

Circle Of Stones Woman S Journey To Herself Circl

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Birthing Ourselves Into

Being - Baraka Bethany Elihu
2010-03-09

With her groundbreaking debut book, *Birthing Ourselves into Being: A Year Long Women's Empowerment Program*, author Baraka Bethany Elihu transcends the restrictions of intellectually-based therapy by offering an experiential curriculum of personal healing

centered not only in doing but in being. "Many women are naturally heading towards this gentler, organic approach in personal therapeutic work. Women are ready to be simply witnessed in their own mastery. We do not need to be managed, facilitated, taught or guided," explains Baraka. "The experts live within us." *Birthing Ourselves into Being* is fully

situated in the metaphor of childbirth. The book consists of twelve chapters that explore the symbolic rhythms of the childbearing year, including pre-conception and postpartum. Offering clear, innovative, and effective steps, this creative arts-based curriculum provides readers tools to emerge with an entirely new life and stories of adventure and love to inspire the journeys of other women. "We can surrender to our process and trust that a greater peace in the world will emerge naturally, from the very belly of our personal, quiet revolutions," Baraka writes. "The space we hold for ourselves and for one another becomes the standard by which the planet responds. It is time. And we are ready."

The Tao of Women - Pamela K. Metz 1995-06

For centuries women have remained quiet, suppressed by society. Yet in their silence a singing can be heard, celebrating their truths. In The Tao of Women, female voices speak out. Finally, the wisdom

of Taoist philosophy is linked with the deep and mysterious wisdom of women. The Tao of Women captures and presents the power and wisdom generated by centuries of women's lives with the hope that this wisdom will not be lost. These brief and poignant meditations amplify the voices of our grandmothers and their mothers before them, they illuminate the connections over time and space and culture, allowing us to understand the women who came before and the daughters who will follow. In 1950, a secret language was discovered near Hunan Province, China. It was not until 1982 that anyone collected and translated this secret "women's script." Known as Nu Shu, this ancient language was developed and used by women to communicate with each other when their society would not allow them to learn to read and write. For the first time in America, 81 original Nu Shu illustrations and their translations can be seen in The Tao of Women.

The Convergence of Race, Ethnicity, and Gender - Tracy

Robinson-Wood 2016-03-01

Students, beginning and seasoned mental health professionals will be better prepared for diversity practice by this accessible, timely, provocative, and critical work, *The Convergence of Race, Ethnicity and Gender: Multiple Identities in Counseling*, Fifth Edition. Author Tracy Robinson-Wood demonstrates, through both the time honored tradition of storytelling and clinically-focused case studies, the process of patient and therapist transformation. This insightful, practical resource offers behavioral health professionals a nuanced view of diversity beyond race, culture, and ethnicity to include and interrogate intersectionality among race, culture, gender, sexuality, age, class, nationality, religion, and disability. With a keen focus on quality patient care, this important text aims to help professionals better serve patients across sources of diversity. Readers will

recognize their roles and responsibilities as social justice agents of change, while identifying the ways in which dominant cultural beliefs and values furnish and perpetuate clients' feelings of stuckness and inadequacy, in both the therapeutic alliance and within the larger society. This remarkable text reveres the lifelong commitment of using knowledge and skills as power for good to make a meaningful difference in people's lives.

Craving Hope - Joni Woelfel 2008

Countless books are published each year with the latest advice and hottest tips on how to lose weight, but few of them focus on the steadfast anchor of faith and its role in weight loss. Joni Woelfel offers her book *Craving Hope* as a resource of support and strength during the weight loss process. Consisting of 90 reflections, each containing an opening quote, daily progress notes, a reflection question, inspirational statement, brief prayer, and daily affirmation to repeat throughout the day,

Craving Hope is designed to be used in conjunction with a trustworthy weight loss program. While this book can be used successfully by individuals, research has shown that trying a weight loss program with a friend or small group is typically more successful, and the workbook pages with discussion questions make Craving Hope ideal for groups.

Stone Song - Win Blevins

2006-04-04

A Spur Award-winning retelling of the Battle of the Big Horn finds Lakota Sioux leader Crazy Horse endeavoring to reconcile his own beliefs with the wisdom of his tribe and leading his people into a conflict against General Custer and the U.S. Army. Reprint. 15,000 first printing.

