

Medicine Woman

Nov

lysa black

PATH TO
WHOLENESS

*Finding life
through death*

GROUNDING
GRIEF

Mother earth heals us

COMPASSIONATE
PRESENCE

Our pain births our purpose

HEART
MAGIC



Issue 2

Our business is the chariot carrying
our medicine out into the world

Introducing: Iris Nelissens
www.heartmagic.co.nz

Medicine Woman

Editor · Photographer · Stylist · Author
Feminine Business Mentor:
Lysa Black

Thank You for downloading MEDICINE WOMAN. This online magazine is dedicated to trail blazing medicine women on purpose in business. I believe our hearts are containers holding the sacred essence that is our medicine – our business is the chariot carrying this medicine out into the world. Trail blazers know the thrill of walking our own path - when we see others who are thriving in their truth - its spurs on our own commitment and devotion. This magazine is a vehicle for sharing the stories of those following a feminine path in business featuring one new medicine woman every month.

*Heart transmissions are the source
of true change in this world!*

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Emily Slaney shares her story of finding home within.



Lysa Black.
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Editors Note

Dancing on the edge... This is what business on purpose requires of us. You see our truth resides right beside our trauma. Being authentic, genuine and transparent involves sidling up close to the places where we were once hurt!

The reason why we are exceptional at what we do - is because our past pain cultivated our genius! The lack in our backstory birthed the abundance we now represent professionally!

This has been the major stumbling block I have witnessed in my tribe in 2020! As we stand tall, speak up and allow ourselves to be seen in our brilliance... We can feel a contraction as shame arises and the past begins to echo loudly!

Our brilliance can be cloaked by a shroud of shame. Lifting that fog of fearfulness requires a community of compassionate presence. An alignment of kindreds who can stand beside you and radiate loving kindness in recognizing the bravery and vulnerability you embody as a rising feminine leader in Business.

It's only when we allow ourselves to be supported and seen in our shadow (*past pain, fear & shame*) that we can feel safe in our rising! This is my personal dedication and the intention behind everything I create in Heart Magic Ltd.

Join me in celebrating the emergence of Iris Nelissen

Path to Wholeness

Iris has seen a potent combination of harshness and softness in her life. The juxtaposition of life and death has required Iris to journey through great depths of pain in order to find new heights of joy.

After losing her Partner and the Father of her Son at 25, Iris's journey of grief actually took her to a form of 'living death'.

The social awkwardness as others were unable to be present to her pain slowly taught Iris over thousands of moments to pack up her grief into a small box and hide it deep within. Her yearning for connection and community felt like it required a deep suppression of her pain.

It was almost as though Iris needed to protect others from her own grief so much, she never allowed herself to face it alone. This is all an enormous undertaking; a daily burden that actually minimized Iris and left her feeling unseen, unacknowledged and unworthy of being truly loved.

Iris describes grief as a pain, sadness and anger that combines to form a turbulent sea of emotion within.

We can feel tossed, turned and pounded by the waves as we struggle to process the entirety of our grief experience! Iris had to learn to allow her body to roll and flow with these waves as they come.

Iris found a deep sense of knowing that there is always a beacon of light on the shore to guide us back to where we are truly alive.



Moving towards this beacon involves acknowledging who we have become in our loss and grief.

Iris knows that grief doesn't go away, she teaches that grief will always stay with us after we have lost someone we love. But Iris has pioneered a whole new approach to exploring grief with compassionate witnessing. When we have the freedom to move our grief through our bodies with tears, movement and verbal expression it is *transformed*. Being released and shared allows it to bring us a new sense of life! It initiates a new level of living into our being.

Once Iris could accept and acknowledgement all of the grief and loss that she has experienced over the years, she discovered who she had become. Iris felt that life had invited her to recognize that she is a wiser woman who can now fully live in the present moment. Iris is so aware of how quickly things can change.

Finding what new life is birthed in the wake of death brings us home to our wholeness.

