

# Sacred Motherhood An Inspirational Guide And Journal For Mindfully Mothering Children Of All Ages

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*Grumpy Mom Takes a Holiday* - Valerie Woerner 2019

Woerner has experienced Grumpy Mom more often than she'd care to admit. She shares what she's learned so far about sending Grumpy Mom packing and embracing a joyful, intentional motherhood that is so much better.

Mothers and Others - Sarah Blaffer Hrdy 2011-04-15

Mothers and Others finds the key in the primatologically unique length of human childhood. Renowned anthropologist Sarah Hrdy argues that if human babies were to survive in a world of scarce resources, they would need to be cared for, not only by their mothers but also by siblings, aunts, fathers, friends—and, with any luck, grandmothers. Out of this complicated and contingent form of childrearing, Hrdy argues, came the human capacity for understanding others. In essence, mothers and others teach us who will care, and who will not.

**Motherhood, Spirituality and Culture** - Noelia Molina

2019-02-25

Motherhood, Spirituality and Culture explores spiritual skills that may assist women in changes, challenges and transformations undergone through the transition to motherhood. This study comprises rich, qualitative data gathered from interviews with 11 mothers. Results are analysed by constructing seven unique maternal narratives that elucidate and give voice to the mothers in their transition by in depth exploration of six themes emerging from the analysis. Overall discussion ranges across such realities as:

- desires, expectations and illusions for mothering;
- birth and spiritual embodied experiences of mothering;
- instinctual knowing; identity and crisis, and connections of motherhood;
- changes and transformations undergone through motherhood.

This study presents a unique framework for qualitative studies of spirituality within motherhood research; by weaving together transpersonal psychology,

humanistic psychology, spiritual intelligence and the spiritual maternal literature. This book will appeal to all women who have transitioned to motherhood. It will also be of assistance to professionals who wish to approach any aspect of maternity care and support from a transpersonal perspective. It will also provide unique insights for academics and postgraduate students in the fields of anthropology, psychology, psychotherapy and feminism studies.

*Sacred Medicine Cupboard* -  
Anni Daulter 2017-01-31

An inspirational guide for holistic family wellness, *Sacred Medicine Cupboard* presents seasonal insights, practical knowledge, recipes, projects, and journal prompts for a sacred medicine practice—broken down into 36 chapters. Beautifully designed, with an abundance of full-color photographs, this book cultivates skills and tools for readers navigating an increasingly complicated

world. Organized by topic of the week, such as Awakening, Blossom, Spicy, Glow, and Rest, *Sacred Medicine Cupboard* provides a treasury of tools—from medicinal teas and elixirs to sacred practices to creative projects—to nurture and rejuvenate the entire family, along with journaling spaces at the end of each section to write, reflect, and develop a way of life rooted in peace and natural health. Anni Daulter has teamed up with Jessica Booth and Jessica Smithson, who bring a wealth of knowledge and experience to the narrative. They share a commitment to encouraging mothers to practice their own skills, listen to their innate knowing, and explore redefining what health and wellbeing mean for their family. The practical tips and creative ideas presented here put readers back in touch with simple time-tested practices that bring wholeness and wellbeing out of the cupboard. *Medicine*, they show, can be a well-timed hug, a reassuring hand, or a thoughtfully

prepared meal. Echoing the core tenets of the Sacred Living Movement, this book reveals the power and insight we possess when our body, mind, and soul communicate in harmony.

**A Real Mother** - Denise Malloy 2012-03-01

A humorous description of motherhood.

No Logo - Naomi Klein 2000-01-15

An analysis of the invasion of our personal lives by logo-promoting, powerful corporations combines muckraking journalism with contemporary memoir to discuss current consumer culture

*Manresa* - Saint Ignatius (of Loyola) 1881

**The Rainbow Way** - Lucy H. Pearce 2013-12-13

Visioned as the guide and mentor that most creative women yearn for, but never find in their daily lives, The Rainbow Way explores the depths of the creative urge, from psychological, biological, spiritual and cultural

perspectives. This positive, nurturing and practical book will help to empower you to unlock your creative potential within the constraints of your demanding life as a mother. Featuring the wisdom of over fifty creative mothers: artists, writers, film-makers, performers and crafters, including: Jennifer Louden (multiple best-selling author), Pam England (author, artist and founder Birthing From Within), Julie Daley (writer, photographer, dancer and creator of Unabashedly Female), Indigo Bacal (founder of WILDE Tribe). Foreword by Leonie Dawson (author, artist, entrepreneur and women's business and creativity mentor).