Return to the Sea - Anne M. Johnson 2005-02-17

In 1955, Anne Morrow Lindbergh published her timeless book of reflections, *Gift from the Sea*. This perennial favorite used the metaphor of seashells to explore the inner spiritual

path, gently guiding readers to practice simplifying, quieting, shedding, and centering in a too-frantic world. Two generations later, in a far more fast-paced world, Anne M. Johnson asks women to discover the beauty and meaning of Lindbergh's timeless "shells" all over again. In *Return to the Sea*, she uses experiences from her own spiritual journey -- as a busy mother, career woman, and therapist -- to offer a renewed vision of ways to create intentional space in our lives for personal and spiritual growth. Shell illustrations, along with centering exercises, meditations, and journal-writing exercises, enhance each chapter's reflections on Lindbergh's original "shell" passages. Readers who loved *Gift from the Sea* the first time -- and women who have yet to be introduced -- welcome these reflections in a beautiful new gift edition.

Great Circle - Maggie

Shipstead 2021-05-04

NEW YORK TIMES

BESTSELLER • A TODAY

SHOW #ReadWithJenna BOOK CLUB PICK • The unforgettable story of a daredevil female aviator determined to chart her own course in life, at any cost: an “epic trip—through Prohibition and World War II, from Montana to London to present-day Hollywood—and you’ll relish every minute” (People). After being rescued as infants from a sinking ocean liner in 1914, Marian and Jamie Graves are raised by their dissolute uncle in Missoula, Montana. There--after encountering a pair of barnstorming pilots passing through town in beat-up biplanes--Marian commences her lifelong love affair with flight. At fourteen she drops out of school and finds an unexpected and dangerous patron in a wealthy bootlegger who provides a plane and subsidizes her lessons, an arrangement that will haunt her for the rest of her life, even as it allows her to fulfill her destiny: circumnavigating the globe by flying over the North and South Poles. A century later, Hadley

Baxter is cast to play Marian in a film that centers on Marian's disappearance in Antarctica. Vibrant, canny, disgusted with the claustrophobia of Hollywood, Hadley is eager to redefine herself after a romantic film franchise has imprisoned her in the grip of cult celebrity. Her immersion into the character of Marian unfolds, thrillingly, alongside Marian's own story, as the two women's fates--and their hunger for self-determination in vastly different geographies and times--collide. Epic and emotional, meticulously researched and gloriously told, *Great Circle* is a monumental work of art, and a tremendous leap forward for the prodigiously gifted Maggie Shipstead.

Eating in the Light of the Moon

- Anita Johnston 2010-07-01

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

Woman Most Wild - Danielle Dulsky 2017-04-07

Discover an Ancient Path to

Power, Wisdom & Magick What do you think of when you hear the word witch? Through centuries of persecution, our society has been indoctrinated into thinking that witches are evil villains. Author and proud witch Danielle Dulsky debunks this interpretation and reveals the true nature of Witchcraft: an ancient spiritual path that rejects religious dogma in favor of female empowerment and a deep reverence for the Earth. In a collaborative, conversational tone, *Woman Most Wild* reclaims the Earth-centered power of aligning with our wildest, freest selves to create an inclusive world for all. The three keys to liberating your inner witch and owning your power are: • Wild Rhythm: aligning yourself with the cycles of nature • Wild Ritual: understanding the importance of ritual and ceremony • Wild Circle: bonding with like-minded seekers Dulsky's tools for embracing and experiencing the power of these keys, including moon rituals, healing meditations, yoga postures,

circle work, and Goddess encounters, will guide you toward joining the cosmic dance befitting the divine, limitless woman you are.

Crown of Acorns - Catherine Fisher 2010-09-02

In an absorbing mystery thriller, a teenage girl with a past arrives in a city: new name, new identity, new foster family. She has chosen the city herself, and is fascinated by its harmony and beauty, but is clearly in fear of discovery. She is nursing a secret from her early childhood, a secret that produces new terrors for her the moment she fears her identity has been spotted. A parallel narrative tells of a young architect's apprentice, Zak, in 1750 - working with Jonathan Forrest, a man obsessed with past Druidic mysteries and a new architectural vision for the city. He plans to create the world's first circular terraced street, the King's Circus - a plan greeted with scorn and derision. Zac soon realises there's more than just obsession with an architectural

vision; there is some secret associated with building a hidden chamber in the centre of the Circus. But Zac himself has his own confused and highly destructive agenda ... These narratives are framed by the voice of Bladud - mythical first builder of the city, destined to die in trying to fly. And ultimately his narrative brings all together in a clever and brilliantly intriguing climax.

