

Omu Spirituality Women As Essential Mystics

[#Omu spirituality](#) [#women mystics](#) [#essential spiritual leaders](#) [#female spiritual traditions](#) [#Omu mysticism](#)

Delve into the profound world of Omu spirituality, highlighting the pivotal role of women mystics as essential spiritual leaders. This piece examines the unique contributions and female spiritual traditions that define Omu mysticism, revealing their deep connection to the divine and their integral place within the spiritual landscape.

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Omu Spirituality

The book focuses on the religious perspectives of Omu women, who are mystics found in the traditional African region of Aniocha-Oshimili in the local government area of Delta state, Nigeria. The author discusses their religious practices, ideas, and values. Maureen Uche is a native of Nigeria. She enjoys teaching African religions and is the author of scores of articles that combine exceptional perspectives.

Wild Mercy

Wild Mercy is essential reading for anyone ready to awaken the feminine mystic within and birth her loving, creative, and untamed power into the world. "Mystical brilliance at its best." —Caroline Myss
"No one can take us into the fiery and tender depths of the sacred feminine with more skill, humor, clarity, and vibrant naked honesty than Mirabai Starr." —Andrew Harvey, author of *The Hope and The Return of the Mother*
We live in a world that has suffered the abuses of an unbalanced masculine rule for thousands of years—but the feminine is rising. "Seeds of feminine wisdom that have been quietly germinating underground are now breaking through the surface," writes Mirabai Starr. "Women everywhere are rising to the collective call to step up and repair our broken Earth. And we are activating a paradigm shift such as the world has never seen." With *Wild Mercy*, Mirabai shares the subversive wisdom and fierce compassion of the feminine mystic across cultural boundaries and throughout history. From saints and sages, to goddesses and archetypal energies, to contemporary teachers and seekers—you'll meet women who blazed a path that will illuminate your own. Each chapter explores a different facet of feminine mysticism through a tapestry of teachings, reflections, and stories, along with a practice for integrating the chapter's themes into your own life. As you journey through these pages, you'll explore: Taking refuge in contemplative practice with St. Teresa of Avila and the Shekinah Longing, embodiment, and union as the heart of feminine spiritual practice with the Hindu poet Mirabai and Mary Magdalene Your relationship with the Earth, motherhood in all its forms, and a loving call to action alongside Gaia and Ix Chel Community and the web of life with Indra, the Beguines, and female prophets throughout history Wild, playful, and compassionate mercy with Tara and Kuan Yin Finding joy in creativity and the arts with Saraswati and Chiyo-ni More inspiration from archetypal goddesses and

amazing women past and present—Julian of Norwich, the Sufi saint Rabiya, Pachamama, Sophia, Old Spider Woman, Hildegard of Bingen, Demeter, Kali, and more Wild Mercy provides a much-needed alternative to the models of religion and spirituality that have dominated history. Here, Mirabai invites you to welcome the wisdom of women back into the collective field where it may transform the human family, heal the ravaged Earth, and awaken the divine love in our hearts.

Women of Wisdom

In her introduction, Paula Marvell offers a definition of mysticism, looks at its feminine aspects within each of the major world religions, discusses what it means to be a woman mystic, and explains why she has chosen the women in this anthology. Her selection features 32 women mystics from all ages and faiths, from Mary Magdalene to Evelyn Underhill. She explores their lives, their experiences and their teachings, and draws out the core underlying themes which relate to the concept of non-duality or "oneness".

Women Mystics in the Christian Tradition

This book is the companion to a Women Mystics in the Christian Tradition course on www.BeADisciple.com. It focuses on women mystics, primarily in the Christian tradition, and on a narrow definition of mysticism as "a personal experience of the Divine Reality, leading to unity or oneness with the Divine." It includes an extensive Bibliography and space for journaling, making the book valuable for both education and personal spiritual growth.

Women and Spirituality

Written by an acclaimed scholar to enrich and complete the vision offered by traditional Western spirituality, *Women and Spirituality* demonstrates that women, as women, have a valuable contribution to make to religion. This new edition is revised and updated in light of thirteen years of feminism, including new biblical role models and a new chapter on women's special relationship to time. Prodding readers to pay attention to their own experiences, Ochs challenges traditional religious concepts such as solitary struggle, otherworldliness, and the spiritual journey to a distant goal, and shows how women's spirituality focuses on relationships with others, commitment to this world, and engagement with the present.

