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Life Coaching for Creative Women: Mixing Magic with Mindfulness

Candlemas for Creative Women

*The ringing of its busy bent anvils
The sound of songs from poet's tongues
The heat of men at clean contest,
The beauty of its women at high assembly
Blessings on the forge!
~ Irish, traditional*

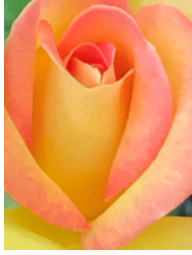
February 2 is the feast of Candlemas. It's a special day for creative women. Traditionally, on this day, bees wax candles were blessed in churches before being taken home for use throughout the year. Candlemas was also a time when many women would make candles and re-stock their home supplies. Candlemas coincided with Imbolc – the great fire and flame festival that rejoiced at the signs of winter ending and hastened the return of spring with its light filled days. This feast day is also sacred to Brigid, Celtic Goddess and saint. Candlemas, or Imbolc, celebrates Brigid and the promise of the light and warmth.

Brigid is the patroness of all crafts. Metal work or smith craft was especially connected to Brigid. In some legends Brigid forged the great cauldron, the cup of life blessings, herself.

Smith craft has given shape to some of our earliest artefacts. Gold, silver, copper, iron, tin, lead and even mercury, once called quicksilver, have all been forged in the furnaces of time. Metal's form can be altered through heat, known as annealing, and reshaped while red hot, before setting and cooling down. Metal can be worked in its pure state, or its strength and hardness altered by making it into an alloy, by mixing it with another metal. From metal, smiths have wrought candle sticks, horseshoes, swords, gates, and of course, candle sticks.

The word metal itself comes from the meaning to search after. Alchemists searched for the philosopher's stone, the ability to transform base metals into gold. "The alchemists said that their *prima materia* (their prime material) could be found anywhere, rejected as useless by common man, but capable of being distilled and transformed into purest gold," explains Gareth Knight in his book *Magic and the Western Mind*. "So it is with the imagination. It is there for any to use, free to all, yet few realize its true potential or try to distill it to a precious quintessence."

"But what gold? How will I know the gold?" You will know the gold," writes the author of *The Artist's Way* and creativity coach Julia Cameron in her book *The Vein of Gold*. Creativity is an alchemical process that can transform the metal of your daily life. You can distil your dreams into gold, with the craft of your hands.



REDGOLD CREATIVITY Exercise

Craftspeople of long ago would clean and prepare their tools on Brigid's feast day to bring good fortune for the year ahead. It's a lovely custom for creative women:

- Clean and organize your creative space. Clear your desk. Order shelves and drawers. Empty the waste paper basket. Dust and tidy. Establish harmony and order.
- Bring as much natural light and air as you can into your workspace.
- Clear out clutter on your computer or tablet. Delete excess files and emails.
- Clean your creative tools. Treat them with respect.
- Re-stock on creative and office supplies.
- Evaluate your hopes, goals and dreams for the year.
- Light a candle.
- Forge ahead.



About the Author

Hello, my name is Eliza Redgold. It's based upon the Gaelic meaning of my full name, Dr Elizabeth Reid Boyd. English folklore has it that if you help a fairy, you will be rewarded with red gold. I'm an author and academic. I write fiction (as Eliza Redgold) and non-fiction (as Elizabeth Reid Boyd).

There are some **exciting new releases in 2017. Out in March is The Secrets of Mindful Beauty** to be published by Skyhorse Publishing, New York. These revolutionary techniques in anti-ageing and self-care will change how you look and how you feel - forever.

In 2017 the first in my Ladies of Legend fiction series will be released as an audio book. Listen out for **NAKED: A Novel of Lady Godiva** - and there are more exciting announcements on the way!

Also on its way is a non-fiction book about the spirit of fairy tales and how you can transform your life with a forgotten fairy tale philosophy. It's the culmination of a decade of research and I'll be very excited to share it at last. Stay tuned!