Sacred Pregnancy Journey Deck - Anni Daulter 2017

You Are the Mother Your Children Need - Christie Gardiner 2017

"The woman you want to be . . . the one who has within her every talent, gift, and ability to be what her children need? She's already there. She is you.

Motherhood is the toughest job you'll ever take on: there is no interview, no job description, and no salary. When you get the position, it can be all too easy to feel under qualified and overwhelmed. But with a sweet message of encouragement, Christie Gardiner reminds women there are as many ways to be a good mother as there are mothers in this world--and there's no one more capable of raising your children than you! In this uplifting book, mothers are encouraged to let go of the quest for perfectionism and recognize the divinity within. Discover how to own your strengths and weaknesses, and allow your true self to shine! With practical advice on learning to accept failure, holding on to your identity, and harnessing the divine help available to mothers, women will gain the confidence to embrace their uniquely perfect qualifications for the job of motherhood."--Page [4] of cover.

*Hold On to Your Kids* - Gordon Neufeld 2011-11-30

A psychologist with a

reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children. Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until *Hold On to Your Kids*. Once understood, it

becomes self-evident -- as do the solutions. Hold On to Your Kids will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in Hold On to Your Kids will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth.

Something has changed. One can sense it, one can feel it, just not find the words for it. Children are not quite the same as we remember being. They seem less likely to take their cues from adults, less inclined to please those in charge, less afraid of getting into trouble. Parenting, too, seems to have changed. Our parents seemed more confident, more certain of themselves and had more impact on us, for better or for worse. For many, parenting does not feel natural. Adults through the ages have complained about children being less respectful of their

elders and more difficult to manage than preceding generations, but could it be that this time it is for real? -- from Hold On to Your Kids  
**In Due Time** - Jen Noonan  
2015-09-11

In this raw and honest memoir, Jen Noonan authentically shares her journey to start and complete a family. Leading readers on a roller coaster of triumphs and losses, she richly details her experience working with the Colorado Center for Reproductive Medicine, one of the nation's leading reproductive endocrinology clinics. Readers walk away with a deeper understanding of the physical and emotional process of trying to build a family through medication, Intrauterine Inseminations, and In Vitro Fertilization. In Due Time strikes a chord with millions of men and women worldwide attempting to build a family. It is a must read for anyone who has struggled to conceive a child, is currently struggling to conceive, has experienced a miscarriage, wants to support a loved one,

or wishes to gain knowledge about infertility.

**Sacred Motherhood** - Anni Daulter 2016-07-05

Written for mothers seeking to fulfill their soul's work while simultaneously raising future generations, Sacred Motherhood offers women on the path of motherhood a guide back to themselves. It will help you embrace the reality that this is your spiritual life—every moment of every day, whether you are at the grocery store, changing diapers, arguing with your partner, snuggling with your baby, or dyeing your teenager's hair pink. Greet the moments when you fall down as awakening opportunities, every bit as holy and powerful as the moments you can drop in and bliss out. Spanning the sacred and the mundane, Sacred Motherhood is both a guide and a journal, enticing you to pause momentarily to reflect and write, and then return to your mothering tasks armed with a fresh perspective, renewed vision, practical tips, and creative ideas for enriching family life. For fifty-

two weeks—a year of sacred motherhood—the chapters illuminate subjects that are likely to arise as the mothering journey unfolds, and present thoughtful prompts and helpful reminders relating to you, your soul, and your child.

