
Awakening A Woman S Soul The Power Of Meditation

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MILLS HOBBS

The Awakening of
Woman SkyLight Paths

Publishing

This is a series of 128 meditations that help women connect more deeply to themselves and the divine in a way that comfortably fits with today's lifestyles.

Each of the ten sections have ten to fifteen meditations.

The sections are:

Nourishing our souls

Intertwining soul-strand Honoring sacred rights and

responsibilities

Creating spiritual touchstones

Awakening wisdom

Embodying heart

energy This is an inspiration pick-me-up for women, meant to read over and over again throughout the course of a year.

The Way of Woman

Balboa Press

Are you newly single and starting over? Do you feel lost and

unsure of what's next?

You're not alone. After her marriage ended, Alexandra Eva-May felt overwhelmed with feelings of grief and loss. The loneliness and emotional devastation, plus everything left in the wake, felt impossible to manage. Starting over was an uphill climb.

What do you do when you are reminded of your old life

everywhere you turn?

When you are greeted with memories of your past wherever you go?

Learning how to heal is the only way to move forward, but in healing comes learning new expectations, social situations, and more.

Alexandra was determined to rediscover herself and heal in a way that felt safe, supportive, and true to her. Over the

last few years, she has rebuilt her life and healed from the inside out in the most splendid way. And now, she wants to help you do the same. Her Awakening is a firsthand account of navigating and healing through the life-altering experience of divorce. Full of heartfelt truths, life lessons, and soul work, this book is your personal guide to seeking the light within your life when all you want to do is fall apart. Lazarus Awakening Ygtmedia Company Publishing Archaeology for the Woman's Soul is an invitation for women to fall in love with themselves. To honor who they are embody the sacredness and communion with Mother Earth. It is an

invitation, a quest, a journey into the essence of what it means to be a wounded woman seeking healing and reconnection with her lost Voice. A wildly unique poem story about women and how they experience passion and pain, self-abandonment, forgiveness and empowerment through introspection. The author has the courage to disrobe fully and share shame, guilt, rape, learning disability as a child, domestic abuse and so much more. This book is filled with the raw emotions experienced by the author in her own journey from Romania to the United States, from Communism to Freedom, from abuse and neglect to

becoming a published author. Through telling her own story in poetry, Corina Luna Dea calls women to re-enter their story, excavate what matters and claim their place in the Universal Puzzle. Archaeology for the Soul is a poem story in five chapters, each chapter describing the author's passage from the descent to the dark night of the soul, to the awakening moment, to remembering who she truly is and the gifts given to her. Inspiring and uplifting, caring and sensitive, this poem story is a call to action for all women to heal their wounds and then contribute to the well-being of the world with their unique talents. None who read this book can be left untouched by these powerful, healing,

poetic words spoken with courage and optimism and a knowing that healed women can heal the world over. Creatively weaving a tapestry of healing and empowering 'take-action' messages, "Archaeology for the Woman's Soul" is an opportunity to connect to women's personal stories, speaking to women across the globe, regardless of culture, religion or country. Discovering only in 2011 at the age of 45 that Corina can write poetry, her words are rich and powerful, plumbing to the depths and climbing to the heights of what it means to be a woman. It tells the story of being a woman with poetic grace and a love of life so profound, it is able to bring down walls

and open hearts closed by abuse, despair and unrealized dreams.

Awakening to the Fifth Dimension

Penguin

This journal offers us, an opportunity to consciously explore the rise of the Feminine and reclaim our forgotten Truth. Every day, during the 30 days of the Moon's cycle, you will explore the principles of the Feminine, through the 13 pillars of Conscious Feminine Medicine.

The Awakened

Woman WaterBrook
Faith, where are you, I can't see you. Faith, even though I don't see you and sometimes lose you through all the confusion. Faith, I know even unseen you will help me to remember everything. Faith, I remain rooted in you,

because I have faced all my life lessons with you letting me know I will get through. During a difficult healing process, Rezetta Taylor discovered her purpose. After learning that the light inside her was God-given for a reason, she set out on a mission to help the world heal pain with love. In a debut volume of poems, Rezetta shares inspirational insight into her personal journey of awakening as she learned to love herself, navigate through relationships, and find her true identity. Her verse encourages others to release all that does not serve them and go with the flow, maintain a pure heart, trust God, and ultimately become an angel of love. Poems of an Awakened Soul is a

collection of free verse that offers insight into a woman's faith-filled experiences as she learned to love herself.