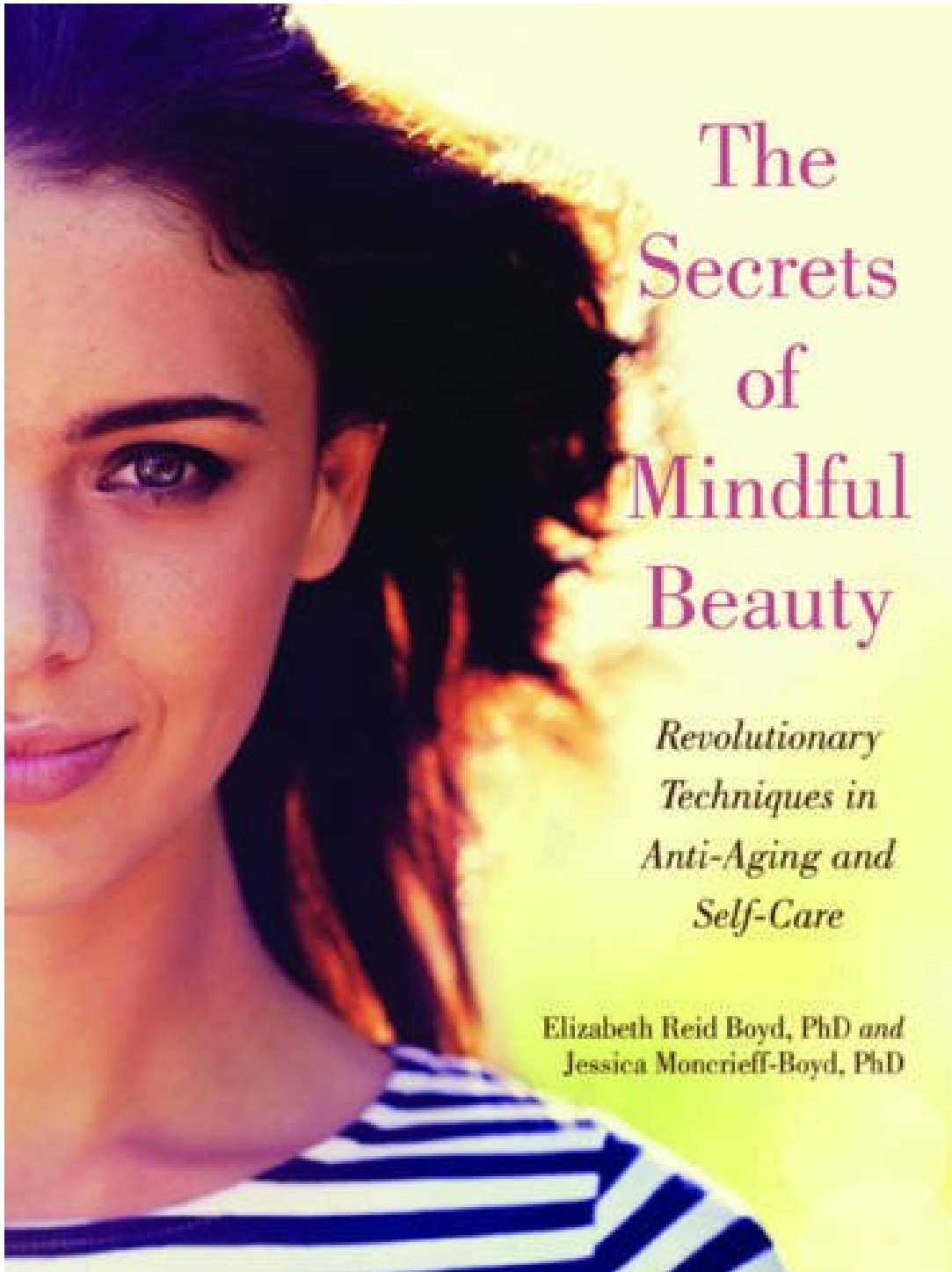
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