Covenant Motherhood - Covenant Communications, Incorporated 2013-03-01

*Homegoing* - Yaa Gyasi 2016-06-07

A NEW YORK TIMES NOTABLE BOOK • Ghana, eighteenth century: two half sisters are born into different villages, each unaware of the other. One will marry an Englishman and lead a life of comfort in the palatial rooms of the Cape Coast Castle. The other will be captured in a raid on her village, imprisoned in the very same castle, and sold into slavery. One of Oprah's Best Books of the Year and a PEN/Hemingway award winner, *Homegoing* follows the parallel paths of these sisters and their descendants through eight generations: from the Gold Coast to the plantations of

Mississippi, from the American Civil War to Jazz Age Harlem. Yaa Gyasi's extraordinary novel illuminates slavery's troubled legacy both for those who were taken and those who stayed—and shows how the memory of captivity has been inscribed on the soul of our nation.

**Grateful Praise!: A Gratitude Journal for Women of Faith** - Lisa

Hallahan Zech 2019-04-16

Write your way to a grateful & faithful heart. Womanhood is a gift that bears countless blessings each and every day. Family, friends, and God's presence in our lives--the only question is: what are you grateful for today? Let faith be your guide to finding an answer inside this gratitude journal. Grateful Praise! is the key to unlocking a thankful heart with Bible verses, prayers, and thought-provoking questions to guide your writing. By showing you the role faith plays in your day-to-day, this journal cultivates true joy and loving kindness at every age and stage of life.

With this gratitude journal, you'll: Be guided to grateful praise--Open your heart to give daily thanks with Bible verses, reflective prompts, and hymns. Discover timeless truths--Every line of every verse in this gratitude journal speaks to the milestones of womanhood for all time. Find space for reflection--Explore your thoughts fully with plenty of space for writing. Deepen your connection to God's heart and let your own overflow with thankfulness with this gratitude journal.

**Man and His Symbols** - Carl G. Jung 1968-08-15

The landmark text about the inner workings of the unconscious mind—from the symbolism that unlocks the meaning of our dreams to their effect on our waking lives and artistic impulses—featuring more than a hundred images that break down Carl Jung's revolutionary ideas “What emerges with great clarity from the book is that Jung has done immense service both to psychology as a science and to our general understanding of

man in society.”—The Guardian “Our psyche is part of nature, and its enigma is limitless.” Since our inception, humanity has looked to dreams for guidance. But what are they? How can we understand them? And how can we use them to shape our lives? There is perhaps no one more equipped to answer these questions than the legendary psychologist Carl G. Jung. It is in his life’s work that the unconscious mind comes to be understood as an expansive, rich world just as vital and true a part of the mind as the conscious, and it is in our dreams—those personal, integral expressions of our deepest selves—that it communicates itself to us. A seminal text written explicitly for the general reader, *Man and His Symbols* is a guide to understanding the symbols in our dreams and using that knowledge to build fuller, more receptive lives. Full of fascinating case studies and examples pulled from philosophy, history, myth, fairy tales, and more, this groundbreaking

work—profusely illustrated with hundreds of visual examples—offers invaluable insight into the symbols we dream that demand understanding, why we seek meaning at all, and how these very symbols affect our lives. By illuminating the means to examine our prejudices, interpret psychological meanings, break free of our influences, and recenter our individuality, *Man and His Symbols* proves to be—decades after its conception—a revelatory, absorbing, and relevant experience.

**Sacred Motherhood** - Anni Daulter 2016-07-05

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teenager's hair pink. Greet the moments when you fall down as awakening opportunities, every bit as holy and powerful as the moments you can drop in and bliss out. Spanning the sacred and the mundane, Sacred Motherhood is both a guide and a journal, enticing you to pause momentarily to reflect and write, and then return to your mothering tasks armed with a fresh perspective, renewed vision, practical tips, and creative ideas for enriching family life. For fifty-two weeks—a year of sacred motherhood—the chapters illuminate subjects that are likely to arise as the mothering journey unfolds, and present thoughtful prompts and helpful reminders relating to you, your soul, and your child. From the Trade Paperback edition.

