



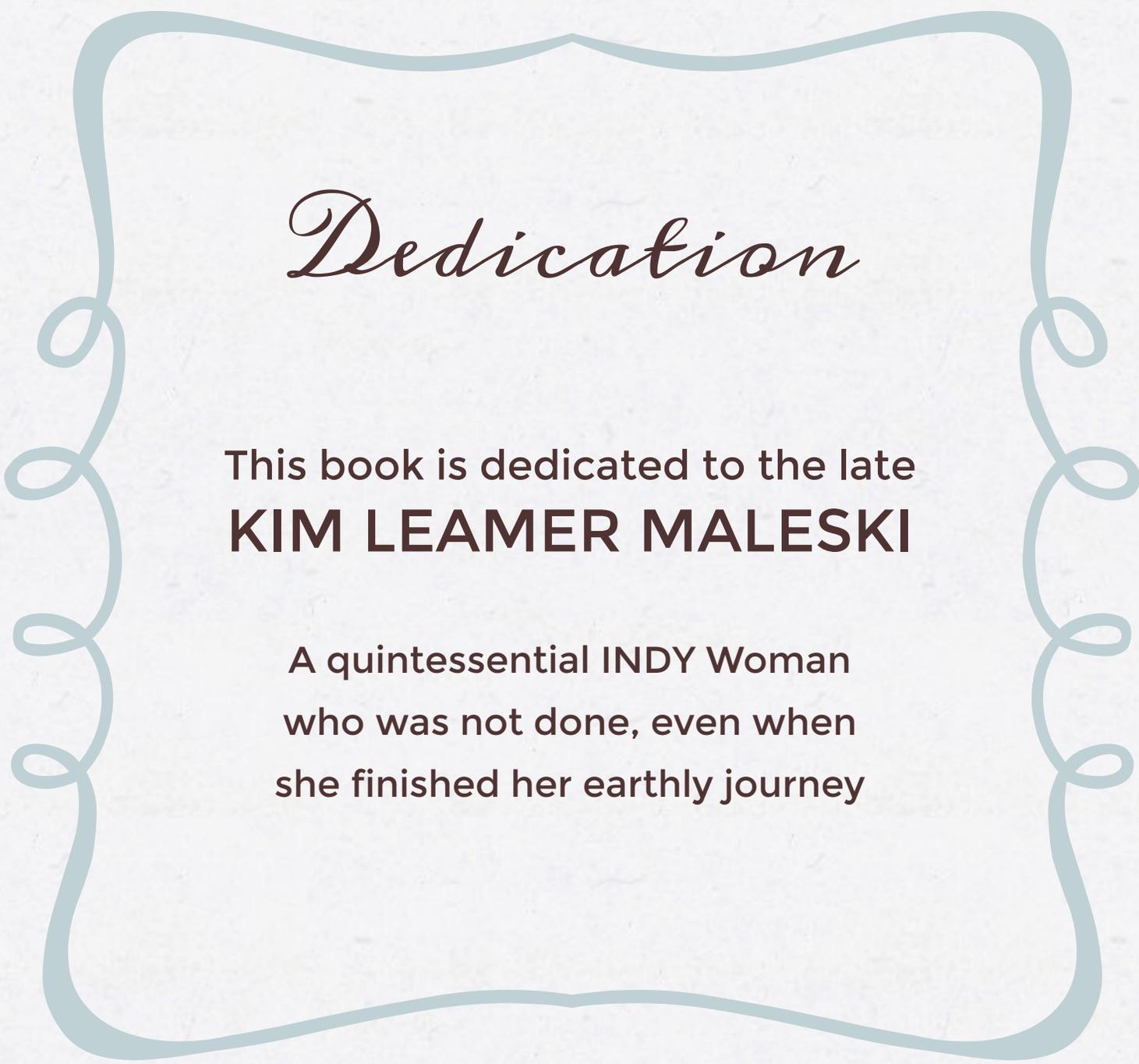
Are you an **INDY** *woman?*

HOW TO TELL & WHAT TO DO ABOUT IT

by Janice Masters,

the Shaman Mama

If you know someone who would benefit from this eBook, send them to JaniceMasters.com where they can get the eBook AND all the other free information I give away once they are on the list for The Shaman Mama Community.



