



Women of Wonder's Guide:
Going from ✨
Overwhelm to WOW! ✨

Maggie Schreiber

WOMEN
of WONDER





Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

The Women of Wonder's Guide: Going from Overwhelm to WOW!

5 Key Elements to S.H.I.N.E

Welcome to our party with a purpose!

Congratulations on accepting your gift, especially since receiving is a big part of discovering your WOW.

I am here to support you in taking steps towards creating a life that is ***extraordinary, full of wonder and amazement***, because who you are and what you have to offer matters.



As a Certified Dream Coach and WOW Coach I have met so many women who have felt the opposite. Many of my clients feel empty, overwhelmed, stuck and as if they don't matter. They are looking for ways to bring more balance, joy, and fulfillment into their lives. They want connection in ways other than through their computer, they desire to be nurtured and inspired which will then allow for a fully expanded life.

That is what inspired me to create a community that supports women moving from overwhelm to WOW. *Women Of Wonder* is a spiritually based women's community of self-



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

discovery. You may be like many women who are overwhelmed by overbooked schedules, business and family responsibilities, life transitions, and forgotten dreams. You have given your entire life often at your own expense and you are ready to be in the flow of giving and receiving. To be nurtured and inspired to know you matter and that your dreams, goals and desires matter.

This guide offers *five key elements* that act as a catalyst **to move you from overwhelm to connecting to your true nature allowing you to S.H.I.N.E.** You can then create a life that is balanced and truly a WOW. Oh and I almost forgot - really fun!

The five elements are as follows:

- **S is for Sacred Space**

Using ritual to set your intention and consciously open to the divine and sacred. Becoming clear on what you want.

- **H is for Heart**

Connect from the heart to have a more meaningful relationship with self and others and how by opening up to your heart connection through meditation, you experience compassion, gratitude and love.

- **I is for Inspiring Dreams**

How to live a longer happier more fulfilled life and meet your dreamer the part of you that holds the key to your dreams and desires.

- **N is for Nurturing and Celebrating Friendships**

Ways to honor the angels in your life that support you through challenges and celebrations.

- **E is for Expression and Expanding Joy**

Learn a 3 step WOW that will support you in asking for help open to receiving and welcome the gift while expressing gratitude.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

I am honored to be the mirror of love and light reflecting your true nature, allowing you to connect to the joy, laughter and fun of life. Together, through compassion, empathy, and trust we will focus on creative solutions for a more expansive and WOW life.

How I went from overwhelm to WOW!

In my life I have been faced with many overwhelming situations and am not a stranger to challenges. I am a recovering alcoholic with over 25 years of sobriety. I have been able to support family members through breast, colon and brain cancer, and most recently Alzheimer's disease. My son Luke was mugged when he was 13, triggering panic attacks and anxiety which prevented him from attending his freshman year of high school.



In 1962 I was born into a family of two alcoholic parents, much older siblings (20, 18, and 15) and a father who died of cancer when I was three.

Unfortunately, my mother, due to her alcoholism, was unable to provide the nurture and care needed to raise me and at around four years old, I formed the belief that I didn't matter. I can remember being in the back seat of our car after mom had consumed a bottle of vodka in the parking lot of a grocery store, crouched down crying myself to sleep as the sun began to set. I crouched crying so no one would see me waiting for my mom to sleep it off so that she could drive us home.

There is a happy ending to the story. My older sister Maureen stepped in and raised me as her own. Now as I reflect on my story, I realize that the fact my mother let me go and my sister was willing to take me was an example of how much I did matter. I now believe that I was born into the family as a focus of inspiration and love during a very difficult battle with cancer. This created the foundation for WOW. From that wound came the ability and desire to nurture others. I am passionate about inspiring women and guiding them to move from overwhelm to WOW and live WONDER-filled lives in a world full of challenges!



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

5 key elements to move you from Overwhelm to WOW and let your light S.H.I.N.E



*"There are two ways of spreading light; to be the candle
or the mirror that reflects it."* - Edith Wharton, American novelist

The following elements are based on the ingredients I used to design our women's community Women of Wonder. The beauty of WOW is that it follows a simple, five-step process that generates trust and allows for consistency and ease. The system is called S.H.I.N.E., because when like-minded women come together in a sacred space and connect, inspire and celebrate, it allows their light to SHINE.