**Elevating Child Care: A Guide to Respectful Parenting** - Janet Lansbury  
2014-05-01

Janet Lansbury's advice on respectful parenting is quoted and shared by millions of readers worldwide. Inspired by the pioneering parenting

philosophy of her friend and mentor, Magda Gerber, Janet's influential voice encourages parents and child care professionals to perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and to connect with our child. "Elevating Child Care" is a collection of 30 popular and widely read articles from Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span, creativity, boundaries, and more. Eschewing the quick-fix 'tips and tricks' of popular parenting culture, Janet's insightful philosophy

lays the foundation for a closer, more fulfilling parent/child relationship, and children who grow up to be authentic, confident, successful adults.

### **Growing Sustainable**

**Together** - Shannon Brescher Shea 2020-06-16

Tips, tools, advice, and activities for raising eco-friendly kids while nurturing compassion, resilience, and community engagement. Drawing from cutting-edge social-science research, parent interviews, and experiential wisdom, science writer and parenting blogger Shannon Brescher Shea shows how green living and great parenting go hand in hand to teach kids kindness, compassion, resilience, and grit--all while giving them the lifelong tools they need to be successful, engaged, and independent. *Growing Sustainable Together* is packed with easy tips, expert parenting advice, and practical hands-on activities for the toddler years up through the early teens. The enriching activities, resource guides, and recommended

book lists in each chapter distill core sustainability knowledge, like: •

- Understanding energy efficiency and renewables
- Instilling anti-waste and anti-consumerist values
- Learning where our food comes from
- Developing a lifelong love for environmental activism, volunteering, and community engagement

The book concludes with a practical appendix that gives talking points for engaging teachers, school systems, and fellow parents in eco-friendly activities.

*Born to Shine* - Ashley LeMieux 2019-07-02

This powerful memoir and inspirational guide shares a story of loss, resilience, and life-changing lessons found in the darkest seasons of life. When Ashley LeMieux and her husband lost their children in an adoption battle, it sent her into a tailspin that, ultimately, taught Ashley how to soar. Most people live with constant fears, burdens, and pains that they try to hide from themselves or others. In *Born*

to Shine, Ashley shares a message of hope for women brave enough to admit that everything is not okay. Because the truth is that even when life is in ruins, people can still shine. LeMieux tells her story in alternating chapters, interspersed with lessons readers can apply in their own lives. It combines personal reflections and practical tools to help women shine despite the darkness, to press forward one day at a time, and to turn their most painful moments into their greatest teachers and signposts to true, deep, unassailable joy.

*Healing After the Loss of Your Mother* - Elaine Mallon  
2018-12-19

Elaine Mallon is not an expert on grief. She's someone who lost her mother suddenly and unexpectedly. She knows the magnitude of this heartbreak firsthand. Devastated and unprepared for how life-changing and painful processing the loss would be, she found herself wondering: "Where's the manual?" and "How do I do this?" Like a

compassionate friend, Mallon captures the raw, universal pain of losing your mother with empathy, honesty and eloquence. She tenderly walks the reader through each step of the grieving process, offering straightforward answers to many common questions and addressing fears faced by those grieving, as well. This is a must-read, essential guidebook for anyone uncertain about what to do or where to turn after their mother's loss. For those hoping to help a loved one through grief, this book also offers direction on how to comfort someone who is grieving by explaining what they are going through and how to be most helpful to them. If you've lost your mother, please know this: If you're grieving, you're healing - and you are not alone.

*Once There Was a Mom* - Emily Watts  
2017-04-03

**The Wild Edge of Sorrow** - Francis Weller  
2015-09-15

The work of the mature person is to carry grief in one hand and gratitude in the other and

be stretched large by them. Noted psychotherapist Francis Weller provides an essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving. Describing how Western patterns of amnesia and anesthesia affect our capacity to cope with personal and collective sorrows, Weller reveals the new vitality we may encounter when we welcome, rather than fear, the pain of loss. Through moving personal stories, poetry, and insightful reflections he leads us into the central energy of sorrow, and to the profound healing and heightened communion with each other and our planet that reside alongside it. The Wild Edge of Sorrow explains that grief has always been communal and illustrates how we need the healing touch of others, an atmosphere of compassion, and the comfort of ritual in order to fully metabolize our grief. Weller describes how we often hide our pain from the world, wrapping it in a secret mantle

