

Circle Of Stones Judith Duerk

In this groundbreaking book, Dr. Henry Grayson shares his breakthrough techniques for creating deeper and more lasting connections with our loved ones. Henry Grayson, a psychologist, relationship counselor, psychoanalyst, and former minister who has been working with couples and individuals to improve their relationships for over thirty years, has found that most people are actually more unhappy after marriage counseling or couples therapy. In Mindful Loving he sets aside the traditional methods of therapy to show you how to look at your relationships from a completely different perspective. By getting to the root of our relationship problems, which stem from our thoughts and beliefs and mistaken ideas about our own identities, Grayson creates a whole new framework—one where psychology, spirituality, and science meet—in which to view intimacy. A radical, "crystalline" (Elle) approach to integrating our work, relationships, and inner selves from the bestselling author, poet, and speaker. The author of Crossing the Unknown Sea and The Heart Aroused encourages readers to reimagine how they inhabit the worlds of love, work, and self-understanding. Whyte suggests that separating these "marriages" in order to balance them is to destroy the fabric of happiness itself. Drawing from his own struggles and the lives of some of the world's great writers and artists—from Dante to Jane Austen to Robert Louis Stevenson—Whyte explores the ways these core commitments are connected. Only by understanding the journey involved in each of the three marriages and the stages of their maturation, he says, can we understand how to bring them together in one fulfilled life.

In celebration of the 10th anniversary of Judith Duerk's best-selling Circle of Stones, Innisfree Press issued a worldwide "call for writing and art," inviting women to share their stories, poems, and art in response to the question, "How has the affirming, sustaining presence of women made a difference in your life?" The selections chosen for The Circle Continues -- representing sixty-five women from eight countries -- are a testament to women's strength, compassion, and wisdom. Book jacket.

This is a wonderful book for those interested in learning about amulets and how to create

them. Kim Farnell's expertise makes her the ideal guide. Her knowledge is sound and her instructions are always clear and easy to follow.

- Explains specifically how to initiate contact with angels and spirit guides, how to recognize their signs, and how to appeal to your guardian angel
- Reveals the various forms angels take, from archangels to guardian angels, their strong desire to assist us, and how they can help you find your soul's purpose
- Shares real stories of angelic assistance for common problems, from financial matters to emotional and physical healing to finding new love after heartbreak

Even if you are unaware of their presence, angels are always available to help you. If you have experienced a lucky break or happy coincidence, it was most likely orchestrated by your guardian angel. And, as Robbie Holz reveals, if we give angels permission to enter our lives, if we ask for their help in navigating life's many challenges, their assistance is much more profound and effective. In this step-by-step guide to calling on angels and benevolent spirit guides, Holz explores how to initiate and nurture your angelic relationships and engage their powerful assistance to overcome struggles and manifest your desires. She explains the various forms angels take--from archangels to guardian angels, their strong desire to help us, and how the angelic realm assists humanity. The author reveals specifically how to contact angels and spirit guides, how to recognize their signs, and how to differentiate between guidance from your own mind and from the angels. She provides exercises and guided meditations to help strengthen your intuition and develop a closer connection to your celestial team. Sharing real stories of angelic assistance, Holz shows how our celestial guides can help with financial matters, job searches, and dealing with difficult people. They can help those who need physical and emotional healing as well as offer relief from stress, anxiety, fears, self-doubt, self-hatred, and depression. Your spiritual team can aid in mending damaged relationships and finding love after heartbreak, helping you to open your heart once again. They can also support you in discovering your soul's purpose, accelerating conscious evolution, and shifting into the love-based fifth dimension. By engaging your angelic team, you will have access to a powerful and unlimited source of help that is always on call and always ready to work

miracles on your behalf.

