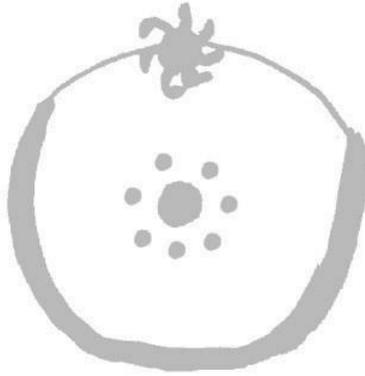


MIRIAM'S SECRET

REVEALING THE ANCIENT
WISDOM OF FEMININE
LEADERSHIP



ELIANA GILAD



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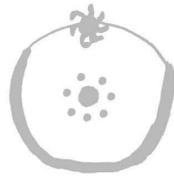
DEDICATION

This book is dedicated to all the feminine leaders who dare
listen to their inner voices and follow their callings.

You are our true leaders.

INTRODUCTION

Revealing the Ancient Wisdom of Feminine Leadership



Miriam's Secret is how to lead yourself through the unpredictable process of change. It's a soft, fluid, intuitive approach that helps you come full circle with your inner and outer conflicts so that you can live in harmony with yourself and others no matter what else is going on around you. By coming full circle, I mean that we tend to look outside ourselves for answers, when what we are truly looking is the clarity that resides deep within.

What's remarkable is that this powerful method of supporting yourself whenever you are going through a personal transformation of any kind comes from ancient sources that were lost to us for millennia. Today these sources are being rediscovered by archaeologists and through the rebirth of the intuitive dimension in our culture.

Perhaps this alternative way of nurturing, soothing, and leading yourself might work better than what you have been doing up until now. Or perhaps this approach might invite another means of connecting with your feminine power; like trusting that once you have done your best (at anything), believing that it is enough that *you* are enough. You rest, knowing that the results will occur, in their own time.

Miriam's Secret for managing change is a path of mindfulness. It is a means of deep inner listening, and of living in the now, present with whatever is. The good news is that this is a private experience, at its core both visceral and subjective. There is no right or wrong way to be mindful. You cannot screw it up or make a mistake.

Recovering the Lost Secret

The inspirational message of *Miriam's Secret* is that it helps you access your inner strength whether you're in the desert of facing life's challenges, persistently moving toward your goals, going through any kind of

rebirth, or engaged in a process of growth. As you listen inwardly to yourself and draw sustenance from the well of wisdom inside, you are empowered to transform your life from the inside out, joyfully arriving at your personal Promised Land, however you define that.

Among the tools of the ancients that are being rediscovered and employed by contemporary healers and teachers, such as me, are simple, supportive, mindful, and healing sound techniques. Basically, these train you to show up and speak up. This ancient way of communing with yourself helps your nervous system to relax when it's being stimulated by the very thing that perturbs it. One simple, potent example is simply taking the time to listen to yourself while you're talking.

One reason the ancients understood the power of these tools and insights is that their world was different than ours. They were intimately connected to nature in a way most of us do not experience anymore—at least not in the developed nations of the Western world, where everything is mechanized and rigidly structured. Their connection to nature helped the ancients be more attuned to the fluid and shifting rhythms of life.

When we change our priorities and lifestyles to be more natural, and attune with our own inherent, creature rhythms, like they did, we gain greater access to, and appreciation for the power of the soft, flowing approach in our existence. Our lives become more balanced when we adopt principles such as “Less is more” and “Slow is the most direct route to the manifestation of anything.” The quality of our self-connection improves when we do less and slow down, and this increases the quality of our connection with ourselves and others.

It feels vital for us to recover the wisdom of Miriam. There are so many changes going on in the world today—climatic changes, economic crises, wars, political unrest, to name only a few—that it seems kind of silly even to write about them. Media reports feature gloom and doom and the world coming to an end. But they don't tell us what happens next. They only inspire fear, which tends to be unproductive because it usually paralyzes us. In the feminine approach to life, destruction always brings the opportunity for rebirth. It's an opportunity for creation.