Weavers of Wisdom

Traditionally most gurus, philosophers, and religious leaders have been men. But in this fascinating and thought-provoking book, Bancroft provides the feminine approach to mysticism by examining the methods and teachings of fifteen women who have developed their own insights into what the author calls the "truth that goes beyond the ordinary".

The Book of Women

In *The Book of Women: A Celebration of Women and the Female Spirit*, one of the twentieth century's greatest spiritual teachers discusses the importance and value of feminine strengths. "The woman should search into her own soul for her own potential and develop it, and she will have a beautiful future."—Osho Osho explores the role of women in our society. Up until now, he says, both religious institutions and politics have remained male-dominated—not only male-dominated but male-chauvinistic. This has created so many of the crises that we see in the world now, brought about by excesses of ambition, competitiveness, and greed. In these pages, Osho challenges readers to reclaim and assert the feminine qualities of love, joy, and celebration to bring a reunion of the intellect and the heart that is so desperately needed. He looks to the female spirit in all of us as a way to nurture the soul and cultivate a healthy relationship with spirituality. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the "1000 Makers of the 20th Century" and by Sunday Mid-Day(India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

The Path of the Priestess

A guide for personal exploration of the path to the divine feminine and the spiritual power of women.

- Reveals the essential role of women in creating and maintaining the psychic/energetic/emotional landscape of society.
- Explores feminine roles and the archetypal model of the Great Goddess from both Eastern and Western spiritual traditions.
- Includes exercises, meditations, and visualizations drawn from ancient techniques to assist women with their spiritual awakening and self-realization.

The Path of the Priestess takes readers on a journey deep into the heart of the feminine experience. It describes the author's years of first-hand experience in the ancient arts of Tantra, Dzogchen, and Indian and Egyptian temple dance and healing, as well as her research into the feminine principle in the mystic teachings of the Alchemists, Hebrew Kabbalists, and Christian Gnostics. Beginning with an analysis of the basic issues and frustrations inherent in contemporary society's conditioning of and expectations for women, readers travel back in time to the age of the great temples, schools, and sacred societies in which women still held and transmitted the spiritual light that nourished all of civilization. Through its mythic and historic tales, descriptions of sacred ritual practices, and teachings on the Goddess traditions, The Path of the Priestess provides contemporary women with the means to enter this time-honored path. In keeping with the experientially based teaching methods of these traditions, it also offers exercises and visualizations designed to align women with the powerful, sensuous, and loving energies of the most profound feminine role model that shaped and preserved culture and society--the Great Goddess.

Women Mystics in Medieval Europe

This text revives the works of five powerful mystics of the Middle Ages and provides a valuable inspirational resource for all spiritual seekers.

Women Christian Mystics Speak to Our Times

Women Christian Mystics Speak to Our Times is an ambitious collection of essays by leading scholars that connects the modern world with the timeless wisdom of women such as Catherine of Siena, Hildegard of Bingen, Th-rFse of Lisieux, Mary of Bizye, Julian of Norwich, Teresa of Avila, Birgitta of Sweden, Hadewijch of Brabant, Agnes of Blarmbekin, Mechthild of Magdeburg, Marguerite de Porete, and Catherine of Genoa. While emphasizing the holy lives of these women, this book also reveals their lasting contributions to theology and spirituality. Bound by a common belief that women Christian mystics have much to teach us today, these accessible essays are geared toward classrooms and educated lay readers.

Women Mystics Confront the Modern World

Women Mystics Confront the Modern World situates the female mystical tradition within the context of the epistemological shift which affected religious sentiments and the perception of the self at the dawn of the modern world. Anchored in a comprehensive knowledge of the religious history of seventeenth-century France, this book offers a vivid account of the fascinating lives and work of two exceptional women. Marie de l'Incarnation (1599-1672) and Madame Guyon (1648-1717) continue a literary and spiritual tradition that had begun in the thirteenth century. Yet, because they were at a crucial point in the history of Western mysticism, when this movement was at once at its apogee and in the first stages of decline, their writings show indications of a changing mentality. These transformations shed light on the social significance of female mysticism in the Western tradition. The opportunities the two women seized or shunned highlight their maneuvering for validation and autonomy. But their choices also highlight many contradictions, compromises, and limits imposed upon their self-expression. At the confluence of French and American scholarship on mysticism, this work joins these two schools of thought by introducing gender as a viable category of inquiry into the one and by tempering the overly-optimistic interpretation of female mysticism of the other.

