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Life Coaching for Creative Women: Mixing Magic with Mindfulness

Make Amends: Completion Charm

Nine knots upon the thread

Nine blessings on thy head

Blessings to take away thy pain

And a tincture for thy strain.

~ Orkney charm

The healing power of creativity comes in many forms. As women have known for centuries, a particularly powerful form of healing is the home art of mending. While this humble skill hasn't got glamour, it can be of lasting service in our creative endeavors.

Learning to mend and repair is life long process. Mending is intrinsic to the practice of many creative crafts, and to women's wisdom. If we don't mend what is torn and broken, the damage gets worse. What breaks in a moment may take years to mend, a proverb reminds us. The wise craftswoman knows that there can be big losses further along for the want of taking a few moments to make a small repair.

Mending means making whole what is damaged. By mending, we repair what is broken; we don't just throw it away. We can repair what's around us in our homes, but we can also repair our bodies, our relationships, our creative works, and ourselves. When we mend, we stop and take stock of what we already have, and work on it, until it's fixed. Mending also reminds us that sometimes, we have to let bygones be bygones, and let a troublesome issue drop. As the old saying goes: Least said, soonest mended.

Wise women have long understood the cycle of reaping what we 'sew'. A stitch in time saves nine goes the old motto. Even if it is still serviceable, we must take heed that when we mend something, it won't necessarily look or feel the same anymore. Women once sewed 'charms', small patches of fabric in different patterns or fabric appliqued to quilts and bedding, providing comfort and protection, making it stronger at the torn and worn places.

Be bow bend it, my tale's ended, if you don't like it, you may mend it, goes an old rhyme. Amenden means to free from fault. Menden similarly means to repair, to make right. When we mend, it might not ever be the same again, but we can make it right. The word amen means 'so be it'. Instead of fault-finding, criticizing or harboring grudges, make amends. Let it be.

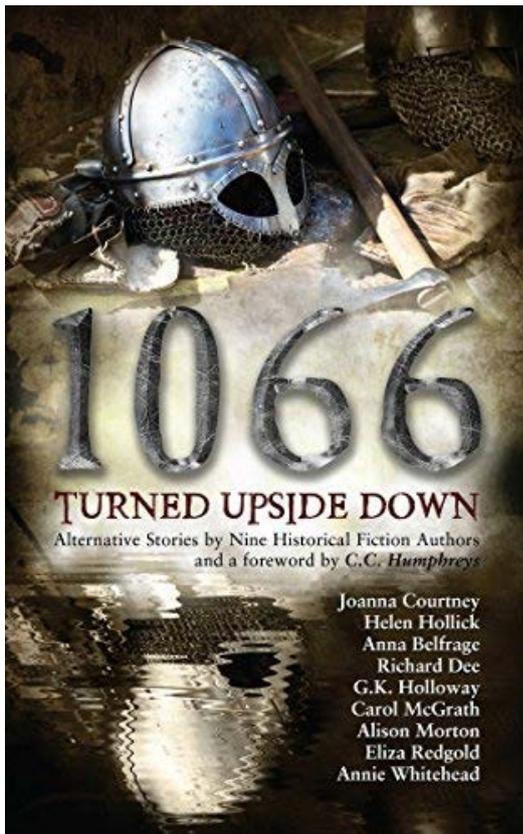
REDGOLD CREATIVITY Exercise

Finding it hard to finish a creative task or complete a project? Whatever your creative endeavors, you can change your mental, emotional and physical state by mending.

The act of completing any task or chore is powerful. Identify an item of clothing or fabric housewares that needs mending. Take up your needle and thread. If this require you to purchase these items – all the better. It will take you to a new place.

Find a quiet place and mend the item by hand. Focus on the task and attend to it mindfully. If your mind wanders return it gently to the task at hand.

Go back to your creative project. Does it need a small repair? You'll be surprised how quickly you now complete it.



My story 'The Needle Can Mend' is included in this story collection: *1066 Turned Upside Down*. (Available from [Amazon](#)).