I have adapted this system for our purposes so that you can use these elements without having to attend our gatherings. Allowing you to move from overwhelm to WOW and living a more balanced, joyful life.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber



"Rituals create moments where living becomes art. Poets, writers, painters and musicians aspire to heightened moments of awareness, times when they feel they have something unique and inspiring to give the world...We all have this instinct to create beauty, distinction and meaning in our lives"

- Alexandra Stoddard
- "Living a Beautiful Life"

S Sacred Space

Using ritual to set your intention and consciously open to the divine and sacred. Becoming clear on what you want.

When you create a sacred space, using ritual to set your intention for what you want and how you want to be miracles happen. A ritual takes something ordinary and makes it extraordinary. It is the act of consciously opening ourselves up to the divine and inviting in spirit. It can be anything from a simple prayer, to lighting a candle. Planting a garden, listening to music or meditation can be considered ritual.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

By doing the ritual you are creating a sacred space in which you can set your intention. Setting an intention allows you to set the course of your life. Without it we tend to wander without direction.

- It is one of the most powerful forces in life. It can make the impossible seem possible.
- By setting an intention it allows you to become clear on what you want or what you plan to do in your life. When you are clear and state your intention, people, places and things will show up to support you.
- In the beginning during the creation process you may be vague about your intention and that is ok. This allows you to explore all the options. Be patient and trust the process.
- Sometimes an intention can be about doing something or about how you want to be. It can be as simple as today I will be on time, I will arrive safe at my destination or I will be focused and at peace.
- Consider this question when setting your intention:
- What are you committed to do, create, change, or accomplish?

I encourage you to find a comfortable chair or place in your home or office. Use one of your favorite candles or purchase a beautiful candle and place it near you. Light the candle and take 3 deep breaths into your heart and exhale any concerns or worries. Have the light of the candle represent all that you are grateful for. Keep a pad of paper close by so you can take time to write what you intend to do for the day or how you want to be.

This can be done at any time of the day yet most people will either do this in the morning or at the end of the day to set the intention for the next day.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

Here are a few examples:

"I arrive on time and safe to my destination"

"I speak with clarity and certainty during my presentation"

"I make 10 calls to my clients to invite them to our promotion"

"I am open and receptive to all that is given to me".

You get the idea.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber



"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship."

- Brene Brown PhD., LMSW American author and Research Professor

H Heart Connection



Connect from the heart to have a more meaningful relationship with self and others and how by opening up to your heart connection through meditation, you experience the flow of giving and receiving, compassion, gratitude and love.

The power of the WOW community is that we enter a circle that allows us to experience connection face to face and heart to heart in wholeness and unity. By opening up to your heart connection through ritual and meditation, one can experience compassion, gratitude and love.

Brene' Brown PhD., LMSW American author and Research Professor at the University of Houston highlights her study on vulnerability and connection in her Ted Talk, The Power



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

of Vulnerability, in which she expresses that to establish a deep heart connection, you must be willing to remove your shields of perfection and protection to be seen.

How do you remove the shield to establish a deeper heart connection?

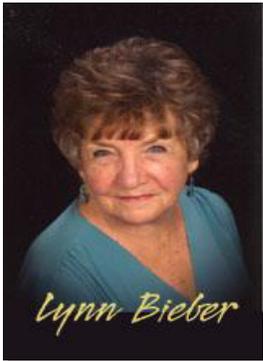
- Set an intention to do something your love each day. Something as simple as sitting outside for ten minutes with the sun on your face, reading a joke a day or listening to your favorite song.
- Allow yourself to receive acknowledgements and compliments. Pretend your heart is a little mailbox-like the kind you made in school for Valentine's Day-in which you place your messages for safe keeping.
- Another way is through meditation; specifically sounding.