The Unknown She

Is there a mystical consciousness particularly natural to women? And if so, what role is it playing in the spiritual evolution of our world? To answer these questions, Hilary Hart traveled across the world meeting with contemporary mystics from a variety of traditions including Lakota Sioux, Sufism, Buddhism, and West-African shamanism. The revelations of feminine wisdom offered from these encounters are not conceptual teachings, but vivid examples of lived spirituality expressed sometimes through simple ways of being, sometimes through profound mystical experiences. Revolutionary and remarkably practical, The Unknown She offers a startling new look at women's unique mystical orientation and

its place in the evolution of our universal consciousness. "... for serious students of mystical traditions and women's spirituality, this challenging book offers rewards not found in more conventional works." —Publishers Weekly "... a profound exploration of what may become the most important development in the 21st Century: the return of the feminine voice in spiritual experience." —Tsultrim Allione, author, *Women of Wisdom* A wonderful book! Here, the deep feminine speaks beautifully with inspiration and wisdom so terribly needed in our times." —Jack Kornfield, author, *After the Ecstasy, the Laundry* and founding teacher of Spirit Rock Meditation Center "In this sensitive and beautifully crafted book, Hilary Hart has listened to the voice of a new, emergent, mystical consciousness in women and through her careful witnessing has offered it to us as a precious gift." Anne Baring, author, —*The Myth of the Goddess*

Body of Wisdom

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. ,

Radical Wisdom

Lanzetta illuminates the transformative potential of the classical tradition of women mystics, especially in light of contemporary violence against women around the world. Focusing on the contemplative process as women's journey from oppression to liberation, Lanzetta draws especially on the mysticism of Julian of Norwich and Teresa of Avila. She lays out the contemplative techniques used by mystics to achieve their highest spiritual potential and also investigates how unjust social and political conditions afflict women's souls. Lanzetta identifies a specific historical female mystical path (the *via feminina*) and draws contemporary conclusions for how women might understand their bodies, their rights, and their ethics.

Sacred Voices

"A magnificent resource that not only informs but inspires and encourages us to find our own wisdom, our own voice." — Oriah Mountain Dreamer, author of *The Invitation* and *The Dance* "An always-brimming well of empowering knowledge...the full range of long-silenced voices of the sacred feminine singing together." — Eryk Hanut, author of *The Road to Guadalupe* and Director of the San Francisco Center for the Divine Feminine "These visions comprise an unbroken thread woven through five millenia and remain vibrant to this day." — Larry Dossey, M.D., author of *Reinventing Medicine*, *Healing Words*, and *Healing Beyond the Body* "This book is well named--the wisdom emanating from the sacred visions within is truly essential wisdom for our times." — Matthew Fox, president, University of Creation Spirituality, author of *Illuminations of Hildegard of Bingen*, *The Coming of the Cosmic Christ*, *Original Blessing* and *One River, Many Wells* "Sacred Voices is ... the voices of women, ancient and modern, that our hearts have been longing to hear." — Neil Douglas-Klotz, author of *Prayers of the Cosmos* and *The Hidden Gospel* "A brilliant marriage of scholarship and love... a breathtaking chorus of women's voices, celebrating the full range of female experience." — Dorothy Walters, Ph.D., author, *Marrow of Flame: Poems of the Spiritual Journey* and *Unmasking the Rose: An Account of a Kundalini Initiation*. "This superb collection of life-affirming writings sounds a call that men and women alike need to hear." — K. Lauren de Boer, Executive Editor, *EarthLight Journal* "A much-needed collection of women's wisdom--vibrant, expressive, and vital." — Jack Canfield, co-author, *Chicken Soup for the Woman's Soul* "It is good to hear these blessed women's voices raised at last...a soulful wake-up call." — Lama Surya Das, spiritual teacher, author of *Awakening the Buddha Within*, and founder of the Dzogchen Center "A bedside book to reach for during the darkest nights, as well in times of grace and glory." — Nancy Steinbeck, author of *The Other Side of Eden: Life with John Steinbeck* "An excellent gift, an inspiring bedside companion or a handy resource for preachers, writers and spiritual dreamers." — Publishers Weekly "Wherever this book falls open, read, and be steadied on your blessed course." — Clarissa Pinkola Estes, psychoanalyst; director, La Sociedad de Guadalupe; author of *Women Who Run With the Wolves* and *La Curandera* "A breathtaking and inspiring collection of ancient and modern