The Better World Handbook

- Ellis Jones 2007-02-01

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

The Gift of Anger - Carroll

Saussy 1995-01-01

This book provides a biblical basis and a very practical and viable methodology for using and expressing anger in a healthy and redemptive way.

Circles of Stone - Joan Dahr

Lambert 1998-12-01

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.

Finding the Deep River

Within - Abby Seixas

2007-09-28

For over two decades, Abby Seixas has taught women how to slow down and reclaim their lives from the tyranny of their to-do lists. Based on the experiences of women whose lives have been transformed by her workshops, this highly anticipated first book presents her comprehensive program to nurture contact with the Deep River Within, the soul-nourishing dimension in each of us that flows beneath the busyness of daily life. With gentle encouragement, practical guidance, and compelling stories of struggle and success, Finding the Deep River Within details the three preliminary doorways and six core practices for inviting the rich resources of our deeper nature into everyday life.

The Heroine's Journey

Workbook - Maureen Murdock

2020-08-18

A workbook to guide readers

through the different stages of The Heroine's Journey—healing deep wounds of one's feminine nature on a personal, cultural, and spiritual level. Maureen Murdock's modern classic *The Heroine's Journey* explores a woman's mythic quest for maintaining feminine values and a sense of wholeness in a society that's been defined according to masculine values. *Womankind* undertakes this spiritual and psychological journey by integrating all parts of her nature. This workbook, based on workshops conducted by Murdock herself with women of all ages, can be used individually or in a group to guide readers through *The Heroine's Journey*. With exercises and reflection questions for each chapter, readers will embark on profound self-exploration and gain a new sense of clarity and understanding of their own life quests. The skills learned on this archetypal journey prepare women to work toward the larger pursuit of bringing consciousness to others and preserving the balance of life

on earth.

A Circle of Stones - Erynn Rowan Laurie 2012-05

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.

The Way of the Woman Writer - Janet Lynn Roseman 2014-01-14

The Way of the Woman Writer, Second Edition continues the work of the inspirational

original, offering guidance to women who wish to document their lives in writing. More a template than a how-to manual, this insightful book addresses the concerns, needs, and issues of women writers (both aspiring and experienced), concentrating on the internal process of putting thought to paper, including new chapters on the creative process and the ethics and integrity of writing. The author, Dr. Janet Lynn Roseman, offers writing exercises in women's autobiography that draw on the significant rhythms of a woman's life, utilizing visualization and meditation techniques to amplify the inner writing voice. From the author: "What strikes me in re-examining the text of this book is just how timeless the subject of chronicling women's lives is. When we pass down our stories and share them with family and friends, we provide future generations with the opportunity to not only understand the lives of each woman, but we are able to gain insight into their unique

experiences." The Way of the Woman Writer, Second Edition includes new writing samples and new chapters on: "The Creative Spirit," which presents a seven-step guide to the creative process-ritual, surrender, silence, waiting, trust, recognition, and distance "The Ethics and Integrity of Writing," which addresses the discipline and courage a writer needs when dealing with the effects of her autobiographical "truths" on others The Way of the Woman Writer, Second Edition is an essential resource for creative writing courses, oral history courses, writer's workshops, and women's studies programs, and an invaluable guide for any woman who wishes to tell her story.

Circle of Stones - Judith Duerk 2011-02-08

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.

Circle of Stones - Judith Duerk 2004

This is the tenth anniversary edition of the classic best seller 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 . . . ?"