of shame. This causes sorrow to linger unexpressed in our bodies, weighing us down and pulling us into the territory of depression and death. We have come to fear grief and feel too alone to face an encounter with the powerful energies of sorrow. Those who work with people in grief, who have experienced the loss of a loved one, who mourn the ongoing destruction of our planet, or who suffer the accumulated traumas of a lifetime will appreciate the discussion of obstacles to successful grief work such as privatized pain, lack of communal rituals, a pervasive feeling of fear, and a culturally restrictive range of emotion. Weller highlights the intimate bond between grief and gratitude, sorrow and intimacy. In addition to showing us that the greatest gifts are often hidden in the things we avoid, he offers powerful tools and rituals and a list of resources to help us transform grief into a force that allows us to live and love more fully.

**Witchy Mama** - Melanie

Marquis 2016-05-08

Written for mothers, by mothers, Witchy Mama offers practical and magickal ideas, inspiration, and information to help you overcome stress and exhaustion, banish bad dreams, soothe boo-boos, create a magickal home, achieve personal goals, and more. Discover stones, scents, and colors to increase energy and attract good fortune to yourself and your family. Use simple charms and rituals to ease conflicts, remove fears, protect children, and boost happiness. Connect with your body during pregnancy through magick and meditation, which will infuse your growing baby with positive energy. Guided by dozens of photos, you'll master stretching exercises, breathing techniques, and easy yoga moves that will help you feel healthy, beautiful, and comfortable throughout pregnancy and beyond. Witchy Mama contains a wealth of insight gathered from centuries of mother's wisdom as well as from the authors' own personal experiences. This book won't

tell you how to parent, but it will help you be happier and more successful as a parent, while still being your own person, too.

*Organically Raised* - Anni Daulter 2010-05-24

A cookbook with a conscience, *Organically Raised* shows parents how to replace bland processed shelf staples with flavorful, pesticide-free meals that babies will love, laying the groundwork for a lifetime of good nutrition and enthusiastic eating. *Organically Raised* shows families how easy it is to make safe, wholesome food at home and create lasting family mealtime rituals. The simple, seasonal purées for new babies and inventive recipes from around the world for toddlers and young children provide parents with all of the tools they need to raise adventurous eaters. The cookbook also includes important information about nutrition for children, common food allergies, a handy feeding journal, and inspiring "Mama Mantras" to help parents prepare meals that nurture their children's bodies,

minds, and spirits. With photographs featuring delicious, healthy baby food and recipes that focus on a few basic fresh ingredients, Organically Raised makes cooking for babies and young toddlers easy and appealing to even the most inexperienced cook.

*Autobiography of a Yogi* - Paramahansa Yogananda 2009-01-01

The autobiography of Paramahansa Yogananda (1893 - 1952) details his search for a guru, during which he encountered many spiritual leaders and world-renowned scientists. When it was published in 1946 it was the first introduction of many westerners to yoga and meditation. The famous opera singer Amelita Galli-Curci said about the book: "Amazing, true stories of saints and masters of India, blended with priceless superphysical information- much needed to balance the Western material efficiency with Eastern spiritual efficiency-come from the vigorous pen of Paramhansa

Yogananda, whose teachings my husband and myself have had the pleasure of studying for twenty years."

*Prayerfully Expecting* - Donna-Marie Cooper O'Boyle 2007

Your feet are swollen, your hormones are a mess, and you still crave too much ice cream. For every mother-to-be, the nine months of pregnancy can be demanding. Competing with the joy of anticipation is the frustration of bodily pain and limitation. In this intimate book, Donna Marie Cooper O'Boyle invites pregnant women everywhere to see their pregnancy not as a burden but as a living prayer to God. Connecting the nine months of pregnancy with the nine-part novena prayer tradition known to Catholics everywhere, Donna Marie shows how each month of pregnancy connects the mother to the great Catholic saints and teachers. Alongside the devotional and the catechetical helps are pointed references to the development of the child in the womb as the months of pregnancy progress.

