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Life Coaching for Creative Women: Mixing Magic with Mindfulness

Call on the Muses

That is the place where nine sisters exercise a kindly rule over those who come to them from our land. The one who is first among them ... is Morgan ... [who] knows too the art of changing her shape, of flying through the air. They say she has taught astrology to her sisters – Moronoe, Mazoe, Gliten, Glitonea, Gliton, Tyronree and Triten – famous for her lyre.

~ Taliesin (in *Vita Merlini*, Geoffrey of Monmouth).

The Muses are female, symbolic figures who inspire creativity. A connection to any one of the muses shows the kind of creativity that lies within you. The Muses have also been known as the graces. They beckon you into a more gracious way of life, encouraging you to use your creative gifts.

Goddesses and Muses are related in many stories. In Greek myth, the Muses appear as the Goddesses who presided over the arts and science and were the nine daughters of Zeus. They also appear as the nine Grail Maidens of Arthurian legend, one of whom is the Grail Princess. In Celtic mythology, they often appear with different names. They appear again, as fairy godmothers, as in the fairy tales *The Sleeping Beauty* and *Cinderella*.



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Meet the Greek muses. The nine-fold sisterhood are:

The (Greek) Muses

Erato: Muse of Lyric Poetry. Symbol: the lyre.

Euterpe: Muse of Music. Symbol: the flute.

Clio: Muse of History. Symbols: the trumpet and book.

Terpsichore: Muse of Dance. Symbol: the zithern.

Polyhymnia: Muse of Sacred Song or Oratory. Symbol: seated.

Melpomene: Muse of Tragedy. Symbol: dagger or cup of poison.

Thalia: Muse of Comedy. Symbol: comic mask.

Calliope: Muse of Epic Poetry. Symbol: volumes of poetry.

Urania: Muse of Astronomy. Symbol, the globe.

In order to access the power of the Muses, seek them through their gifts. Choose one of the Muses and explore the art or science over which she presides. Allow yourself to be led. Pursue your interests, follow your bliss. In doing so, you will access her powers (and that of her sisters) – and bring grace into your life in unexpectedly creative ways.



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!

