

## **Wild Feminine Finding Power Spirit Joy In The Female Body**

Pelvic Awakening shares how to embody your integrity and power as a woman through connection to your pelvic space. Throughout the book, there are numerous tools and practices on pelvic wellness and healing from a physical, emotional, spiritual, and energetic perspective. In this book you will learn about?

- Female pelvic physical and energetic anatomy
- Esoteric and ancient energy cultivation practices
- The physical, spiritual, and energetic transformations during motherhood
- Pelvic floor exercises and massage for healing and connecting to yourself
- Working with trauma and emotions in our pelvic space
- Ancient women's wisdom and practices
- Integration of everything into your modern life? and more!

**ABOUT THE AUTHOR** Bethany Wilde, BA, LMT, is a writer, mother, and massage therapist specializing in women's wellness. She works with women through holistic womb and pelvic healing sessions, weaving together intuitive and traditional bodywork, energy medicine, and deep presence. She also holds a Bachelor's degree in Somatic Studies, where she studied how trauma is stored in the body and gentle, natural ways to find healing. You can connect more through her website at [www.bethanywilde.com](http://www.bethanywilde.com)

Unprecedented insight into the feminine body and on

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using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power. It reveals:

- Your inner architecture and the path to power that is encoded in your body
- How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority
- Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle
- How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing
- How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging

Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

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Includes a preview of *Mothering from Your Center*, the next book from Tami Lynn Kent. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. *Wild Feminine* reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. *Wild Feminine* gives you

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the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

Examining the female archetypes--the Andro Woman, the Cougar, the Good Doer and others--this fascinating book explores how modern-day women have overdeveloped their masculine attributes, resulting in complications and consequences, and reveals what it truly means to be feminine. Original. *Kissing the Hag* by Emma Restall Orr is based upon the old tale of *The Marriage of Sir Gawain*, and carries us from girlish innocence through to the nauseating horror of the hag - the raw side, the dark side, the inside of a woman's.

*Ode to Our Wild Feminine Souls* This provocative book invites you to create your own spiritual path based on often-suppressed ancient principles and contemporary practices. Using the elements (earth, water, fire, air, ether) rather than traditional patriarchal hierarchies, this 'holy book' is designed to connect each individual to their universal — but often denied — powers. *Wild woman* Danielle Dulsky takes you deep as she explores and embraces sacred feminine archetypes such as the Mother Goddess, the Crone, and the Maiden. Join her as she guides you to envision and explore a world that enriches and supports your spirit, body, and mind as well as our global community and the Earth.

Revised and updated edition, includes new preface:

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"Author's Warning" In this courageous and radical book, Uma Dinsmore-Tuli explores the sexual politics of yoga from a perspective that sees women's spiritual transformation as the most revolutionary force. Packed with fascinating real life stories and vibrant testimony, as well as history and philosophy and practical guidance, Yoni Shakti is about freedom and power, encompassing yoga, sex, health and spirituality. Always refreshing, irreverent and inspiring, Yoni Shakti brings womb yoga, Goddess-focused tantra and vibrant feminism together in an astonishingly potent combination. Women face many challenging transitions on the pilgrimage from girlhood through womanhood: menses, love and heartbreak, motherhood, menopause. Devoid of a central narrative, these rites of passage too often happen in shame and secrecy, leaving women doubting their personal power and self-worth. Bestselling author and founder of The Way of the Happy Woman®, Sara Avant Stover saw how women erroneously viewed these initiations as "curses" and sought to present a new model that reflected the power and wisdom unique to the feminine path. The Book of SHE celebrates all that it means to be a woman, from mythological underpinnings to the cycles of our day-to-day lives. Drawing on archetypes including Mary Magdalene, the Dark Goddess, and Green Tara, Stover will guide you on a journey home to psychological

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wholeness, personal empowerment, and, ultimately, full feminine spiritual Awakening. Brimming with mystery and magic, this provocative book makes ancient wisdom and healing practices accessible to every woman who is ready to revel in her full femininity — the dark and the light — through joyfully becoming the heroine of her own life.