writings from the world's most foremost female sages and saints." — NAPRA ReView "May reading this book be a source of inspiration and revelry in the divine feminine for you." — EarthLight "A lavish and inspiring volume." — Forecast "This splendidly inclusive anthology...maps the entire shimmering continuum of women's spirituality." — Booklist "Sacred Voices is an excellent resource...we gain a sense of women's connection with the divine through the ages." — Emphasis

The Essential Handbook of Women's Spirituality & Ritual

Among the topics explored are: how to form a women's spirituality group; holidays for women to celebrate; creating a personal altar; how to participate in guided meditations; the names of the goddesses; and celebrating female rites of passage.

Praying with the Women Mystics

From tastemaker Ruby Warrington comes the essential guide to bringing together style and soul, beauty and bliss and karma and cool for a life that is both meaningful and fabulous. From her influential perch as Features Editor of Sunday Times Style magazine, Ruby Warrington has always had her finger on the pulse of what's trending. The force behind The Numinous, the high-vibe on-line magazine about spirituality for modern women. Ruby is not only deeply connected to the modern spirituality scene counting people like Gabrielle Bernstein among her best friends she is also one of the leading faces of the new seeker movement, where hippie meets hipster. A smart, funny and fresh guide, Material Girl, Mystical World invites readers on a fabulous journey to discover their own path to personal enlightenment in every area of life from love, sex and relationships to fashion and beauty and health and wellness. whether teaching readers how to survive festivals, do a psychic closet clear out, date mindfully or weave the power of the divine feminine into their careers, Warrington embraces the realities of modern life with empathy and style. Punctuated with beautiful illustrations that merge the fashionable and the mystical and full of insight from some of the coolest people at the intersection of style, culture and the new spirituality, Material Girl, Mystical World is the must-have guide for modern seekers 'material girls' who know that enlightenment doesn't have to mean leaving the everyday world and its pleasures behind.

Material Girl, Mystical World

Though often overlooked in the history of western esotericism, women made a strong showing during the nineteenth century occult revival. Notable women such as Madame Blavatsky and Annie Besant certainly stand out, even to this day, as vanguards. This collection is intended not only to showcase some of their writing but demonstrate that women's involvement in occult publishing isn't something new. A collection of 18 essays by women writers on the Subjects of Spirituality, Mysticism, Magic, Witchcraft, the Kabbalah, Rosicrucian and Hermetic Philosophy, Alchemy, Theosophy, Ancient Wisdom, Esoteric History and Related Lore.

The Feminine Occult: A Collection of Women Writers on the Subjects of Spirituality, Mysticism, Magic, Witchcraft, the Kabbalah, Rosicrucian and Hermetic Philosophy, Alchemy, Theosophy, Ancient Wisdom, Esoteric History and Related Lore

Evelyn Underhill was a pioneer in revitalizing interest in mysticism and in the spiritual life as lived by ordinary people. Here are some of her articles that demonstrate the variety and development of her thought over forty years. The themes of magic and mysticism, prayer and pacifism are all considered, with particular emphasis on Underhill's focus on personal religious experience, its nurturance in prayer, its protection by institutional religion, and its implications for all aspects of life. Together, the pieces illuminate the author's move from Platonism to the incarnational spirituality lived out during the years between the world wars. Greene's interpretive introduction to the life and work of this contemporary mystic is most helpful for those previously unfamiliar with Underhill. The book contains the most complete bibliography available on works by and about this important woman.

Evelyn Underhill

Arching Backward is the extraordinary account of an American woman who found herself suddenly and violently immersed in a mystical initiation for which she was not prepared. Her story offers a guide for others on this journey and provides a powerful affirmation of women's experience of the spirit.

Archiving Backward

The women mystics of medieval Europe represent the very first feminine voices heard in a realm where women were virtually silent. The eleven women represented here were housewives, visionaries, abbesses, Beguines, recluses, and nuns who wrote between the 11th and 14th centuries. Among the more well known: Heloise, Hildegard of Bingen, Clare of Assisi, Catherine of Siena, Julian of Norwich, and Margery Kemp.

