

Book Group
Facilitator Guide

Red Diamond Sisters Club

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&

Instructional Video

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About Red Diamond Sisters

Red Diamond Sisters is a girls empowerment organization born from the book *Red Diamond Sisters Club*, written by Meloney Hudson.

We are on a mission to change our culture's view of menstruation from shameful to prideful. . . .

. . . from taboo to righteous. . .

. . . from negative to positive.

We impart concepts and information that range from esoteric to conventional that position menstruation as a symbol of personal power.

By demystifying our periods and shifting our culture's views of it, we can help a new generation of girls grow into confident women who love, appreciate and utilize their bodies and innate gifts. They will be the bold leaders of tomorrow's world in which women, men and all people are equal and respectful of each other's assets and abilities.

Watch our Instructional Video

Presented by author Meloney Hudson, you'll learn the methods for creating and facilitating a book group that participants will love and grow from. To watch, click the link below:

Click **HERE:** <https://youtu.be/VzYvP8eigaE>

The Value of Book Clubs and Groups

We love books! Books hold power!

We're on a mission to help our girls evolve and rise in the world. Reading gives our young people the intellectual edge they need to do so.

Books are superior to computer screens and iPads, especially for children. Studies show that reading from a book is better than from a screen for comprehension, the imagination, memory, and reading pleasure. Reading from a book will light up parts of the brain that reading from a screen doesn't.

A book group is a fun way for young people to develop a love of reading. In a social setting, participants explore, experience, and discuss the lows and highs of a story together and open each other's minds to new perspectives. This exchange develops communication and social skills and often fosters new friendships.

The Red Diamond Book Group

A Red Diamond Book Group is more than a book club, it's a program of personal development and self-discovery. A book group provides a safe and supportive space where girls are facing the same issue – understanding and accepting their periods. Participants become part of a sisterhood in which they explore new concepts about their bodies and share their innermost thoughts. Together they grow into their power and acquire greater self-confidence, increased self-esteem, expanded awareness of self and others, and amplified well-being.

The featured book in our group is ***Red Diamond Sisters Club***, a story that helps girls (or any person who is menstruating) discover the power of their periods and the many gifts they possess within themselves. ***Red Diamond Sisters Club*** is a valuable resource of facts, information, concepts and positive ideas about the feminine body and spirit not taught in schools. A book group will help establish within the members positive perceptions of their periods, self and others that will remain with them as they continue to grow.



Forming & Conducting a Red Diamond Sisters Book Group

A Red Diamond Sisters Book Group is an ideal way to expand your daughter's or student's social world.

A book group can be offered at school, at home, or within organizations focused on education or women's empowerment. Examples include:

- School teachers may form a group as an afterschool program or lunchtime activity.
- Moms, aunts, and any other adult may offer it as a weekend activity at home for their daughters and their daughter's friends.
- It may be a Mom's Group activity.
- Girl's empowerment organizations may offer it as a member benefit.

To promote your event, you may consider the theme of your book group as "girls empowerment," "period power," or whatever you feel is comfortable for your audience. At this stage of life, many girls are embarrassed about their periods, while others are fully accepting of it. Depending on the perspectives of your community's girls, promote your group in a way that is most suitable.

You choose your audience. You may wish to invite only girls who are just beginning to enter puberty or open it up to older girls who've had their periods for a while. The information within *Red Diamond Sisters Club* is empowering to all ages.

To prepare for your group

Before the book group formally begins, ask each participant to acquire:

- A copy of [*Red Diamond Sisters Club*](#) (Amazon)
- A spiral-bound notebook that they will use for journaling
- A monthly calendar for period-tracking

How to use the Discussion Guide

To help support the most engaging discussion for the group, each chapter discussion guide includes:

- **Note to Facilitator:** provides a very brief summary of the chapter and things to look for in the discussion.

- **Preparation:** suggests supplies you may need for the lesson
- **Review Last Week's Assignment | Activity:** includes notes and questions to discover participant's learnings.
- **Chapter Questions:** based on the content of the chapter, they ask for and personal insights about the story and the shifts that may be experiencing as individuals.
- **Assignment | Activity:** offers suggestions for in-session or individual activities related to the chapter topic.

Go at your own pace. Decide if you'd like the group to have a specific time frame, such as one month or six weeks, or if you want it to continue indefinitely. (Empowerment education never ends!)

Each chapter in the *Red Diamond Sisters Club* book is short, but rich with information and messages. Thus, you may decide to discuss two or three chapters in each session, or just linger over one chapter. You decide – and, of course, you may make that determination each week.

The Chapter Discussion pages offer questions and activities that you may follow during the program. You these are merely suggestions and guidelines. You may ask your own questions and direct the discussion in a way that feels right for your group. Follow your instincts.

As a facilitator, be sure to read the chapters in advance of the meetings. The story may bring up unique ideas, thoughts, and questions that you may share with the group.

During the group sessions, we suggest each participant be given a chance to read out loud. This will help deepen an understanding of the concepts, spark unique ideas for discussion and help improve reading skills.

During the discussions, the conversation may go off topic. This is fine, as long as the discussion remains on girl's empowerment, feelings, and observations, and the exchanges remain kind and supportive. If the discussion goes too far off course and onto unrelated topics or unkind commentary, guide the girls back to the topics at hand with the questions.

Journaling is an important tool in this group. At the first group session, ask the participants to bring a simple spiral-bound notebook to use throughout the program for notetaking and for recording their thoughts and inspirations.

At the end of each group session, give a reading assignment to discuss in the next class.

Several chapters include an Assignment | Activity, some which may be assigned for homework and other performed in the group session. You decide the best approach for your group. Be sure to prepare for in-group activities in advance.

After you've completed the final chapter of the book, consider celebrating. The book is an initiation of sorts and participants will appreciate the opportunity to acknowledge the accomplishment of finishing a book and learning about the many magical aspects of their body. A celebration may be as simple as standing and clapping for one another. Or you may create a special Red Diamond Sisters party with music, dancing and edible treats.

Once you've finished the ***Red Diamond Sisters Club*** book, you may continue the group with a new book. The Red Diamond Sisters book group may set a pathway to a regular book group meetings featuring female-focused and empowering books.