Realign yourself with the creative currents that flow deep within, and you'll see your work and home life transformed and inspired by this completely new understanding of creativity. At its root, creativity is the practice of engagement; it's the marriage of feminine and masculine energy. By restoring that creative energy—and thus seeking our dreams—we can realign ourselves with an ancient, limitless presence, and reawaken the wild creative within. In *Wild Creative*, Tami Lynn Kent shows you how to tap into your creative center and access the natural, sustaining energy that is inherently yours. In doing so, you'll embark on a journey to achieve your dreams and restore your inner creative map. In addition, you'll discover that when creativity and inspiration take center stage in your life, miracles both large and small unfold. Not only does Kent offer a wellspring of valuable insights, she also details her own experience building a framework of creativity that has served the well-being of herself, her family, and her business. *Wild Creative* shows how, by following the creative source within each of us, we

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can nourish a vibrant and successful life.

An invitation to embrace your feminine powers, awaken your soul's creativity, and ignite your inner wild magic • Explains how to awaken your spiritual Womb to find strength within and how to reclaim your softness and vulnerability as a feminine superpower • Explores Earth Magic, the Moon Mysteries, Flower of Life teachings, Dragon wisdom, the shamanic powers of grief, the feminine archetypes of the Witch and the Priestess, and powerful goddesses from around the world •

Reveals sacred spaces in the world where the power of the Goddess lives on The Womb is the seat of our primal power and intuition--our "wild knowing." A Spirit Weaver is one who has heard this wild inner voice from within and has followed that call--embarking on a Grail Quest to follow the feminine path of magic, awaken to the depths of their Soul, and embody their true feminine essence.

Inviting you onto the spiral path of the Spirit Weaver, Seren Bertrand shares wisdom teachings and rituals from the feminine path of magic and her own ancestral lineage of old European witches and faery folk, spirit keepers and story weavers. She explores Flower of Life teachings, the Moon Mysteries, and Dragon wisdom. She unveils the shamanic powers of grief and deeply examines the feminine archetypes of the Witch and the Priestess. Drawing on powerful feminine spiritual icons from around the

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world, such as Kali, Isis, Teresa of Ávila, and Mary Magdalene, she explains how to awaken your spiritual Womb to find strength within and how to reclaim your soft powers of heart-opening vulnerability. She explores the lost traditions of the Goddess lineage and reveals sacred spaces in the world where her memory lives on. She shares the Womb Mysteries of alchemical union, revealing how to awaken the wild feminine and wild masculine and become sacred lovers who balance their light and shadow. From working with the cycles of the moon and learning how to root your power into the Earth to healing the ancestral wounds left by the generations before you, Seren's medicine teachings, like secret spells, cast an enchantment over your feminine soul, awakening its fertility and wild inner magic.

Most women have no access to the power of their pelvis. The pelvic floor is the often misunderstood and neglected centerpiece of our musculoskeletal system: it is crucial for healthy, elegant movement and for our sensuality. Any numbness and blockage in this area can make us feel out of balance, lost, or stuck in our life. Women who are sensuously aware of their pelvic floor and know how to use it are authentic, powerful, and sexy. They're aligned with themselves. They know what they want, and they have the mental clarity and the physical energy to achieve whatever they desire. They express their sexuality with passion and enjoy life to the fullest.

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They sparkle with vitality and maintain that fresh radiance their entire lives. Through satisfying sex, orgasms, and the resulting emotional intimacy, these women hold the essential elements for fulfilling and intimate romantic relationships in the palms of their hands. This power is available to every woman, but for many of us, it's been locked away. You will find the keys to unlock it in this book.

