheap imitations of fashion photographs, rather than seeing fashion photographs as **cheap** imitations of women.



She doesn't know that every woman who is a queen simply knew she could be one, and everyone else is still pretending she can't. That's all that separates them; a shift in consciousness from denial to acceptance.



If I'm too happy, too successful, too perfect, I will not be loved. For some women it's weight, for others it's something we do or think or say to make it appear that we're having a hard time.



We have been concerned with small things when we ourselves are huge. Those days are over. We must begin again.

AMAGNIFICENT ADVENTURE

Ask in Chat
"what is life."



HOW IT STARTS

It begins when we're innocent girls who became convinced, for whetever reason, that the girl within them isn't good enough.

The Lost Girl

MANY OF US GREW UP IN DYSFUNCTIONAL FAMILIES

However confused we may have been, our spirits didn't die. There is an ever renewable strength within all of us. This innocent place within all of us is called "the lost girl".

I COULD HAVE BEEN A MYSTICAL PRINCESS!

That's what it feels like when we try to reclaim the lost girl. We don't know how to become women because **we were taught it was not OK to be girls.**

NO GRACIOUS STRUCTURE UNROLLED THE RED CARPET TO USHER US INTO GLORY

We came into the world covered in a mess from our rocky ascent. The princess becomes a Queen when she stays the road. The Queen knows her destiny is JOY. Not knowing joy, we do not know ourselves.



How to Embrace Joy:



Age doesn't have to be bad. It could, in fact, be magnificent.



THE LIGHTHEARTEDNESS OF YOUTH

Combine this spirit of youth with the depth the past few years has given us. We can have both.



Don't listen to the "you should... you should not" told to women these days. Whatever we come up with to expand ourselves, let us be!

NO ONE CAN CONTROL WHAT WE THINK

We are not a little powerful; we are enormously powerful.

Every time we say a negative word, we lay the mental plans for negative things. There is no escaping this law of the mind.

So choose an affirmation that fits you, your hopes and your desires. Focus on the woman you want to be. I am joyful, serene, positive and loving. Write in on sticky notes and stick them on your walls!

create your own manifesto for life - and then read it every day.

Quotes

become conscions to that which we were unconscions of



Spiritual techniques cannot not work. The question is not whether they work but **whether or not we actually do them.** If we remind ourselves of the women we want to be, then the woman who has been **masquerading will breathe her last breath.**



A woman is meant to hold the heart of the world in her hands. She must cater to it and minister to it and kiss it when it cries. When we do not recognize our cosmic function, our own hearts break, and so does the heart of the world.



You need not apologize for being brilliant, talented, gorgeous, rich or smart. Your success doesn't take away from anyone else's.



Your success increases the possibility that others can have it too. Your money increases your capacity to give, your joy increases your capacity to give joy and your love increases your capacity to love. Your playing small serves no one.



When you're really ill, you don't know a snake when you see one.

Once recovery begins, you see a snake and you know it's a snake, but you still play with it. Once you've landed in recovery zone, you see a snake, you know it's a snake, and you cross to the other side of the road.

The world told us we aren't really great, so years later, when a man tells us the same, he feels like the one we belong with.

For many of us, our power lies unexpressed. It's not something we go out into the world and get, it's within us.

Until we own our own power, we will seek it in others, particularly men, and power sought that way destroys us.

Our only excuse for holding onto these weak patters - we have an excuse not to shine. We don't have to take responsibility when we're spending all of our time in emotional pain.

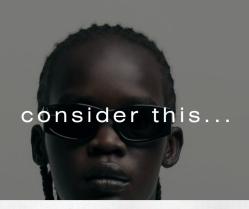


So how do we attract the right partner?

When we are clear that we want to shine, when we fall in love with the magnificent possibilities within ourselves - we attract into our lives all the opportunities and relationships that help us do that.

As long as we tear ourselves down, we attract others who will tear us down.

We will continue finding people who agree that we are undeserving and lacking. In relationships, like everything else... we ask for heaven or we ask for hell.



where have we BECOME MFN?

When we start to understand how we take on the masculine in an effort to protect ourselves, we leave the Queen behind.