"Sound is common and extraordinary, simple and complex. Sound is very powerful and, of course, a constant in our lives. We are surrounded by sound. Ancient stories have intimated that sound was used to move large stones in the building of the pyramids. These technologies have been lost to us. However, new technologies using sound as an instrument are providing growth and healing in the physical, spiritual and emotional realms". Lynn Bieber



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber



Lynn Bieber

A gift from Lynn Bieber, Shaman and Spiritual Counselor

Allow me to introduce you to my dear friend, mentor and spiritual counselor Lynn Bieber. She has been blessed with the gift of sounding and has generously offered to share this gift with you.

Watch the one minute trailer to her [12 strands of Power DVD by clicking here](#) so you can experience the essence of who she is and then open your heart as you listen to the audio of the sounding of Love.

For more information about Lynn Bieber and her work please visit her website at: www.LynnBieber.com

Enjoy Lynn's 12 Strands of Power Love audio file below:



If your system does not support this audio, please [click here](#) to listen online.

"Energies of the heart are nurtured and filled with Unconditional Love. As you listen to these Heart Sounds let them fill your heart until it is overflowing. Recognize that Love is the glue that holds everything together. Recall the experiences of being loved with purity and innocence. Fill your entire body and the space around you. Know that this affects every level of consciousness. Rejoice in your power to generate and receive love." - Lynn Bieber



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber



"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

- Harriet Tubman African-American abolitionist and humanitarian

*I*nspiring Dreams

How to live a longer, happier, more fulfilled life, and meet your dreamer the part of you that holds the key to your dreams and desires.

Meet Your Dreamer

Women who manifest their dreams live a balanced, happier, more fulfilled life.

The key to making your dreams come true is to become clear about your dream, believe in it because it matters and take action to make it happen.

We have dreams for our life and often we get stuck in the reality of what is happening around us; what's going on in the economy, in our checkbook and our overbooked



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber



schedules. We feel overwhelmed exhausted and empty as a result causing our dreams to either disappear or end up on a "to do" list, which really is the someday maybe list.

I invite you to say no more to letting your dream die and yes to manifesting what you want in your life. Take the first step..... It is time to meet your dreamer.

Create a sacred space by lighting a candle and set the intention to connect with a dream.

Listen to the visualization that will guide you through a process which will introduce you to your dreamer the part of you that holds the key to unlock what you desire.



If your system does not support this audio, please [click here](#) to listen online.

After the visualization write whatever comes, without judgment, criticism, doubts or editing. Use these questions as a guide for your journaling.





Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

Take time now to journal your experience:

- Did you meet your dreamer? Describe your dreamer.
- Can you describe the box?
- Where you able to open the box?
- Did you meet the part of you that is your critic or judge?
- What was it like to unlock your dream?



If you would like to explore this dream and have a process in making it happen please contact me by phone or email. I would love to support you in making your dream come true.

Below is the transcript for your reference.

- Get comfortable in your chair and close your eyes.
- Take several slow, deep and relaxing breaths.
- Feel the weight of your body sink into the chair breathing in love and light and exhaling any tension or that which doesn't serve you.
- Continue breathing gently.
- With each breath you take, feel your body relax even more.
- Take three more calming breaths. (Take an extra-long pause for the breaths).
- Now imagine a favorite place.
- Perhaps it's at the beach, a mountain lake, a redwood forest, or an English garden.
- Go there, knowing that you are safe.
- Look around and take in all the sights.
- Slowly walk around and continue to observe. Notice any sounds or smells in your favorite place.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

- Find a comfortable spot and take a seat.
- Enjoy the peace and relaxation you feel in this place.
- Say to yourself, "I am totally relaxed and at peace. "
- Near where you are sitting there is a beautiful path.
- As you look into the distance you see a figure coming towards you.
- As it comes closer you realize this is your dreamer. This is the part of you that holds dear all your dreams.
- For some of you this might be the first time you have met face to face for other this may be an old friend.
- You notice that your dreamer is holding a beautiful box with a lock and a key
- Your dreamer says I have been waiting for you and hands you the key to unlocking your dreams.
- You ask your dreamer if time and money were not an issue what dream do you have for me and you place the key into the lock and open the box revealing your dream.
- It may be in the form of a word or an image or a symbol.
- You thank your dreamer and know you can come together and open the box at any time.
- Don't worry if there wasn't a dream or an answer in the box what is important is that you felt the power, creativity and love from the part of you known as the dreamer.
- When you feel complete open your eyes.