Ahn'S Awakening - Susan Jo Heitzman 2016-10-29

Ahns Awakening is a fictional account of a prehistoric girl in North America. Ahn, her grandmother, and two uncles are walking through the forest when Ahn begins to notice the monumental changes in her physical body and in her soul that come with a girls first menstrual period. Pre-teen girls will find blank lines on the left-hand side of the pages where they can journal their response to the fictional account of a life lived in close harmony with our natural world. Adult mentors and mothers will appreciate the guidance found at the end of the story. These questions, suggestions, and prompts to explore their own first menstrual stories will inspire them to turn the talk into an ongoing conversation. Ahns

Awakening ends with a ritual that may help adult mentors and mothers see the sacred nature of our bodies natural functions and how they interconnect with our souls journeys.

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).

The Stone Circle - Elly Griffiths 2019

In a chilling entry to the award-winning Ruth Galloway series, she and DCI Nelson are haunted by a ghost from their past, just as their future lands on shaky ground. DCI Nelson has been receiving threatening letters. They are anonymous, yet reminiscent of ones he has received in the past, from the person who drew him into a case that's haunted him for years. At the same time, Ruth receives a letter purporting to be from that very same person - her former mentor, and the reason she first started working with Nelson. But the author of those letters is dead. Or is he? The past is reaching out for Ruth and Nelson, and its grip is deadly.

Circle of Stones - Anna Lee Waldo 2000-03-15

The author of *Sacajawea* returns with a tale of Druids

and Welsh princes, telling the story of Brenda, a naive girl who becomes a Druid healer in order to protect her son, who has been prophesied as a messiah figure. Reprint.

Women's Bodies, Women's Wisdom - Christiane Northrup 2010

Demonstrates the synergy of physical and spiritual healing through the use of herbal medicine and other alternative methods that complement a doctor's care.

Energy Medicine For Women - Donna Eden 2012-03-22

For more than three decades, Donna Eden has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities. In her long-awaited new book, Donna speaks directly to women, showing them how they can work with energy to tackle the specific health challenges they face. She reveals that a woman can manage her hormones by managing her energies and also use energy medicine to

treat a host of health issues. From PMS to menopause, from high blood pressure to depression, the book offers easy-to-follow solutions to women's health issues that traditional medicine often fails to provide. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system, Eden presents what is sure to become a classic book on the subject of women's health.

Women's Bodies, Women's Wisdom - Christiane Northrup, M.D. 2010-06-01

When it was first published in 1994, Women's Bodies, Women's Wisdom quickly became an international bestseller, and for the past fifteen years it has remained the veritable bible of women's health. Now, in this revised and updated edition, world-renowned and much-beloved women's health expert Dr. Christiane Northrup shares with us the latest developments and advances that will maximize our potential for living well in our bodies today.

Inside you will discover new material on sexuality—and how to have a more fulfilling sex life; the spiritual and scientific principles behind healing from terminal illnesses, and how you can utilize these principles for your own health and the health of others; vital information about how to truly dissolve PMS and ease menstrual cramps; extraordinary facts on Vitamin D—and why it is crucial for breast, cardiovascular, and immune system health; the importance of the preconception diet and how to greatly decrease your risk of birth defects; how to birth naturally, despite the current induction and C-section epidemic; all you need to know about thyroid function, including proper blood tests; life-saving facts about cellular inflammation—the root cause of all chronic degenerative diseases—and how to prevent this condition; and the essentials on the "fountain of youth molecule"—and how to enhance your levels of it for vibrant health. Living a healthy life in a woman's body can be

downright fun—even ecstatic! And that's good news for everyone—women, men, and their children.

I Sit Listening to the Wind -

Judith Duerek 2011-02-09
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.

Pursuing Perfection - Margo Maine 2016-06-03

In *Pursuing Perfection*, authors Margo Maine and Joe Kelly explore the emotional, social

and cultural factors behind the ongoing epidemic of disordered eating and body image despair in adult women at midlife and beyond. Written from a biopsychosocial and feminist perspective, *Pursuing Perfection* describes the many issues women encounter as they navigate a rapidly changing culture that promotes unhealthy standards for beauty and appearance. This updated and expanded edition (originally published as *The Body Myth: Adult Women and the Pressure to Be Perfect*) is a unique guide for anyone seeking practical tools and strategies for adult women looking to establish health and body acceptance.