Coaching Your Group

Talking about periods is not something we normally do, and your job as a book group leader is to help your participants feel comfortable about exploring and discussing their periods and aspects of themselves. You can easily facilitate this by establishing a calm and welcoming environment and leading in a non-judgmental fashion. At the start of your group, you may need to gently draw out participation from members. After a couple of sessions, your participants will begin to feel comfortable enough to fully express themselves.

Participation Guidelines

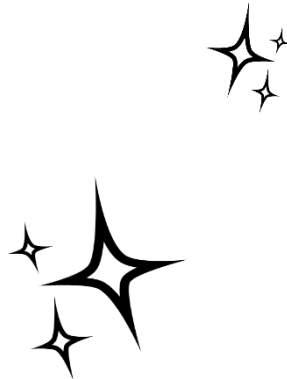
Since "Sisterhood" is in the name of the group, participants must treat each other as loving sisters toward each other. At the start of your group, establish your guidelines for their participation:

- ❖ Show respect, kindness and support for each other, no matter what. Belittling or nasty remarks are not tolerated.
- ❖ Share your ideas, no matter how wild or strange. There are no wrong ideas or interpretations, and your ideas may positively influence others.

- ❖ Remain open-minded to the information. Some of what is shared may be life-changing!
- ❖ Read and fulfill the weekly assignments to prepare for each session's discussion.
- ❖ Participate fully.
- ❖ Have fun!

Some parts of the book may spark emotions within participants. In these cases, encourage the emotions to flow, even if it diverts from your plans. It's important that your participants feel comfortable in expressing their truth.

If you suspect any kind of violation or abuse, speak with the parent immediately after the session.



It's Happening

Note to Facilitator

This is the start of your book group.

- Give your participants time to introduce themselves to each other.
- Introduce yourself and explain why you decided to create this book group.
- Share with them the Participation Guidelines (previous page.)
- Embark on your reading adventure!

Chapter One can help your group participants get to know each other. Their individual stories may help each other realize they aren't alone during this confusing time. They may begin to create a bond as a group. It will also give you, the facilitator, insight into their individual personalities.

Preparation

In the first group gathering, you may wish to read this chapter together.

Chapter 1 Questions

1. Share your thoughts about how Mia feels on her very first period.
2. How did you feel when you first started your period?
3. What were your thoughts about your period before it started?
4. Where did you learn about menstruation?
5. How did you feel about what you learned?
6. Did you ever experience a time when you drifted apart from a friend?
7. Did you ever let go of a friendship because you felt that you two were growing in different directions?
8. How do you feel about LaTonya's invitation to a special soiree?

Assignment | Activity

For girls to do on their own during the week.

Become aware of what people say, or don't say, about their periods. Do you hear positive messages? Negative messages? Make notes of what you hear.

The Saturday Morning Gathering

Note to Facilitator

In this chapter we meet Mia's classmates and get a taste of each personality. It sets the stage for participants to become aware of their personal judgements. Yet, we discover that everyone has one thing in common – their periods.

Preparation

Read the chapter prior to the group meeting.

Review of Last Week's Assignment | Activity

- Did you hear anyone comment about their period? What was your observation?

Chapter 2 Questions

1. In Chapter Two, what are your feelings about the girls who meet in the gazebo?
2. What character do you like the most (so far)? Why?
3. Which one do you feel the least attracted to at this time, and why?
4. How would you have felt if you discovered that you and your classmates had all started your periods around the same time. Would that have helped you feel a bond?
5. How would you have felt if you thought you were doing something special with a friend, and then it turned out to be a gathering with strangers?

Assignment | Activity

For girls to do on their own during the week.

During the week, observe other girls in your class or school. Notice their personalities. Do not be judgmental or unkind. Just become aware. Do you notice the differences in other girls?

Make notes about your observations.

The Temple

Note to Facilitator

We begin to enter a bit of a fantasy world. This will be a fun way to dive into the participants' imaginations and their levels of adventure or resistance.

Preparation

If you decide to implement the activity in class (see below), map out a location in nature or a sacred building to walk and observe.

Review of Last Week's Assignment | Activity

- What did you notice about other people's personalities?
- What were the personality traits you were attracted to? What were the ones that you weren't attracted to?

Chapter 3 Questions

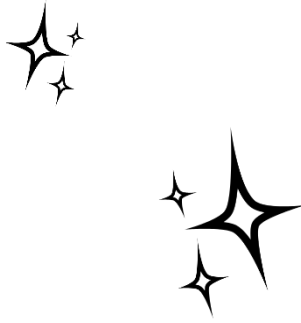
1. Do you ever spend time in nature? Or have you ever walked through the woods? What was it like for you? Did you enjoy it? Were you curious? Frightened?
2. Would you trust your friend to safely guide you down an unknown path?
3. If you were led to a structure surrounded by crystals and fabrics in the middle of the woods, what would you think?
4. What do you think of the inside of the temple? If you were to peek inside of a place like this, would you enter?
5. Have you been inside of a temple or church? What did the environment feel like to you? Did it feel peaceful? Calming? Disturbing?
6. Have you ever attended a yoga class or a women's group? What did that feel like?

Assignment | Activity

As an at home assignment or group activity during a meeting.

Take a walk in a garden, park or even the backyard. Experience the feelings of nature.

Go to a temple or church and experience the feeling of that environment.
Notice the difference between them two different environments. Make notes of your observations and how you feel inside.



The Welcome

Note to Facilitator

In this chapter we meet Priestess Uma. She is the main character of the book and the messenger of the Secrets and the guide through the entire rest of the book. We begin to experience her personality. She lays the foundation of what this soiree is about.

Here we learn about Lunarrah, the time at which a girl enters puberty, and the magic that awakens inside us.

Preparation

None

Review of Last Week's Assignment | Activity

- Did you spend time in nature? What did senses notice about it? How did you feel overall?
- Did you spend time inside of a church or temple? What did your senses and body notice about it?
- In what environment did you feel most comfortable?

