Woman Spirit A Menarche Myth

The CurseThe Spirit of a WomanA Woman's Book of ShadowsHunter-Gatherers of the Congo BasinNatural Born Shamans - A Spiritual Toolkit for LifeThe Palgrave Handbook of Critical Menstruation StudiesAwakening the Creative SpiritWomb AwakeningA Comprehensive Textbook of Obstetrics and GynecologyThai Massage Dissected Janice Delaney Terry Laszlo-Gopadze Barry S. Hewlett Imelda Almqvist Chris Bobel Christine Valters Paintner Azra Bertrand Sadhana Gupta Natasha de Grunwald

The Curse The Spirit of a Woman A Woman's Book of Shadows Hunter-Gatherers of the Congo Basin Natural Born Shamans - A Spiritual Toolkit for Life The Palgrave Handbook of Critical Menstruation Studies Awakening the Creative Spirit Womb Awakening A Comprehensive Textbook of Obstetrics and Gynecology Thai Massage Dissected Janice Delaney Terry Laszlo-Gopadze Barry S. Hewlett Imelda Almqvist Chris Bobel Christine Valters Paintner Azra Bertrand Sadhana Gupta Natasha de Grunwald

in its hard headed richly documented concreteness it is worth a thousand polemics new york times from a review of the first edition the curse deserves a place in every women s studies library collection sharon golub editor of lifting the curse of menstruation a stimulating and useful book both for the scholarly and the general reader paula a treichler co author of a feminist dictionary

combining storytelling and courageous honesty the spirit of a woman stories to empower and inspire is an indispensable resource for every woman providing inspiring stories of female creativity and compassion for those who want to lead lives full of meaning and purpose consisting of approximately two dozen nonfiction essays by authors such as lauren artress christina baldwin bobbi gibb mama donna henes jyoti dr gladys mcgarey suni paz hagit ra anan janet grace riehl and sheri ritchlin the book is a celebration of courageous women living spiritual lives in the face of challenging circumstances each story is unique and demonstrates the art of storytelling at its best the women who wrote the stories come from many nations ages and personal histories they have encountered the difficulties that are part of a fully lived life and instead of fleeing the unknown they have honored the mystery and faced fear with faith they see closed doors as openings to new choices and possibilities they are spiritual optimists and activists fighting for causes that resonate deep within their souls some have used the backgrounds of their cultures and traditions to lead richer more meaningful lives some have moved from one faith to another or even to many other faiths others have left tradition behind to

encounter spirituality in new and wonderful ways and every single one of them sees life as a sacred trust

the irresistible definitive guide to the magical practices of contemporary women beginning with a brief history of witchcraft it explores the huge range of beliefs festivals skills and lore including goddesses priestesses witches reincarnation karma magic power the aura the chakras psychic awareness astral travelling pathworking dreamwork healing covens initiations collectives lone witches the circle the altar wands robes chalices incenses oils candles the moon the planets sabbats esbats solstices equinoxes samhain candlemas beltane lammas tarot scrying starcraft herbal loregathering together all the disciplines of european witchcraft and giving rituals and spells for use in our lives a woman s book of shadows first published in 1993 is a remarkable compendium of magical lore psychic skills and women s mysteries

the forest foragers of the congo basin known collectively as pygmies are the largest and most diverse group of active hunter gatherers remaining in the world at least fifteen different ethno linguistic groups exist in the congo basin with a total population of 250 000 to 350 000 individuals extensive knowledge about these groups has accumulated in the last forty years but readers have been forced to piece together what is known from many sources french japanese american and british researchers have conducted the majority of the research each national research group has its own academic traditions history and publications here leading academic authorities from diverse national traditions summarize recent research on forest hunter gatherers the volume explores the diversity and uniformity of congo basin hunter gatherer life by providing detailed but accessible overviews of recent research it represents the first book in over twenty five years to provide a comprehensive and holistic overview of african forest hunter gatherers chapters discuss the cultural variation in characteristic features of congo basin hunter gatherer life such as their yodeled polyphonic music pronounced egalitarianism multiple child caregiving and complex relations with neighboring farming groups other contributors address theoretical issues such as why pygmies are short how tropical forest hunter gatherers live without the carbohydrates they receive from neighboring farmers and how hunter gatherer children learn to share so extensively

natural born shamans a spiritual toolkit for life covers all aspects of performing spiritual or shamanic work with children and young people it is aimed at anyone who has an interest in young people and their spiritual journey and covers all age groups from in utero until age 18 the book explains what shamanic parenting is and describes ways of doing spirit led work even with both unborn babies and spirit children after miscarriage abortion or early death it also provides 30 tried and tested

session plans for people looking for inspiration and where to start

this open access handbook the first of its kind provides a comprehensive and carefully curated multidisciplinary and genre spanning view of the state of the field of critical menstruation studies opening up new directions in research and advocacy it is animated by the central question what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course the chapters diverse in content form and perspective establish critical menstruation studies as a potent lens that reveals complicates and unpacks inequalities across biological social cultural and historical dimensions this handbook is an unmatched resource for researchers policy makers practitioners and activists new to and already familiar with the field as it rapidly develops and expands

the resource is designed to help spiritual directors and others use expressive arts in the context of spiritual direction it is the latest book in the unique sdi series designed for professional spiritual directors but also useful for clergy therapists and christian formation specialists the spiritual directors international series this book is part of a special series produced by morehouse publishing in cooperation with spiritual directors international sdi a global network of some 6 000 spiritual directors and members

rediscover the lost ancient mystery teachings of the cosmic womb 2017 nautilus silver award 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 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 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

this book contains nearly 1200 illustrations that explain the basics and nuances of operative dentistry enabling trainees to easily grasp key essential concepts through a unique management options section it guides students through the various instruments required for clinical practice

written by the uk s leading teacher and practitioner natasha de grunwald a pioneer of thai massage and bodywork for 30 years thai massage dissected is a book aimed at massage therapists yoga teachers physiotherapists osteopaths and all manual therapists who want to expand their therapeutic approach and are curious to learn about the body from a thai anatomy and dissection perspective therapeutic thai massage and bodywork is a rich and diverse modality so much more than the stretching and deep tissue work for which it is known the book provides a richly curated combination of tools techniques and protocols that will enhance all practitioners skill sets natasha discusses the roots of this modality as buddhist medicine the five element system the use of therapeutic herbs and thai anatomy whilst also writing about concepts such as proprioception and interoception there is an additional chapter looking at traditional healthcare practices for women informed by her time spent with village midwives on the thai burmese border natasha de grunwald uses imagery from many hours spent in a cadaver lab to describe anatomical textural layers and structures bringing human form to life she consolidates this with a therapeutic perspective on thai medical theory and how thai massage and bodywork can be carried out in a clinical setting this comes from her extensive research studies and knowledge spanning over three decades

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