What happens when a former Zen Buddhist monk and his feminist wife experience an apparition of the Virgin Mary? “This book could not have come at a more auspicious time, and the message is mystical perfection, not to mention a courageous one. I adore this book.”—Caroline Myss, author of *Anatomy of the Spirit* Before a vision of a mysterious “Lady” invited Clark Strand and Perdita Finn to pray the rosary, they were not only uninterested in becoming Catholic but finished with institutional religion altogether. Their main spiritual concerns were the fate of the planet and the future of their children and grandchildren in an age of ecological collapse. But this Lady barely even referred to the Church and its proscriptions. Instead, she spoke of the miraculous power of the rosary to transform lives and heal the planet, and revealed the secrets she had hidden within the rosary's prayers and mysteries—secrets of a past age when forests were the only cathedrals and people wove rose garlands for a Mother whose loving presence was as close as the ground beneath

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their feet. She told Strand and Finn: The rosary is My body, and My body is the body of the world. Your body is one with that body. What cause could there be for fear? Weaving together their own remarkable story of how they came to the rosary, their discoveries about the eco-feminist wisdom at the heart of this ancient devotion, and the life-changing revelations of the Lady herself, the authors reveal an ancestral path—available to everyone, religious or not—that returns us to the powerful healing rhythms of the natural world.

Dear Vulnerable is a journey of deep self-reflection documented with love for self and other women who are challenged to allow the power of the feminine to be her guide. I am a traveler and each day I journey into healing. I open up my life in service to my vulnerability and to other women who want to regain their feminine balance and begin manifesting their big life vision. I am committed to rejoicing in my feminine, and I hope that the clearing prayers, calling forth the feminine exercises and radiance brighteners that I share with you will help you to move closer to your balance. "I traveled to the cliff's edge and surveyed the landscape of my life from that vantage point. It was at that lonely bluff where I heard my Creator say, 'Believe, believe, believe.' "- Jada

The long-awaited new title from Amazon bestselling author, Lucy H. Pearce, *Burning Woman* is an

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incendiary exploration of power and the Feminine. Pearce uncovers the archetype of the Burning Woman, fearlessly examining the roots of Feminine power--what it is, how it has been controlled, and why it needs to be unleashed on the world during our modern Burning Times. These burning words were written for women who burn with passion, have been burned with shame, and who at another time, in another place, would have been burned at the stake. Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

*An Ancient Wisdom Text Revealed . . .* Both an ancient, "found" wisdom text and a sumptuous, epic novel, *Gaia Codex* reveals the hidden histories of a world long forgotten, the secret wisdom of an ancient lineage of women, the Priestesses of Astera. Set in a near future of impending societal and environmental collapse, the novel is a tale of hope and remembrance, as well as an inspired vision of humanity's origins and of the potential we hold for

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conscious evolution.

Create new forms of mothering and learn to facilitate daily access to the power, spirit, and joy that mothering from the center brings. Building on themes from Tami Lynn Kent's award-winning *Wild Feminine*, *Mothering from Your Center* takes a groundbreaking, holistic approach to women's health as Kent provides gentle guidance through the emotional and physical transformative process of pregnancy, birth, and motherhood. Revealing her own soul-filled journey from miscarriage to motherhood, Kent offers an intimate and comprehensive guide to reclaiming the energetic center of the female body. Drawing on her work with thousands of women and the energy of the pelvic bowl, Kent teaches you to access the creative potential of your center and the profound medicine it contains for all aspects of mothering and living creatively. Learn how to

- engage the energetic power of the pelvic bowl;
- heal from pregnancy and birth;
- strengthen the bond between mother and child;
- create holistic family harmony;
- find balance between work and home;
- enhance creativity and joy.

Whether you are pregnant, trying to conceive, recovering from childbirth, or raising children today, *Mothering from Your Center* will help you tap into your core feminine energy and explore your full creative range.