Chapter 4 Questions

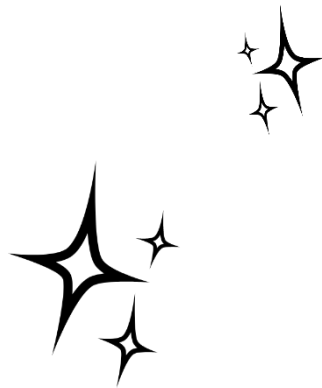
1. Discuss LaTonya's method to get Mia to attend this event. Do you feel like LaTonya played a trick on Mia to get her to come to this event?
2. Were you disappointed that LaTonya didn't spend one-on-one time with Mia?
3. Share your thoughts on Priestess Uma. At this point, what do you like about her or don't like about her?
4. Do you know anyone who is like Priestess Uma? What are their personality traits?
5. The Priestess reveals that she will talk about menstruation. How did you feel about this?
6. Discuss Lunarrah. What is it to you?
7. Do you feel like you've entered your Lunarrah? What do you notice about your body that causes you to think you're in your Lunarrah?
8. What feelings and thoughts arise when you think about this time of your life?

9. How do you feel about the fact that early civilizations celebrated their first periods?
10. What are your thoughts about celebrating your own period?

Assignment | Activity

Group activity or Individual at-home.

Write down your feelings about your Lunarah. What do you think? Do you feel excited? Nervous? Have your interests begun to change? What do you think of the way your body is changing? Can you celebrate it?



Moon Time Explained

Note to Facilitator

This is a short chapter and can be discussed along with Chapter Four or Chapter Six in the same session.

We learn new terminology for the word “period.” Throughout the story, Moon Time is used to refer to periods. Moon Time is a term used by many cultures because of the natural cyclical aspects of menstruation and its association with the moon.

Preparation

None

Review of Last Week’s Assignment | Activity

Encourage girls to share their feelings about their Lunarah, their physical changes, emotional shifts, etc.

Chapter 5 Questions

1. Share the terms you have heard about periods.
(Facilitator’s note: Share the terms you heard, as some of them may be humorous to the group.)
2. How have you been referring to your own periods?
3. What are your thoughts of the term “Moon Time”?
4. What are your thoughts about calling your period your “Moon Time?”
5. Are you excited to learn about the Secrets to your Moon Time Magic?
6. What do you think the secrets will reveal?

Assignment | Activity

Group activity or Individual at-home.

Come up with a tune for *Awaken to the secrets of your Moon Time Magic.*

Secret #1

Note to Facilitator

This chapter starts the journey into self-discovery and reflection. Here, we compare our monthly cycles to the moon, which awakens our awareness of nature, the nature of our body, and the beauty of both.

Preparation

Print out the illustration of the moon phases (see Appendix) or have pen and paper so that you may draw the phases of the moon. Be clear on the waxing and waning aspects of the moon and how they relate to the waxing and waning of our personal energy.

Be sure participants bring their calendars. Optionally, print out a monthly calendar for the next three months and give to the girls. (see Appendix for options.) Three months are enough to help participants become aware of their moon phases.

Review of Last Week's Assignment | Activity

Start the class by singing *Awaken to the secrets of your Moon Time Magic*.

Chapter 6 Questions

1. What is Secret #1?
2. What is the meaning of the first secret, "Your body is like the moon?"
3. Did you know that your body and the moon have cycles that are almost the same length of time?
4. Have you tracked your period? What is the number of days of your cycle from one period to the next? Is it the same every month?
5. What are your thoughts about ancient humans who used the moon to track time like a calendar?
6. Do you ever take time to look at the moon at night? What are your thoughts about the various phases?
7. Tell us about a time that your energy waned and another time when it waxed. How did you feel?

8. What are your thoughts about taking time to rest and retreat during your moon time, like our ancient sisters?

Assignment | Activity

Individual activity.

This is an assignment for the month. Participants will track their cycle using a calendar and mark when they start their period, when it ends, and notes about their energy levels throughout the month. They may use the calendar as a permanent tracking record.

To make it more fun and connected to the moon, ask girls to note the phase of the moon during the month, especially during their periods.



Secret #2

Note to Facilitator

In this lesson, we help the girls understand their blood is sacred. This may be challenging for some girls and may inspire lively conversation.

Preparation

The Activity | Assignment is an art project. If you decide to create your art piece in the group, gather art supplies, such as:

Drawing or painting:

- Paper
- Paints, markers, crayons or other coloring tools
- Magazine

Collage:

- Paper
- Glue
- Magazines or any items with pictures (i.e. circulars, ads, items printed from your computer, etc.)

Review of Last Week's Assignment | Activity

- Discuss tracking your cycle with the phases of the moon.
- Have you been using your calendar? What are your thoughts about it?

Chapter 7 Questions

1. What is Secret #2?
2. After reading the chapter, what do you think about the notion "Your blood is sacred?"
3. From reading the chapter, do you recall how some indigenous cultures regard menstrual blood? What powers does menstrual blood hold?
4. What about the idea that women on their periods were mysterious and powerful?
5. How do these beliefs compare to how our culture today regards our periods?

6. Think about the cultural meanings of the color red. What does red symbolize?
7. Name some of the sacred objects that are red.
8. Imagine the color of your period blood. Can you view it differently now than before? How do you feel about its color after learning this secret?

Assignment | Activity

In the group or individually at home.

Create a piece of art that is red. It can be a painting, crayon drawing, or collage.

NOTE: Collages are most fun and can be therapeutic and transport the creator into a deep, thoughtful state. If you decide to facilitate a collage-making, be prepared by collecting magazines, flyers, or other printed items filled with pictures. Ask participants to bring some, too. Also provide base paper, scissors and glue.



Secret #3

Note to Facilitator

Secret #3 is “You embody serpentine energy.” Likening our bodies to a snake may be challenging for some girls and may inspire lively conversation. Remember, these concepts are meant to expand a girl’s mind to begin to shift her mind to the more mystical nature of her body. Of course, not everyone can accept that their body is like a snake, and this is OK. We’re planting seeds that may later grow into full acceptance and changed views of self.