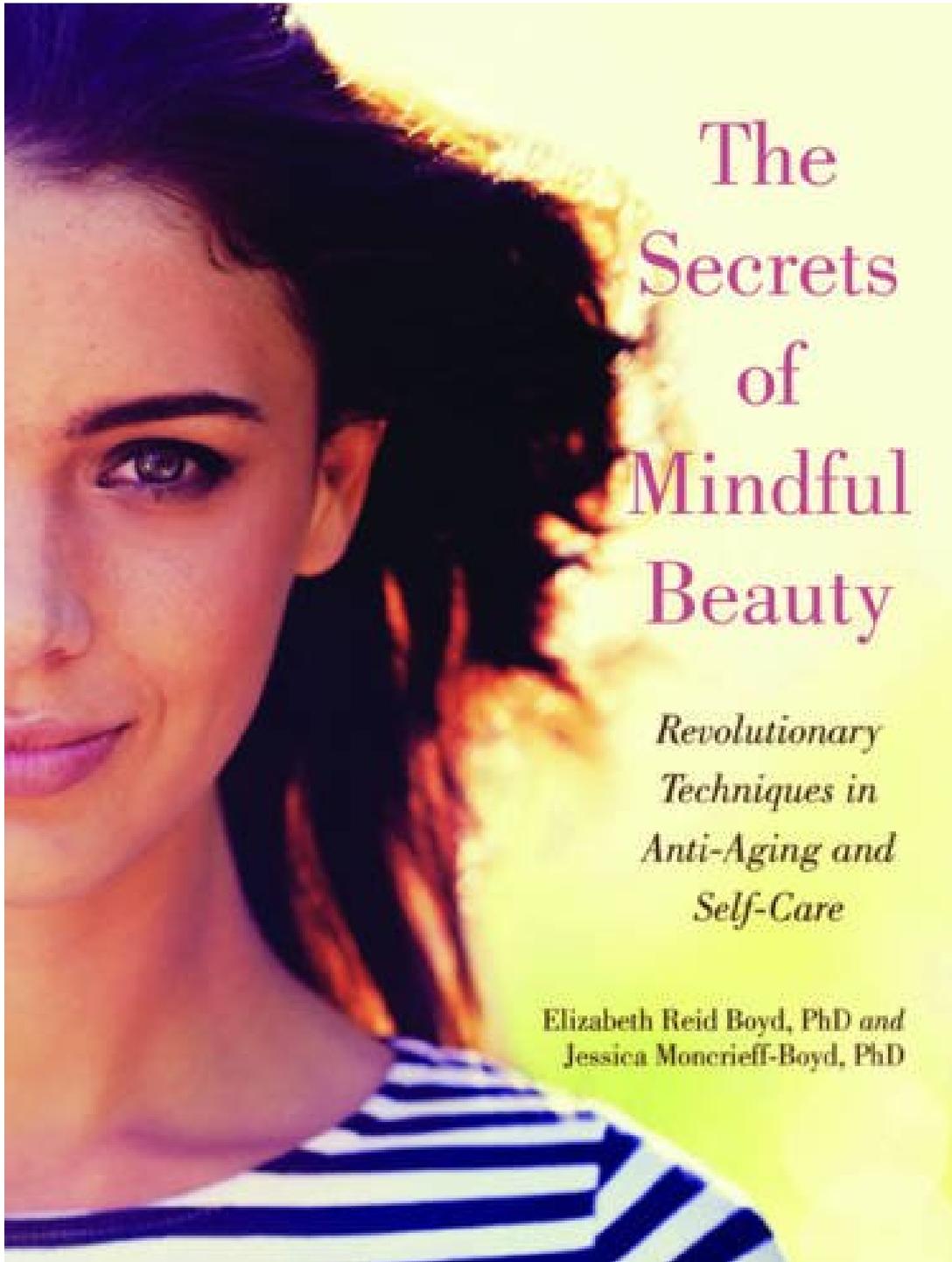
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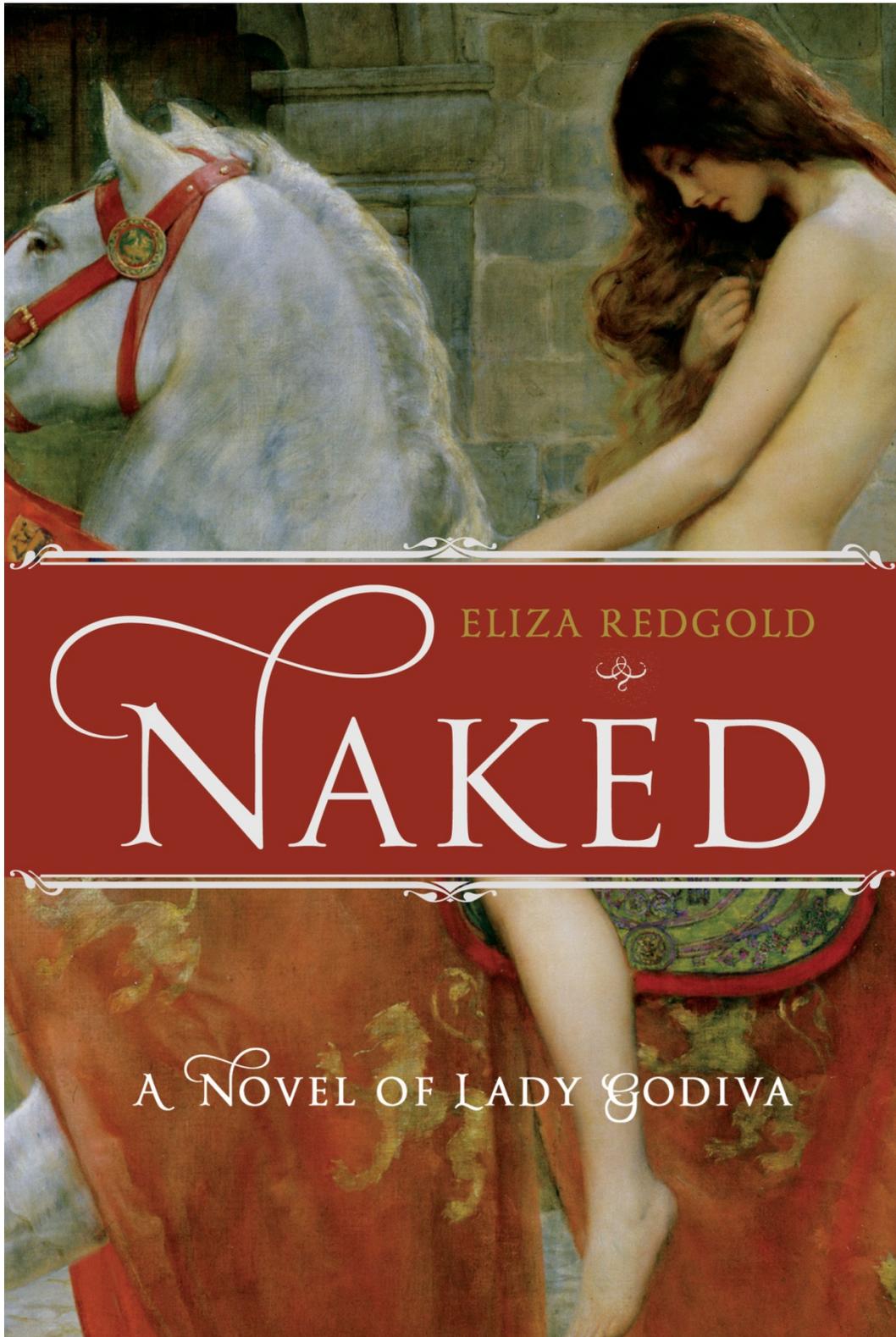
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