A rebirth of the soft flow is occurring in our culture right now, and a movement is forming: The challenges we face have driven us to reclaim the intuition. When everything is out of control and the old ways just don't work anymore, people feel vulnerable and unsafe. Spiritual leader Michael Beckwith calls this phenomenon a *birth-quake*. The feminine approach helps us to nurture ourselves in moments of birth-quake when we feel shaky.

Those who are willing to meet the process of cultural change openly are learning something wondrous about themselves and how they are connected to everyone and everything. This is good news. It was the impetus for me to begin writing this book.

Why Did I Write This Book?

I share Miriam's story with you as an act of service to the ancient way of feminine power. This is my contribution to the revival of the feminine voice of leadership. Many people are not familiar with Miriam the prophetess. Readers may think that they must have a religious background to relate to this material. Nothing could be further from the truth! Miriam's wisdom is rooted in a power that knows no division of race, creed, color, or religion.

You don't need to have any religious inclination to be able to relate to or gain from this material. Those who have been reared in a religious household will discover a new exploration from a different perspective than is usually shared. We will explore feminine leadership with its connection to the source of the universal power.

It is my hope that by acknowledging and exploring the spiritual authority of Miriam together, we will drink and be nourished by our collective well of wisdom.

The Impetus behind This Book

The impetus for this book came in the snow-covered mountains of the French Alps during the winter of 1992. I was working in the news research department of CBS television during the broadcasting of the Olympic Games from France. I was blessed with the job of broadcasting voiceovers for the opening and closing ceremonies, as well as doing preproduction vocals on a variety of lifestyle pieces to be broadcast during the Games.

The news research department is where decisions are made as to what to broadcast on the news. I sat next to a friendly gentleman whose job it was to read the wire services, such as the United Press, the Associated Press International, and Reuters, aiming to find newsworthy headlines that would be of interest for the daily news program.

Day after day, I would listen to his exclamatory "oohs" and "ahhs" in response to a headline. It drove me nuts, yet I had a difficult time reconciling whether to say something or keep my mouth shut. I wanted to speak my truth. I'm a feminine leader. Yet being able to stand in my power and express my voice without being shunned, attacked, or put down was a daily challenge for me back then.

Then, one day when he said, "Listen to this!" I interrupted him before he continued with, "I don't need to listen, because I already know what you are going to tell me."

"No, you don't," he replied.

"Yes, I do," I insisted.

"What?" he inquired.

"Don't you see?" I said, then continued, "It's always the same story of war, rape, pillage, murder, burglary, or disaster. Good news is a cease fire. Only the names and places change."

"That's not true. Let's look together," he said, challenging me. I moved my chair next to his so that we could watch the computer screen together. The situation was exactly as I had imagined. A sad joke began between us, as he promised, "I swear I'm going to find you your *good news* story." His intention was never fulfilled.

During those few months working for CBS, I silently prayed to the Divine to use my voice for a higher purpose. Little did I know then that my prayers would be answered less than a year later while singing on the inner-city trains of Paris. I did not know that my brief experience working within the world of mass media communications would spawn a new career for me that would lead to insights about drawing wisdom from our own inner wells. Although the experience with CBS was amazing, I still found myself working for a living. Inside me, a deep inner voice was drawing me to forth uncover my purpose in life.

When I decided to stop taking work just to pay the bills and to trust the wisdom inside me to guide me, not only did I discover that it is wise to listen to the inner voice, I learned that when we express it outwardly, it has a healing and transformational effect not only upon us, but also upon others. When people would ask me how I

learned to produce the unique quality of vocal tones coming out of my mouth, their response to what I told them was frequently, “My God, that story sounds like a Hollywood movie. You have got to write down these anecdotes. Others will want to know about this.”

Eventually, I had heard this response so many times, that I made a commitment that one day—when the time was right—I would follow through and write my stories down.