Preparation

- Have ready a picture of a snake, preferably a pretty one like a green vine snake or cobra. (See Appendix for a picture of a snake you may print out.)
- If you can acquire one, bring in a shedded snakeskin. Your local pet store may be a good source. You can also purchase from Etsy.com. (See Appendix.)
- Have handy a medium-beat, rhythmic song for dancing “like a snake.”
- Prepare to guide the girls through the dance meditation described on pages 37-38.

Review of Last Week’s Assignment | Activity

Share your art piece or collage. Talk about it.

Chapter 8 Questions

1. What is Secret #3?
2. What are your thoughts about snakes, in general?
3. Do you think you embody serpentine energy?
4. How do you feel about snakes, now that you know they shed their skin like you shed your blood?
5. What is Shakti energy? Can you recognize the Shakti energy within yourself?
6. Think about your snake energy slithering on the ground. What good things happen when you connect with the ground?

Assignment | Activity

As a group:

Perform the meditation and move the body, feel serpentine energy, connect with earth, and feel the energy. (From the book, pages 37 and 38.)

Individual, at home:

Through the week, notice any items that may look like a snake, like a string, rope, vine, etc. Let them remind you of your snake energy.



Secret #4

Note to Facilitator

This secret is “You are the owner of a Venus Treasure, the greatest creation on earth and your most valuable possession.” With this concept, we help girls own their reproductive organs and see them as more than just anatomy, but as the source of their magic and power.

We also introduce the idea that their Venus Treasure is sacred and to be protected. The book doesn’t specifically refer to sexual exchanges, but sex may come up in discussion. Allow the conversation for a short time, but since this isn’t the focus of *Red Diamond Sisters Club*, steer the discussion back to the concepts listed in the book.

NOTE: If any girl suggests or even hints to the notion that she has been violated, speak with the parent immediately following the meeting.

Preparation

- Have ready a picture of an upside-down triangle or paper and crayon to draw one.
- Bring a rattle or maraca to represent the Sistrum.

Review of Last Week’s Assignment | Activity

- Review snake energy. Were snakes front-of-mind? Did you see things that resembled or symbolized snakes?

Chapter 9 Questions

1. What is Secret #4?
2. What is a Venus Treasure?
3. What are your reproductive organs? Can you name them? How about we sing them, as Priestess Uma did in the book?
4. What is significant about an upside-down triangle? What does it represent?
5. What does the word Yoni mean?
6. Why is your Venus Treasure so valuable?
7. Why must your Venus Treasure be protected?
8. Do you believe that your Venus Treasure is the source of your power? Why?

Assignment | Activity

Group activity.

Play rhythmic music and dance to it. Sing the song, *Vulva, Vagina, Uterus and Ovaries!* Afterward, stand still to feel the energy of your body.



Secret #5

Note to Facilitator

The Secret, “Your Intuition is your Guide,” is the subject of this chapter. Its purpose is to open the participants to their inner wisdom and to become aware of their thoughts and feelings. Journaling thoughts, feelings and ideas is an excellent regular practice, for it provides clarity and is an outlet for creative expression. It also helps develop writing and language skills.

Preparation

- Ask each participant to bring a journal or provide a simple composition book and pen for each girl.
- Bring a quiet, meditation song for journaling time.

Review of Last Week’s Assignment | Activity

- Have you thought about the term Venus Treasure over the past week? What has come to mind?
- What are your thoughts about your reproductive area?
- How has your perception of your body changed after reading about your Venus Treasure?

Chapter 10 Questions

- What is Secret #5?
- What is intuition?
- Have you had an experience with your intuition? Share a time when your intuition gave you a message that came true.
- Did you ever experience a time when your intuition nudged you to do something, but you didn’t follow its advice? What happened? Do you wish you followed your intuition?
- Share a time that you *did* follow your intuition. How did that result?
- What is the value of listening to your intuition?
- Have you ever had a problem or question and asked yourself what to do? If so, did you receive an answer? Was it the right one?
- Do you feel inspired to listen to your intuition?

Assignment | Activity

Group activity.

Ask girls to write in their journal a question about their life, or an issue they've been thinking about. Give them 5 to 10 minutes to meditate on the question and write the answer.

You may ask the group to share their thoughts but assure them this is optional and that their privacy is respected.



Secret #6

Note to Facilitator

This Secret, “Your body is a temple that must be revered. Love your body and keep it healthy and strong.”

This is a substantial subject that covers body-love, health, remedies for easier periods, and healthy food choices. Give plenty of time to cover these essential topics.

Preparation

- Prepare a platter of healthy foods, such as berries, cut fruit, cut veggies, seeds, nuts, hummus, and whole-grain crackers.
- Have available napkins and small paper plates.
- Have a meditation song ready for the snack activity.

Review of Last Week’s Assignment | Activity

- Have you continued writing in your journal?
- Since our last meeting, have you had any awarenesses of your intuition? If so, share it.

Chapter 11 Questions

1. What is Secret #6?
2. Do you feel differently about your body now than before reading the chapter?
3. Why must we revere our body? What’s so great about our body?
NOTE: If participants don’t share, you say what is so great: it’s a miracle filled with divine gifts and the vehicle of our soul. This is an important message for each girl to embody.
4. Do you love your body? (Go around the group and ask each participant individually.)
5. What is your favorite part of your body and why?
6. What do you think of the changes that are happening to your body now that you’re in your Lunarah (puberty)?
7. What do you think of the notion that being healthy every day of the month will help make your periods easier?

8. What are your healthy habits?
9. Do you currently have unhealthy habits? What are they?
10. Would you like to change your unhealthy habits into healthy ones? If so, what will you do?
11. Would you be willing to drink an herb tea to ease your cramps? If so, what tea would you like to try? (Ginger, peppermint, chamomile, cinnamon)
12. Are you willing to open your mind to eating healthy foods that you normally avoid?

Assignment | Activity

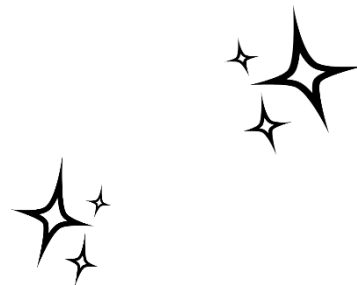
Group activity.

