



© REDGOLD CREATIVITY

Life Coaching for Creative Women: Mixing Magic with Mindfulness

Get Humming

Honey bees, Honey bees, hear what I say

~ Scots traditional

Are you as busy as a bee, or having trouble with a creative project?

Bees and creativity have long been connected. One of the most sacred Celtic symbols is the bee, a totem attached to the Goddess Brigid. An ancient myth tells that her bees would gather nectar from her apple orchard in the otherworld, and bring it to ours – a myth told in other cultures too. The Queen Bee, ruler of the hive, represents leadership and service for the good of all. In every woman, there is a Queen Bee.

“The bee has at all times and places been the symbol of life – life as immortality. In the Celtic languages, the Cornish ‘*beu*’, the Irish ‘*beo*’; the Welsh ‘*byw*’, can all be translated as ‘alive’ or ‘living,’” writes P.L. Travers, the author of the immortal *Mary Poppins* books. ‘Telling the bees’ was an old custom of talking to bees in their hives, so that they were involved in the community. If the bees are not conversed with, they will flee the earth, taking their wisdom.

Honey was considered ceremonial food by the Celts and ancient Britons. Mead, a wine made with honey, was a drink for special occasions, including weddings and honeymoons – from which we get the name. There were also special elixirs made from apple cider, honey and ‘mother’ vinegar that were believed to have life giving properties.

Myth, symbol and tradition cross time and place. ‘Ask the wild bees what the Druids know’ is a phrase found in many Scottish fairy tales and stories. The time of the Druids has passed, but the power of the wisdom of the bees lives on.



REDGOLD CREATIVITY Exercise

We've all heard the phrase 'ohm' and may have recited it in yoga, but did you know many cultural traditions have ancient female traditions for humming too?

A beneficial mindfulness/meditation practice is to hum. Such practices send your mind and body vibrating with power and energy.

Take this power to your creativity. When you're about to get started on a project, overwhelmed with multitasking, if you're feeling stuck, or if you simply want a boost, hum like a honey bee. Any tune will do (in fact, take note of what you start humming, it might give you a clue how to proceed next).

And if you need extra energy from the ages of women past, try humming with this song:

Boadicea by Enya from her album 'The Celts':

<https://www.youtube.com/watch?v=JKQwgpaLR6o>

Your creative project will soon be humming along.





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 on Audible.

Also in progress is a non-fiction book about the spirit of fairy tales and how you can transform your life with a forgotten fairy tale philosophy.