Mindful Loving

Creating Physical and Emotional Health and Healing

Belonging

Legacy of the Heart

I Sit Listening to the Wind

A Circle of Stones

777 And Other Qabalistic Writings of Aleister Crowley

A gentle, entirely new approach to uncovering a source of spiritual strength hidden in the scars of childhood. Wayne Muller brings together the teachings of many different religions and spiritual traditions in a healing program that will appeal to readers of *The Road Less Traveled* and *Homecoming*.

Essential Spirituality beautifully articulates the benefits of spiritual living in the material world.-Dan Millman, author, *Everyday Enlightenment* and *The Way of the Peaceful Warrior*""Deceptively simple. Its power is rooted not only in Dr. Walsh's formidable intellectual capacity to deal effectively with a vast body of religious literature but in his own deep spiritual practices in a multitude of disciplines over many years. An important contribution.""-Ram Dass, author, *Be Here Now* ""An absolute masterpiece . . . Essential Spirituality is helpful to both the unseasoned and seasoned seeker. The writing is deep, simple, and clear yet at the same time poetic and musical. A must read.""-GERALD G. JAMPOLSKY, M.D. author, *Love Is Letting Go of Fear* ""Energetic, engaged, and occasionally electrifying. . . . The field of spiritual books has been looking for its own Lewis Thomas or Carl Sagan, and I believe Roger Walsh may be that one.""-KEN WILBeR, author, *One Taste and A Brief History of Everything* Based on over twenty years of research and spiritual practice, this is a groundbreaking and life-changing book. In his decades of study, Dr. Roger Walsh has discovered that each of the great spiritual traditions has both a common goal and seven common practices to reach that goal: recognizing the sacred and divine that exist both within and around us. Filled with stories, exercises, meditations, myths, prayers, and practical advice, *Essential*

Spirituality shows how you can integrate these seven principles into one truly rewarding way of life in which kindness, love, joy, peace, vision, wisdom, and generosity become an ever-growing part of everything you do.

The Art of Somatic Coaching introduces the concepts and principles of coaching with practices that include body awareness, bodywork, and mindfulness for both the coach and the client. Author and expert coach, Richard Strozzi-Heckler, PhD, explains that in order to achieve truly sustainable changes in individuals, teams, and organizations, it is necessary to implement body-oriented somatic practices in order to dissolve habits, behaviors, and interpretations of the world that are no longer relevant. He explains that these ways of being are integrated in the body--at the level of the musculature, organs, and nervous system. By implementing a somatic approach, these patterns can be shifted in order for transformation to occur. Opening with a discussion of the roots of Somatic Coaching, the book describes the emotional and physical cost of being distanced from our bodies. Originating from the rationalistic idea that the mind and body are separate, this sense of disconnection spurred the emergence of the field of somatics that views the body as not just a physiological entity, but as the center of our lived experience in the world. Out of this philosophy, Somatic Coaching was developed as a way to cultivate the self through the body. Methods in this book include:

- Somatic awareness--becoming aware of sensations
- Somatic opening--includes bodywork to release held patterns in the body
- Somatic practices--meditation, movement, and being present in everyday life

The social context in which one is raised, the supportive, healing force of the outdoors and nature as well as acknowledgment of the spirit are also woven into the practice. Through these practices, a rhythm of unfolding occurs in what Strozzi-Heckler describes as an Arc of Transformation--moving in stages from conditioned tendencies to a new satisfying and fulfilling way of being that is fully embodied. Contents: Introduction; Chapter One: A Short Distance but a Big Cost; Chapter Two: Coaching; Chapter Three: Somatics and Somatic Coaching; Chapter Four: The Methodology; Chapter Five: The Rhythm of Action; Chapter Six: The Somatic Arc of Transformation

In a saga that begins more than a million years ago, three wise women named Zena, born

thousands of generations apart, experience romantic and spiritual adventures, from the African savanna to the Red Sea to the caves of the Pyrenees. Reprint.