Play meditation music. Pass around the platter of food and encourage the girls to take pieces they love and that they might normally avoid.

Invite the group to chew the food slowly and consciously. Guide them to notice the taste, texture, and sensations each kind of food creates on the tongue. They can make sounds of pleasure and make comments, if they feel like it. Notice how the body feels afterward.

At the end of the class, sing and dance to, *"I honor my body divine! I honor my body divine!"*

Make up your own tune and dance steps.



Secret #7

Note to Facilitator

This chapter focuses on our divine gifts, abilities and attributes. This is an opportunity for participants to become aware of the many gifts they embody. Assessing and acknowledging their assets bolsters self-esteem and motivates them to develop their gifts. This sets young women on a positive path toward a great future. People who identify and develop their gifts are more likely to remain on a course of positive development and less apt to be attracted to negative influences.

Preparation

Ask girls to bring their journals.
Bring meditation music.

Review of Last Week's Assignment | Activity

- Have you continued to open your mind to healthy foods?
- What discoveries have you made about food?

Chapter 12 Questions

1. What is Secret #7?
2. What are gifts?
3. Why are your gifts important to your life?
4. Priestess Uma said that gifts may direct your life. What does she mean? Name some people whose gifts have defined their lives. What is their gift and how did it define their life?
5. Each of you share at least one of your gifts, abilities or attributes.
6. What is curiosity?
7. Why is being curious important?
8. Each of you share one thing you're curious about. Why are you curious about it?
9. What are dreams?
10. Why are dreams important?
11. Each of you share one dream you have.

Assignment | Activity

Group activity.

Use your journal and write a list for each of the following:

- Your gifts (write as many as you can think of, including the things you think are small or silly. They are all gifts.)
- Your curiosities (write about all the things that you're curious about or are interesting to you.)
- Your dreams. (Write them all, no matter how big it is. The sky is the limit. Dreaming is free.)



Secret #8

Note to Facilitator

This secret is “True Beauty comes from within you.” This is a discussion to help girls see beyond superficial beauty. It also opens their minds to the concept of personal energy, including positive energy and negative energy. It can help clarify how their energy can influence people’s perceptions of them.

Preparation

Have one or two meditation songs available for your Love Experience. The songs should last about 10 minutes.

Review of Last Week’s Assignment | Activity

Have you continued to be aware of your gifts, curiosities and dreams? If so, describe how this awareness has influenced you.

Chapter 13 Questions

1. What is Secret #8?
2. How long have women wanted to look beautiful?
3. Describe True Beauty. Is it something you see? Or feel? What does true beauty feel like?
4. What is the difference between a high vibration and a low vibration? Describe each of them.
5. What does your vibration have to do with your beauty?
6. What is *your* vibration?
7. Are there different kinds of love? What are they? Describe each kind of love.
8. How do you feel about self-love? Have you heard of this before? What does it feel like?
9. Can you feel the love from others? Do you think people can feel your love?
10. What did you think about Mia and the way she responded to the Love Experience?
11. Do you think the Love Experience changed the girls in the story? If so, how?

Assignment | Activity

Group activity. Engage in a Love Experience.

Play soft meditation music that lasts at least 10 minutes.

Conduct the meditation using the suggested script below. Speak slowly and allow a few seconds time between each step. Give yourself up to 10 minutes to perform.

SCRIPT

Let's stand in a circle.

Close your eyes. Place your hands over your heart and feel your heartbeat.

Begin to imagine someone you love, or a pet you love.

Imagine love growing in your heart as pink mist with sparkles. As you think about your loved one, allow your love to grow and see that pink mist expand until it fills your chest.

Imagine that pink, sparkly mist continues to grow until it fills and surrounds your entire body.

Allow this mist of love to honor you. Feel love for your amazing self. Feel love for your body, your gifts, your dreams, your life.

Now open your eyes and look at each other. What do you notice?

Take turns sharing your love with each other. Scoop love energy from your chest with your hands and toss it to someone in the group. That person will now toss her love energy back to you.

Continue tossing love energy to each other in the group.

You look beautiful! Your energy feels joyful and loving! How wonderful!

Now stand still, look at each other and experience each other's beauty.

Now, close your eyes. Think about your own beauty. What do you notice? What does it feel like? Do you feel love for yourself? Do you feel love for others?

Open your eyes. Let's sing! *"I honor my body divine! I honor my body divine! I honor my body divine!"*

Let's sit down and share.

The Invitation

Note to Facilitator

In the story, Priestess Uma has completed her lessons and invites the girls to be initiated into the Red Diamond Sisters Club. This is a very short chapter, but is a turning point in the story, because Mia chooses to join the group.

Preparation

None.

Review of Last Week's Assignment | Activity

What was the Love Experience like for you? How did the experience change the way you see other people and perceive yourself?

Chapter 14 Questions

1. What is happening in this chapter?
2. What does Priestess Uma instruct the girls to do to show their power.
3. Can you demonstrate what standing in your power looks like?
Invite all girls to stand in their power.
4. What did you expect when Priestess Uma invited the girls to be initiated. Did you think anyone would leave?
5. What were your thoughts about Mia at this time?

Assignment | Activity

None.

The Mudra

Note to Facilitator

In this chapter, Priestess Uma begins the initiation ceremony. In your book group session, you may guide the girls through the mudra meditation and affirmation.

Preparation

Have meditation music available. The music should last about 10 minutes. Follow the script below.

Review of Last Week's Assignment | Activity

None

Chapter 15 Questions

1. How does Priestess Uma start the initiation ceremony?
2. What is a mudra? What does a mudra do?
3. What kind of mudra does Priestess Uma instruct the girls to make and why?
4. Show us your Yoni mudra.

Assignment | Activity

Group activity.

The group will practice the mudra, meditation, and affirmation that Priestess Uma guides the girls to do in the story. You may read the script or use your own creativity.

After the meditation, ask the group to share their experiences.

SCRIPT

Place your hands in the Yoni Mudra at your lower belly.

Close your eyes. Feel the energy of your hands and imagine it sending soothing rays into your Venus Treasure area.