*Wild Feminine* invites every woman to journey deep into the heart of her female body, to her root place, and the center of all womanhood. Through stories, visualizations, and creative exercises, the wisdom arising from the female body has been distilled as never before into this

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guide to nurturing, healing, and exploring the feminine nature. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. *Wild Feminine* reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. *Wild Feminine* gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

In her groundbreaking book, *Wild Feminine: Finding Power, Spirit, & Joy in the Root of the Female Body*,

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Tami Lynn Kent invites every woman to journey deep into the heart of her female body, to her root place, and the root of all womanhood. Through stories, visualizations, and creative exercises, the wisdom arising from the female body has been distilled into this guide for us to explore the feminine nature as never before. Based on her work with women in the pelvic space as a women's health physical therapist, Kent has created a whole new way of discovering the female form. Kent draws from her experiences with the physical body and the female energy system to provide a framework for us to explore our inherently creative nature: this inner range of the wild feminine. Kent teaches us how to read the physical and energetic patterns of the pelvic bowl and restore access to the natural resource—the wildness within our bodies. Along the way, Kent infuses this guide with healing stories and rituals for every woman to cultivate her creative ground, change core patterns that diminish her radiance, and receive sustenance from her own wild feminine.

**Feminine Empowerment Path of the Goddess:** At the dawn of religion, God was a Woman. The Divine Feminine is known by innumerable names and symbol-rich manifestations across the world's cultures.

Throughout the ages the Goddess has been honored and worshiped as the Virgin Mary, Isis, Inanna, Asherah, Diana, Kuan Yin, Kali, Oshun, Athena, Pele, Sarasvati, Demeter, and White Buffalo Calf Woman, to mention just a few. Many conceptions of the Goddess are mysterious and seemingly paradoxical. Yet at its source, the Divine Feminine is one. *I Am (With) Her* takes you on a

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fascinating and, at times, surprising journey into the enduring essence of the Divine Feminine. Inside this book you will learn:

- How the Goddess path offers an empowering message and inspiration
- The importance of re-establishing a healthy balance and integration of both the "masculine" and the "feminine" archetypes
- That the notion of God as archetypal "Sky-Father" is fairly recent in Western culture
- Why the wisdom of the Goddess/Sacred Feminine has been ignored, distorted, and oppressed for centuries
- How archetypes, mythic narratives, and qualities of Goddesses are alive within you and how they reveal intimate truths about yourself and others
- How Goddesses can serve as empowering guides in your personal and professional life
- Why especially black Goddesses/dark-skinned Mothers (e.g., Kali or Black Madonna) are a powerful symbol and catalyst for change in our times, both individually and collectively
- And much, much more!

Inspiring hope, solace, and courage in living through our losses, author Martín Prechtel, trained in the Tzutujil Maya shamanic tradition, shares profound insights on the relationship between grief and praise in our culture--how the inability that many of us have to grieve and weep properly for the dead is deeply linked with the inability to give praise for living. In modern society, grief is something that we usually experience in private, alone, and without the support of a community. Yet, as Prechtel says, "Grief expressed out loud for someone we have lost, or a country or home we have lost, is in itself the greatest praise we could ever give them. Grief is praise, because it is the natural way love honors what it misses."

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Prechtel explains that the unexpressed grief prevalent in our society today is the reason for many of the social, cultural, and individual maladies that we are currently experiencing. According to Prechtel, "When you have two centuries of people who have not properly grieved the things that they have lost, the grief shows up as ghosts that inhabit their grandchildren." These "ghosts," he says, can also manifest as disease in the form of tumors, which the Maya refer to as "solidified tears," or in the form of behavioral issues and depression. He goes on to show how this collective, unexpressed energy is the long-held grief of our ancestors manifesting itself, and the work that can be done to liberate this energy so we can heal from the trauma of loss, war, and suffering. At base, this "little book," as the author calls it, can be seen as a companion of encouragement, a little extra light for those deep and noble parts in all of us.