HER AWAKENING

Bookbaby

Elevate your

consciousness and heal

your life. In *Awakening*

to the Fifth Dimension,

author Kimberly

Meredith offers readers

something truly

revolutionary—a new

dimension of healing.

Discovering her healing

gifts after two near

death experiences in

2013, she is now one

of the most in-demand

medical intuitive

healers in the nation,

traveling the country to

speak at events,

appearing at major

consciousness and

global virtual events,

and offering healing to

those who so

desperately in need.

Here in these pages,

Kimberly shares her gift for the first time with a wider audience, giving readers the tools to implement this

healing in their own

lives. Whether you are

wrestling with chronic

illness, seemingly

untreatable symptoms,

or other mental,

emotional, or physical

ailments, Kimberly's

gentle wisdom offers a

way forward towards

happiness and

freedom. Filled with

instruction, case

studies, testimonials,

nutritional advice, and

practical methods to

raise your

consciousness

Awakening to the Fifth

Dimension will

empower readers to

confront their own

health struggles and

find true, lasting

healing.

The Soul Code for

Women Wipf and Stock

Publishers
Open the door to your creative awakening!
"Do everything with great love, whether it is painting, writing, dancing, relationships or learning." --Sandra Duran Wilson
Sharing your passion is the greatest gift you can give, and the journey to your creative awakening starts with a single step--or a single exercise. You never know what will open the door. This book is for curious souls wanting to find the right spark to jump-start their creativity. Inside, there are 52 chapters with an exercise for each week of the year featuring a step-by-step art, writing or meditation project. Following the flow of the seasons, the exercises are designed

to take you from the spring of your intuition, through the summer of personal growth, fall of self-discovery to arrive at the end of your creative cycle refreshed, revived and renewed. Find your voice and vision: • 52 fun and beautiful projects offer a new chance at self-discovery every week for one year--they are not necessarily sequential and can be completed at any time on your journey • Weekly prompts merge art making with universal life challenges to help you open your mind and explore different spiritual and creative philosophies Refill your well, become the light, expand yourself and your story.
Journey Into Consciousness Simon

and Schuster
 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 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.

*MEDICINE WOMAN
AWAKENING*

Createspace
Independent Publishing
Platform

The Awakening, originally titled A Solitary Soul, is the story of Edna Pontellier and her struggle between her increasingly unorthodox views on femininity and motherhood with the prevailing social attitudes of the turn-of-the-century American South. The novel is set in New Orleans and on the Louisiana Gulf

coast at the end of the 19th century, and it is one of the earliest American novels that focuses on women's issues without condescension. It is also widely seen as a landmark work of early feminism, generating a mixed reaction from contemporary readers and critics. Kate Chopin (1850-1904) was an American author of short stories and novels. She is now considered by some to have been a forerunner of the feminist authors of the 20th century of Southern or Catholic background, such as Zelda Fitzgerald. Her major works include two short story collections, Bayou Folk and A Night in Acadie, and novel The Awakening. Within a decade of her death, Chopin was widely

recognized as one of the leading writers of her time.

The Woman's Book of Spirit Image

When I mean Crowns In The Soul, I mean the world of women carrying the CROWNS of Abundance, Willpower, Tenacity, Perseverance, Forgiveness, Freedom and Health in their souls whole battling challenges. Even though they hit rock bottom such women possess the silent strength to go on and emerge as Sheroiners of their own lives. For ages, extraordinary women have been carrying the heavy crowns in their souls as if it were like a feather. 7 Crowns In The Soul carries the weight of the seven soulful stories of extraordinary women who hit rock

bottom and charts their journey of rising up to be Sheroiners of their own lives. As these Sheroiners share their inspiring true stories of their lowest points in their lives, they believe you can be Sheroiners of your own lives by carrying your own specialized Crowns In The Soul and helping to transform Women One Woman At A Time.

Awakening of the Western Woman

Simon and Schuster The Awakening, originally titled A Solitary Soul, was published in 1899. Set in New Orleans and on the Louisiana Gulf coast at the end of the 19th century, the plot centers on Edna Pontellier and her struggle between her increasingly unorthodox views on

femininity and motherhood with the prevailing social attitudes of the turn-of-the-century American South. It is one of the earliest American novels that focuses on women's issues without condescension. It is also widely seen as a landmark work of early feminism, generating a mixed reaction from contemporary readers and critics. The novel's blend of realistic narrative, incisive social commentary, and psychological complexity makes *The Awakening* a precursor of American modernist literature.