"Life sometimes is hard. There are challenges. There are difficulties. There is pain. As a younger man I sought to avoid them and only ever caused myself more of the same. These days I choose to face life head on—and I have become a comet. I arc across the sky of my life and the harder times are the friction that lets the worn and tired bits drop away. It's a good way to travel; eventually I will wear away all resistance until all there is left of me is light. I can live towards that end." —Richard Wagamese, *Embers* In this carefully curated selection of everyday reflections, Richard Wagamese finds lessons in both the mundane and sublime as he muses on the universe, drawing inspiration from working in the bush—sawing and cutting and stacking wood for winter as well as the smudge ceremony to bring him closer to the Creator. *Embers* is perhaps Richard Wagamese's most personal volume to date. Honest, evocative and articulate, he explores the various manifestations of grief, joy, recovery, beauty, gratitude, physicality and spirituality—concepts many find hard to express. But for Wagamese, spirituality is multifaceted. Within these pages, readers will find hard-won and concrete wisdom on how to feel the joy in the everyday things. Wagamese does not seek to be a teacher or guru, but these observations made along his own journey to become, as he says, "a spiritual badass," make inspiring reading.

A Guide to Understanding and Making Your Own Amulets

Ordinary People, Extraordinary Choices

The Grace in Aging

Goddesses in Older Women

100 Strokes of the Brush Before Bed

The Feminine Face of God

Goddesses for Every Day

An incisive look at the system of addiction pervasive in Western society today.

A twelfth-century Welsh woman gives birth to a child prophesied to lead his people and, in the process, becomes a formidable player in the socio-religious activities of her day

2018 Readers' Favorite Gold Winner 2019 IAN Book of the Year Award 2017 Nautilus Award Gold Winner

Feel like you don't belong? You're not alone. The world has never been more connected, yet people are lonelier than ever. Whether we feel unworthy, alienated, or anxious about our place in the world — the absence of belonging is the great silent wound of our times. Most people think of belonging as a mythical place, and they spend a lifetime searching for it in vain. But what if belonging isn't a place at all? What if it's a skill that has been lost or forgotten? With her signature depth and eloquence, Toko-pa maps a path to Belonging from the inside out. Drawing on myth, stories and dreams, she takes us into the origins of our estrangement, reframing exile as a necessary initiation into authenticity. Then she shares the competencies of belonging: a set of ancestral practices to heal our wounds and restore true belonging to our lives and to the world.

At some point after fifty, every woman crosses a threshold into the third phase of her life. As she enters this uncharted territory -- one that is generally uncelebrated in popular culture -- she can choose to mourn what has gone before, or she can embrace the juicy crone years. In this celebration of Act 3, Jungian analyst Jean Shinoda Bolen names the powerful new energies and potentials, or archetypes, that come into the psyche at this momentous time, suggesting that women getting older have profound and exciting reasons for welcoming the other side of fifty. As Bolen has explained in her remarkable body of work, there are goddesses in every woman, deep archetypal sources of wisdom, authenticity and spirituality that, once tapped, energize us and give us a sense of meaning and self-acceptance. The knowledge of which archetypes are active within us at each phase of life--maiden, mother (or matron), and crone--supports us in making choices that are true to who we are instead of conforming to others' ideas of who we should be. In Bolen's bestselling *Goddesses in Everywoman*, the classic work of the women's spirituality movement, the Greek goddesses personified these archetypes as they affected the first two phases of a woman's adult life. Now she explains that in the third stage, marked physiologically by menopause, there emerges a whole new cast of inner archetypes that a woman can draw on for guidance, creativity, personal integration, and joy. Once we learn to recognize these forces, we can feel empowered and wise, introspective and spiritual, sexually bold and full of mirth. For it is in the "wisewoman" years, when a woman has lived long enough to resolve the tasks of younger and middle adulthood, that she can fully and authentically become who she deeply is. The generation of women who are approaching or who have reached the crone years is historically unique. Influenced by the women's movement, they have benefited from educational opportunities, women's support networks, and economic resources as excellent preparation for decades of active postmenopausal life. By recognizing the goddess archetypes that emerge in this phase, women of this special generation will be enabled to transform the crone years into the best years of their lives.

