



### **We are Longing to Be the Authors and Heroines of Our Own Story**

***EPIC! Rule #8: We don't live in our lives - we live in the stories we tell (and our told) about our lives. Choose EPIC!***

I have been thinking a lot about the women whose shoulders we stand on as we celebrate Women's History Month. For generations women have been fighting for the ability to claim their equal place, besides men, in creating a world that works. I am touched by their commitment to the epic struggle, even knowing they might not see the fruits of their labors in their lifetime.

What does it mean to live an epic life? The Greek word "epic" means a long-form poem depicting larger-than-life heroes. Women long to live into an epic story of our own lives. It is story of love, service, contribution, courage, sacrifice, sensuality, creation, adventure. It is a story of hospicing the old and midwifing the new.

Here is the challenge. More often we tell this story to ourselves—but to no one else. False modesty is bred into us so deeply that we become co-conspirators in our "smallness. It is high time to break the pattern set by the patriarchy for thousands of years. To shape-shift from the "If Only" mindset that holds us back—and embrace the "Imagine If" field of possibilities that allow us to soar.

And we want answers to these questions:

- When did I start playing small even though I was dreaming big?
- When did I start believing I wasn't magical?
- When did epic become out of reach?
- What is my purpose?

- How do I show up as my best self for me, the people I love, and the people who count on me?
- How do I recover my power?
- What would I do if I wasn't afraid?

Not only do we need answers, but the future is counting on us to find our truth. We must step into this chapter of our lives to be the ancestors of an age to come. This will help future generations to flourish and thrive. So - time for another EPIC! rule.

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Since the beginning of time, homo sapiens have made sense of the world and our place in it by telling stories. Stories about what is necessary to be loved, to be safe, to be whole, to be seen. These stories form our underlying beliefs of what is possible. The characters in our stories are not actually real and the stories we tell are fiction. They are archetypes and plots of the characters and their flaws from the ancient stories, myths, fairy tales and legends of yore. The femme fatales, the damsels in distress, the saints, the martyrs, the seductresses, shrews and witches.

Here is the rub. Those mythic stories were coined by men and reflect more men's hopes, dreams, anxieties, and fears about women. They were not written by us, about us. Humans have become GREAT story tellers, yet we are still spinning and believing all sorts of yarns about "I am not enough" and/or "I am too much".

Let's get the story straight. In the current Decade Game Master Class, participants were asked to chart the trials and triumphs of their life so far. And instead of sharing stories about "how awful when this or that happened" or "if only regrets" or "It was amazing but then...", they did a different exercise. From the position of today, looking back on their journey, they were asked to name the title and subtitle of the book that describes who they are now - the heroine of their story so far.

Oh my goddess! Check out some of their titles.

- Striving for Growth: Unsure but Going for It
- Grittiness: Peddling towards Harmony
- What now? Caring for me after caring for others my whole life.
- On the Ragged Edge: A Journey Toward Emotional Darwinism
- Embracing Extremes: Peaks and Valleys of a Passionate Life
- Onward with a full heart: heart-broken, heart felt, heart mistaken, heart full
- Egocentrics Anonymous: the Journey from Scrappiness to Wholeness
- Being My Own Taxi Driver: License to Lead
- The Pilgrimage of My Life: Deep Connection and Discovery

This is a library of feminine wisdom that is the essence of Women's History Month. It is our story.

Sending love and light - Carolyn