Woman Spirit

Awakening in Nature

Xlibris Corporation
Featuring the voices of distinguished women of arts and letters--
Anne Morrow

Lindbergh, May Sarton, Emily Dickinson, Annie Dillard, Alice Walker, Georgia O'Keeffe, Maya Angelou, and others-- these meditations offer reflections on the experiences in a woman's life. Full-color. Slipcased.

Soul Shifts Turner Publishing Company
Have you ever stared up at the stars and felt a knowing? Or yearned for something you aren't even sure exists? Something you can't see, feel, or describe, yet still you are drawn towards it? When we follow the threads of our wonder and intuition, we'll look back one day to see we have woven a rich tapestry of a purposeful life, leaving the world a little better than we found it. You may call these threads coincidences or even

miracles, but Lou just knew there was something more in life for her, experiences that defied logic and left her glimpsing into a truth she couldn't ignore. Yet, with every step she took on the path to her calling, she was met with doubt. If not her own, then the doubt of her soul mate, who was trying to keep her safe from a world he could not understand...

"Awakening of the Western Woman" is the journey to soul's purpose. It is for the seekers and the sceptics, the curious and the conscious creators; the lightworkers and the lovers. It answers the question: Is the divine union between a spiritual woman and scientific man possible when one is being

called to awaken? Louise Carron Harris is a modern-day medicine woman; a shaman, mystic, healer, teacher, storyteller & radio presenter.

Woman Spirit

Awakening in Nature

Hachette UK

Journey into

Consciousness may revolve around my story, but within each one of us is a story that is being written each and every day. We are constantly writing the story of our lives based on choices - whether we make these choices ourselves or they are made for us. The directions those choices take us form the foundation for our learning, spiritual growth, and even our happiness. From the moment we breathe that first breath of life

to the moment that final breath exits our body, our life story is being written. As we become more aware and mindful of our own personal power, we are better able to make conscious choices, and give ourselves permission to take control of our destiny instead of leaving it up to fate. I know that learning to love and accept myself for who I am and embracing all of my experiences as opportunities for learning and growth have been the catalysts for transformation in my life. I also know that this spiritual journey of mine has strengthened and fortified my soul and psyche so that I know that anything is possible, and that we, human beings, can learn to live the life

that we deserve to live. Over the years, I've learned that letting go of fear is a crucial part of spiritual growth, and as a human being, I know that fear is what has held me back and inhibited my ability to write this book for a long time. My personal fears about this recounting of my personal journey into consciousness revolve around the uncertainty of what is safe to share. I acknowledge that the memories of my experiences are solely my perception - my viewpoint. As I tell my story, I do so with the intention of assisting others in awakening to the truth of who they really are and to help them live the life they desire. I apologize here and now if, as my early memories unravel, I

inadvertently cause anyone hurt or pain, but my memories are crucial to the telling of my story, and it was Spirit who showed me which memories to share. The memories I was shown are the pivotal ones that impacted me greatly in my early years. I was shown the memories and choices that molded and shaped me - creating who I am today. By shifting my perceptions, I have freed myself from self-imposed limitations. My past no longer defines me; yet I acknowledge the experiences that have made me the person I am today. In Section One of this book, I relate my experiences prior to my spiritual awakening. Each chapter begins with a lesson I have learned

and ends with a revelation as well as a message to facilitate your journey. Section Two begins with my spiritual awakening, which I officially designate as May 1, 2008. I began journaling my spiritual path at that time and have incorporated excerpts from my journals. My objective in chronicling and including these personal "aha" moments of learning and clarity is to assist and support my fellow sojourners. During my journey into consciousness, I have utilized many tools that helped me move forward. In Section Three, I share the tools and wisdom that helped me the most - those tools that I have found to be straightforward,

uncomplicated, and therefore, easily incorporated into our daily lives. In all three sections, I endeavor to share essential details of my story along with guidance and suggestions received from Spirit to help you move forward on your own personal journey into consciousness, and my primary objectives are as follows: 1) To assist in bringing an understanding of one's life experiences and the consequences of choices made without blaming others 2) To learn to heal from the past through forgiveness and shifting perception 3) To allow ourselves to realize our full potential through empowerment and love
Soul Sisters