Imagine your Venus Treasure is glowing, indicating that her power is activated. Allow the glow to fill your entire body. Feel your confidence and power expand.

We will begin to say a prayer of devotion to ourselves, our Venus Treasure, our entire body and our moon time.

I will say an affirmation and you will repeat after me. (Speak slowly and give space between each line.)

Divine Body, Divine Presence.

My blood is sacred.

My body cycles and phases like the moon.

I embody serpentine energy.

I am the owner of a Venus Treasure, the greatest creation of the Universe and the source of my power.

My intuition is my guide.

My body is a temple that I must revere.

My gifts are the keys to my joyful future.

My true beauty comes from within.

I honor my body and shine my magnificence on the world!

Thank you, Divine Presence!

Stand in silence. (Remain silent for one minute or so.)

Inhale deeply and open your eyes as you exhale.

Take your seats.

Let's share our experiences.

Assignment | Activity

During the week, journal about your experience with the mudra and prayer of devotion to yourself.

The Necklace

Note to Facilitator

This is the longest chapter in the book and in fact contains two stories, the Red Diamond legend and the initiation ceremony.

Preparation

If you have time in this session, the activity is to create a Red Diamond pendant. Participants may draw and color their own design or can use the Red Diamond Pendant pattern available in the Appendix. Supplies to provide include:

- Paper
- Pencil
- Coloring items, like crayons, paints, color pencils or markers.
- Scissors
- Cord

Review of Last Week's Assignment | Activity

- Did you journal about your experience with the mudra and prayer of devotion to yourself? If so, did you have any awarenesses or epiphanies?

Chapter 16 Questions

1. Who would like to sing the song at the beginning of the chapter? (*My body, my blood, my power.*)
2. Why is the story of the Red Diamond so important?
3. What is the story?
4. After the Shaman received the Secrets of Moon Time Magic, what did she do?
5. How did the Red Diamond help the women in the tribe?
6. What did the women do when they gained their power?
7. What does the Red Diamond necklace stand for?
8. When the Priestess gave each girl a necklace and whispered in her ear, what do you think the Priestess said?
9. What happened to Mia when she received her necklace from the Priestess? Why do you think that happened?
10. What did the musicians sing when each girl received her necklace?

Assignment | Activity

Group activity or Individual

Draw what you think the Red Diamond pendant looks like. OR use the Red Diamond pendant illustration in the Appendix and color it with paint, color pencil, crayon or anything else.

Place a string or cord through the top holes. Wear like a necklace.

In class, girls will place the necklace over each other's necks and say something positive to the girl as she places the necklace around her neck.



The Promise

Note to Facilitator

In the story, this is a moment that the girls witness each other's' transformations. Consider this a turning point in their lives.

Preparation

None

Review of Last Week's Assignment | Activity

- Share your Red Diamond Necklace.
- Discuss what it represents to you.

Chapter 17 Questions

1. What happened in this chapter?
2. How did each girl change?
3. What is the promise the Priestess asks the girls to make and keep?
4. How did Priestess Uma describe the sisterhood?
5. How did the girls celebrate?
6. How did you feel about the transformations in each character?
7. What transformations do you notice in each in our book group other since we started reading this book?
8. What transformation do you notice in yourself since we started this book?

Assignment | Activity

None

Back Home

Note to Facilitator

This is the final chapter and Mia is back home after the Red Diamond initiation. She is grateful and accepting of her body. At this point, readers will have developed a new perspective of themselves and their bodies.

Preparation

Since this is the last chapter and the conclusion of the book, consider celebrating as a reward for growth and achievement. Perhaps offer special snacks, dance, ask each girl to stand up to receive applause.

As a facilitator, thank your participants for their commitment to the group and for their openness to explore themselves. The positive messages in this book will remain with them for life

Review of Last Week's Assignment | Activity

Think about the Red Diamond Sisters promise. How easy or difficult would it be for you to make that promise?

Chapter 18 Questions

1. How has Mia changed since the beginning of the story?
2. In this chapter, Mia is eager to write her feelings in her journal. Have you had an urge to write in your journal since you received it? Tell us about it.
3. In what ways do you feel differently about your period after reading the book?
4. In what ways do you feel differently about your body after reading the book?
5. Do you feel more powerful? If so, how will you show your power to the world?

Assignment | Activity

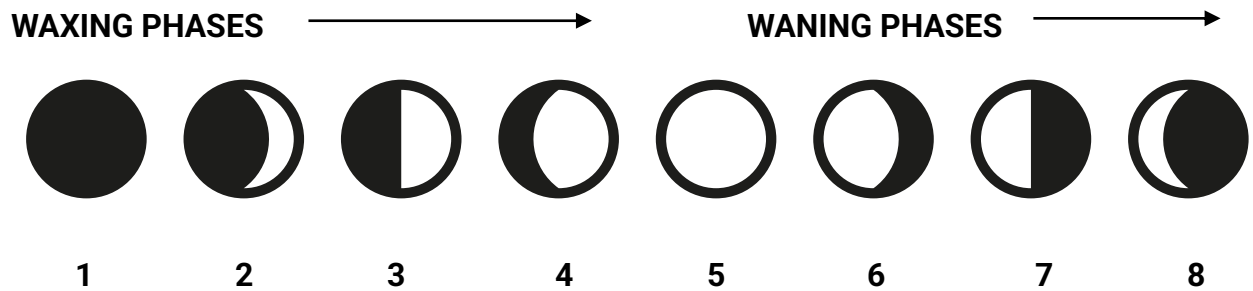
Group activity

Celebrate! Now that your group has completed the book, acknowledge each other in a simple celebration.

APPENDIX



MONTHLY MOON CYCLE



1. New moon
2. Waxing Crescent (or quarter moon)
3. First Quarter (we see it as a half-moon)
4. Waxing Gibbous (three-quarters, between a half-moon and full moon)
5. Full Moon
6. Waning Gibbous (three quarters)
7. Last Quarter (we see it as a half-moon)
8. Waning Crescent

The Waxing Moon grows larger every night to the full moon. The Waning Moon gets smaller every night until it becomes a new moon.