"Dreams are like the paints of a great artist. Your dreams are your paints; the world is your canvas. Believing is the brush that converts your dreams into a masterpiece of reality."



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber



"A good friend is a connection to life—a tie to the past, a road to the future, the key to sanity in a totally insane world." - Lois Wyse, American author

Nurturing and Celebrating Friendships

Ways to honor the angels in your life that support you through challenges and celebrations.



Recipe for Friendship

A salad for you to share

Friends are the angels that surround us with strength, make us laugh when we cannot see the humor in things, talk us off the ledge in the face of crises and remind us that we are loveable and love. I appreciate the gift of friendship and I started this journey as a way to honor and celebrate those women who were blessings in my life. Many years ago my friend Cathy gave me the poem "For the Garden of Your Daily Living" and I thought it was so clever. I have adapted it a little for the purpose of friendship.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

The Garden of Friendship

Plant Three Rows of Peas:

1. *Peace of mind*
2. *Peace of heart*
3. *Peace of soul*

Plant Four Rows of Squash:

1. *Squash gossip*
2. *Squash complaining*
3. *Squash grumbling*
4. *Squash selfishness*



Plant Four Rows of Lettuce:

1. *Lettuce be vulnerable*
2. *Lettuce laugh until we cry*
3. *Lettuce be grateful*
4. *Lettuce really love one another*

No Garden is Without Turnips:

1. *Turnip for events*
2. *Turnip for service*
3. *Turnip to help one another*



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

To Finish Our Garden, We Must Have Thyme:

1. *Thyme for connection*
2. *Thyme for fun*
3. *Thyme to support*

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.

I just love this and was inspired to take it one step further. I am not a gardener but I love to cook and even more so I LOVE to eat. I thought wouldn't it be fun to create a salad recipe that you could send to your friends or bring to a gathering? Below is a poem I created and the recipe for one of my favorite salads as a gift for you and your friends.

Enjoy!

For our angels LETTUCE be grateful,

and honor the "APPLE of our eye"

When we're wrinkled like a CRAISIN,

I will love you till I die!

At the risk of sounding CHEESY, sentimental, and even NUTS,

My heart is opened wide and my door is never shut!

Life will TOSS us LEMONS we'll just laugh and drink CHAMPAGNE, (dressing)

reflecting love and light, there's no need to complain.

Enjoy this luscious SALAD nourishing and bold,

Our open heart connection will NEVER ever grow old.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

Here is the actual recipe to serve 6

- 1/2 head butter lettuce
- 1/2 head green leaf lettuce
(you can replace this with a bag of butter lettuce)
- 1 pippin apple diced
- 1 lemon juiced to pour over the apples
- 1/2 cup of caramelized walnut pieces (recipe below)
- 1/4 cup sugar
- 1/3 cup dried raisins
- 1/3 cup crumbled Gorgonzola cheese
- 1 bottle Gerard's Champagne Dressing

Caramelized Nuts

Place sugar in a heated nonstick pan over medium heat until melted. Quickly add the nuts (watch closely) and stir constantly until all are coated. Place on a sheet of wax paper to cool. Break apart nuts and place in a zip lock-bag or air tight container until ready to use.

Wash and dry lettuce; tear into large pieces or open bag and place in a bowl. Toss with apple, walnuts, raisins, and Gorgonzola cheese. Just before serving toss salad with dressing.

Send this recipe to the angels in your life and or bring it to your next gathering with the poems included. Enjoy!



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber



“Joy is unlimited because each shining thought of love extends its being and creates more of itself.”

A Course in Miracles

A non-secular self-study course

Expanding Joy

Learn a 3 step WOW that will support you in asking for help, open to receiving, and welcome the gift, all while expressing gratitude.

When like-minded women come together in a safe and sacred space that is connected, inspired and celebrated, the end result is the expansion of joy. I think about how many women I know who feel overwhelmed, exhausted and empty. As you experience the WOW community and the expansion of joy, you carry a higher vibration which allows you to stay healthy and heal your mind, body and spirit. Think about someone you know who is full of joy and how you feel when you are around that person.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

Here is a 3 step WOW process to support you in expanding joy

Be Willing

to ask for help and make specific requests.