**Hope Heals** - Katherine Wolf  
2016-04-26

OVER 100,000 COPIES SOLD!  
When all seems lost, where can hope be found? Katherine and Jay married right after college and sought adventure far from home in Los Angeles, CA. As they pursued their dreams--she as a model and he as a lawyer--they planted their lives in the city and in their church community. Their son, James, came along unexpectedly in the fall of 2007, and just six months later, everything changed in a moment for this young family. On April 21, 2008, as James slept in the other room, Katherine collapsed, suffering a massive brain stem stroke without warning. Miraculously, Jay came home in time and called for help. Katherine was immediately rushed into micro-brain surgery, though her chance of survival was slim. As the sun rose the next morning, the surgeon proclaimed that Katherine had survived the removal of part of her brain, though her future recovery was completely uncertain. Yet in

that moment, there was a spark of hope. Through 40 days on life support in the ICU and nearly two years in full-time brain rehab, that spark of hope was fanned into flame. Defying every prognosis with grit and grace, Katherine and Jay, side by side, struggled to regain a life for Katherine as she re-learned to talk and eat and walk. Returning home with a severely disabled body but a completely renewed purpose, they committed to celebrate this gift of a second chance by embracing life fully, even though that life looked very different than they could have ever imagined. In the midst of continuing hardships and struggles, both in body and mind, Katherine and Jay found what we all long to find . . . hope, hope that heals the most broken place, our souls. An excruciating yet beautiful road to recovery has led the Wolf family to their new normal, in which almost every moment of life is marked with the scars of that fateful April day in 2008. Now, eight years later, Katherine and Jay are

stewarding their story of suffering, restoration, and Christ-centered hope in this broken world through their ministry Hope Heals.

*Side by Side* - Lori Ubowski  
2018-10-26

Pretty and practical interactive journals are a popular and enjoyable way to reflect through writing, doodling, list-making, and more. Wouldn't it be even more fun to share that experience with your tween daughter, and in the process share your life and faith with each other? *Side by Side: A Catholic Mother-Daughter Journal* by Catholic musician Lori Ubowski and her daughter, Ava, is a unique journal that allows the two of you to communicate in a new and exciting way. Beautifully designed and rich in spiritual content, each page contains thought-provoking prompts that help you share your thoughts and faith while strengthening your connection with each other. *Side by Side* is a unique gift journal that celebrates and invigorates the spiritual bond of mothers and

daughters by focusing on important qualities and virtues in the lives of female saints and biblical figures that are essential to healthy relationships: kindness, honesty, courage, patience, openness, appreciation, and confidence. Stories of holy mothers and daughters from Church history provide additional opportunities for the two of you to share and pray together. Each page is designed to draw your hearts closer to each other with prompts such as Write about a time you were really proud of me or What is your biggest worry right now? This vibrantly designed journal is meant especially for mothers and their preteen daughters. Whether you work through the book from front to back or pick the chapters you like best, the two of you will begin a one-of-a-kind, private adventure. There is also ample space along the margins to sketch, color, or express yourselves in other creative ways.

**Braiding Sweetgrass** - Robin Wall Kimmerer 2020-04-23

'A hymn of love to the world ... A journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise' Elizabeth Gilbert, author of *Eat, Pray, Love* As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two ways of knowledge together. Drawing on her life as an indigenous scientist, a mother, and a woman, Kimmerer shows how other living beings - asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass - offer us gifts and lessons, even if we've forgotten how to hear their voices. In a rich braid of reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of a wider

ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

**What's Your Story?** - Rebecca Walker 2020-12-08

"This journal is beautiful. It will help you find your voice and, finally, hold it sacred." —Cleo Wade, bestselling author of *Heart Talk* Transformational questions for personal and collective change. In this time of global reckoning, revolution, and reinvention, authors Rebecca Walker and Lily Diamond invite you to excavate the narratives that have shaped your life and write a new, fulfilling story for the future. Consisting of 150+ questions—designed to be answered in as little as five minutes or as long as a lifetime—*What's Your Story?: A Journal for Everyday Evolution* is essential for anyone ready to

begin living their most authentic, creative, and meaningful life. Explore by area of life: Each chapter invites you to explore a different part of life as you move through your day—from waking up and encountering your mind, to being in relationship with your body, other people, nature, and technology, to reflecting on community, identity, and mortality. Explore by theme: Five themes, color-coded throughout each chapter, allow you to explore a particular focus from beginning to end: creativity and self-expression; self-care; activism; spirituality; and grief, loss, and the work of healing. “Finding the voice to know, write, and speak your story can mean the difference between an existence of repressed silence and a life of joyful fulfillment,” write the authors. “Our stories have the power to limit or liberate us.”