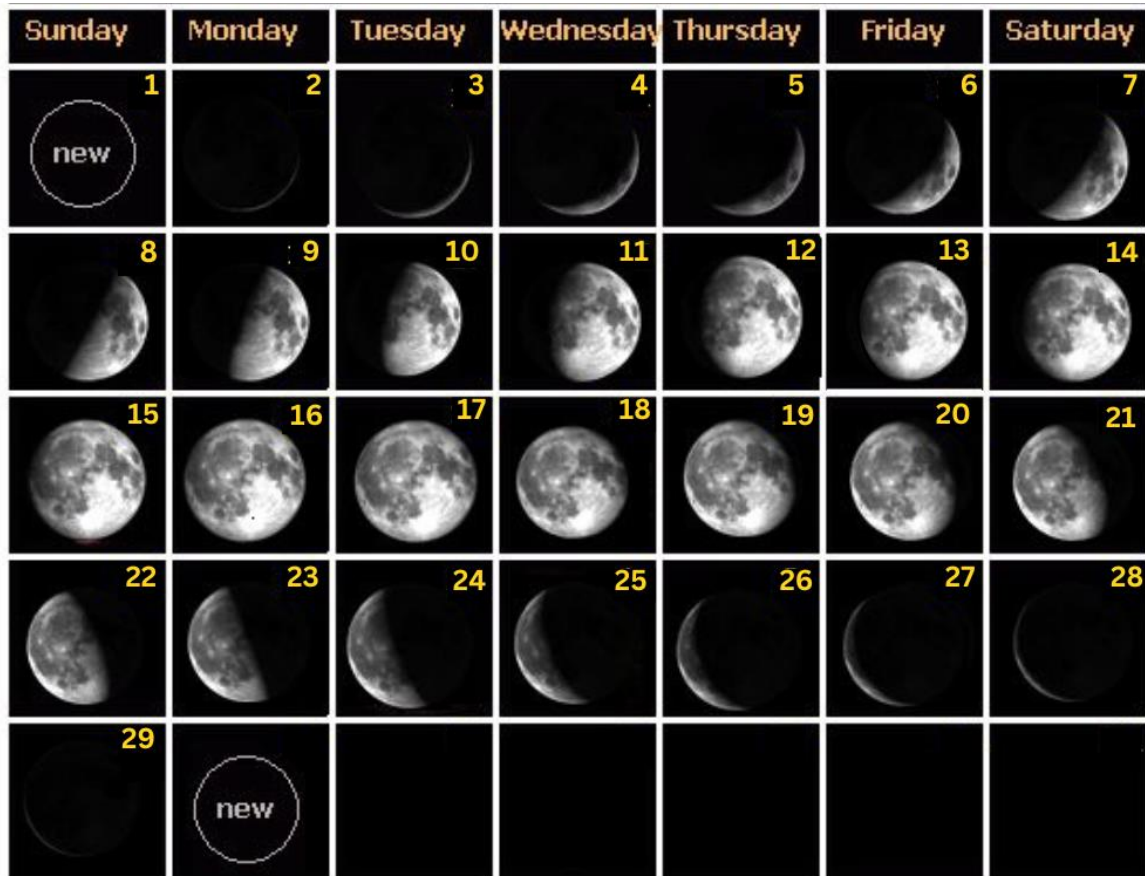
How Your Period is Like the Moon

The moon can represent your menstrual cycle. You may consider the New Moon as the first day of your period, and your energy may feel low. This is your waning time.

As the moon gets fuller and fuller (waxing phases) and becomes a Full Moon in the middle of your cycle, your energy may increase (or wax.)

As the moon gets smaller and smaller and moves toward your period and new moon again (waning phases), your energy may also wane.

MOON CALENDAR



This moon calendar features the first day of the month with a new moon for illustration purposes. In reality, every month the moon phase appears on different days. You can find the actual moon phase for every day of the month on an official moon calendar. You can find and purchase daily moon calendars at the websites listed below:

Almanac.com

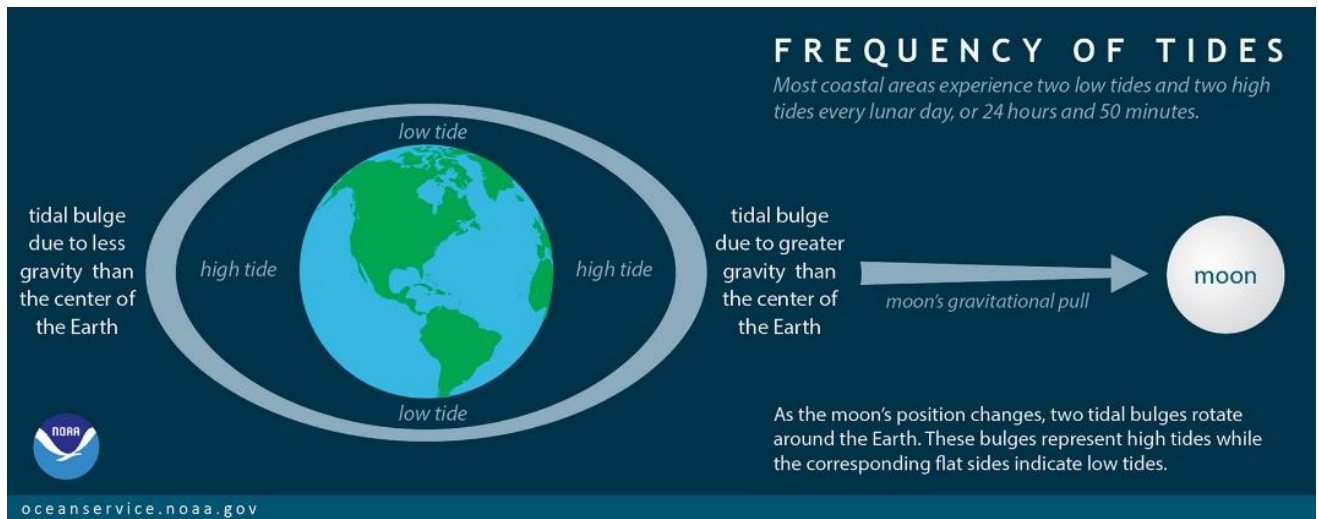
A monthly online moon calendar can be found at
<https://www.almanac.com/astronomy/moon/calendar>

WeMoon Date Book and Wall Calendar

WeMoon date book and wall calendar features daily moon phases, plus art, poetry and articles relating to women's power.