Women Challenge The Lie -

Regina Sara Ryan 2017-02-02

This book invites women of all ages into a conversation that challenges the pervasive lie of “never good enough.” This common subtext of modern life undermines a woman’s appreciation of her own inherent beauty and goodness. The authors recommend 8 Radical Moves that women can

make, alone or ideally in the good company of other women, to take on this challenge, to deepen this conversation. The Moves are radical because they aim directly at the center of a woman’s being, the inner space of her true nature, her basic goodness, rather than because they require any extreme actions. Nonetheless, the conviction that “never good enough” is a lie requires more than lip service. The authors guide readers in identifying the courage, strength and love they already possess, but habitually deny, to embrace and live by this conviction of self respect, day to day in mind, body and heart. They further encourage women to make this stand with and in the presence of other women to increase everybody’s likelihood for success. Regina Sara Ryan, author of numerous books in wellness, women’s studies and spirituality (*Wellness Workbook; Woman Awake; Igniting the Inner Life*) is an elder in her seventies. Shinay Tredeau, a yoga teacher, lifestyle coach, dancer and emerging writer is a

“millennial” in her twenties. Together, they bring to this warm and personal treatment a synergy of years of experience in contemplative spiritual practice and dynamic body discipline. Their message is addressed to their sisters, mothers, friends and students, of all ages; to any who suffer from the dis-ease of self-hatred in some form. Each of the 8 Radical Moves provides a slightly different access to clearer self-understanding, leading to self-compassion. For some, the Move to “Inhabit Your Body” will be key to claiming (or reclaiming) a more loving relationship with themselves. For others, the Move called “Learn to Fly” will be just the encouragement needed to refine a spiritual search. Other topics include: • the danger of comparisons with other women • the need to face dark emotions, with compassion • the power of friendship in the quest for self-acceptance • the use of journal writing to articulate developing truth • gratitude as a way of life. This straightforward and

challenging narrative is filled with dozens of personal stories, making it ideal for women’s groups and book clubs to study and practice.

**Women's Spirituality,
Women's Lives** - Ellen Cole
2014-05-12

This enlightening book examines how the feminist spirituality movement contributes to the establishment of new paradigms of mental health for women. *Women’s Spirituality, Women’s Lives* examines possible psychotherapeutic implications for women engaged in feminist spirituality and stimulates much-needed conversation between feminist therapists and feminist theologians/ritualists. Feminist spirituality is part of the current broad challenge to accepted ways of knowing and being. This book argues that as women tell their own stories, they create rituals that enable them to feel a sense of control over the future and to move toward a kind of authority, agency, and autonomy associated with mental health

and psychological well-being. Women from many cultural backgrounds and religious perspectives have embraced alternative forms of spiritual expression, based on profound theoretical challenges to mainstream religious beliefs, ranging from calls for the radical reclamation and reconstruction of religious traditions to personal involvement in goddess worship and Wicca. *Women's Spirituality, Women's Lives* presents theoretical, conceptual, and experiential chapters that analyze the extent to which these proliferating women's groups represent the beginnings of new norms of mental health for women. *Women's Spirituality, Women's Lives* presents a variety of voices, including Native American, Christian, Jewish, and Wiccan. Chapters are divided into three sections-- Laying the Groundwork, Theoretical Challenges, and Living It Out--and explore a diverse array of topics such as: the "shouting" church and Black women's mental health a

traditionalist Native American challenge to New Age cooptation a feminist group and Jewish women's self-identity lesbian altar-making and mental health feminist Wicca in the U.S. and Germany the martial arts and women's mental health the use of feminist rituals in therapy and as therapy Feminist therapists and theologians, as well as other individuals interested in feminist spirituality or alternative spirituality, will find this book a fascinating exploration of the various aspects of the spirituality of women. *Women's Spirituality, Women's Lives* is also an excellent reader to expand the thinking of students in classes in women's studies and religious studies.

Coming Full Circle: One Woman's Journey Through Spiritual Crisis - Carol L.