In tribute to the thousands of women who have been drawn to the evocative reflections, images, and meditations of Judith Duerk, this beautiful 10th anniversary hardcover celebrates women's sacred connections.

Exploring the Wisdom and Power of the Divine Feminine Around the World

A Companion for Reflection and Prayer

The Art of Somatic Coaching

How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling

Poems

Circles of Stone

Naked, Drunk, and Writing

Throughout time, people have turned to goddesses as symbols of what they seek -- from abundance to healing, from protection to passion. Building on the resurgence of interest in the Divine Feminine, Julie Loar presents the qualities and origins of an international array of these deities, along with powerful suggestions for putting their attributes to practical use. In a daily-reflection format, she gracefully aligns the goddesses with the cycles of nature and the signs of the zodiac. If you are struggling to attain a goal, call on the Nepalese goddess Chomolungma, as the sherpas climbing Mount Everest have done for generations. Or, for good luck, invoke the Roman goddess Fortuna, the inspiration behind gambling's wheel of fortune. With 366 goddesses to choose from, you will find a deity to call upon for every aspiration and need.

Companion to the beloved bestselling classic Circle of Stones, I Sit Listening to the Wind invites women everywhere to tap into the powers of interiority, regain the sacred, and create communities of support — in the process reimagining and remaking the modern world. Without coming to terms and seeking balance with their masculine side, Judith Duerk says, women can never reach the full potential of their feminine side. For those seeking balance between the masculine urge to do and the feminine desire to be, Duerk's mixture of prose, poetry, and reflective questions creates a model for integration. Includes a reading group guide.

Learn to use your later years for awakening and spiritual growth. Encouraging, inspiring, and practical, The Grace in Aging invites all those who have ever experienced spiritual longing to awaken in their twilight years. Since aging, in and of itself, does not lead to spiritual maturity, The Grace in Aging suggests and explores causes and conditions that we can create in our lives, just as we are living them, to allow awakening to unfold -- transforming the predictable sufferings of aging into profound opportunities for growth in clarity, love, compassion, and peace. Kathleen Dowling Singh streamlines vast and complex teachings into skillful means and wise views. Straightforward language and piercing questions bring Singh's teachings into the sharp focus of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Examples from our lives and from the chatter in our own minds touch the reader personally, offering the chance to absorb the implications deeply and do the work of freeing his or her own mind. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Thich Nhat Hanh, the Apostles, Annie Dillard, and more. Lessening our attachments, decreasing our aversions, unbinding what binds us, we bear witness to the possibility of awakening for all beings. The Grace in Aging offers guidelines for older individuals of any wisdom tradition who wish to awaken before they die; no need for caves or seven-year retreats. This is spiritual practice for the lives we live. When Bowser the Hound gets lost in the Green Forest, Blacky the Crow and other animals decide to help him.

Come spend some time in the sanctuary of women, an often-ignored space in Jewish and Christian history. This devotional book for women highlights six women from around the world and across the centuries, inviting us to discover what their lives tell us about God. Jan Richardson, a gifted poet, artist, and author, believes it is essential for women to listen to one another's wisdom and bring the fullness of their lives, with all the

wonders and messiness, into their prayer life. In the Sanctuary of Women gathers together these women from scripture and history: Eve Brigid of Kildare The desert mothers Hildegard of Bingen Harriet Powers The Woman of the Song of Songs Each chapter becomes its own sanctuary, with one of the women serving as a companion as you contemplate the theme that her life offers. Throughout the readings Richardson weaves her own stories, poetry, prayers, and blessings. Midway through each chapter, a section called "The Secret Room" gives you a chance to pause and reflect on unexpected insights. Reading the book daily will carry you through six months, or you can dip into the readings as you wish. An invitation into reflection and prayer alone or in the company of others, In the Sanctuary of Women is a book to treasure and to share with the women and the men in your life.

