

## **Abstract**

### **A Psycho-Spiritual Process of a Sacred Feminine Tradition: A Community-Based Approach for Women**

by

**Cara Lynn Carlson**

This study seeks to provide meaning and give voice to the experience of a small circle of European American women who have participated in a process of learning and healing called “On the Rim of the Cauldron, Woman Looking at the World as Herself.” *Cauldron Studies*, as the experience is called by members, is a spiritual process grounded in the sacred feminine. Now in its 7th year, this community-based path offers women opportunities for guidance in their psychological and spiritual development through participation in a community developing practices of inquiry, mindfulness, embodiment, creativity, ritual, and service. Participants in the study circle for this research paper are women who have completed 3 or more years in *Cauldron Studies* and who have been initiated as “women on the path of the sacred feminine.” In addition to highlighting conscious components of their experience of *Cauldron Studies* and the sacred feminine, this research will invite and give voice to less known or unconscious aspects of their experience. This qualitative research study will use feminist research approaches and alchemical hermeneutic methods. Alchemical hermeneutics as a method uses the imaginal approach to research. This will include engaging in a process of deep inquiry, setting sacred space, and initiating a guided journey to call forth unanswered questions of *Cauldron Studies*, the ancestors of the sacred feminine, and the soul of the work itself. To this approach I will also add an embodied writing component and will honor knowledge through relationship within the group synergy that is created. Through the research

process, I hope to illuminate the transformational potential of a sacred feminine tradition for women who choose to walk that path.