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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sheela-na-gig

By Judi Singleton

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Goddess of the early Irish and British Celts, and Mother of all Life. Sheela-na-gig displays her vulva to symbolise Birth, the Origins of Life, the Gateway to the Womb of the Goddess, from whom all come, and to whom all return.

She is inspired by the numerous Sheela-na-gig plaques dotting the early Irish and British churches and shrines, vibrant reminders of a proud celtic mother goddess.

Sheela-Na-Gig The Goddess Displaying Her Parts.

This Celtic archetype of the Great Mother appeared in folk and church art by at least 1080 AD, but undoubtedly is of much earlier origin. She may be identical with the war goddess Morrigan, consort to the Dagda. One of her images is found near the ancient goddess shrine of Avebury, where she symbolized fertility; displaying her sexual parts was believed to ward off evil. Carvings of Sheela-na-Gigs may have accompanied the seasonal harvest custom of weaving corn dollies which dates from North European antiquity.

Sheela Na Gig's are quasi-erotic stone carvings of a goddess figure , usually found on Norman churches but possibly of celtic origin.

They consist of an old woman squatting and pulling apart her vuvla a fairly strange thing to find on a church Ill think you'll agree when you consider the puritanical attitudes of many christians. The carvings are very old and often do not seem to be part of the church but have been taken from a previous older building (see the weathering on the Church Stretton Sheela as compared to the surrounding masonry).

This may have a connection with fact that many churches are built on previous pagan sites (for instance Kilpeck) and may have been incorporated into the building from the previous pagan shrine. Many of the carvings are badly weathered and it is difficult to determine features.

This would also seem to indicate an older origin than the host church.

They were placed on churches, castles and other important buildings of the medieval period and, until quite recently in some

instances, they acted as dedicatory or protective symbols promoting good luck and fertility.

Interpretations of the figures generally fall into four main categories: fertility icons, warnings against sins of the flesh, representations of a figure from the old Celtic goddess trinity, and protection from evil.

gCioch" ("sheela of the breasts") or "Sile-ina-Giob" ("sheela on her hunkers"). In the Encyclopedia of Sacred Sexuality, Rufus Camphausen notes that in Mesopotamia the term "nu-gug" ("the pure and immaculate ones") referred to the sacred temple harlots, and he postulates that the name may somehow have had its origins there. Kathryn Price Theatana outlines an interesting etymological study of the name on her website— well worth a look.

Even though the image is overtly sexual the representation is always grotesque, sometimes even comical. They are usually associated with "hags" or "old women". The carvings often incorporate ribs showing on the torso and sometimes facial scaring as well, although this feature seems to be more common in Ireland than in mainland Britain.

Anderson, Jorgen. *The Witch on the Wall: Medieval Erotic Sculpture in the British Isles*. Rosenkilde and Baggen, Copenhagen, 1997

Camphausen, Rufus. *The Encyclopedia of Sacred Sexuality*. Inner Traditions: Vermont, 1999.

Cherry, S. *A Guide to Sheela-na-gigs*. National Museum of Ireland, Dublin, 1992

From *Beyond the Pale: Art and Artists at the*

Edge of Consensus. Irish Museum of Modern Art, Dublin, 1994
(This was the catalog that accompanied the exhibit of the same name that ran from September 1994– January 1995 at the Irish Museum of Modern Art)

Kelly, Eamonn P. Sheela-na-gigs: Origins and Functions. Country House, Dublin, 1996

Marron, Fiona. "Sheela-na-gig: A Letter from Fiona Marron". The Beltaine Papers. Issue #10, Lammas 1996

McGarry, Greg. Sheila Na Gig: A Celtic Treasure Hunt. Preas An Phuca, Donegal, 1993

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Effective Promotion with the Use of Cold Calls

By Rachel Goldstein

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Article submitted by <http://www.Allfreelancework.com>

Cold calls tend to be the least effective form of marketing for consultants. But, if implemented effectively "cold calls" can land you a gig, maybe even your first gig. The trick is to place yourself in the shoes of the prospect on the other end of the line. Anyone can pull it off with a little bit of strategy.