It allows you to be vulnerable and to connect at a deeper level.

Be Open

to receiving. You may be a giver, yet block the joy by not receiving.

Be Welcoming

of the gifts and celebrate with gratitude.

This helps you to focus on the joy, which attracts more.



Willing to make requests and ask for help:

We can't do this alone!!!! As much as I believed that I could do it all and that I didn't need to count on anyone or better yet I couldn't count on any one, I knew deep down that I had to ask for help. One reason I didn't ask was because I didn't think that what I wanted mattered. Why would someone help me? I'm not important. Plus I was too busy proving that I did matter by helping everyone else. I think the other reason I didn't ask for help was because I wouldn't get very good responses. What I discovered was that it was the way I was making requests.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

Three tips to making requests:

- Be specific and clear about what you need
- Make it easy for people to say yes. Think "what is the easiest way for this person to help me with my dream" **before** you ask.
- My mentor Marcia Wieder, CEO of Dream University, teaches this powerful sentence "would you be willing to explore the possibility of....."

Open to receiving:



All my life I have been a giver. Recently within the last year or so I became aware of the fact that I was terrible at receiving. I didn't feel worthy. More importantly I learned that by not receiving I was blocking the giver (the person who was being generous) the joy that comes from giving. I thought about how I felt when someone denied me the opportunity to give. Not very joyful! I made it my theme for a year to receive with an open heart and miracles happened.

I was invited to attend a luxury retreat at a fraction of the cost. My family was given the gift of a 10 day cruise. Not to mention how I felt. Because I was receiving with an open heart it allowed me to give with an open heart and not from a place of resentment. I was in the flow of giving and receiving which expanded my joy.



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber



Welcome the gifts and express gratitude:

Brene' Brown Ph.D., LMSW American author and Research Professor at the University of Houston shared with Oprah on her "Super Soul Sunday" series what her work and her experience taught her about joy. From her interviews and research she explained, 'I will never talk about joy for the rest of my career without talking about gratitude,' "I have

never interviewed a single person who talks about the capacity to really experience and soften into joy who does not actively practice gratitude."

Dr. Brown also states that it wasn't just the "attitude of gratitude" for example "I'm so grateful". It was the daily practice of expressing gratitude through various ways.

Here are a few examples:

- At your evening meal have each person express what they are grateful for that day
- Set your watch or phone alarm daily for a specific time 12:34 (1234) and stop what you are doing and express gratitude.
- I have a friend who suggested expressing gratitude in the morning after you hit the snooze alarm until the alarm buzzes again.
- Write a gratitude wall. Use sticky notes and every time you are at your desk and you are grateful write it on the note and stick it on the wall. This can be done in the kitchen and include the whole family.
- At a talk I was giving one of the women shared that her and her spouse each keep a gratitude journal and on New Years Eve they read out loud each others journal. I love that and how romantic (even though some days I'm just grateful for tooth paste).



Women of Wonder's Guide: Going from Overwhelm to WOW!

Maggie Schreiber

- Start a gratitude group. Ask one or more friends to email 10 things you are grateful for each day. I have been part of a group for over 4 years and what I love is that by reading their gratitude's it multiplies the joy. Some days I may only feel like being grateful for tooth paste yet I am able to expand my joy by reading their gratitude's.

Use this three-step process to support you in expanding joy and discovering your WOW. Have fun as you ask for help by making specific requests, open up to receiving the many gifts that will come your way, and celebrate with gratitude.

The greatest gift you can give yourself is joy, not only because of the feeling that goes with it at the moment, but because of the magnificent experience it will draw to you. It will produce wonders in your life." - Jack Boland Minister and Teacher

It has been my honor and delight to share with you the "Women Of Wonder's guide... Going From Overwhelm to WOW".

I love being the catalyst that supports you in opening up to the possibilities. When you begin to connect from the heart, inspire dreams, celebrate friendship and expand joy you will experience life changing transformation. You will start to make choices that will support you in what matters and find yourself being in the FLOW of giving and receiving which will allow for more abundance and joy. Your dreams, goals and desires matter and who you are and what you have to contribute to the world matters.