### **Debunking the Bump -**

Daphne Adler 2014-12-11

When Daphne Adler, a mother and mathematician, was pregnant, a colleague scolded

her for sprinkling parmesan cheese on her pasta. After dutifully dumping her dinner in the trash, she decided to investigate to find out whether the admonishment and similar warnings were based on fact. What she discovered surprised her—and will surprise you, too. After 3 years of research where she poured over thousands of studies, Adler has reframed the parameters of what should and shouldn't be allowable during pregnancy. Her refreshing and reassuring book finally provides us with a way to separate myth from reality. Fact or fallacy? *Debunking the Bump* sets the record straight with eye-opening revelations such as: \* 44% of obstetricians never mention the most important avoidable cause of birth defects.\* Less than half of all pregnant women are counseled about the most dangerous activity they could undertake while pregnant.\* In the long list of forbidden foods, one category is 10,000 times more risky than others...but its danger is not emphasized.\* Many pregnant women cut

down their consumption of the single substance that's the most beneficial to their developing baby. *Debunking the Bump* is a pregnancy book for women with a thirst for facts. It covers not only all the hot pregnancy topics (Is it safe to eat sushi and drink coffee?) but also a variety of additional subjects Adler's exhaustive research uncovered that aren't even mentioned in most pregnancy books. Filled with practical, actionable recommendations and clear explanations of risks and trade-offs, this unique guide will help you make informed choices so you can enjoy a relaxed and happy pregnancy. Read more at [www.debunkingthebump.com](http://www.debunkingthebump.com)

*Labor Like a Goddess* - Alexandria Moran 2019-10-14  
Written by two birth doulas and intuitive healers, this book tells the metaphorical story of a fictional goddess who must walk through 7 Gates of Transformation in order to become a Mother. At the final gate, she must surrender to the ultimate sacrifice—spiritual

death—so she can be reborn into motherhood. Each gate perfectly illustrates the 7 emotional, psychological, and often subconscious sacrifices that every laboring woman experiences, whether willingly or not. This book is a guide to help pregnant women understand birth as a divine journey and master how to walk through each gate with empowered sacrifice, purpose, and zeal through tools, rituals, and integrative practices.

*Risen Motherhood* - Emily Jensen 2019-09-03  
A PUBLISHERS WEEKLY BESTSELLER *Motherhood* is hard. In a world of five-step lists and silver-bullet solutions to become perfect parents, mothers are burdened with mixed messages about who they are and what choices they should make. If you feel pulled between high-fives and hard words, with culture's solutions only raising more questions, you're not alone. But there is hope. You might think that Scripture doesn't have much to say about the food you make for breakfast, how you view

your postpartum body, or what school choice you make for your children, but a deeper look reveals that the Bible provides the framework for finding answers to your specific questions about modern motherhood. Emily Jensen and Laura Wifler help you understand and apply the gospel to common issues moms face so you can connect your Sunday morning faith to the Monday morning tantrum. Discover how closely the gospel connects with today's motherhood. Join Emily and Laura as they walk through the redemptive story and reveal how the gospel applies to your everyday life, bringing hope, freedom, and joy in every area of motherhood.

*Sacred Pregnancy* - Anni Daulter 2012-05-01

In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the

changes that creating a new life brings. *Sacred Pregnancy* was written to help the pregnant woman journey within herself to prepare for the birth of her baby. *Sacred Pregnancy* is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, *Sacred Pregnancy* also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy

fully. Lastly, Sacred Pregnancy includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. "From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one." —Fit Pregnancy magazine For more information, visit the Sacred Pregnancy website.