Createspace
Independent Publishing Platform
How to create the life you want in alignment with your soul's purpose • Reveal your soul aptitudes, limiting behaviors, and past-life karmic issues • Discover 14 easy-to-use spiritual tools to strengthen your intuition to profound levels and develop an inner source of guidance and wisdom for any situation • Learn why the Law of Attraction doesn't work for most people and how to make it work for you Like an enlightened spiritual teacher, you, too, can tap in to the infinite wisdom of the cosmos to create a life of deep meaning and purpose. The key is integrated intelligence--your innate capacity, often

experienced as “intuition,” to instantly draw upon knowledge beyond the confines of the five senses, from past, present, and future. Integrated intelligence enables not only a connection to the wisdom of the universe but also access to your soul template, revealing your self-limiting behaviors, karmic issues from past lives, and soul aptitudes--the abilities at which you excel. With knowledge of your soul template, you can successfully create the life you were meant to live in alignment with your soul’s purpose. Providing 14 easy-to-use spiritual tools to activate your integrated intelligence, Marcus Anthony shows you how to tap in to the wisdom of your

soul template, distinguish the voice of ego from the voice of your inner sage, and strengthen your intuition to profound levels, thereby developing a trusted inner source of guidance. Explaining how the mind is not a shallow pond but an ocean of competing voices and energies, he reveals why the Law of Attraction doesn’t work for most people: any vision you attempt to manifest must be aligned with your soul template or the competing voices will act against it. Revealing how to bring the mind into presence to get “the secret” to work for you, Anthony shows how to use integrated intelligence to identify and live your true calling and create the life you

want while fulfilling the deeper needs of your spirit.

You Are a Goddess

Balboa Press

Do you wish you could meditate but something keeps you from it? Does meditation seem too dry or emotionally unfulfilling? Would you like to experience the gifts and benefits of meditation in a way that supports you deeply as a woman? *Meditate with Goddesses* shows you how to meditate using the beautiful and enchanting world of Goddesses.

Awakening a Woman's

Soul CreateSpace

Developed out of the author's 20-year experience of leading women's retreats, this ecospirituality program invites women to go out into nature and

look for the metaphors that have meaning for them, as they journey on the path to discover the authentic, spiritual self.

Awakened Souls Orion

Why do so many women now feel so conflicted about their roles, so cut off from sources of spiritual nourishment in their lives? More importantly, what can they do about it? In *The Way of Woman*, Helen M. Luke has brought six decades of experience to bear in answering these two questions, drawing on a rich trove of feminine images and symbols from the Bible, mythology, folklore, Greek tragedies, and modern poetry to guide women on a path to the lasting personal fulfillment that can only come through

understanding one's essential feminine nature.

Archaeology for the Woman's Soul

Penguin

A book that imparts a sense of safety and serenity in a world that seems increasingly scary and dangerous. Each of the ten sections have ten to fifteen meditations. Those ten points of focus are: re-greening arid places; embodying heart energy; nourishing our souls; intertwining soul-strands; honouring sacred rights and responsibilities; creating spiritual touchstones; awakening to wisdom; enrolling in saint's school; ascending to gratitude; embracing angels and other emissaries. This is an inspirational pick-me-

up for women, meant to be read over and over again throughout the course of a year. Journey of The Soul St. Martin's Essentials "...a marvelous tapestry of insights, discoveries, tools and resources that gives us all hope for Heaven on Planet Earth." - Rev. Ruth L. Miller, PhD, author of *Mary's Power* "Claire's deep work of Sacred Feminine wisdom ... could not come at a better time." - Tim Kelley, author of *True Purpose* "...an important contribution to mending a world torn in half..." - Lion Goodman, author of *Creating on Purpose* Feminine wisdom revealed and reclaimed! Unveil this hidden power within and transform your life. Recent discoveries of ancient manuscripts

have shined a light on Mary Magdalene as a powerful teacher and luminous feminine spirit. In The Magdalene Path, Claire Sierra shares her inspiring communication with Mary Magdalene about the awakening of the Divine Feminine as a means to shift and up-level our lives as women in the modern world. The Magdalene Path is a guidebook of compelling ideas, skills and practices to bring your Feminine Soul into daily life. Regardless of your spiritual orientation or previous connection to Mary

Magdalene, you will bask in the inspiring wisdom and practical insights in this empowering, illuminating book. - Revitalize your mind and body to tap into more energy for what you love. - Ignite your connection to Spirit through simple rituals and Soul-care practices. - Embrace your authentic, radiant beauty as you reclaim your innate feminine power. - Replenish your passions and feel empowered to live your purpose. - Embody your creativity and live as the vibrant woman you truly are.