"As pragmatic as it is compassionate, this intimate, humorous, and ultimately relaxing invitation to re-wild yourself, stripping away all that is not your true nature, will leave you inspired and curious to discover the wild woman within" (Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*). For the high-achieving modern woman today, having a successful career, a fulfilling romantic relationship, and a satisfying personal life can feel like opposing goals. It has even become difficult to take the time to enjoy the simple pleasures in lives. We are stuck in "go-mode," damaging our romantic relationships, pleasure, and creativity. But what if there were a way to experience the simplest pleasures of our lives on a deeper level, freeing the body

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and psyche from these destructive patterns? Beyond our current stereotypes about femininity lies the ancient wisdom of the Wild Woman archetype, a model of building a feminine "body intelligence." By embodying this archetype and using tantra--not just in the bedroom, but also to build intimate connections to our senses and physical movements--we can break harmful psychological patterns. In *The Wild Woman's Way*, Michaela Boehm shares practical rituals and exercises drawn from years of experience as a celebrity relationship and life counselor and an expert in tantric yoga. She reveals the power of different types of touch, while also training you in forms of meditation and stretching that increase activity and sensual pleasure. Learn how to access the root of feminine energy and power to heal from pregnancy and birth and discover joy within yourself and your family. Create new forms of mothering and learn to facilitate daily access to the power, spirit, and joy that mothering from the center brings. Building on themes from Tami Lynn Kent's award-winning *Wild Feminine, Mothering from Your Center* takes a groundbreaking, holistic approach to women's health as Kent provides gentle guidance through the emotional and physical transformative process of pregnancy, birth, and motherhood. Revealing her own soul-filled journey from miscarriage to motherhood, Kent offers an intimate and comprehensive guide to reclaiming the energetic center of the female body. Drawing on her work with thousands of women and the energy of the pelvic bowl, Kent teaches you to access the creative potential of your center and the

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profound medicine it contains for all aspects of mothering and living creatively. Learn how to • engage the energetic power of the pelvic bowl; • heal from pregnancy and birth; • strengthen the bond between mother and child; • create holistic family harmony; • find balance between work and home; • enhance creativity and joy. Whether you are pregnant, trying to conceive, recovering from childbirth, or raising children today, *Mothering from Your Center* will help you tap into your core feminine energy and explore your full creative range.

The easiest way to learn astrology is to start with yourself. Your astrological birth chart is a powerful tool for gaining a deeper understanding of your unique gifts, talents, challenges, and life's purpose. As you begin to decipher the wealth of information in your own birth chart, you'll experience astrology in a personally meaningful way—which makes it easier to understand and remember. Once you learn the basics of astrology, you'll be able to read the birth charts of yourself and others. This friendly guidebook is the most complete introduction to astrology available. Popular astrologer Kris Brandt Riske presents the essentials of astrology in a clear, step-by-step way, paying special attention to three areas of popular interest: relationships, career, and money. She explains the meaning of the planets, zodiac signs, houses, and aspects, and how to interpret their significance in your chart. Over 30 illustrations, including the birth charts of several famous people—Al Gore, Oprah Winfrey, Brad Pitt, and Tiger Woods, to name just a few—add a helpful visual dimension to your learning

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experience. Practical and positive, Llewellyn's Complete Book of Astrology offers techniques for using astrology to identify the qualities you seek in an ideal mate, realize your career and financial potential, calculate your luck, and discover your inner strength.

Rediscover the lost ancient mystery teachings of the Cosmic Womb • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb's sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness • Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how

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sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women’s bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

Exploring the dire consequences of cultural conditioning and feminine suppression, *Woman Be Wild* takes readers on a healing journey to wholeness by reconnecting women to their