Dedication

This book is dedicated to the late
KIM LEAMER MALESKI

A quintessential INDY Woman
who was not done, even when
she finished her earthly journey

Welcome

Thank you so much for being interested enough to ask me to send you this eBook: *Are You An INDY Woman? How To Tell And What To Do About It...*

My hope is that it will make a big difference in the way you view yourself and your life and how you FEEL about it all. And that it will put you in touch with the Infinite Possibilities that are awaiting you right this very minute!

For me, there isn't much that is more important in the life of a sensitive, creative and wonderful woman, than to dive deeply into the richness of her own Soul, bring more Self-Love into her life experience, and to FEEL FABULOUS honoring the dreams that are lying dormant in her heart. That belief lies at the center of my work with **INDY Women** and my intention is for this eBook to shine light on your unique situation and life experience.

So this eBook is going to lead you toward:

- Feeling less stressed
- Not worrying so much about the future
- Giving yourself a break
- Healing your heart from disappointment and loss
- Understanding the timing of how things change in our lives
- Listening more deeply to your heart and soul
- Knowing that you don't have to stay stuck where you are
- Realizing that you have what it takes to move forward
- Anticipating just how FABULOUS your life can be!



DO ANY OF THESE STATEMENTS
sound like
you?

I'm sick and tired of feeling like I'm going to spend the rest of my life in the doldrums. I don't know what's supposed to happen next, but I sure am ready to find out.

I understand why things have slowed down for me, but enough already! When am I going to get moving again???

This can't be all there is. I feel like I've got so much more inside of me to offer and experience in life.

If I wake up one more morning knowing that this is NOT going to be the day that my life changes, I swear I'm going to scream.

I have been wracking my brain trying to figure out what the hell I'm supposed to be doing with my life, and I'm coming up empty. I'm stuck, I'm confused, and I feel like I'm running out of gas.

I KNOW how I want to FEEL, I just don't know how to start feeling that way!

Okay, fine! I've been through: (choose one or more) divorce, illness, surgery, death of a loved one, caretaking a loved one, empty nest, failed business, financial struggles, major life transition, a struggling kid, family conflict, _____ (or fill in the blank here). I get it. But now it's time for ME, except I have no idea what to do or what I want.

I have dreams. There are things I want to do. I just have no freakin' clue how to get started and make these things happen. Help!!!

Okay, so you hear yourself saying some of those things either out loud or in your head. And maybe it makes you cringe.

Does that make you an **INDY Woman**? Not necessarily. You see, the next identifying marker of an **INDY Woman** is the passion, the longing, the yearning for things to be different. It's way beyond being sick and tired of *same old, same old*.