Visions & Longings

Enlightenment: the word conjures up a sense of mystery and awe, and we hold in high regard those persons who have attained this supreme state of humanness. Philosophers, mystics, and spiritual masters throughout the ages have said that the journey of spiritual awakening is the greatest adventure an individual can undertake and the greatest service a person can offer to her fellow humans. Woman, Goddess & Savior presents a new and modern path of spiritual enlightenment, one specifically tailored for the feminine, and tells why it is vitally important to the fate of our world for more women to become enlightened. However, there are two historical hurdles facing women who have a yearning for spiritual awakening. First, paths of enlightenment were created in earlier times when the custom for seekers was to leave behind ordinary life and enter a monastery, ashram or similar cloistered domicile where spiritual life could be pursued full-time. Second, these paths were designed by men solely for men, in an era when women were excluded from such pursuits. The practices, rituals and lessons were therefore designed for the male temperament and really aren't optimal for women, especially women leading normal domestic and career lives. Woman, Goddess and Savior's path to enlightenment is intended to awaken the sleeping inner Goddess. Its processes and methods are designed to be practiced in the midst of ordinary life and in relationship with others, not by sitting alone on the proverbial mountaintop. Women who feel in their hearts the call of Spirit should find this a refreshing and inspiring alternative to traditional male-centric spiritual paths.

Woman, Goddess and Savior

Deacon Owen Cummings examines the eucharistic spirituality of 10 women mystics

Mystical Women, Mystical Body

There is a growing awareness that we are doomed as a species and planet unless we have a radical shift in consciousness and the re-emergence of the Goddess is becoming the symbol and metaphor for this transformation. *Feminine Mysticism in Art* fills the void of Goddess imagery in the West by providing images and writings offered by 70 contemporary visionary artists and writers (male and female) who have committed their life's work to the re-birth of the Divine Feminine in the West. Some of the visionary artists are: AfraShe Asungi, Yasmin Hernandez, Martina Hoffmann, Autumn Skye Morrison, Penny SlingerHrana Janto, Heather Taylor, Mark Henson, Abba Yahudah, David Joaquin, Andrew Annenberg, Paul Heussenstamm, etc. Some of the visionary writers are: Anne Baring, Margaret Starbird, Vicki Noble, Llewellyn Vaughn-Lee, Lotus Linton, Sandra Ingerman, Hank Wessel. It is an epic anthology by powerful voices in the Women's Spirituality movement, Inter-Spirituality movement, the Transcendental Art movement. The mission of the book is to not only document a genre of art referred to as feminine mysticism or Goddess art, but also to reveal powerful images of the Divine in his/her myriad forms. The ultimate mission of the book is to assist humanity in evolving our conceptualization of the Divine, transcending out of antagonistic, dualistic, and hierarchical gender associations and into a new mode of consciousness that is more inclusive of all of God's creation. In order for this to occur, however, it is essential that the sacred feminine be firmly rooted in human consciousness. Since the masculine side of God has been so heavily portrayed in Western culture, a large number of people are yearning for images of the Goddess in order to provide alternatives to the conventional dominance of men in religion and society. In contrast, the Goddesses show us that the female can also be symbolic of all that is creative and powerful in the universe as well as provide us with an orientation that can help us save the planet from ecological destruction. Feminine mysticism is a spiritual movement devoted to the re-enchantment of the feminine principle or feminine side of God. Feminine mysticism is a spiritual journey for women, as well as for men, which has been lost to many Westerners, but is beginning to resurface in various ways. In the past thirty years, scholars from various disciplines have documented the ancient cultures and religions of the Goddess and the ways in which they had been intentionally subjugated by the patriarchal religions of Judaism, Christianity, and Islam. Archeological and historical evidence all reveal that for thousands of years, matriarchal religions and patriarchal societies existed simultaneously, and

that over time, matriarchal or "pagan" religions suffered under centuries of persecution and suppression by the patriarchal societies, which held male deities as supreme. As a result, the feminine side of God has been hidden from view, leading to a deconstructed perception of humanity and disrespect towards many attributes associated with the feminine. Although the reign of matriarchal societies is long gone, the time of union between the masculine and feminine principles are close at hand. The Goddess is revealing herself to the human psyche in an assortment of ways, from the arts to the sciences. Her re-emergence is crucial to our society's shift into a new paradigm, a symbiotic union between the masculine and feminine aspects within the human psyche, society, and the world of spirit. However, before this shift in consciousness can occur, the awakening of the Divine Mother needs to occur on a worldwide level, which is why it is crucial to get as many images of HER as possible into the public's view at this time. See book's website: www.mysticspiritart.com

Woman Mystic

Situates the female mystical tradition within the context of the epistemological shift which occurred at the dawn of the modern world.