<https://wemoon.ws/>

MOON'S AFFECT ON TIDES



Daily tides are caused by the rotation of the earth and moon.

Twice a day, tides rise and then fall. During the day, your body's energy also rises and falls.

MONTHLY CALENDARS TO TRACK YOUR CYCLE

You can track your cycle by using a calendar.

Start by noting on your calendar the day of your last period. Then count 28 days from that day to the date of your next period.

Please note, everybody's cycle is different, and 28 days is an approximation. Your period may occur every 29 or 30 days. In a few months of tracking your period, you'll see your body's natural timing.

Any yearly calendar will work to track your periods. The following are a couple of options.

Free online monthly calendars

<https://print-a-calendar.com/>

Pocket Monthly Calendar

[Amazon](#)

SNAKE



Greg Schechter from San Francisco, USA, CC BY 2.0 via Wikimedia Commons

SNAKESKIN (SHEDDED)

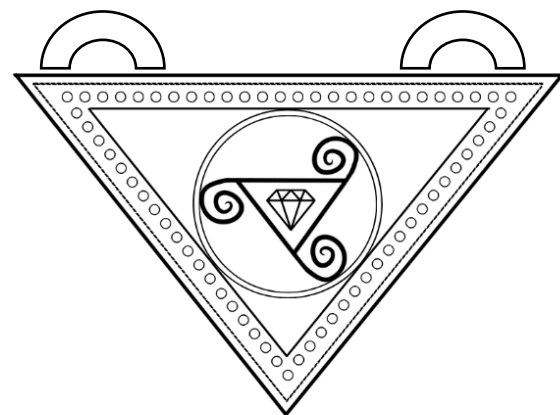
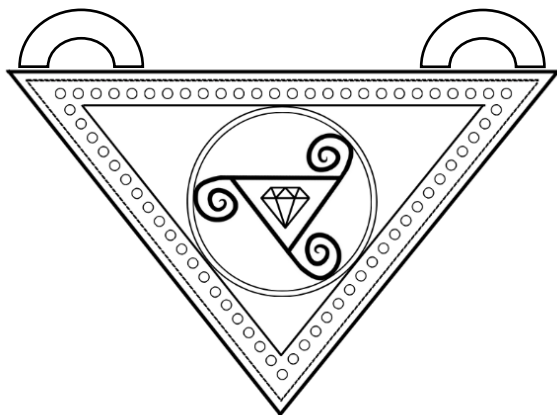
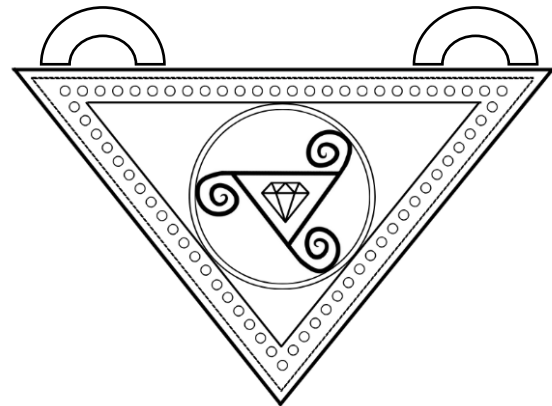
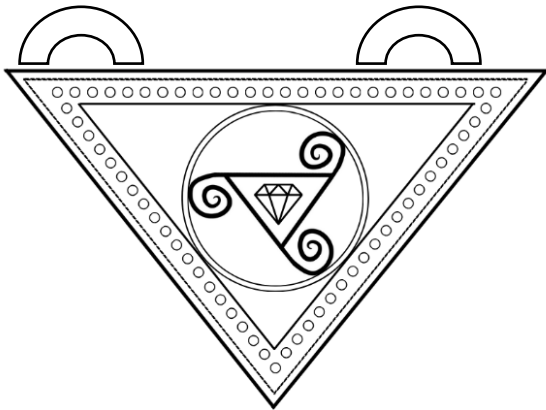
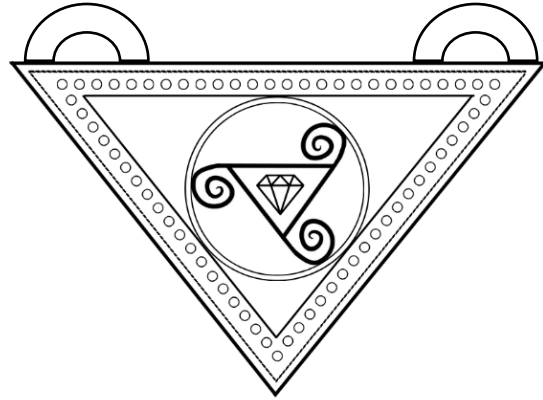
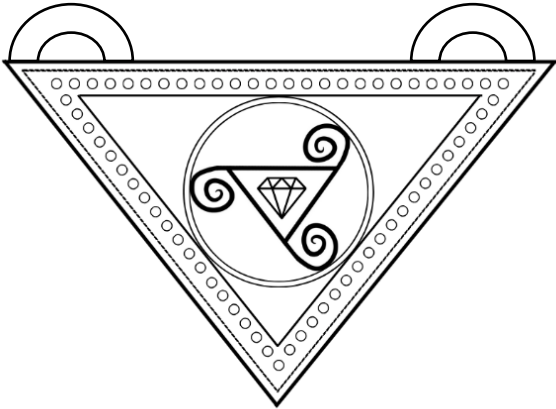
Shedded snakeskin represents the shedding of our uterus.

You can purchase snakeskin at [Etsy.com](https://www.etsy.com)

Your local pet store may also be happy to give you shedded snake skins.

RED DIAMOND PENDANT

Print and color



THANK YOU

We are grateful for your contribution to our world by
empowering our youth through this program.

We're here to support you through this program. If you have any questions,
please contact us at:

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