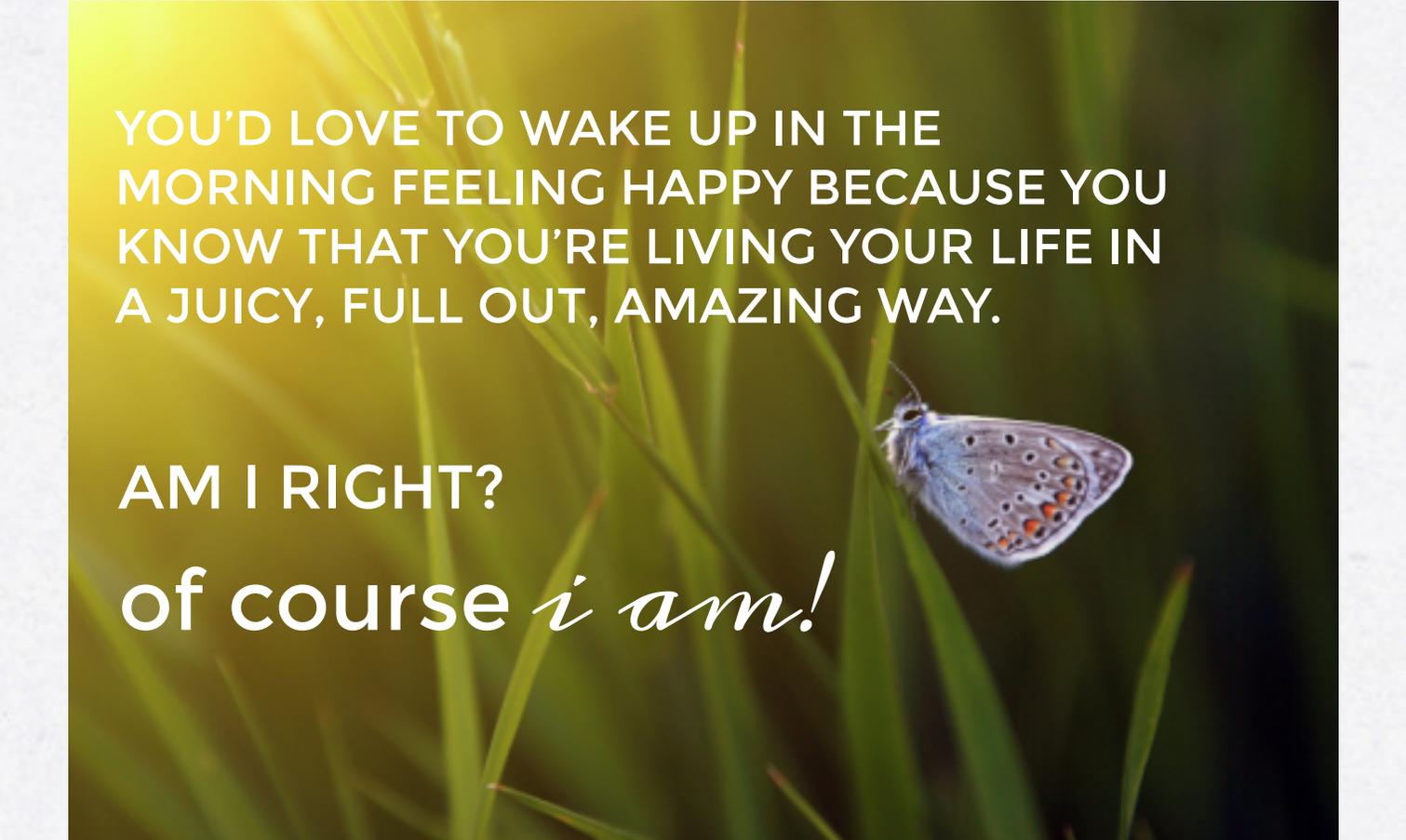
It's a burning desire to come ALIVE in your life.

There's that part of you that even though you've been in the doldrums and feeling frustrated for so long, has never given up. No one is an **INDY Woman** without that crazy-committed brand of persistence and tenacity, no matter how under the surface it may be, no matter how out of reach it may seem, and no matter how hard to hear that whisper has become.

The energy may have slowed down so much that you feel that you are not moving and haven't moved in a while, but make no mistake about it, **energy never stops moving**. So no matter how imperceptible that movement may be, energy is moving toward what you want.

For starters, just knowing that can help you to step out of that overwhelmed, powerless feeling and start kicking it to the curb. This is really important because feeling overwhelmed and powerless **sucks**.

Here's the thing, I understand that you know how you want to FEEL. **Stop for a second and read that sentence again.** I know how you want to FEEL. How do I know? Because anybody who's been feeling crappy wants to feel better. And I know you don't want to feel just a little bit better, you want to feel a whole lot better!

A close-up photograph of a small, light blue butterfly with orange and black spots on its wings, perched on a green leaf. The background is a soft, out-of-focus green. The text is overlaid on the top left of the image.

YOU'D LOVE TO WAKE UP IN THE
MORNING FEELING HAPPY BECAUSE YOU
KNOW THAT YOU'RE LIVING YOUR LIFE IN
A JUICY, FULL OUT, AMAZING WAY.

AM I RIGHT?

of course *i am!*

So let's get that straight: an INDY Woman doesn't need to know right off the bat what her dream is and how to follow it, she just needs to know that she wants to FEEL a hell of a lot better than she does right now.

One of the finest teachers I ever had was a Gestalt therapist and head of the Gestalt Therapy Institute in Miami, Florida. Her name was Gertrude Krause, and she was absolutely brilliant. She was a very tough old broad, didn't suffer fools kindly, and was perceptive, intuitive, and an incredibly gifted therapist and trainer. I gratefully and happily studied with her for three years, one weekend every month.

Gertrude didn't even become a therapist until she was over fifty years old.

That, my friend, is an INDY Woman. At some point, Miss Gertrude said to herself "Hell no! I'm not done yet!"