### **African Goddess Initiation -**

Abiola Abrams 2021-07-20

A sacred feminine initiation of self-love and soul care rituals, tools, and exercises. Spiritual teacher, intuitive coach, and award-winning author, Abiola Abrams invites you to activate African goddess magic to transmute your fears and limiting beliefs, so that you can create more happiness, abundance, and self-acceptance. Africa is a continent of 54+ countries, and her children are global. There is no one African spiritual

tradition. Our ancestors who were trafficked in "The New World" hid the secrets of our orishas, abosom, Iwas, álúsí, and god/desses behind saints, angels, and legendary characters. From South Africa to Egypt, Brazil to Haiti, Guyana to Louisiana, goddess wisdom still empowers us. Writes Abiola, "Spirit told me, "We choose who shows up." And if you are holding this book, then this sacred medicine is meant for you. In this book, you will meet ancient goddesses and divine feminine energy ancestors, legendary queens, and mystical spirits. As you complete their powerful rituals, and ascend through their temples, you will: . Awaken generational healing in the Temple of Ancestors; . Manifest your miracles in the Temple of Conjurers; . Release the struggle in the Temple of Warriors; . Embrace your dark goddess self in the Temple of Shadows; . Heal your primal wounds in the Temple of Lovers; . Liberate your voice in the Temple of Griots; . Open your third eye intuition in the

Temple of Queens; and .  
Surrender, meditate, and rise  
in the Temple of High  
Priestesses. Welcome to your  
goddess circle!

### **The Organic Family**

**Cookbook** - Anni Daulter 2011  
Includes index.

**All the Ever Afters** - Danielle  
Teller 2018-05-22

In the vein of *Wicked*, *The Woodcutter*, and *Boy, Snow, Bird*, a luminous reimagining of a classic tale, told from the perspective of Agnes, Cinderella's "evil" stepmother. We all know the story of Cinderella. Or do we? As rumors about the cruel upbringing of beautiful newlywed Princess Cinderella roil the kingdom, her stepmother, Agnes, who knows all too well about hardship, privately records the true story. . . . A peasant born into serfdom, Agnes is separated from her family and forced into servitude as a laundress's apprentice when she is only ten years old. Using her wits and ingenuity, she escapes her tyrannical matron and makes her way toward a hopeful

future. When teenaged Agnes is seduced by an older man and becomes pregnant, she is transformed by love for her child. Once again left penniless, Agnes has no choice but to return to servitude at the manor she thought she had left behind. Her new position is nursemaid to Ella, an otherworldly infant. She struggles to love the child who in time becomes her stepdaughter and, eventually, the celebrated princess who embodies everyone's unattainable fantasies. The story of their relationship reveals that nothing is what it seems, that beauty is not always desirable, and that love can take on many guises. Lyrically told, emotionally evocative, and brilliantly perceptive, *All the Ever Afters* explores the hidden complexities that lie beneath classic tales of good and evil, all the while showing us that how we confront adversity reveals a more profound, and ultimately more important, truth than the ideal of "happily ever after."

*Sacred Relationship* - Anni Daulter 2017-09-26

Sacred Relationship is a practical and spiritual guide and journal for couples to rekindle the love spark that started their fires and to maintain a steady heat for years to come. Following the format of Anni Daulter's popular Sacred Series books, it is beautifully designed and illustrated, with chapters focusing on thirty-two weeks—each with meditations and exercises on topics that couples are likely to encounter on their journey together. Husband-and-wife team Anni and Tim Daulter offer both useful tips and creative ideas for enriching life together, and the weekly encounters provide couples with helpful information and thoughtful prompts for journaling that invite both members of the couple to take an intentional look at the relationship and adopt a practice of personal reflection and soul nourishment. As anyone in a

long-term relationship knows, the intense high that accompanies the beginning of love can fade over time unless the relationship receives proper care and attention. Sacred Relationship shows how intentional love brings more happiness, deeper joy, and greater fulfillment than the initial love spell and can steer each member of the couple into more profound personal growth. The book serves as a toolkit with answers to a wide variety of relationship questions and as a handbook for crafting daily practices that will raise the vibration of the relationship. Parents will find solace in topics that shed light on maintaining loving relationships, sex, and passion once children join the family. Busy couples who want to discover more about themselves and each other, find soulful solutions to everyday issues, and nourish a healthy and happy relationship year after year will find an invaluable resource in this book.