Do we find our selves toothered by feminine worken? This could be a place to toegin our exploration.

masculine

femine

ACTIVE	PASSIVE
DYNAMIC	MAGNETIC
DOING	BEING
LINEAR	CYCLICAL
LOGIC	INTUITION
	\rightarrow

THIS DOESN'T MEAN WE DON'T SWITCH ROLES AT TIMES. IT MEANS THE DOMINANT GROOVE IS THAT HE'S MASCULINE AND I'M FEMININE.



MARIANNE'S STORY ARE WE MOTHER OR FATHER HENS?

I see I was one of thousands of young girls who unconsciously decided that our **mother's lives were meaningless**, while our father's lives were glamorous and important. The way to succeed, it seemed to us, was to grow up and be just like daddy.

Unconsciously, I had created a career just like daddy's. I had become what, in Jungian terms, is called a **father's daughter**. I founded organizations, had a child and wrote a book. I knew I had to be strong. **I thought strength didn't cry.** I had seen my father's lack of emotion as strength and my **mother's show of emotion as weakness**. I wanted to be strong like my father. I couldn't break down at a funeral if I was the one conducting the service.

If a mother was grieving for her son, I couldn't cave in. I wanted to be a shoulder for her to lean on.

I didn't want to do anything that would threaten my ability to be strong in my role as mother hen. What I didn't understand was that I had become not a mother hen, but a father hen. So this is the Amazon neurosis, the woman who achieves at the expense of her tender places.



HOW DO WE DEFINE FEMININE POWER?

Emotional expansiveness

Spirituality

Living cosciously

Intuition and creativity

Healing Energy

Flow and adaptability

Inclusive leadership

The Idea of Marriage

CULTURAL DOCTRINE

We can forget that a piece of paper does not tie hearts together. The issue is not whether we marry, but whether we allow any choice of lifestyle to hinder our ability to fly. What is important, if we marry, is that we not give up our wilder spirits.

THE CREATIVE SPIRIT

She thrives on freedom and daring. Many of history's creative women have not been married. As for the priestesses of olden times, don't even think about it. Priestesses were spiritual mermaids, and a lot of men were drowning.

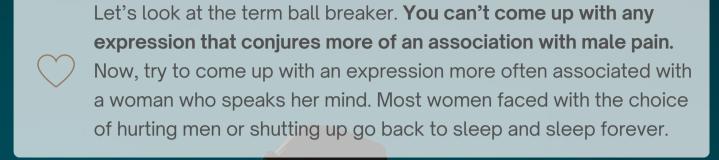
FEMALE POWER

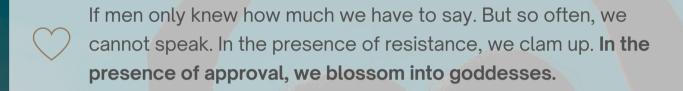
Female power has to do with women taking an active part in the conversation - whether in the public arena or at the dinner table - and having the same emotional space in which to do so as men.

EQUALITY

We are still not equal partners outside the bedroom and until we are, the world will not be healed. Women are still in emotional bondage as long as we need to worry that we might have to make a choice between being heard and being loved.

Quotes





A princess attracts a prince, and a queen attracts a king. Women who whine attract men who whine. **Women full of the lioness heart attract men who are full of the lion.**

Make room for love, and it always comes. Make a nest for love, and it always settles. **Make a home for the beloved, and he will find his way there.**



ONOS

A lover is a

High stakes proposition

He or she is the

Best of all worlds,

Or the worst of all worlds



THE 2 EMOTIONALLY WOUNDED FEMININE FACES

()]

THE WOMAN WE CALL BITCH

She feels guilty, but doesn't know why. She's full of this conviction and projects onto others, the damage she has done to herself. She will punish them as she is so sure she deserves to be punished.