She went back to school, got her degree, her certifications, she hit the ground running, and did she ever create a reputation for herself! She won the respect of so many professionals and clients and students. She continued her work until she was in her early 90s. Then she was done. So she lay down to take an afternoon nap and simply didn't wake up.

Yes, Gertrude was a quintessential **INDY Woman**. And she impressed me so much that I've shared her story many times over the years, with countless **INDY Women** clients and friends.

Is there something that grabs you about that story?

Do you find yourself feeling surprisingly hopeful?

**Do you hear thoughts in your head like,
"Maybe I can still do it."**

**Or maybe you even hear a roar from your Soul like,
"HELL YEAH! Bring it!"**

**And do you get that Gertrude following her dream started
with Gertrude wanting to FEEL better than she was
feeling?**

*Do you get that?
It's really important.*

Here's another thing about being an **INDY Woman** that you can glean from that story: Gertrude didn't sit around just a' wishin' and hopin' and prayin' that she'd wake up one day and be a famous Gestalt therapist. Nope. Somehow, some way Gertrude got advice, did her research, found helpful people, and she found her **INDY Road Map**. She set out to follow it, and she did everything she was instructed to do. And she got there. She got to the place her Soul was holding for her. And then she lived it full out.



A while ago **Diana Nyad** swam from Cuba to Key West, Florida. She had attempted it four times before. Her 65th birthday was approaching, her mom had passed away. In her own words: "You have a dream 35 years ago -- doesn't come to fruition, but you move on with life. But it's somewhere back there. Then you turn 60, and your mom just dies, and you're looking for something. And the dream comes waking out of your imagination."

She swam for 53 hours, 110 miles: a truly amazing feat!

By now, I think you can recognize some of the characteristics of an **INDY Woman**. It's not like she's never known defeat, or been challenged, or suffered. Hardly!! She just never gave up. Her dream might've gone underground for a while. Or the dream might have even surprised the heck out of her.

For some of us, we don't really know what the dream is until it re-emerges from the vault of our Soul. But there is a persistent backbeat as the Soul repeats over and over "**I'M. NOT. DONE. YET!**" until we finally hear, until we finally respond, until we find our **INDY Road Map**, and start taking steps on our path.

So, we learn something different from Diana Nyad. We learn that it doesn't matter how many times we get knocked down or fail, or what challenges we face, what matters is how many times we get back up and kick ass again. It doesn't matter if we have to slow down and take a detour around the dream for a while, or even for several years.

What matters is that we wake up every morning knowing that I'M. NOT. DONE. YET!