Noyes 2014-08-13

Her journey of recovery from bipolar disorder and her insights are described in this book, an autobiography of Carol Noyes. When Carol went through mid-life crisis in the

spring of 2006 her world was turned upside-down. Carol was able to wean herself off drugs, after over four years on psychiatric medications. She found natural alternatives that effectively helped her to recover and to lead a productive life. Carol believes that the current medical paradigm is inadequate and often unable to help individuals to heal and to bounce back. Carol nearly died from a combination of the swine flu and lithium poisoning. Her descent to the bottom of the metaphorical well provided the impetus for her to research non-drug therapies. These therapies, along with faith, hope, and courage, brought Carol back to a peaceful life. Carol recounts her life and investigates the factors that precipitated imbalance. She writes about her extraordinary experiences during expanded states of consciousness. She also delves into the world of symbols and mythologies, describing how they became poignant for her. Carol calls her experience a time of

spiritual awakening; a time of developing self-esteem, learning to love herself, and finding her true purpose. She hopes that her insights will help others going through spiritual crisis. Those interested in humanistic psychology, personal growth, and spirituality may find this book fascinating.

It's Not about Food - Carol Emery Normandi 1999
Examines the physical, emotional, and spiritual problems behind eating disorders

The Circle of Nine - Cherry Gilchrist 2018-09-01
As women seek to cultivate an understanding of their lives, a mythological model can provide a tool for self-discovery and realizing individual potential. The Circle of Nine presents nine archetypes that represent different, but equally important aspects of the feminine psyche. They portray both the life of the individual and the story of woman as a whole—a circle of ever-changing patterns that is a source of wisdom and

inspiration. Three mothers, three queens, and three ladies form the circle. The Great Mother nurtures her children with a love that embraces the cycle of life, the Queen of the Night transforms the raw energy of instinct into skill and vision, and the Lady of the Hearth brings warmth and creativity into the home. By recognizing these and the other six archetypes of the circle, women can hold up a mirror to their souls to gain new perspectives and unlock their potential. Drawing from history, her work with women's groups, and contemporary observations, Cherry Gilchrist presents a mythology that explores the psychology of the modern woman. Her analysis, interpretations, and practical advice help to unravel the mystery of the divine feminine and provide a useful guide for daily life.

The Body Myth - Margo Maine 2005-07-15
Clinical psychologist Margo Maine has been successfully helping adult women overcome eating disorders and body

image problems for over twenty years. In *The Body Myth*, she explains the toll these problems can take on women's lives and provides healing insights and proven techniques for reclaiming readers' lives from the debilitating belief that a woman's self-worth and her worth to others are derived from how she looks, how much she weighs, and what she eats—the Body Myth. Using poignant real-life stories, Dr. Maine explores the complex emotional, social, and cultural forces that perpetuate the Body Myth. A unique and invaluable source of information and inspiration, this breakthrough guide equips readers with the knowledge and tools to escape the clutches of the Body Myth and live a more balanced, fulfilling life.

Voice of Her Own - Marlene A. Schiwy 1996-05-27
As writers such as Virginia Woolf, Audre Lorde, and Anais Nin recognized, keeping a journal is a powerful tool of creative expression and self-

healing. In *A Voice of Her Own* - a companion for both new and longtime diarists - Marlene Schiwy shows that journal writing is the ideal way to find one's individual voice, an opportunity for women to explore feelings, intuitions, perceptions, and ideas often suppressed in our society, and to record the truths of their own experience. Schiwy invites readers to share the journeys other women have made toward selfhood and encourages them to begin a journey of their own. She weaves together passages from published and unpublished journals, from works of literature, psychology, and women's studies with her personal insights. *A Voice of Her Own* is a treasure chest of inspiration for every woman seeking deeper self-awareness and new outlets for creativity.

A Companionable Way - Lisa M. Hess 2016-09-16

In today's polarized publics, we are rarely prepared to encounter one another peaceably and deeply across irreconcilable difference. A

Companionable Way invites inquisitive minds, body-souls, and spiritual hearts into the delightful but demanding inner work required for peaceable encounters with integrity across interreligious and intercultural difference. Unmet yearnings and the unconscious refusal of deep feeling in so many of our cultures need redress, not only within scholarly-analytical habits of mind but also in aging communal "containers" not adept at holding deep feeling without harm. Ancient but 'new' containers today--webs of spiritual friendship and circle-way communities of practice--offer hope for new learning and formative encounters with difference toward an expressive delight able to companion the suffering of self and others. Part memoir of a deep-feeling academic, part toolbox for the curiously contemplative, *A Companionable Way* witnesses to the deeply rooted Sacred available to each of us in a return to the body, devotion in conscious love, and new ways

of being human together across irreconcilable difference, held gently in a patient and living wisdom particular to each but needed by all.