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natural sexuality and true Wild nature. Indigo examines the demands and effects of our culture and how it has severed our fundamental connection to the Earth, the feminine, our sexuality, and our spirituality. Detailing the process of shedding limiting beliefs and oppressive conditioning, she provides encouragement, support, and a gentle push for her readers to return to their Wild, natural state of being. Readers will learn how to cultivate a deeper relationship with their physical bodies and sexuality, their subtle senses and intuition, the Earth and their spiritual connection to all of life. Indigo reveals how by healing this connection and restoring balance in ourselves, we unlock our individual keys and become vessels for creating a New Earth. *Woman Be Wild* is a journey of feminine awakening, empowerment, and freedom. It dissolves the shaming of sex and commands that we put an end to patriarchal rule and feminine suppression. The text explains that to do this, we must un-define what it means to be a woman and free women to express themselves fully, diversely, and authentically so they can embrace who they really are and reclaim their Wild, feminine power.

Discover the Womb Rites and initiatory magic of Mary Magdalene, who was revered as a Priestess and human embodiment of the Goddess • 2020 Nautilus Gold Award • Reveals how Mary Magdalene was a sacred priestess of the ancient Womb Mysteries, connected to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Sophia, Isis, Inanna, Asherah, Lilith, Jezebel, and Witches • Explains how the Magdalene Mysteries have been encoded in Gnostic texts, sacred art, and literature and unveils the secret Grail heresy of the Ghent Altarpiece • Offers rituals and practices to initiate you into the Womb magic of the ancient priestesses and access deeper dimensions of sexuality and feminine power A sacred

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priestess of the ancient Womb Rites, Mary Magdalene was at the center of a great and enduring Mystery tradition, one that touched on a stream of perennial spiritual wisdom as old as humanity. Worshipped as the human embodiment of the Goddess, the earthly Sophia, her womb was the spiritual luminatrix that anointed and empowered Jesus, transforming him into the Christ. As a priestess of the Goddess, Mary Magdalene knew how to embody the light and the dark, how to harness the magic potency of sacred sexual energy, and how to cleanse, awaken, and resurrect the soul. Yet, even though she sparked the creation of a worldwide religion, her story and teachings have been forgotten. Unveiling the lost left-hand path of the Magdalene, the Feminine Christ, authors Seren and Azra Bertrand explore how this underground stream of knowledge has been carried forward over the millennia through an unbroken lineage of Womb Shamans, Priestesses, Oracles, and Medicine Women. They explain how the Magdalene Mysteries, symbolized by the Rose, have been encoded in Gnostic codices and gospels and in the highest art, literature, and architecture of many ages, including most significantly the Ghent Altarpiece. They examine Mary Magdalene's connection to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Isis, Inanna, Asherah, Lilith, and Jezebel, and look at shamanic, tantric, and Cathar expressions of sacred feminine mysteries as well as the Witch and Templar roots of Robin Hood and Maid Marian. In this revelatory and magical text on the lost feminine mystery traditions of Mary Magdalene and the lineage of Sophia, the authors present encompassing theological, historical, mythological, and archetypal wisdom, with rituals and practices to initiate you into the Womb magic of the ancient priestesses and the path of the wild feminine.

With such groundbreaking bestsellers as *Women's Bodies*,

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Women's Wisdom and The Wisdom of Menopause, Dr. Christiane Northrup is one of today's most trusted and visionary medical experts. Now she presents her most profound and revolutionary approach to women's health. . . . The mother-daughter relationship sets the stage for our state of health and well-being for our entire lives. Because our mothers are our first and most powerful female role models, our most deeply ingrained beliefs about ourselves as women come from them. And our behavior in relationships—with food, with our children, with our mates, and with ourselves—is a reflection of those beliefs. Once we understand our mother-daughter bonds, we can rebuild our own health, whatever our age, and create a lasting positive legacy for the next generation. *Mother-Daughter Wisdom* introduces an entirely new map of female development, exploring the "five facets of feminine power," which range from the basics of physical self-care to the discovery of passion and purpose in life. This blueprint allows any woman—whether or not she has children—to repair the gaps in her own upbringing and create a better adult relationship with her mother. If she has her own daughter, it will help her be the mother she has always wanted to be. Written with warmth, enthusiasm, and rare intelligence, *Mother-Daughter Wisdom* is an indispensable book destined to change lives and become essential reading for all women.