The Circle Continues

Women Respond to Circle of Stones

How to Heal Your Broken Heart

Bowser the Hound

The Spiritual Advantage of a Painful Childhood

One Ojibway's Meditations

The Three Marriages

A fictionalized memoir relates the sexual awakening of Melissa P., an Italian teenager who regards sex as a means of self-discovery and engages in a wide variety of lascivious and libertine acts with an even wider variety of partners. A first novel. Original. 50,000 first printing. \$50,000 ad/promo.

This is the tenth anniversary edition of the classic bestseller for women seeking their sacred connections. Long ago before the patriarchal period, in many places on Earth, the Goddess was worshipped. Circle of Stones draws us into a meditative experience of the lost Feminine and creates a space for us to consider our present lives from the eyes of women's ancient culture and ritual.

Incorporating the most ancient symbol of spirituality — the circle of stones — Duerk weaves stories, dreams, and visions of women to lead each reader into a personal yet archetypal journey, posing the reflective question, "How might your life have been different if . . . ?" Reading group guide included.

Wild & Wise is a collection of guided meditations: a potent tool for personal and global transformation inviting you to access your wild and wise inner knowing. Suitable for reflective reading, or to facilitate healing and empowerment for women who gather in red tents, moon lodges, women's circles and ceremonies.

Heroes Among Us reminds us all of the courage and dignity it takes to stand up for oneself and those around us. By chronicling such bravery, John Quiñones captures America's can-do spirit and shows that through the slightest good deed, each one of us harbors a hero within. Texas native and veteran ABC journalist John Quiñones has traveled the world and the country reporting on hundreds of stories during his illustrious career. Long ago he realized that the stories he was most attracted to had one thing in common—a shared focus on the goodness inherent in ordinary Americans. According to John, truly heroic individuals are people who make difficult choices, even in the face of danger, without giving in to fear. They don't expect fame or money for their efforts—they're just doing the

right thing. They are compassionate and courageous, and our world would be a far worse place without them. They rarely get the recognition they deserve. **Heroes Among Us** means to change that. Along with reporting the many stories of heroes he's met, John also shares his own touching personal narrative of his rise from humble roots as the son of a laborer and a house cleaner to his life as a network anchor. His is one of the most American of stories. **Heroes Among Us**, in its stories of selflessness, strength and bravery, offers inspiration, ultimately challenging each of us to learn from the great deeds of our neighbors and, in turn, to follow in that same heroic spirit. This is a book to cherish, one whose wisdom will be felt for years to come.

Companion to the beloved bestselling classic **Circle of Stones**, **I Sit Listening to the Wind** invites women everywhere to tap into the powers of interiority, regain the sacred, and create communities of support - in the process reimagining and remaking the modern world. Without coming to terms and seeking balance with their masculine side, Judith Duerk says, women can never reach the full potential of their feminine side. For those seeking balance between the masculine urge to do and the feminine desire to be, Duerk's mixture of prose, poetry, and reflective questions creates a model for integration. Includes a reading group guide.

Shed Your Inhibitions and Craft a Compelling Memoir Or Personal Essay

The Unfolding of the Sacred in Women

Angels in Waiting

Reimagining Work, Self and Relationship

Circle of Stones

I Am a Woman Finding My Voice

Awaken as You Grow Older

Circle of Stones Woman's Journey to Herself New World Library

Internationally renowned meditation teacher Hari Kaur Khalsa knows well the whirlwind stresses and strains placed on women today. Through the secrets of ancient Kundalini chanting and meditation techniques, women will find peace amid all the chaos, develop their creativity, and hone their inner wisdom. To introduce the newcomer to meditation, Hari Kaur helps the reader, step by step, to create a space in which to meditate, to become familiar and comfortable with different postures, to breathe deeply and effectively, and to clear the mind. Plainly organized into sections uniquely tailored to a woman's changing physical and emotional needs, Hari Kaur teaches how to: - alleviate frustration, ward off moodiness, and become calm - ease life transitions, accept change, and encourage personal creativity - fully realize the potentials of pregnancy and motherhood; and much more In addition, Hari Kaur discusses seven steps to achieve happiness and how to use meditation to build a spiritual identity. Her meditations are presented in the original Sikh as well as in English translation. And the easy-to-reference format will keep the reader returning again and again as she grows through meditation and in her daily life.