In my tale, I knew I wanted it to include my personal heroine, Lady Godiva, the subject of *NAKED: A Novel of Lady Godiva* (St Martin's Press, 2015). Godiva was the grandmother (or step-grandmother) to Edith, wife of Harold, so it was easy to imagine she passed on some traits and skills to her grand-daughter. I wanted to capture the power of women in the tales they weave, and no more is this revealed than in the mysterious fabric of the Bayeux Tapestry. It is a work of art, secret and legend that has stood the test of time.

In Lady Godiva's lifetime, a popular Saxon saying was 'Men wield weapon while women weave'. (In *NAKED* my heroine Godiva also wields a sword, but that's another story.) Yet the needle, like the pen, has its own power. Before 1066 the word *mend* had two meanings. One was to repair, the other was to make right or remove a fault, to make 'amends'. In the end, the needle may indeed be mightier than the sword.



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!

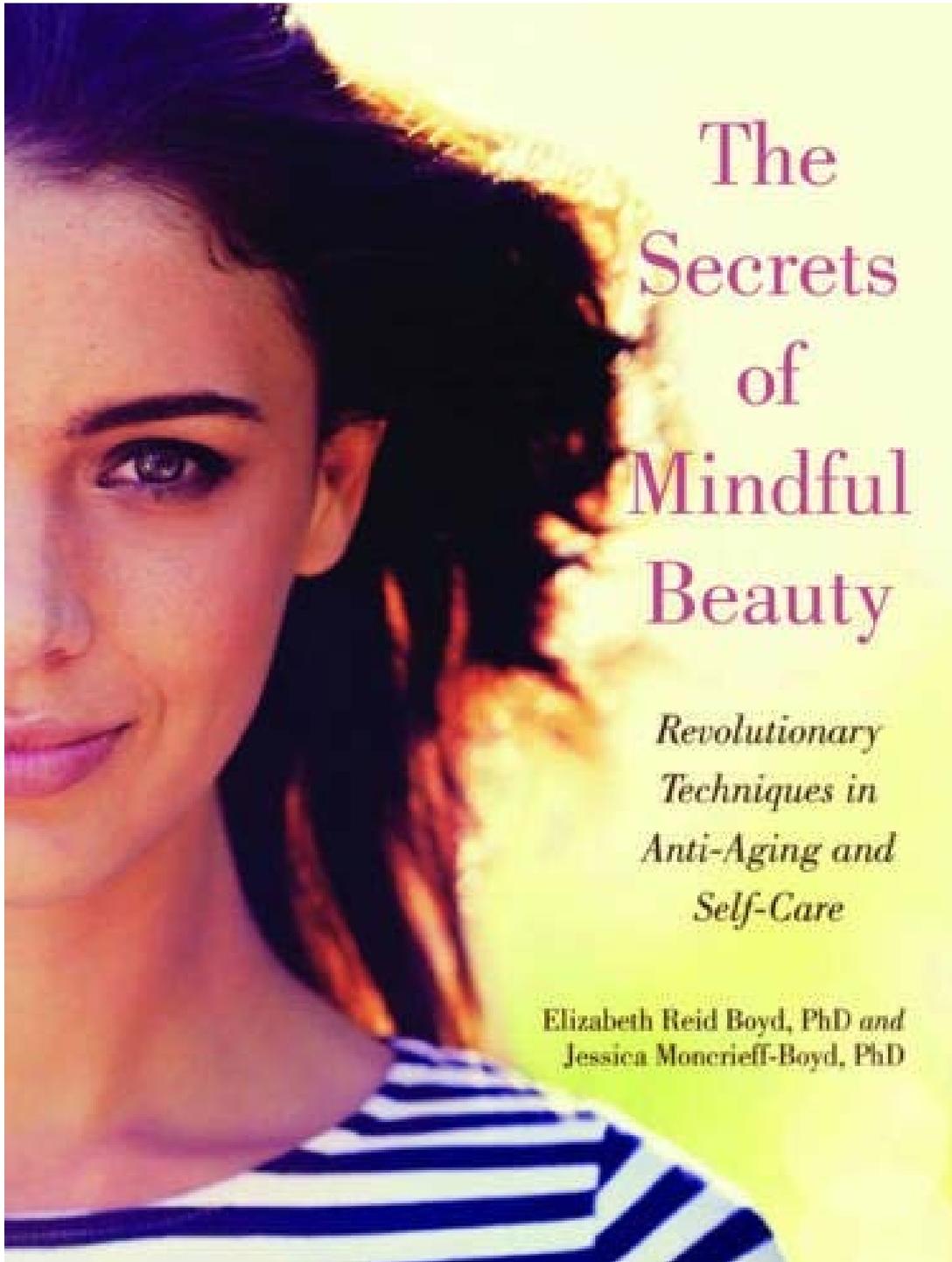
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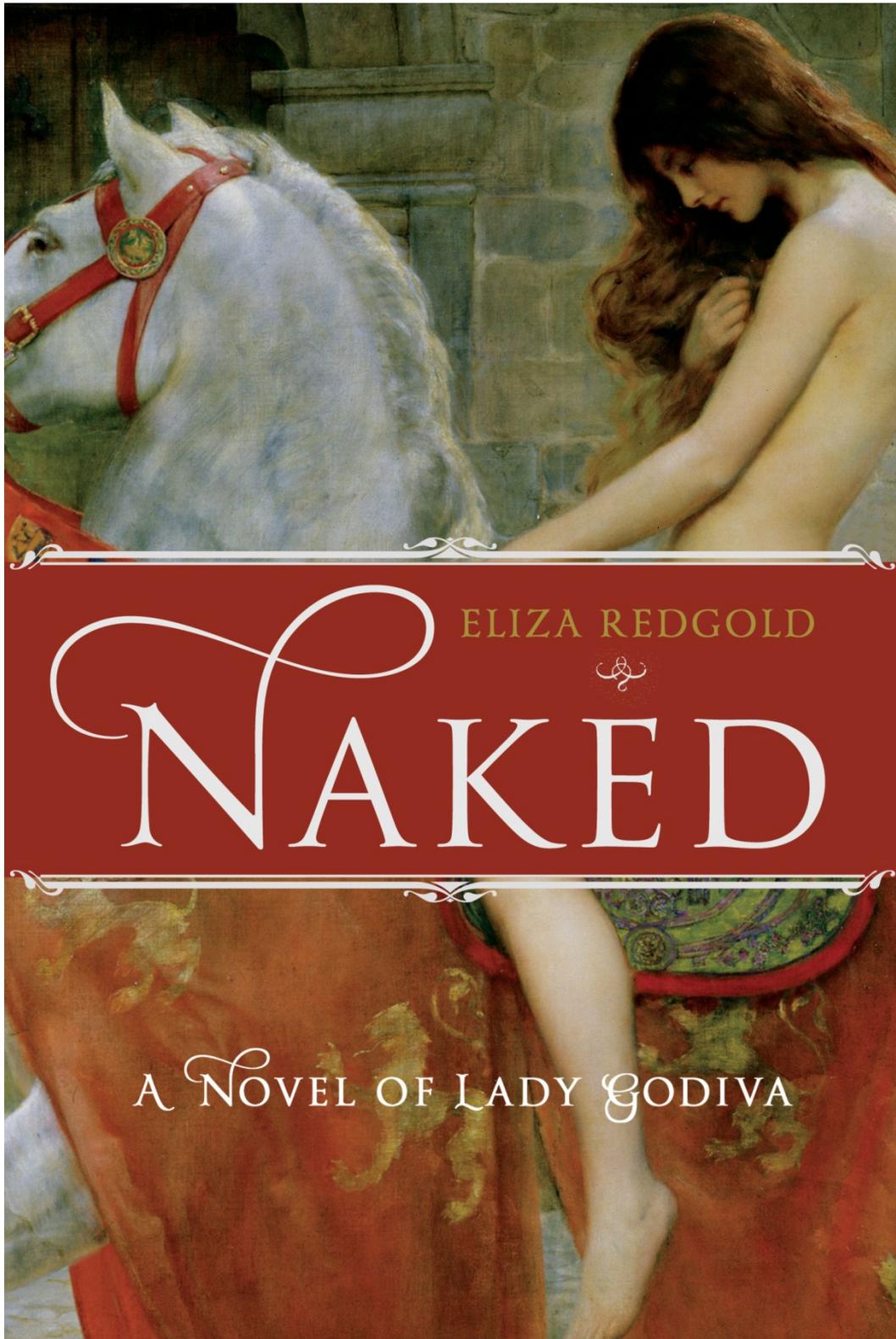
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