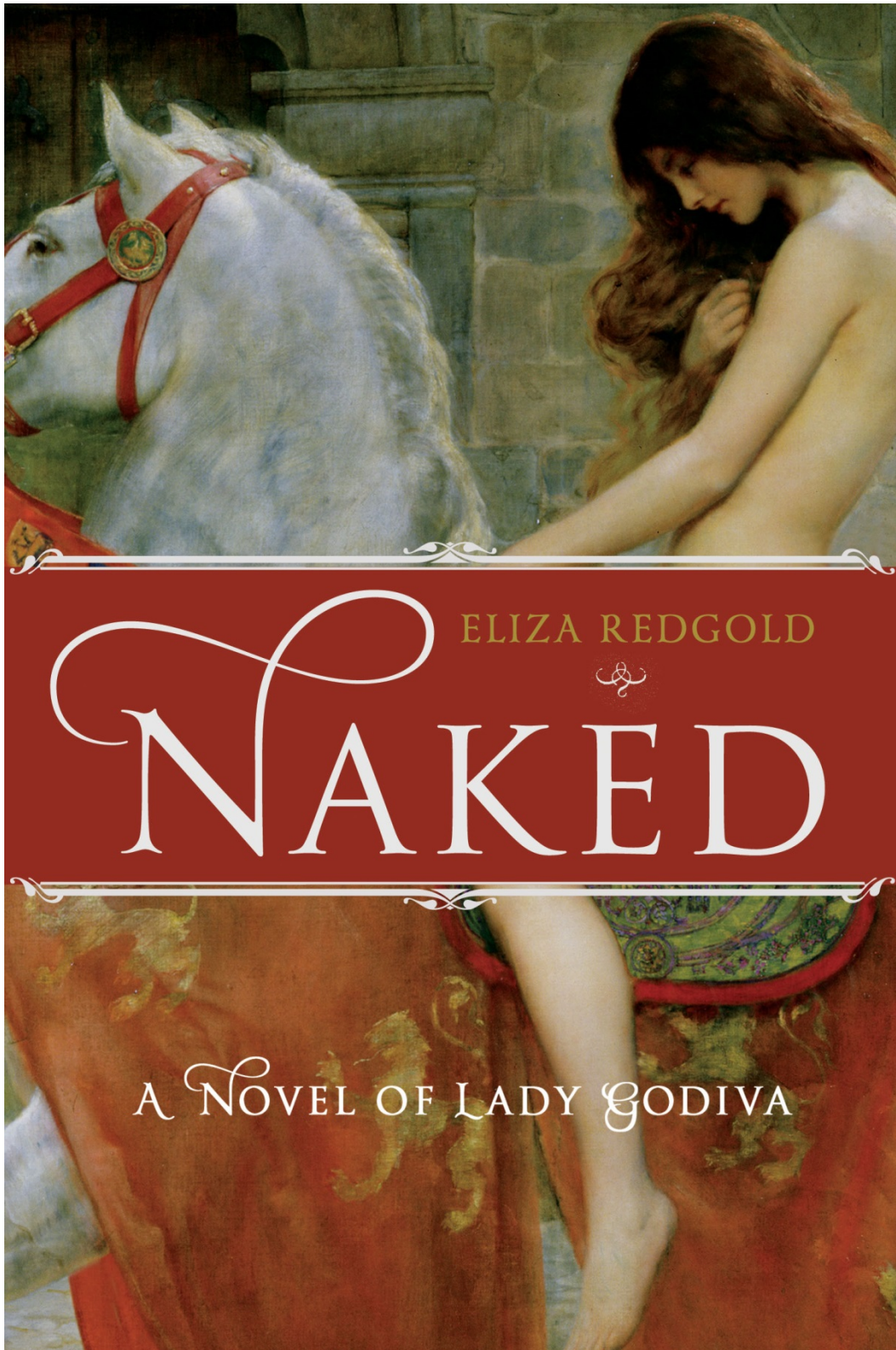
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