Everyone is affected by color. We use colors to describe our physical health, our emotions, even our spiritual experiences. Now you can learn how to use color to restore health and balance energy. Popular author Ted Andrews presents an effective system for developing your innate healing skills, including a chart that lists the beneficial colors for over fifty physical conditions. With this easy-to-follow guide, you will learn the basics of color healing, why it works, and simple techniques for healing yourself and others using colored

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lights, candles, cloths, and charged water. Discover how to:  
Use color to balance and restore your energy Determine which colors you need using simple assessments Project and absorb the healing properties of color Develop the ability to "sense" color with easy, fun exercises

What this book is about is the spiritual Divine Feminine approach to overcoming self-doubt, the other half of the story where the root to our self-doubts actually comes from. My training in holistic nutrition taught me not to just treat a symptom. For a cure you have to reverse engineer and get to the root of the problem. My intent is to get to the roots of your self-doubts and for you to have a spiritual awakening to your true self and purpose which will wipe away any lies you have believed and self-doubts they have caused. A spiritual awakening may happen all at once by learning information that will instantly change your life forever or it may happen little by little over time. When we undergo a spiritual awakening, we literally "wake up" to a feeling of more possibilities for our life. We may feel like we have outgrown our current life. We begin to question our old beliefs, habits, and social conditioning, and see that there is much more to life than what we have been taught or allowed to experience. You are more powerful than you have been allowed to believe. Your Divinity, your specialness, your femaleness, and your self worth, once revealed will wipe away any self doubt you ever had about yourself. You will be fearless and never feel you have to bow down to anyone or feel second rate to anyone again. Whether you are walking down the Goddess path for the first time, or you are already enjoying a sacred relationship with your Divine Feminine self, you will learn to eliminate self-doubt, find and fulfill your personal calling, and ultimately your inner happiness. We each have our own divine purpose and specialness which we need to find and contribute to the betterment of the world.

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New enhanced edition of the original underground classic by Clarissa Pinkola EstA(c)s, Ph.D., features rare interview excerpts with this internationally acclaimed Jungian analyst and cantadora (keeper of the old stories). First released three years before the print edition of *Women Who Run With the Wolves* (Ballantine books, 1997) made publishing history (more than 2 million copies sold worldwide), this landmark audio probes the instinctual nature of women through world myths, folktales, and commentary. Through an exploration into the nature of the wild woman archetype, Dr. EstA(c)s helps listeners discover and reclaim their passion, creativity, and power.

The compelling drama of American herbologist Rosita Arvigo's quest to preserve the knowledge of Don Elijio Panti, one of the last surviving and most respected traditional healers in the rainforest of Belize.

Tools to awaken the creative powers of the womb • Contains exercises to open the womb's energetic pathways, release toxic emotions, and harness creative potential • Reveals how the womb's energies are crucial for the spiritual shift of 2012: birthing a new civilization • Shows how the awakened womb can also bring about male spiritual transformation In the past and in present-day indigenous traditions, women have known that the womb houses the greatest power a woman possesses: the power to create on all levels. Utilized in the process of giving birth, this power of creation can also be tapped in the birth of projects, careers,

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personal healing, spirituality, and relationships. However, because the womb stores the energetic imprint of every intimate encounter--loving or not--the creative voice of the womb is often muffled or absent altogether, affecting the emotional, mental, and spiritual health of women and their relationships. Drawing on sacred traditions from ancient India, Tibet, Egypt, Gnostic Christianity, and Judaism, the practice of Womb Wisdom empowers women to become aware of the intuitive voice of the womb outside of pregnancy and the moon cycle to unlock this potent inner source for creativity, birthing the new conscious children, spiritual growth, and transformation not only for themselves but also for their male partners. The authors include exercises to clear the past, release toxic emotions, open the womb's energetic pathways, activate the sacred sensual self, bring balance to relationships, and harness creative potential. Including intimate, individual stories of women experiencing the opening of the womb, this book also explores the forgotten sacred sites of the womb around the world as well as how the womb's energies are crucial to birth a new civilization in the spiritual shift of 2012. Discover the Goddess energies that lie within you through nine Goddess archetypes—an empowering guide on finding healing, strength, and transformation, for readers of Warrior Goddess Training The Goddess is guiding your life . . . You

