

PLUGGING INTO NUMBERS: TWELVE

By: Val Ryan

With the number twelve, we recognize and balance internal energies. When one is juxtaposed against two, imbalance can occur causing confusion.

12 is 1 (maiden) + 2 (mother) = 3 (crone) and each play an important role in our self worth. Three is a power number in Goddess Tradition and although we experience each stage individually, twelve reminds us that the wisdom of the other two is always accessible. By acknowledging the aspects of the innocent, the caregiver and the wise one, we accept our cyclical nature and no longer feel constrained by a dualism that induces fear. Through the Triple Goddess, we embrace inner wisdom and empower the totality of our being.

We each have a maiden within us. This is the inner child who needs to be acknowledged, validated and protected. When our lives are so busy that we don't take time to play with our child self, she becomes sullen. Stress is often accompanied by a gnawing feeling in the stomach. This is your child telling you to relax and have some fun. Remember when the biggest decision you had to make was whether to play on the swing set or to ride your bike? It was safe and we felt secure. But we also experienced what Dr. Phil calls defining moments. These are events that changed who we are. Before the incident, you felt okay about yourself. After, fear and doubt crept in. One of my defining moments happened at Disney World when I was twelve. As my mother, brother and I were standing in line for the Tiki Room, a mechanical toucan greeted the audience. When it came time for our group to go in, the bird said "Wave goodbye and enjoy the show". So, I waved along with the rest of the kids. My mom laughed and said "What are you

waving at? The bird's not real." She meant no harm, but I thought "Gee, I can't be a kid anymore." I've been working to reclaim my maiden ever since. Validate your inner child by telling her you care. She is apart of whom you are today and you need each other.

Mothering ourselves is one of the hardest things to do. Most of us nurture others easily, but don't give ourselves the same attention. The analogy of the loving cup helps me maintain a healthy balance. When we're born, we're like a cup overflowing with unconditional love. As life goes on, we experience pain and begin to discriminate between who will get a sip, a gulp or none at all. This is not a bad thing, as long as we keep a cool head. If we let a broken heart be the arbiter, fear becomes the deciding factor and we lose our equilibrium. That's when the water in our cup begins to evaporate. The only way to refill it is to mother our selves. The problem is most of us have the voice of a disapproving mother in our minds. Replace it with your own voice and the message "I matter and am worthy of self love".

Once we learn to mother the child, embracing the crone follows. This is not the wicked witch of fairy tales. What is it about her that scares us? Is she too powerful? The crone represents the confidence that comes with knowing who you are. No longer relying on youth and beauty to entrance, her power comes from accepting herself, warts and all. No one expects a 21 year old to have the wisdom of a lifetime. But trusting who you are and the person you're striving to be is a good place to start. Take responsibility for your choices, be yourself, without encroaching on others and you'll begin to access the crone's insight.

Knowledge becomes wisdom when fear no longer controls your actions. When energies are balanced, self-doubts are vanquished. Find your inner mother, introduce her

to your maiden and let them know how proud you are of all they have accomplished.

Embody this wisdom and you'll have all the power you will ever need.

Comments or questions? Contact Val Ryan at (803)750-7117 or ryanmystic@earthlink.net. Ask about Feng Shui classes being held in January.