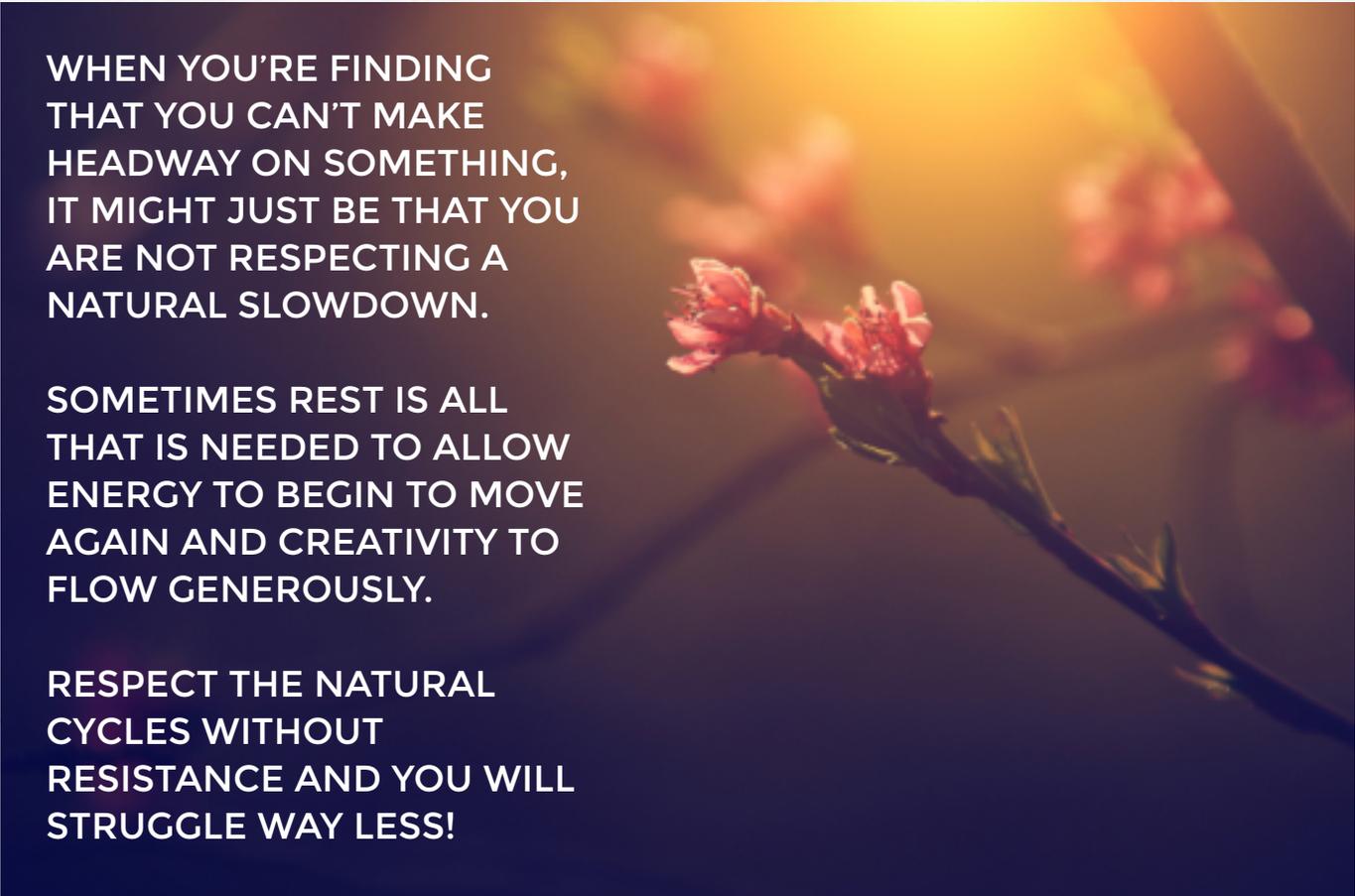
That can sometimes be a pretty painful place to be, especially if we don't understand the natural cycles of things in life.

As I worked with my **INDY Women** clients I saw the need to explain something essential that they weren't getting.

Here it is for your benefit.

There is something I call **The Slowdown**. It always comes after a challenging period of time that I call **The Stress**, which can derive from any number of difficult life circumstances or conditions. It becomes even more painful when we are in resistance to **The Slowdown**. And that resistance occurs we don't understand that **The Slowdown** always precedes what I call **The Shift**. If we think we might just stay stuck in limbo forever, well of course, that's painful and we resist it and refuse to give in to it.

So it goes like this: **The Stress --> The Slowdown --> The Shift. Always.**



WHEN YOU'RE FINDING
THAT YOU CAN'T MAKE
HEADWAY ON SOMETHING,
IT MIGHT JUST BE THAT YOU
ARE NOT RESPECTING A
NATURAL SLOWDOWN.

SOMETIMES REST IS ALL
THAT IS NEEDED TO ALLOW
ENERGY TO BEGIN TO MOVE
AGAIN AND CREATIVITY TO
FLOW GENEROUSLY.

RESPECT THE NATURAL
CYCLES WITHOUT
RESISTANCE AND YOU WILL
STRUGGLE WAY LESS!

If we know and understand this natural order of things then we can relax, knowing that **The Stress** is not the end of the world (even though it might FEEL like it!), and we can embrace **The Slowdown**, knowing that somehow we are being prepared for The Shift.

And **The Shift** will always signify the beginning of the phase where you start to FEEL better, the energy moves faster—and you with it, and your dream can unfold and become a reality.

That means you can turn the music up, start dancing, and celebrate!

INDY Women are always, without exception, in **The Slowdown**. So if this is you right now, and you're frustrated by it, and you don't understand it, and you wonder when the hell it's going to end, and you just want to freakin' get on with your life....baby, you're an **INDY Woman!!**

Welcome to the club! And get ready for The Shift!

And let me remind you:

Being an INDY Woman doesn't last forever. It only lasts until The Shift happens and you start FEELING better, kicking ass, and making that dream come true!! Then you can call yourself whatever you want. Me, I'm The Shaman Mama!! Who will YOU be?