Writing this book is the culmination of that commitment I made twenty years ago singing on the trains, which is where I initially developed the Voices of Eden healing music approach that incorporates Miriam’s Secret and the wisdom of the ancients living in the Near East. The story of how I got there is peppered throughout this book.

At this point, I was looking for my purpose in life. I had given up my mainstream, nine-to-five existence. Deep spiritual practice and implementing the inner tools of intuitive listening were my only daily guides. I had the good fortune of receiving tremendous support through colleagues in Los Angeles, such as Marianne Williamson, who had recently left a secretarial job and was risking her faith to give lectures about *A Course in Miracles*, Susan Jeffers who had just completed *Feel the Fear and Do It Anyway*, Jack Canfield, who back then was leading workshops in self-esteem within the elementary school system, and Barbara De Angelis, who was developing inspirational messages. Their support got me to take the leap I needed to leave the United States. We would meet at a weekly inspirational networking breakfast group called the Inside Edge, which provided us with practical support and camaraderie. It was through those meetings that I learned about a new technique called the Sedona Method and began to work with its creator, Lester Levenson, a man whom I consider to be one of the great gifts of my life.

Lester became my mentor. He taught me to stop looking outside of myself for answers when he would ask questions like: “How difficult could it be to be who you already are?” This provoked me into deep inner listening, which in today’s lingo, would be called mindfulness. The release technique I learned from him would help me to release the habit of holding on. When Lester and I would meet, I would ask him for direction: What to do? How to proceed?

Lester’s response was always, “Put your freedom first. Use the world to go free by. Make imperturbability, the state where no one or nothing can disturb your inner peace, your goal. Then have anything you will or desire.”

His advice made sense to me. I made the decision to live by listening inside and being led by the gentle inner voice of wisdom which I found there.

If we dare follow the guidance of the inner voice, it will take us to good places. During an entire year, six days a week, I sang on the inner-city trains of Paris, which was my training ground (pun intended) for developing the ancient feminine healing sound and leadership model that I now teach. Call it a walking meditation or prayer. The process was always about showing up in the present moment, meeting the fear of death, or any other thought, feeling, or sensation that would come up in the moment. I never thought about what was coming out of my mouth. The words of the spirituals I sang served as the instruments through which I would release everything that arose to the contrary.

There was always something in my head that tried to stop me, thoughts like: *Are you nuts? You’ve gone crazy! What are you doing on this train? Stop this instant! What if your family saw you? What would they say!?*

Fears and critical voices such as these were arising to keep me from showing up and following through on what that softer, deeper, oceanic voice within me was directing me to do. As I would release these resistant and frightened feelings one by one, a harmonious voice would just flow out of me. It was amazing grace. It amazed me then and it still does to this day.

During the entire year I spent singing on the trains, I never thought about the performance aspect of singing, nor was I doing it for money. I never once asked for money directly, and yet I received everything I needed to cover all my expenses from contributions people would hand to me spontaneously. The process was a sort of walking musical meditation, of showing up in each moment, naked like a newborn.

That year provided me with ample opportunity to discover the wisdom of feminine leadership, from the inside out, and to learn an alternative way of mindfully showing up for myself. It healed me of the tremendous shame of my father washing my mouth out with soap for speaking my truth, and ultimately it led to my moving to Israel to revive an ancient feminine sound healing and leadership technique. Over the years since then, this modality has been clinically researched and proven to lower blood pressure and heart rate, increase focus, and improve the quality of sleep.

My life experiences formed the basis of my personal transformation and self-connection, as well as establishing a foundation for my subsequent discoveries about the ancient healing and transformational knowledge discussed in this book. In *Miriam's Secret*, I am proposing a whole new idea of the Promised Land. Instead of it being a destination, the Promised Land is the powerful experience of self-connection or self-leadership. What if *you* are the destination you are searching for? It is simply about being you without changing a thing.

I invite you to explore Miriam's Secret with me and see if you do not find it as valuable in your own life as it has been in mine.