Melting Stones - Tamora Pierce 2010-02-01

New York Times bestselling fantasy author Tamora Pierce returns to the world of the Circle of Magic Quartet. Evvy, a young stone mage in training, is accompanying her mentor, Rosethorn, and another dedicate from Winding Circle while they investigate mysterious happenings on the island of Starns. Her job is to listen and learn, but, being Evvy, she can't just keep quiet and do nothing. With the help of Luvo, the rock being she befriended at her home in Yanjing, Evvy discovers the source of the problem — a long-dormant volcano. Now she and her friends must save the islanders from impending disaster — if only Evvy can use her talents to avert the certain destruction that looms ahead.

Lunar Abundance - Ezzie

Spencer 2018-03-06

Lunar Abundance is a beautiful

and practical guide for today's women on cultivating peace, purpose, and abundance in both their personal and professional lives, guided by the phases of the moon. In a world in which women feel increasingly disconnected from their inner selves, each other, and the world, Lunar Abundance offers a path to reconnection, with results that you can actually see. It shows how by tuning into the natural rhythm of lunar ebbs and flows, you can connect with work, relationships, your body, and surroundings on a higher level than ever before, becoming more productive and self-aware in the process. Filled with inspirational photography and interactive features, it's also a practical guide to self-care that will help you summon your true potential and create a better life for you and for those in your orbit. This beautiful book is perfect for any woman seeking holistic wellness and unique inspiration to feed mind, body, and soul.

Leading and Managing in the Social Sector - S. Aqeel Tirmizi

2016-12-22

This book explores leadership and management in social sector organizations, which include, NGOs, non-profits, social enterprises, social businesses, and cross-sector collaborations focusing on advancing human dignity and social justice. It provides social sector leaders with an overview of current trends, issues, and challenges in the field as well as best practices to foster effective programs, sustain organizations and meet the growing demands of the sector. The enclosed chapters cover topics such as cross-sector organizational design, innovation for client services, gender management dynamics, policy advocacy, and the growing social entrepreneurship movement. The social sector is currently in a vibrant, dynamic, and exciting stage. The sector's role and relevance to advancing human dignity and social justice is greater than ever. The number and types of social sector organizations have increased exponentially

around the world and are offering extraordinary and much needed contributions toward an array of social issues. The traditional NGOs and non-profit organizations continue to be an integral part of the global civil society. At the same time, the emerging organizational forms under the social entrepreneurship umbrella are providing new momentum and excitement within and outside of the social sector. The interest in social entrepreneurship is encouraging existing social sector entities to actively embrace and encourage innovation. This interest is also inspiring a new breed of professionals and organizations to contribute to the social sector. This trend falls under the larger social sector dynamic promoting the creation of "hybrid" and emergent organizational forms, which cross and combine the traditional non-profit and for-profit domains. Despite the increased interest, the social sector still faces challenges around the world. CIVICUS -

an international group promoting civil society organizations and groups-- recently reported a rise in the restrictions on civil society activities in a number of countries through worsening policy and legal environments. Funding challenges for the social sector are thus becoming more significant. At the same time, the calls for social sector accountability and emphasis on results and impact are growing. This book aims to offer approaches and tools which allow for the bridging of demands between creativity and accountability, between inspiration and results, and between gaining individual commitment and shared ownership of agendas and achievements, all of which are needed to effectively operate in the changing social sector. Seasons of Friendship -

Marjory Zoet Bankson
2004-12-01

Drawing on the biblical story of Ruth and Naomi, Bankson explores what we can learn from their unique friendship that survived marriages and moves, death and displacement. Bankson proposes that we need different kinds of friendships in different seasons of our lives. Stories from the author's own life illustrate the contemporary aspects of Ruth and Naomi's journey. The concluding chapter presents a unique perspective on the Book of Ruth as a parable of our friendship with God. The first title in the new Women to Walk With series, Seasons of Friendship includes personal journaling themes for reflection and a study guide with discussion questions and group exercises.