

# The Crone

"The crone is she who has gone beyond."

There are three stages of life for women:

- **Maiden** – the developing energy, the virgin, she emerges into fullness with the beginning of menstruation. She is “up” energy.
- **Mother** – the creating energy, bringing forth that which is new through birth and in other forms, she develops patience, love, and whatever she needs to protect her creations. She is “out” energy.
- **Crone** – consolidating energy, taking the creative out energy from the mother stage and going deep within to coalesce what she’s learned in preparation for the return. This stage begins with perimenopause. She is “in” energy, or perhaps both “in and out” energy.

Marion Woodman said that "[The Crone] holds an unspeakable wisdom in the very cells of her body. The beauty and the horror of all life are held together in love. Being with her.... we begin to see everything from two sides--the side that is totally in life, and the side that is already dwelling in a disembodied soul. The Crone helps us hold the paradox."

The Crone time is for turning inward and then sharing it. She dives within to get her story straight, allowing the love and wisdom of her lifetime to consolidate into a larger picture, a deeper and truer story, and then providing that wisdom to the community. This is the time for a more developed, intense, consolidated kind of creativity than the Mother stage. She is the wise healer, straight talker, messenger of a larger truth. She does this by going deeply within and pulling together the threads of her life of learning. She withdraws to her cave to do her consolidating work and emerges renewed with treasures for those who can recognize them.

It is no coincidence that more and more women in their Crone time are choosing to enter the coaching profession. It is entirely natural. I see it as a force within our culture, straight from their wise, intuitive bones, to return the culture to balance. It's such an honor to support my sisters in this effort. I like to imagine what this world would be like if, as in some native cultures, the Crones made the important decisions such as going to war or not. 30 years ago I held a vision of wellness being normative. I'm now seeing the beginnings of the manifestation of that vision. Perhaps my vision of Crone Power also has a chance....