02

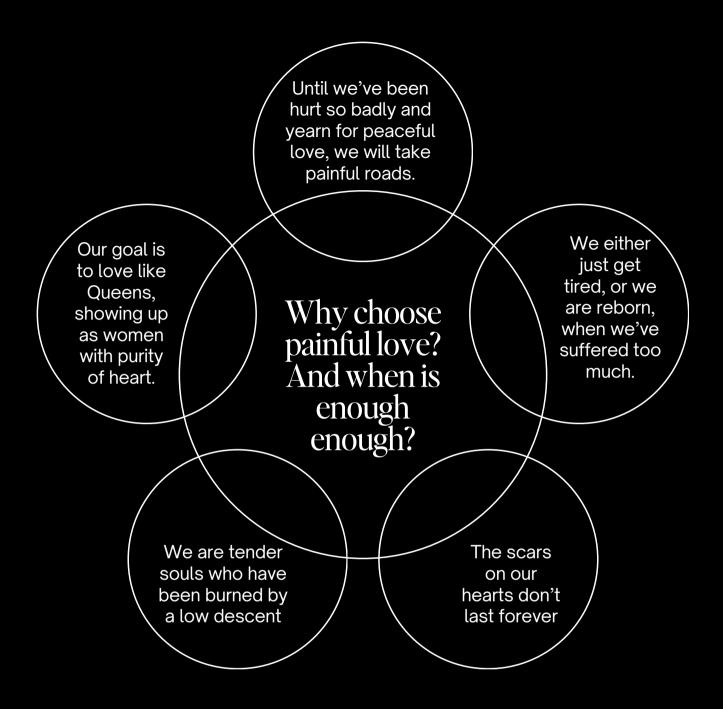
THE WOMAN WE CALL DOORMAT

Then, she believes she is so "bad" that she thinks she doesn't have much right to say or do anything. She believes that all "good" is outside of her and every so often, she finds it in someone she meets. Then, that other person is given all of the power and the woman will just lie there, quiet and docile. She has no power to speak or assert herself because the other person will have taken it all the power from her.

The search for someone who isn't in pain is unreasonable

Until we ourselves are healed of our own dysfunctions. Until then, we will be led to people as wounded as we are in order that we might heal and be healed together.

We expect love affairs to ALWAYS feel good. They don't. It's not relationships that feel good or bad, it's us. Unless we are centred within ourselves, we can't blame a relationship for throwing us off.



Everywhere we look we are presented with the idea that men toy with women and women toy with men - that it's the way things are. This is not love, this is lovelessness.

How often to we seek love, but leave love out? We don't think of being kind or caring, but about how we can "hook a man". We don't think of his problems but how he can solve ours.

Maybe these mistakes don't apply to us, but just know that the universe is always taping your thoughts and playing them back to the coucil in the sky.

EXERCISE

Getting past the barriers that surround our hearts means hanging out long enough to get a look at what they are. We must work to find God and ourselves, not to find men.

Guided Reflection

1. Barriers Around the Heart:

- What fears, beliefs, or past experiences might be creating barriers around your heart?
- When do you feel most guarded or closed off in relationships?

2. Shifting Focus Inward:

- In what ways do you look to relationships for validation or fulfillment?
- How can focusing on your spiritual and emotional growth help you feel more whole?

3. Seeking the Divine Within:

- What practices or habits help you connect with your inner self or a higher power?
- How does this connection bring peace or clarity in your relationships?

What is the purpose of having an intimate partner?

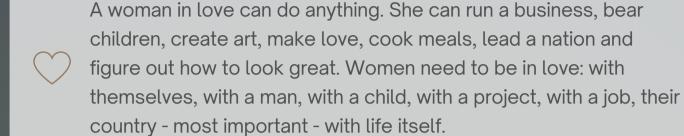
The purpose of intimacy is to massage the heart, so soften the muscles around the hardened places and keep pliant the places we're already open.

Sex isn't the ultimate high, but the ultimate high hangs out around sex.

The ultimate high is the dance with another person, played so deep down and with such abandon that glee return to grown-ups. Sex isn't always noble, but love is noble, and people who love each other have sex. their noble hearts make a good things great.



Quotes



Getting past our barrier, those walls that surround our hearts, means hanging out long enough to get a look at what they are. We must work to find God, not to find men.

Love is our fuel. We fail in our deepest responsibility to God and to ourselves each time we fail to declare love and act on love and witness to love.

May we all find sustenance in knowing there's a remarkable prize waiting for us as we approach the truth. We are so lucky to be women, and those men are so lucky to know us.