Feminine Mysticism in Art

Giving Birth to God tells of one woman's journey through yoga ashrams and Sufi training to finding a mystical Christian school with Master Teachers. After 12 years of transformational training, Mother Clare was ordained a Priest, and four years later a Master Teacher. Mother Clare was married, raised four children, and was a practicing midwife and psychotherapist while receiving her mystical and esoteric training. Without being celibate, without going to India and joining a foreign religion, Mother Clare received complete spiritual training, including initiations and ordinations, in the midst of leading the full life of an American woman. Wonderfully moving stories give an in-depth rendering of the Inner Christian Path. Some accounts will induce laughter and some tears, while the stories of women giving birth and the transformations the author experienced as a midwife and mother will move hearts and open minds to the great reality of the spiritual world.

Women Mystics Confront the Modern World

This anthology looks at spirituality in its broadest sense and includes extracts from fiction and poetry as well as writings by women known for their search for spiritual fulfilment, women whose inner journeys were often very different from those of men. Crossing all religious boundaries, disciplines and ages, this represents not just Christianity, Judaism, Buddhism, Hinduism, Sufism but also women who do not conform to any mainstream orthodox religion. Some of the writers included: Simone Weil, Julian of Norwich, Iris Murdoch, Alice Walker, Rabiah Balki, Virginia Woolf, Anna Akhmatova, Emily Dickinson, Nangsa Obum and many more.

Giving Birth to God

You are invited to the joyous realm of the Goddess where your female body is sacred ground and your soul is a mirror of the cosmos. Here your spirit will feast on ways to integrate the Divine Feminine into sacred space, spiritual and psychic arts, beauty and self-care, and sexuality. For women of all ages and walks of life, Goddess Consciousness is deeply meaningful, fun and informative- ancient mysticism formatted for a new millennium. Richly illustrated with the author's art and photography.

The Virago Book of Spirituality

This anthology is a compilation of women sojourners, sages, mystics, witches, shaman, medicine women, philosophers, therapists, life coaches, yogis, and other spiritual teachers. Their journeys. Their stories. Their teachings and practices. Poetry, Art, Rituals and Prayers. It is full of useful tools and powerful messages for everyone who is on a spiritual journey to embrace and enjoy. Featured contributors include Shiloh Sophia, Tziporah Kingsbury, Kris Oster, Anna Huckabee Tull, JoAnne Bassett.

Goddess Consciousness

"In this blessed revelation I was truly taught that any man or woman who voluntarily chooses God in this lifetime may be sure that he or she is chosen. Pay true heed to this, for it is indeed God's will for us to be as certain in our trust to have the bliss of heaven whilst we are here as we shall be certain

of it when we are there". -- Julian of Norwich "When a soul has reached the third stage, the love of friendship and filial love, her love is no longer mercenary. Rather she does as very close friends do when one receives a gift from the other. The receiver does not look just at the gift, but at the heart and the love of the giver, and accepts and treasures the gift only because of the friend's affectionate love. So the soul, when she has reached the third stage of perfect love, when she receives my gifts and graces does not look only at the gift but with her mind's eye looks at the affectionate charity of me, the Giver". -- Catherine of Siena Readers interested in women's spirituality have long been aware that much contemporary writing has its roots in the work of the early feminine mystics. The writings of women such as Hildegard of Bingen, Julian of Norwich, and Catherine of Siena both inspired and laid the foundation for the rich body of literature that is now available to us. "The Feminine Mystic" is a collection of readings by the early women mystics that helps readers explore the richness of these ancient writings in a systematic way. The one- or two-page selections are collected around a variety of themes, such as prayer, God, justice, and vocation. An introduction describes both the women in their contexts and their contemporary significance. Easy to read, with inclusive-language editing, these brief selections provide a well-organized and comprehensive volume of this ancient and foundational body of texts. Ideal for those who practice daily spiritual reading as a discipline.