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know 'the Goddess' as a divine feminine figure of myth, art and faith—but are you aware that, in truth, the Goddess is a life force that lives in you? Did you know that your multi-faceted experiences of life as a woman are influenced by Goddess consciousness? Do you sense that you have a hidden feminine energy that longs to be seen, accepted, valued—and used for a healing purpose? In this highly engaging and stirring book, leading intuitive Sophie Bashford takes you on a journey to meet nine Goddess archetypes, which will help you to:

- Understand the many ups and downs, emotions and cycles of your life through the 'eyes of the Goddess'
- Discover how the Goddesses can ignite your spiritual growth and uncover your feminine healing gifts
- Learn how to work with each Goddess for self-healing, positive inner change and empowerment
- Get in touch with a divine feminine support and healing system comprising nine archetypes, including Kali, Mary Magdalene, Aphrodite and Isis

Sharing intuitively channeled messages, beautiful guided meditations and moving personal experiences, Sophie leads you into safe territories where your darkest fears can be healed, your deepest dreams awakened and your entire life transformed.

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of

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cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

The first comprehensive look at the groundbreaking field of energy medicine and how it can be used to diagnose and treat illness, from one of the world's foremost practitioners of Traditional Chinese Medicine. Today, more of us than ever are discovering the curative powers of energy medicine. Scientific studies continue to confirm its validity, and medical doctors are regularly prescribing treatments such as acupuncture to their patients. But even for those of us who have benefitted from such treatments, the question remains: what exactly is energy medicine, and how does it work?

Acupuncturist and Traditional Chinese Medicine (TCM) scholar Jill Blakeway has been treating patients for more than twenty-five years. For Jill, the term "energy medicine" refers to the wide range of healing modalities used to diagnose and treat illness by manipulating the energy—the vital life force referred to as "qi" in TCM—that pulses through the cells of our bodies. But even this seasoned practitioner admits she doesn't truly understand how some of her patients are healed under her care, and retains a healthy skepticism about her own abilities as well those of her peers. In *Energy Medicine*, Jill invites us on her global journey to better understand,

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apply, and explain this powerful healing force. Moving from her own clinic to the halls of academia, she talks to top healers, researchers, and practitioners—from the Stanford and Princeton professors researching the physics behind energy medicine and healing; to a Chinese Qi Gong master who manifests healing herbs directly from her palm; to a team of skeptical scientists who use “hands on” healing to repeatedly cure mammary cancer in mice. She also tells the story of how she discovered energy medicine and became one of the most sought-after healers in the world. Lively, entertaining, and informative, told in Jill’s funny, relatable, and wholly grounded voice, *Energy Medicine* bridges the gap between science and spirituality and offers a persuasive, evidence-based case that advances this ancient healing practice.

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

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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. A chakra in our breasts that emits spiritual nourishment into life... a secret substance in our bodies to heal the earth... a direct connection from our wombs to the creative center of the universe... In *Body of Wisdom*, Hilary Hart identifies nine hidden powers alive in women's bodies and instincts, waiting to be used in contemporary challenges such as the creation of community, healing of the earth, and the restoration of life's spiritual nature. Based on interviews with the world's most visionary spiritual teachers and women's dreams and experiences, *Body of Wisdom* ushers in a new spirituality in which the body and the shared body of the earth are known as a seat of mystical power and women take responsibility for spiritual work that only they can do.

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