I wouldn't be partnering with **INDY Women** unless I myself had been one. And I have. That's how I roll. I don't offer to partner with anyone as a coach unless I've pretty much been there, done that. Otherwise I'm talkin' out of my hat, right?

The Slowdown for me followed a series of big life events--**The Stresses**, including becoming a caretaker, family illness, living away from home, loved one's death, my own surgery, huge life transitions, stopped exercising, injured knee, additional responsibility for family member, and the deep grief that accompanies all of these kinds of losses.

In the meantime, except for a few clients I was working with via phone sessions, and some writing, my spiritual life coaching business pretty much dried up. Which was sort of perfect, in the scheme of things, really. I really couldn't do it all during that time.

My husband will tell you that during **The Slowdown**, I didn't do much of anything for the next several months. And I sat there wondering: What the heck? When will this end? How long until something gives? When will I have the energy and the desire to get something going again? Is this IT? Etc., etc., etc.

This is a good place to remind you all of the many things that can be defined as **The Stress**: grief, illness, surgery, caretaking, loss of any kind, injury, overwhelm, money problems, family conflict, entering the next phase of life like menopause, retirement or empty nest, disappointment or heartbreak of any way, shape or form. Got it? OK.

Frequently we tend to minimize our emotional, FEELING response to our losses and what we go through, so I just want to remind you--- they ARE a big deal! **The Shaman Mama** knows this, and also knows how to help you to heal these feelings.

It was during **The Slowdown** that I was inspired with the concept of **INDY Women**. I was sitting by the water at one of my favorite close-to-home spots on Biscayne Bay and as usual, I had my journal with me and it all just started pouring out of me, the whole picture of who **INDY Women** are and what they are about.

I realized that I knew so many of them...and I was one! I wrote it all down, pages and pages of guidance about this. But I didn't do anything with it except to start introducing the term **INDY Women** to my Facebook friends and others.

Some people got it, kind of, but most were clueless. I even tagged it with the phrase I'M. NOT. DONE. YET!

But you know what, when you're in **The Slowdown** no matter how great an idea you have, it just isn't time for the energy to move and a concept to take off. So it didn't. And I knew not to push it prematurely.

Are you taking notes??