Women of Spirit: Exploring Sacred Paths of Wisdom Keepers

MEDICINE WOMAN WITHIN A DREAM: BOOK 3 OF THE MYSTERIES OF THE REDEMPTION SERIES (OUT-OF-BODY TRAVEL): In 'Medicine Woman Within a Dream,' you will meet the spirit of a great Native American Chief who teaches the author about the mysteries of evolution and the nature of light and dark energies within our realm. Along the way, you will meet the Medicine Women from Throughout the Ages and the Old Ones, who teach her to alter reality from the standpoint of energy and the many amazing ways in which the eternal assists those of us encased in flesh to accomplish the goals of our existence in this world. Each of these books not only gives practical guidance on how to achieve the out-of-body experience, but each volume expands further on achieving higher states and handling the many situations that you come across when traveling out-of-body. (For more info- www.outofbodytravel.org)

The Feminine Mystic

Honorable Mention for the Wallace K. Ferguson Prize from the Canadian Historical Association Chosen by Choice Magazine as an Outstanding Academic Title of 2003 In 1891, newspapers all over the world carried reports of the death of H. P. Blavatsky, the mysterious Russian woman who was the spiritual founder of the Theosophical Society. With the help of the equally mysterious Mahatmas who were her teachers, Blavatsky claimed to have brought the "ancient wisdom of the East" to the rescue of a materialistic West. In England, Blavatsky's earliest followers were mostly men, but a generation later the Theosophical Society was dominated by women, and theosophy had become a crucial part of feminist political culture. *Divine Feminine* is the first full-length study of the relationship between alternative or esoteric spirituality and the feminist movement in England. Historian Joy Dixon examines the Theosophical Society's claims that women and the East were the repositories of spiritual forces which English men had forfeited in their scramble for material and imperial power. Theosophists produced arguments that became key tools in many feminist campaigns. Many women of the Theosophical Society became suffragists to promote the spiritualizing of politics, attempting to create a political role for women as a way to "sacralize the public sphere." Dixon also shows that theosophy provides much of the framework and the vocabulary for today's New Age movement. Many of the assumptions about class, race, and gender which marked the emergence of esoteric religions at the end of the nineteenth century continue to shape alternative spiritualities today.

Medicine Woman Within a Dream

Full of spiritual wisdom and insights, *Mystic at the Edge* is a book you can pick up at any time to uplift, enlighten, and encourage you. The first part spans Maureen Chen's life from growing up in 'White' Australia, marrying her Chinese husband, travelling through Asia in search of an ashram where they could pursue the teachings of Buddha; he to become a monk, and her a nun, onto Europe and back to Australia through Asia once again. In Australia, Maureen and Tom come across the Brahma Kumaris and begin to follow their teachings. They end up returning to Asia where Maureen opens and sustains a number of Brahma Kumaris Meditation Centres in various countries. In parts two and three Maureen shares deep and meaningful explorations and contemplations on practical spirituality and how her

spiritual philosophy and lifestyle interface with wider world views. Entertaining yet powerful, and perhaps at times challenging, *Mystic at the Edge* shows that spirituality is not about being flaky, counter-cultural, or religious. Spirituality is a natural calling in all of us to practice being who we really are and support each other in making a better world.

Divine Feminine

A distinguished anthropologist—who is also an initiated shaman—reveals the long-hidden female roots of the world's oldest form of religion and medicine. Here is a fascinating expedition into this ancient tradition, from its prehistoric beginnings to the work of women shamans across the globe today. Shamanism was not only humankind's first spiritual and healing practice, it was originally the domain of women. This is the claim of Barbara Tedlock's provocative and myth-shattering book. Reinterpreting generations of scholarship, Tedlock—herself an expert in dreamwork, divination, and healing—explains how and why the role of women in shamanism was misinterpreted and suppressed, and offers a dazzling array of evidence, from prehistoric African rock art to modern Mongolian ceremonies, for women's shamanic powers. Tedlock combines firsthand accounts of her own training among the Maya of Guatemala with the rich record of women warriors and hunters, spiritual guides, and prophets from many cultures and times. Probing the practices that distinguish female shamanism from the much better known male traditions, she reveals:

- The key role of body wisdom and women's eroticism in shamanic trance and ecstasy
- The female forms of dream witnessing, vision questing, and use of hallucinogenic drugs
- Shamanic midwifery and the spiritual powers released in childbirth and monthly female cycles
- Shamanic symbolism in weaving and other feminine arts
- Gender shifting and male-female partnership in shamanic practice

Filled with illuminating stories and illustrations, *The Woman in the Shaman's Body* restores women to their essential place in the history of spirituality and celebrates their continuing role in the worldwide resurgence of shamanism today.