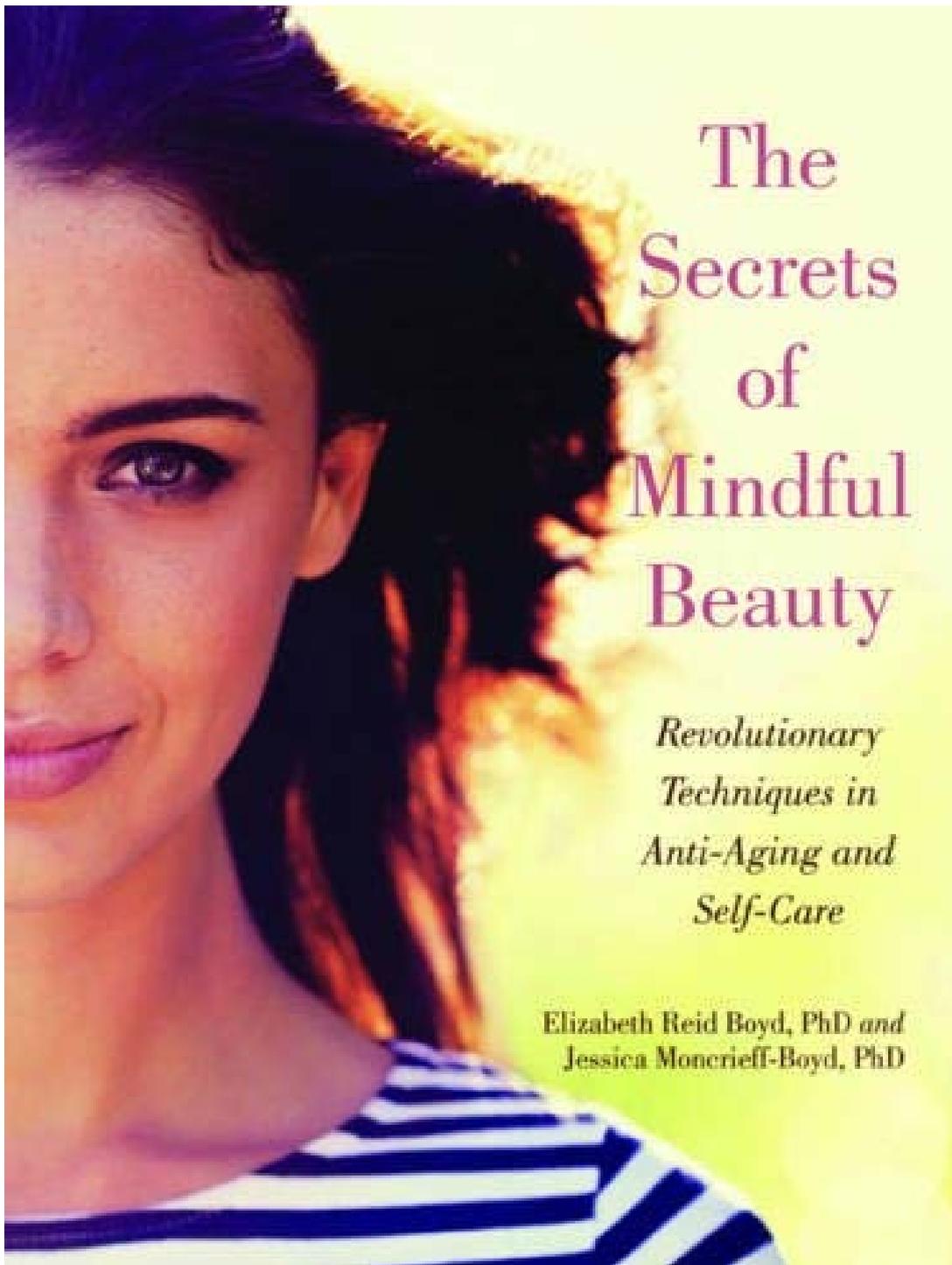
Stay in touch with me on

Twitter: @ElizaRedgold

Facebook: www.facebook.com/ElizaRedgoldAuthor

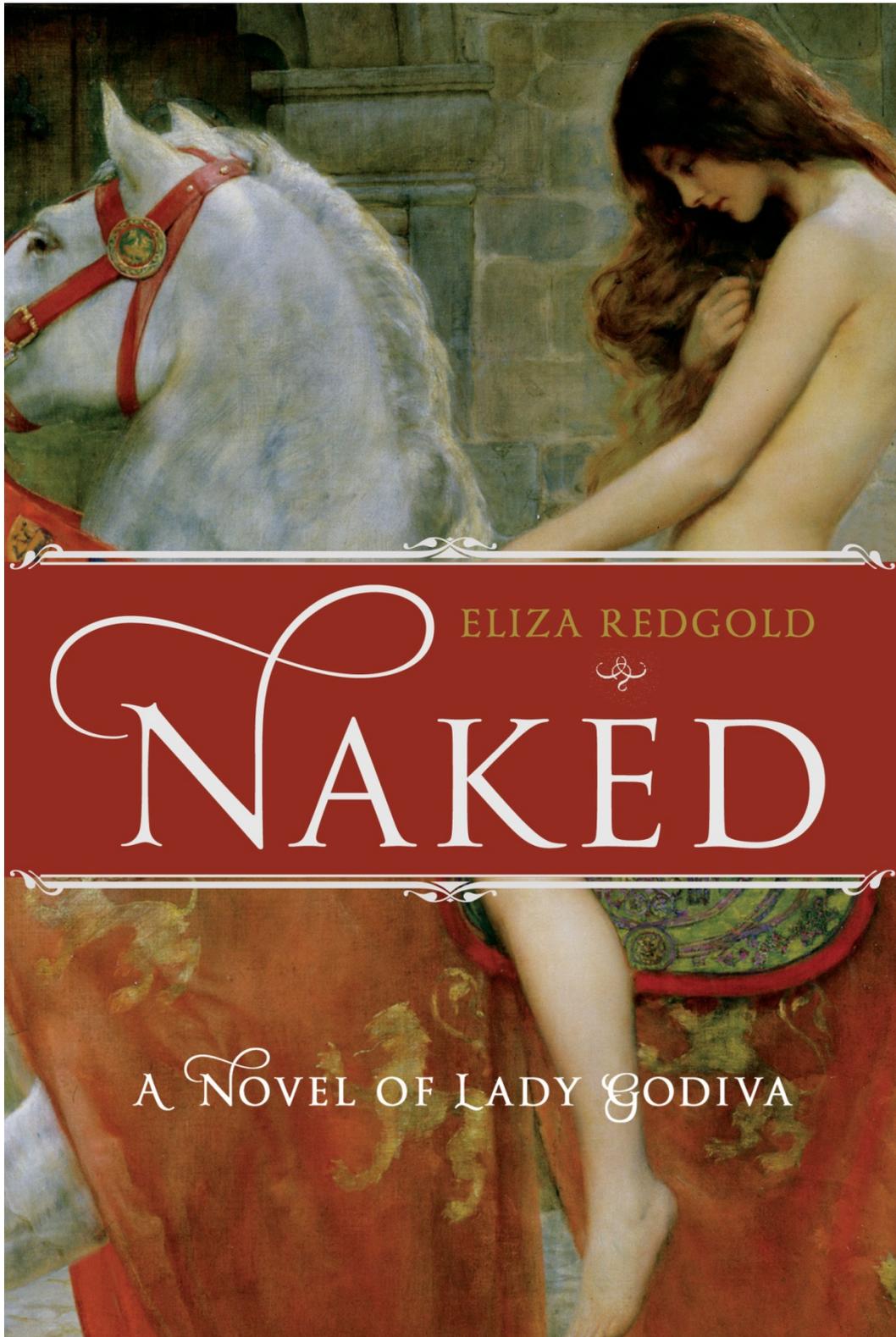
Pinterest: www.pinterest.com/elizaredgold

or subscribe to my newsletter at www.elizaredgold.com



OUT IN MARCH 2017

[Order Now](#)



OUT IN AUDIO IN 2017

Buy Now

[Eliza Redgold on Amazon](#)

www.elizaredgold.com

Page 5