This book describes contemporary woman's search for wholeness in a society in which she has been defined according to masculine values. Drawing upon cultural myths and fairy tales, ancient symbols and goddesses, and the dreams of

contemporary women, Murdock illustrates the need for—and the reality of—feminine values in Western culture today. The third of the Polish poet's collections to appear in English offers delicate, meditative investigations into the mysteries hiding in life's experiences, in nature, in art, and in the pulsations of cities.

"An honest, compelling, surprising, and vastly reassuring book about the spiritual life of women . . . This landmark book is spiritual precisely because it is authentic."—Joan Borysenko, Ph.D., author of *Minding the Body, Mending the Mind* With a foreword by Jean Shinoda Bolen, M.D. For many contemporary women, the old patriarchal models of religion are no longer relevant, forming a need to look beyond the male-oriented past to a wider, more fulfilling spiritual horizon. In this fascinating and thought-provoking book, Sherry Anderson and Patricia Hopkins show how many women have redefined traditional beliefs and rediscovered their own unique spiritual heritage—*The Feminine Face of God*. Anderson and Hopkins guide you through the sacred garden of: • Childhood—seedbed of life's sacred passage • Leaving home—finding your own inner authority • Relationships—new perspectives on intimacy • Spiritual practice—the importance of guidance and discipline • Sexuality—a wild card constantly cracking open the heart • And much more As women enter their sacred garden and learn the art of inner listening, they acquire the tools for living, loving, and praying authentically. In *The Feminine Face of God* there are seeds for growth: for creating and sustaining intimacy and love in a new way; for a new understanding of sexuality; for a new vision of family, a family of choice in a community of love.

10 Practices for Creating Deeper Connections

Woman's Encounter Within Herself

Women's Bodies, Women's Wisdom

Sacred Feminine Meditations for Women's Circles & Personal Awakening

The Amulet Manual

Wild & Wise

Sepulchre

"A guide that shows writers how to create a compelling memoir or personal essay, with advice on structure, technique, revision, publication, and conquering writer's block"--Provided by publisher.

By taking a sacred journey into the woman within you, you may discover hidden and unknown parts of yourself. To know the fullness of your potential as a woman is a gift to yourself. By stepping into your sacred place within, you can discover your potential, your strengths, and learn how to work with your limitations. In this book you have the opportunity to expand this knowledge of yourself and get unstuck from old patterns that may be blocking you from moving forward.

A Circle of Stones, originally published in 1995, offers a unique approach to meditation

and Otherworld journeying in a Celtic Pagan context through the use of prayer beads as a focus for understanding early Gaelic cosmology and ways to journey through its three realms of land, sea, and sky. With chapters on ritual, altars, journeying, and communicating with deities, this short book has provided seekers with tools for their spiritual work for nearly twenty years. This new edition offers a much improved pronunciation guide for the Irish and Scots Gaelic in the text, and a new foreword that offers context for the book's historical place in the emergence of Celtic Reconstructionist Pagan spirituality.

Based on the connection between physical and spiritual health, a popular holistic guide to alternative medicine for women contains an alphabetical list of women's ailments and conditions, including fibroids, menstruation, vaginitis, and menopause. Reprint.

This celebration of womanhood, with a foreword by Dr. Joan Borysenko, delights in the joy of the feminine soul. In a time when it might not be politically correct to speak of such a uniquely feminine soul, Quinn takes the position that finding one's own authentic voice is imperative if we are to value a universal livelihood of love and community.