A GOLDEN CHORD

HUMAN DEVELOPMENT IS AN INVISIBLE UNFOLDING OF ENERGIES AND FEELINGS THAT CANNOT BE CHARTED OR BOXED OR REDUCED TO FORMULAS.

It is sacred ground, the Goddess territory. It has been trampled on and must be replanted.

Children remind us of what's important.

They help return us to a too-often lost perspective, where we stand in relation to **generations before and after us.**

We don't have to give birth to children to know we're the mothers of the world. We are the wombs of the generations that follow, not only physically, but emotionally, psychologically and spiritually.



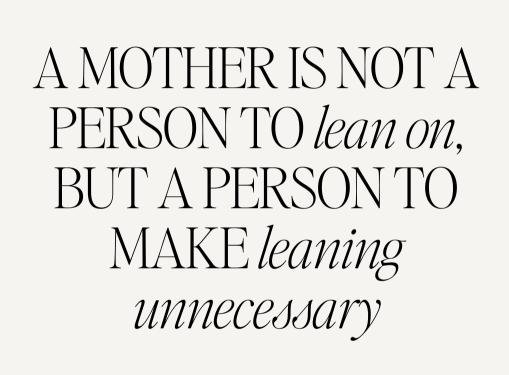
Wounded children become wounded adults, and wounded adults can destroy the world.

A key to mothering is to visualize our children as the adults we would love them to become: strong, happy, loving. Now imagine what kind of mother they must have had to grow into such fabulous grown-ups.

Whatever that is, becoming it is the task that lies before us.





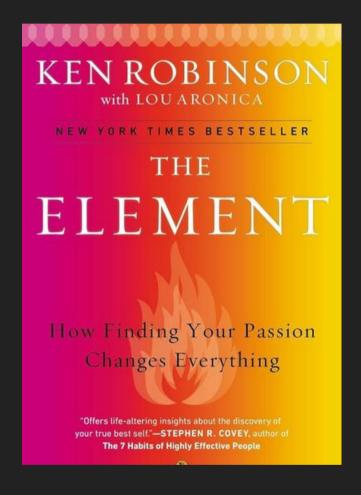




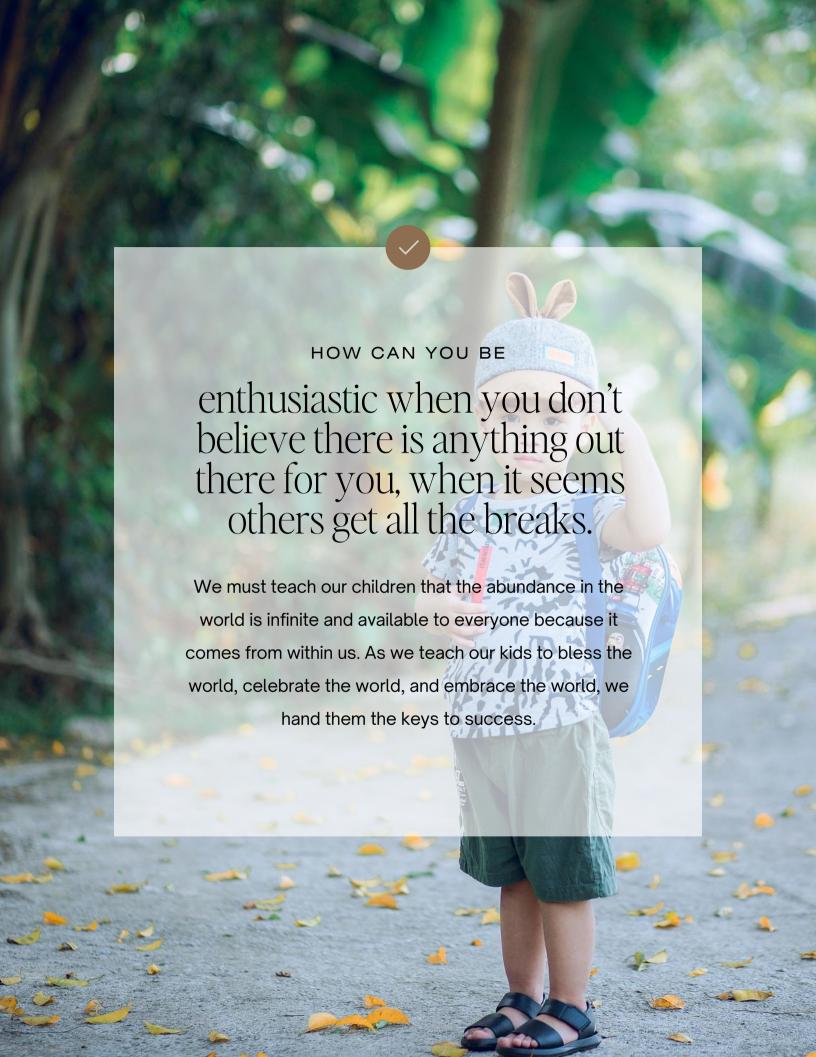
ALL OF THESE THINGS BECOME,
AFTER ALL, THE MENTAL
HABITS THEY WILL CARRY WITH
THEM ALL THEIR LIVES.