Mystic at the Edge

Utterly transporting and stylish, *Material Girl, Mystical World* takes you on an unforgettable journey through modern spirituality—from meditation and tarot to astrology—guided by wise and witty tastemaker Ruby Warrington, founder of *The Numinous*. Inspired by the consciousness-shifting traditions that have moved seekers for generations, *Material Girl, Mystical World* is a fabulous adventure in the "Now Age"—a sophisticated upgrade on cosmic thinking, from healing crystals to doing your dharma, for women who know that a closetful of designer shoes can happily coexist with a deeply meaningful life. Set against the backdrop of Ruby Warrington's own transformative path from her dream job as an influential fashion journalist to creating *The Numinous*, the high-style, high-vibe online magazine about spirituality for modern women, *Material Girl, Mystical World* invites readers on a colorful journey to discover their own path to personal enlightenment in every area of life, from love, sex, and relationships to fashion, beauty, health, and wellness. Combining the wit and charm of a modern-day Carrie Bradshaw with the stylish soul of Elizabeth Gilbert, Warrington shows us that it is within our power, right now, to create a life that is both intentional and fabulous—while also contributing to a major shift in global consciousness. From how to survive and thrive at Burning Man to creating rituals that celebrate the Divine Feminine to exploring the shaman in you, *Material Girl, Mystical World* is an inspiring call to arms for women looking to find their authenticity and voice in business, relationships, and spirit, from Brooklyn to London to Venice, C.A., and Black Rock City and beyond. A writer to watch, Warrington bestows on readers her wry, winning, and ultimately wise take on modern life.

The Woman in the Shaman's Body

Rise for you, rise for me, when you rise first you rise for she. Many women have spent their lives trying to succeed by 'making it' in a man's world. But things are changing - more and more women are realizing that this way of being is no longer sustainable. We are experiencing a global shift which mystics through the ages have predicted: the return of the mother and the rise of the sacred feminine. *Rise Sister Rise* is a call to arms for women to rise up, tell their truth and lead. It is a guide to co-creating a whole new archetype for women in these awakening times - a woman who does not keep herself small in order to make others feel more comfortable, a woman who knows that she is not her body weight, her sexual partners or her career. A woman who understands the true meaning of sisterhood, and that alone we are strong but together we are fierce. It is a manual for healing the insecurities, the fears and the limiting inherited patterns that stop women trusting their innate power and wisdom, and being the person they came here to be. Full of tools, contemplative questions, rituals and exercises, *Rise Sister*

Rise will inspire you to listen to your intuition and act on it, to gather the courage to be seen and heard, to know your worth, and to heal the world around you by first healing yourself.

Material Girl, Mystical World

This treasure of diverse and visionary writings explores the sacredness of women's everyday lives. Twenty-two contemporary spiritual teachers—including Irina Tweedie, Brooke Medicine Eagle, Swami Radha, Bernadette Roberts, and Mary Giles—probe aspects of their lives from sexuality, work, and cooking, to relationships, prayer, and mysticism. A vision then emerges of women as extraordinary sacred beings, their lives sources of personal and community transformation. This book is a guide for those seeking a practical, workable spiritual life.

Rise Sister Rise

Women—religious and secular, medieval and modern—have always demonstrated their own unique approach to matters of the spirit. Limited in their public roles throughout much of history, women have been compelled to turn inward, developing rich interior lives in uniquely feminine ways. This anthology brings together women's writing from classic religious literature—Christian, Jewish, Buddhist, Muslim, and Hindu—as well as many passages of fiction and poetry that are truly undiscovered treasures of women's spirituality. With writers ranging from Helen Keller to Aung San Suu Kyi, from Agatha Christie and Ursula K. Le Guin to Rabi'a the Mystic and Hildegard of Bingen. Sarah Anderson's collection proves beyond a doubt that "the exploration of 'the hidden seas within' is a journey on which we can all embark."

The Spiral Path

Heaven's Face, Thinly veiled