Eating in the Light of the Moon

Discover Your Woman Within

Small Changes That Make A Big Difference

The Better World Handbook

Woman's Quest for Wholeness

Essential Spirituality

Discovering the New You Through Motherhood

On Divorce, the Break Up, and a Broken Heart Originally published in 1987, and continuously in print since then, Coming Apart has been an important resource for hundreds of thousands of readers experiencing painful breakups. Whether going through a divorce, separation, or break up, bestselling author, Daphne Rose Kingma, offers the tools and validation needed to move forward. Bad breakups and stressful situations. Love is great; a broken heart, not so much. Usually accompanied by insomnia, loss of appetite, and depression, the end of a relationship is a hard time for anyone. Getting over a break up requires grit and understanding. This breakup first aid kit helps you get through heartbreak without falling apart and with your self-esteem intact. Uncoupling and understanding. While only time can heal

wounds, understanding what transpired in each of our relationships is what allows us to finally let go and move on. With a refreshing perspective on relationships, *Coming Apart* helps us understand that all relationships come with lessons to be learned. So, rather than obsess over your ex, explore the critical facets of relationship breakdowns: • Why we choose who we choose • What relationships are really about • The life span of love • How to get through the end • A personal workbook to process and move forward With a foreword by the author of *Conscious Uncoupling*, Katherine Woodward Thomas, this new edition is sure to impress fans of, *How to Survive the Loss of a Love*, *Getting Past Your Breakup*, *The Breakup Bible*, *Uncoupling*, and other divorce books for women.

Teaches women to free themselves from eating disorders by finding the metaphors hidden in their own life stories

From the New York Times bestselling author of *Labyrinth*—"a rich brew of supernaturalism and intrigue." (Kirkus Reviews) In 1891, young Léonie Vernier and her brother arrive at the home of their widowed aunt in Rennes-le-Bains, in southwest France. But nothing is as Léonie had imagined. Their aunt is young, willowy, and beautiful, and the estate is a subject of local superstition. Villagers claim that Léonie's late uncle died after summoning a demon from the old Visigoth sepulchre on its grounds... More than a century later, Meredith Martin, an American graduate student, arrives in Rennes-le-Bains while researching the life of Claude Debussy. Haunted by a Tarot reading she had in Paris—and possessing the mysterious deck of cards—she checks into a grand old hotel built on the site of a famous mountain estate destroyed by fire in 1896. There, the pack of Tarot cards and a piece of 19th-century music known as *Sepulchre 1891* hold the key to her fate—just as they did to the fate of Léonie Vernier.

The definitive guide for people wanting to make a positive difference in the world.

This edition includes *Liber 777*, *Gematria* (from *Equinox* Volume 1, Number 5), and *Sepher Sephiroth* (from *Equinox* Volume 1, Number 8).

Embodying Skillful Action, Wisdom, and Compassion

How to Reach Out to Your Guardian Angels and Spirit Guides

In the Sanctuary of Women

Woman's Journey to Herself

Mysticism for Beginners

A Woman's Book of Meditation

When Society Becomes an Addict

Are you struggling to figure out who you are now that you're a mama? Do you feel like you're coming last in your own life? Do you feel guilty for not loving every moment of this motherhood gig? As someone who used to put themselves last—doing everything she thought was 'right' for her children and family, but not really listening to what her body and her spirit was begging for—Amy understands first-hand the overwhelm and complex range of emotions that mothers face. Amy's

background as a journalist set her on the path to uncover all that she could about the latest research on matrescence, the transition a woman undergoes when she becomes a mother. She now shares what she's learned in the hope that it will help you navigate this stage of your life. Happy Mama includes interviews with experts, case studies and Amy's own tried-and-tested advice on how to reconnect with the woman you are underneath all that washing, cleaning and caring. Full of useful and empowering insights that will help you change the way you feel about motherhood-and yourself-so you and your whole family can flourish.

Journey to Wholeness

Remembering Ourselves Home

Celebrating The Extraordinary Blessings Of Being A Woman

Mama Rising

Heroes Among Us LP

The Heroine's Journey