

## Announcement

eBook versions of

- [\*The Courage to Be a Stepmom\*](#)
- [\*The Woman's Book of Soul\*](#) and
- [\*Growing Hope\*](#)

are now available for \$3.99 each at the Kindle Store at [www.amazon.com](http://www.amazon.com). A huge thank you to Gene, fantastic business partner and hubby, for making that happen!!!

## More-often-than-not Observations

Age is a great tranquilizer.

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Tension dissipates as years accumulate.

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A broken heart often becomes a healed and healing heart.

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Pain can be an incubator for compassion.

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Hearfelt presence can eventually transform most hurt feelings into peace of mind and heart.

## Bits & Pieces

Silence

A journey to that special place  
Always beckons me.  
A journey to that special place  
Where I am truly free.  
In the silence, I can hear my soul  
And the wisdom I've acquired.  
In the silence, I can find myself  
No rules are required.  
In the silence, I find renewal  
My inner yearnings I can hear.  
The silence is a blessed time  
Without turmoil; lacking fear.  
In silence, is a brand new start.  
In silence, I can listen to my heart.  
— Sue Eldredge

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Nice wears well.

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Within the realm  
of kindness  
Lies a universe of  
peace and healing.

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Before we can expect to be  
treated well, we must believe  
we *deserve* good treatment.

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Dear Friends,

Today's MuseLetter is a wrap up of our last topic; expanding the ancient symbology of **Maiden, Mother, and Crone**.

*If you missed that MuseLetter and want to check it out, it's on my website: [www.suepatthoele.com](http://www.suepatthoele.com).*

But, first, I want to introduce you to the Most Important Crone in my life, **Annabelle Woodard**.

I met Annabelle when I was twenty-seven, basically unconscious, and definitely unhappy. To my great good fortune, she became my Spiritual Mother, mentor, and treasured friend. To a huge degree, the self I have become was urged out of hiding, and guided to maturity, by Annabelle's intuition, wisdom, and compassion. Her intelligence is formidable and her vast spiritual gifts inextricably connected to the Divine. Many of the beliefs and philosophies I hold dear were gleaned from her teachings and wise counsel.



Annabelle and Sue, 2003



Annabelle in 2011 at ninety-three "years young," as she puts it.

Thank you, Annabelle! I am overwhelmingly grateful to you, and love you beyond words...

## A Little Recap

Increased lifespan makes the Maiden, Mother, Crone triad awkward, at best. Most notably, after our active-mothering warrantees expire, we don't automatically (an Annabelle word) attain Crone status. It takes time, experience, self-awareness, and intention to confidently don the mantle of wholeness, wisdom, acceptance, and compassion the Crone comfortably wears. In light of our extended years, how about a new archetype/stage (or two, as in my first model) between Mother and Crone?

In the last MuseLetter, I shared two possibilities:

**Maiden, Mother, Wisdom Gatherer, Wise Woman, Crone** and

**Maiden, Mother, Queen, Crone**

## Whoops!

By sharing the feeling of moving back and forth between phases and the idea of societal changes, such as having children later in life, two readers alerted me to a couple of incredibly important points I forgot to mention in the previous MuseLetter. They are:

- None of the phases/stages are set in stone. Each is flexible, often in flux, and not age-specific. And, very importantly, we move in and out of them and can even inhabit more than one at a time. As an example, imagine visiting your family of origin while you are well into the Mother phase of life. Ever revert to childlike, maidenish feelings? Yep, me too... Probably one of the reasons family holiday gatherings can be so "interesting".
- Timing and duration of phases and stages can be effected by personal and societal circumstances.

## The Queen Reigns!

Most women I heard from resonated with the idea of Queen. They loved the concept of **being sovereign over their own lives, queen of their own hearts, and a benevolent bestower of all things bountiful, beautiful, kind, and compassionate**.

In an interview about her book *Crones Don't Whine: Concentrated Wisdom for Juicy Women*, Jean Shinoda Bolen commented that the mantra for women between the ages of fifty and sixty was often, "Enough is enough!" With a laugh, she continued, "I sometimes call that the *enough is enough* archetype." Sounds queenly to me.

## Crones have Charisma & Cojones

Some readers still find Crone a hard word to swallow. Maybe a simple spelling change can help. How about Cr-own? Sounds like crone, but is crown with a dash setting off "own."

Better yet, my friend, Carolyn, came up with an impression of the Maiden, Mother, Queen, Crone progression that brightly burnishes the Crone's image. She wrote, *It feels like having the Queen stage just prior to the Crone also elevates the Crone to a much more regal position. Almost like the Queen Mother having moved to a position of being a presence of peace, wisdom, and a model of love. But still elegant royalty. It really helps transform the image of the withered old woman Crone.* Being a big fan of England's late Queen Mother, Carolyn's perspective appealed to me.

I got a kick out of another view of the Crone sent by Diane. She wrote about feeling privileged to watch her ninety-two year old, recently deceased mother-in-law grow into her Crone hood. One small example was her mother-in-law deciding to eat dessert first and telling disapproving relatives, "I'm eating my dessert first, and I don't care what you think." Spending more time with her mother-in-law, and others in a home for seniors, led Diane to note, "Most of the Crones I know have an *I don't care* attitude toward those who judge them or try to control them."

The ability to flick off criticism and judgment is a wonderful example of the sense of personal freedom, peace of mind, and *beingness* embodied during Crone hood.

Thanks so much to all of you who played with me regarding expanding the Maiden, Mother, Crone archetypes. It was wonderful to read your ideas, insights, and impressions. They made me think and laugh. And reiterated what I've known for a long time. **Women are wonderful!**

Love and cyber-hugs to all of you Maidens,  
Mothers, Queens, and Crones,