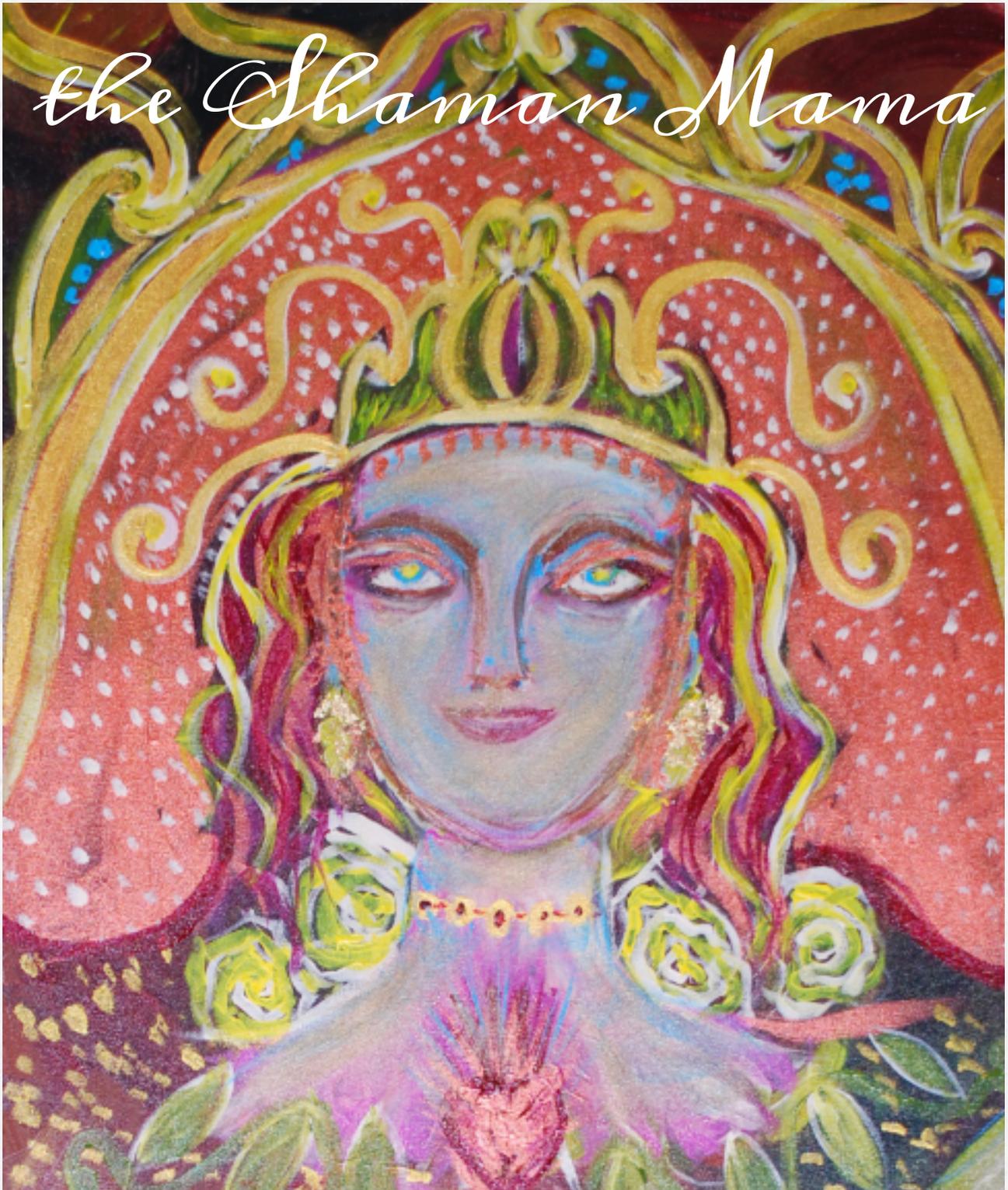
I started working again with clients, writing a lot, and taught a few classes and things went on that way for a while. I felt like I was coming out of **The Slowdown**. And I was, sort of.

Then several months later (You see how this all unfolds in good time, right?) my email accounts were hacked, couldn't be retrieved or accessed, and my Everyday Joy life coaching website, which some of you might have been familiar with, crashed along with it. Gone, done, finished.

Now that could've been the occasion for **The Slowdown** to happen again, but it wasn't because for me, **The Shift** already happened. I was on the move. I was energized in my life and my work and flowing again. So what happened when the website and email accounts fell apart was that I took it as a direct sign from the Universe that there was an even bigger version of **The Shift** that really wanted to happen.

So I began asking for guidance and recognized very quickly that a new avenue for my work had opened up, that river was flowing fast, and that it was about, yep, you guessed it, INDY Women!

So I started writing, and I also started painting during that time with an artist I greatly admire who teaches painting as a spiritual practice...right up my alley. It was from one of the paintings that I did with her, that **The Shaman Mama** jumped out at me on a canvas, and began to inform and instruct me about what was next.



The really cool thing is that guidance can come from any place, you just have to be open, looking, asking and listening. And you will be handed your **INDY Road Map. The Shaman Mama** was my second painting, ever! Ever!

So, like a hot potato, I dropped my identity of many years as The Everyday Joy Coach, and metamorphosed overnight, like a butterfly, into **The Shaman Mama**. This identity so beautifully encompasses, embraces, and expresses the totality of who I am as a woman, as a coach, as a spiritual teacher, and as a lifelong advocate and champion of women.

I knew I was on track by the response I got to **The Shaman Mama**—everyone said ‘Heck yeah! That IS totally who you are!’ And they started calling me **Shaman Mama!** It caught on because vibrationally it was a perfect fit.

Can you feel the energy of what it’s like to come out of **The Slowdown** and into **The Shift?** I hope so because it’s invigorating, it’s enlivening, it’s amazingly igniting. It’s fabulous, and it’s fun! It’s organically right!

And it’s far from over yet, baby!

I can’t wait to hear what comes forth for you as you start following your own **INDY Road Map!**

I want the same passion and excitement and fabulousity and fun for you that my clients and I experience with **The Shift!**

I could tell you story after story of my **INDY Women** clients and how they managed **The Stress**, lived through **The Slowdown**, and loved moving into **The Shift!** And how they kept on thriving afterwards!