For those who are seeking to uncover the new life that comes after death Iris offers complimentary half hour *Heart Opening* sessions.

This private one to one experience is conducted online via zoom from the comfort of your own home. Iris will sit with you and listen to your experience and reflect back what she can see and hear in your loss and grief.

Having your experience seen by one who intimately understands the truth of the harshness loss brings alleviates the greatest pain - *the idea that we have to be alone in our grief!*

If this experience resonates, Iris also offers *unfurling truth* sessions where you can find what new life exists after grief. Iris is masterful at supporting you to find the wholeness of truly living.



Compassionate Presence

Iris was raised in an environment where the pressing needs of the adults around her limited their ability to perceive her needs.

From an early age, Iris was self reliant and capable of engaging with tasks far before her years should have required.

Devoting her career to nursing was a continuation of this devotion and care to the needs of others. In recent years, Iris felt a void... a sense of non-content within. A yearning for more and a sense of craving a deeper connection with herself, with others and with life!

Iris found people who could hear her pain, people who could stay with her and witness

her experience of loss and grief. Once Iris was able to receive her own medicine it activated a calling for her to use the hardship of her years suffering alone with grief - to become an out-pouring of compassionate presence. Birthing her business this year and serving an international clientele has confirmed her path forward. It's all felt do right!

Intimately aware of the internal storms that can ravage us through loss - Iris has the stamina, strength and fortitude to sit still and inquire deeply - who are you now after this loss?

Follow her journey here:

Facebook: <https://www.facebook.com/WholenessDoulaIris>
Instagram: <https://www.instagram.com/wholeness.doula.iris/>





Grounding Grief

We have all been taught to isolate ourselves in our time of grief. To hide and be alone in our sadness, loss and tears - needing to make sure we don't upset others!

But a loss of loving connection in our lives requires more community, communing and camaraderie – not less! Which is why Iris is hosting a sacred ceremony: “Grounding Grief”.

On Sat 27th Feb, Iris will lead an intimate gathering with 7 women. Together Iris will sit down with this circle as they are all held by the earth.

Entering a shallow nest of dirt, just enough to sit in, we will be surrounded by a perimeter of dirt up to our ankles.

MEDICINE WOMAN

As we are cocooned in mother earth's healing energy, we can bask in the sense of being held.

One by one we will each take our turn to be heard and witnessed in the center. We can speak or be silent and allow the compassion and love from the other women present into our hearts. For when our moments of grief are captured by loving hearts, we find the seeds they were intended to bring us. The unfurling truth of who we are in the wake of loss invites the darkness and earth to initiate a rebirth within us!

Date: Sat 27th Feb (Under the Full Moon)

Contact Iris via her FB Page for booking details:
<https://www.facebook.com/WholenessDoulaIris>



Pursue Pleasure

Women have absorbed far too much of the masculine paradigm in business
Continuity & consistency = drudgery for us! And a woman who pushes herself too far – dries herself out!

Pursuing pleasure means that the objective, method and outcomes are all a delight. This creates ease and vibrancy within us - this in turn sustains and nourishes our business!

Pursue:
to follow or chase

Pleasure:
a feeling of happy satisfaction

When our kindred can see us living fulfilling lives honouring our genuine desires, the vibrancy is contagious!

Our personal pursuit fuels the pursuit of women everywhere to seek after what they long for too! We take on **new potency** when we have what we truly long for! Enhancing ourselves into more *enriched versions of ourselves* - **serves everyone** in our lives - especially our clients and our business!

Name your top 3 most joyful experiences in business in 2020:

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What do you want to repeat, expand or create for yourself in 2021?

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For 2021 Feminine Business Mentoring, see details [here](#). For those interested in [Medicine Styling & Medicine Photography](#), see [here](#). You can book a 30min [Medicine Share Consultation](#) to meet with Lysa [here](#).

Medicine Woman

COMING
NEXT

At home in our body

Emily Slaney shares
her story of moving
through chaos to
find home within for
December's issue #3