A STORY FROM...

THEFILEMENT



WE TRAIN THEM INTO A KIND OF SLAVERY, BY TEACHING THEM THE WAYS OF THOSE WHO LET OTHER PEOPLE DETERMINE WHAT THEIR LIVES WILL BE, WHAT THEIR OPTIONS WILL BE, AND HOW THEY CAN SERVE A SYSTEM OUTSIDE THEMSELVES



Quotes



Children are wise. They know more than we do, and have at least as much to teach us as we have to teach them. How dare we try to fit them into our boxes and make them play by our rules, which are so very, very stupid.



There is a golden chord that ties a mother to her child. It is God's knowingness that is placed within us. There is no one who knows as well as we do what our children want and need.



Some parents teach their children "The world is yours. Go out there and get it. Enjoy yourselves!" Other children are taught that the world is a tough place where it's hard to find abundance.



What could be more important for the future of our world than raising well-adjusted, empowered children? They are the caretakers of tomorrow's world, and they will be ready for the job or not.



Only when women go out into the world to express an authentic balance of intelligence with compassion, representing not only women but the effort within all human beings to retrieve our lost hearts, will there be a genuine liberation of the imprisoned Goddess.

THERE ARE MEN WHO

01

are healthier than daddy was and applaud your passions and think your feelings are beautiful

02

not only accept your voice, but squeeze your hand under the table and silently urge you to continue.

SO WHERE ARE THEY?

If these types of men our not in our lives, it's because they're not yet magnetized to us.

The healthiest men are magnetized to the healthiest women.

We're all here, with infinite potential and the possibilities for for magnificence.

So what should we do?

The question is "what do we want to give birth to"

while realizing that first, we must make a commitment in our hearts to the healing of the world. We were born as women to do this.



"What she demonstrated to me was the power of sisterhood, where a woman helps another woman and others are helped in the process.

UNDERSTAND THAT GROWTH IS LIKE CHILDBIRTH -WE DILATE AND CONTRACT.

BY REALIZING **WE ARE** DOING WHAT WE **CAME HERE** TO DO

CLAIM YOUR HEART AND YOUR **GLORY**

OLDER

KNOW THAT **EVEN** HONOUR THOUGH WE CRY, WE WOMEN LAUGH TOO. How we start

WE FEEL THE **BITTERNESS** FALL AWAY

KNOW THAT **WE HAVE EVERYTHING** THAT WE NEED

BLESS OTHER WOMEN. THEY ARE OUR SISTERS, DAUGHTERS, MOTHERS AND **TEACHERS**



And finally...

giving birth to our new selves, our real selves...

is a lot like giving birth to a child.

It is an idea that is conceived, then incubates. Childbirth is difficult, but holding the child makes the pain worthwhile. And so it is when we finally have a glimpse of our own completion as human beings - regardless of our husband or lack of one, our money or lack of it, our children or lack of any, or whatever else we think we need in order to thrive and be happy.

When we have finally touched on a spiritual high that is real and enduring, then we know that the pain of getting there was worth it, and the years ahead will never be as lonely.