Before you can start dialing numbers, you will need to do a little research. What is your area of expertise? What businesses or individuals would benefit from your service? Try to think of every possible use of your service. Write down all of these possibilities. Once you have figured out who all of your clients could be, now you need to compile a list of:

1. Name
2. Company Name
3. Address
4. Phone Number

You should keep all of this gathered information in a database, Rolodex, or on index cards. (I recommend writing down the information on large index cards. When you find a prospective client, take their card with you and write down personal information on the back of this card. This way, next time you visit the client, you can ask him how his sick aunt is feeling.)

Some good resources for you to use in your search are:

1. Yellow Pages
2. Chamber of Commerce
3. Government – Department of Small Business Development
4. Trade Associations
5. Search Engines
6. Purchased Lists

There are not many people that enjoy cold calling, so I assume that you might be a little worried about this. Believe me, I hate cold calling as much as you. But if you are in need of a gig, I would give it a shot. With use of a script, and a lot of practice, cold calling will seem much less intimidating. Take a look at the following example:

SCRIPT

A: Hello, this is Joe Schmo from Joe Schmo Consulting Firm. Is this a good time to talk?

B: Yes.

A: With whom may I ask I am speaking?

B: Mike

A: I am an expert in the web design field. You might have seen some of my work: deezin.com, allfreelance.com, and artistdesignerjobs.com. I could design a site for your business at the lowest rate around. If you are interested, I could give you a free 1-hour consultation.

B: Well, we were thinking about putting up a website, just didn't know when. I'll take you up on your offer of a free consultation.

A: Great! Is 3 o'clock next Tuesday okay for you?

B: 4 o'clock is better.

A: I will be there at 4, Thank you. I look forward to meeting you.

Above, please take a look at the example script. Notice that at initial contact, Joe Schmo is polite enough to make sure that it is a good time to talk. Joe Schmo then states a few of his past achievement in order to establish credibility. If you don't have any past gigs to refer to, try using different tactics to elicit positive feedback. You could:

1. Offer your services for free in order to have a client for your portfolio and as a reference
2. Offer one service that you provide for free in return for a purchase of another one of your services
3. Offer to work on spec .If the client likes what they see, they can hire you on for the gig

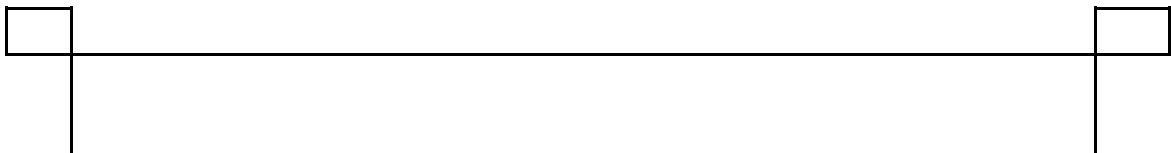
Next, Joe Schmo puts his sales pitch. Notice that Joe Schmo says that he has the lowest rate around, he is trying to catch the attention of the potential client. Now Joe listens for a response. It is important to listen to the potential client. If you don't listen and respond accordingly, the potential client will think that you are reading from a script. In addition, by listening you will find out what the prospective client's problems are. While the prospect is speaking, try to think of open-ended questions that might get the prospect to open up and tell you even more. Joe gets a positive response and sets up an appointment time.

You will need to be ready for a negative response and rude replies. Not every call goes as well as Joe's did. Try to figure out ahead of time what kind of objections you might receive. Always respond with a polite business response. Never curse or say rude things back. Negative responses aren't always a bad sign. If the potential client says " I don't need a web designer now, I need brochures not banners." Maybe your expertise includes print design too, go in for the kill and get the gig. Maybe you want to educate the potential client on the need of a web site to promote his or her business. If you think ahead and know your responses beforehand, you will do great. Good Luck!

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