Here are just a few. See if you can relate:

She finally ending a 12 year relationship with a married man whom she also worked with, fell in love with herself and trusted the Universe, as she was shown her INDY Road Map, and was led in a new career direction.

She was compulsively on dating websites, going out with one guy after another, feeling disappointed, discouraged and pretty hopeless. Then she began to forgive and to love herself, and eventually met her soul mate through family friends, married him and had their baby.

She felt herself Awakening Spiritually. Her perspective on everything had shifted. She got it and was so happy. And the...out of the blue, the most intensely painful challenges started showing up in her life: a relationship she thought was forever ended; work she felt confident about wasn't working any longer; she didn't have enough money to live on; and then she got sick. She felt like shaking her fist at heaven and shouting WHAT? THIS? ME? NOW? YOU MUST BE KIDDING? She recognized all of these as necessary for her spiritual evolution but damn! It hurt!! She hung in there through The Stresses and The Slowdown, got supported and reassured and reminded of the truth of herself and her life, and came out the other side of it all, FEELING more like herself and who she came here to be. Whew! Now she helps others who are going through the same kind of Awakening challenges.

After a lifetime of illness and injuries that got her the nurturing and attention she craved, she saw the pattern, began to be tender and caring with herself, surprised herself at how GOOD she could FEEL, and found that she was ready to teach others what she had learned about her lifelong love: horses.

She was sobbing to me that her healing business was 'dead in the water' and how she couldn't do her healing work, but when I pointed out to her that her work had shifted into a new, authentic direction, she almost immediately ran with that and didn't look back. And she's been thriving in her new business ever since.

She ended her conflicted relationship with her girlfriend, moved to another city, found a great boyfriend, and adopted a little girl...oh, and she became a songwriter. Yep, thriving.

She had cancer, went through treatment, went into remission and found that the basics of her life had changed with this experience. She no longer 'put up with crap' in her relationships, stood up for herself, found a new passion, and started living from the knowing that she'd been 'given a second chance at life'. She's much happier and less resentful with loved ones...and loving her life more than ever.

The common thread here is that they each found their unique **INDY Road Map**, followed it, learned to love themselves through the hurt and painful feelings, and the energy started moving again, and their lives took off. And they FEEL so much better! That's an understatement, if ever there was one.

And if by now you have determined that you are...drum roll... an **INDY Woman**, then I pray that you **WILL** discover your **INDY Road Map** and hit that road like Thelma and Louise, ready for a kick ass 'make your dream come true' adventure!

So here are some simple steps for you to take once you've established that you are in fact, an INDY woman:

1. Partner with someone who will champion you, believe in you, encourage you and help guide you to find and follow your **INDY Road Map**.
2. Allow yourself to get really juicy with this by asking for guidance from wherever your intuition tells you, start keeping a journal, begin to chronicle your dreams, and the messages you get about where to take them. Even a song on the radio can carry an INDY message.
3. Step way outside of the box that you've been living in and incorporate aspects and elements that are new to you, like buying yourself a beautiful crystal, or acknowledging that you have a totem animal, a power animal because it keeps showing up in your life, or keep the feather that you randomly find at your feet, or read that book that's been on your shelf for years and is just now calling to you.
4. And above all, keep the faith. Believe in yourself. Know that your time is coming. It's just a question of respecting the natural cycle and timing of things.



REMINDE YOURSELF
EVERY DAY THAT THE
world needs you
AND YOUR DREAMS,
AND THAT ANYTHING
IS POSSIBLE.

I love you, you INDY woman, you!

Janice Masters, the Shaman Mama

If you feel ready to take a big step forward, and you know that you're prepared to make a commitment of time, energy and money for your INDY Journey, [check out my website](#) for the programs and services I offer, then email me [TheShamanMama at gmail dot com](mailto:TheShamanMama@gmail.com) to arrange for a **Complimentary 20 minute Begin Your INDY Journey phone session** to discover where you are and where you might be headed. This is not a coaching session, but a way to find out where you are starting from—and if it would be absolutely great for us to partner together—if you're seriously ready.

If you're not yet ready for that kind of commitment, then I invite you to subscribe to my Blog and follow what I'm writing about INDY Women and their Journeys. This way you'll also find out when I'm offering classes and group coaching programs you may be ready for in the future.