How to Use This Book

What began as one book, morphed into an entire series as an editor I worked with deftly pointed out to me that there were different trajectories in my material, paths related to leadership, healing music and sound, presentation, and my own personal story, each one powerful and meaty enough to warrant its own volume. The book you are holding in your hands today, is the first book in the series.

Originally, this book was to be published in the spring, the New Year of ancient times that coincides with the Passover holiday recounting the story of the Exodus from the Bible—including the parting of the waters of the Red Sea and freedom from slavery. When we use our voices like Miriam did, we have the power to lead ourselves through whatever we believe threatens to drown us and free ourselves from our personal bondage. This is a subjective experience that changes us inside and out. For when we change on the inside, the world around us responds—and we become more effective.

This book was written intuitively, through connection to the source of feminine power. Its organization arrived on the page through flow rather than by figuring it out intellectually. I therefore recommend that you contemplate and meditate upon this material. Its potency comes with repeated use.

Each chapter in Part I of the book concludes with powerful questions designed to help you live from the heart of your feminine power, whether you are a woman or a man. They are designed to help you apply this material into your own life and support you in those areas where you may struggle to stand in your power and *be* yourself. Following the questions, I have provided additional space for you to respond.

Ancient Healing Music Meditation Bonus

Included with your purchase of *Miriam's Secret* are two gifts: a bonus music meditation MP3 and a Quick Start Action Guide PDF. Both can be downloaded from a special page on my website:

<http://bit.ly/musicmiriam>

Combining this dynamic music with the meditations you do in Part I of this book will increase your effectiveness in incorporating this feminine wisdom approach into your life. It will help you go deeper, faster.

There are four key aspects of the music that you should know.

- This ancient feminine healing music approach is medically researched and proven to increase focus and reduce stress.
- The music meditation was recorded live in ancient Israel.
- The music is 100 percent organic. There is no synthesized sound used. Everything you hear is real and natural.
- It is composed using an ancient feminine healing rhythm. It provides a container for those parts of us that are “off kilter” or “off balance.” It allows space for those “untidy” parts of our being that we do not like. As you listen and allow space for these parts to speak their truth to you, your greatest vulnerabilities may become your greatest strengths.

What You Will Discover in This Book

This book will address questions such as:

- Why do we listen to the critical voices inside us, letting them run us?
- Why are we so afraid of what others think of us?
- What if we put out something “bad”?
- How can we determine what we want out of life?

These are fundamental questions underlying our conscious thoughts. The answers require a different type of inquiry, one that is inner, rather than outer focused.

Miriam's world is a watery world. When you dive into her well, you will begin a journey that will lead you to your needed destination, even if you take the dive without knowing exactly where that destination is or how you will get there.

When you find yourself going through a major change or transition in your life, or you feel stuck somewhere, you can refer to this book. Let the mindfulness questions and the music meditation serve as your intimate companions.

There are three parts to this book. Part I of the book, "Connection," will help you reconnect to your own well of wisdom and can help you flow around the boulders that may be coming up as you move from one state of being to another. You will find exercises here.

Part II, "Courage," will help you gain courage from your inner well of wisdom, providing you with practical tools to cradle you on a fluid journey, one that is nurturing, nourishing, and supportive of the soft flow of life.

Part Three, "Confidence," will provide support in sharing your own song of wisdom within the world.

I hope that this book will become dog-eared, stained, and crumpled through repeated use. I hope that this will serve as an inspiration for you to gather in a circle with companions to collectively explore your own feminine leadership. In the process of working with this book, my hope is that you will realize you and your immediate companions are not alone.

Remember that the Promised Land is not an outcome; it is an experience of being at ease with who you are. This book will help you listen to yourself, and to drink from your own well of knowledge. When you live in this way, you can be in your Promised Land no matter what else may be going on around you. You will be nourished through your inner transformation, drinking from the sweet waters of life, and having more confidence being your true self.

If this promise resonates in your heart, then great, let's move on.

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