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In *Everyday Sacred: A Woman's Journey Home* (HarperSanFrancisco: now in its sixth printing), Bender speaks to our longing to make each day truly count. She chronicles her struggle to bring the joyful wisdom and simplicity she experienced in her sojourn with the Amish back to her hectic, too-much-to-do days at home.

Everyday Sacred: A Woman's Journey Home: Bender, Sue ...

Subtitled "A woman's journey home," Bender uses the image of the begging bowl as she continues her account of her search for "peaceful wisdom and simplicity." Zen monks go out each day with an empty bowl in their hands, gaining nourishment for the day from whatever is put in the bowl.

Everyday Sacred: A Woman's Journey Home by Sue Bender

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Everyday Sacred: A Woman's Journey Home by Sue Bender ...

Sue Bender is the author of *Plain and Simple: A Woman's Journey to the Amish* (HarperSanFrancisco). The book was a New York Times bestseller. A fascination with Amish quilts led Sue to live with the Amish in their seemingly timeless world, a landscape of immense inner quiet.

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Book Review: Everyday Sacred: A Woman's Journey Home

Filled with the people, stories, and experiences that found their way into Bender's own bowl, 'Everyday Sacred' teaches us that each step along life's journey is a miraculous opportunity to learn. Whatever we are doing- whether meditating, weeding a garden, serving coffee in a busy coffee bar, or listening to a friend- can be done with our full attention and love.

Everyday Sacred: A Woman's Journey Home: Amazon.co.uk: Sue ...

Book Overview WITH SIMPLE SHIFTS OF PERCEPTION, EACH OF US CAN FIND THE SACRED IN EVERY DAY. Like the vibrant yet simple quilts that led her to live within the Amish community and to write about the experience in her bestselling book 'Plain and Simple', the em

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Everyday Sacred: A Woman's Journey Home book by Sue Bender

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Religion Book Review: Everyday Sacred: A Woman's Journey ...

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"I had an obsession with the Amish. Plan and simple. Objectively it made no sense. I, who worked hard at being special, fell in love with a people who valued being ordinary." So begins Sue Bender's story, the captivating and inspiring true story of a harried urban Californian moved by the beauty of a display of quilts to seek out and live with the Amish. Discovering lives shaped by unfamiliar yet comforting ideas about time, work, and community, Bender is gently coaxed to consider, "Is there another way to lead a good life?" Her journey begins in a New York men's clothing store. There she is spellbound by the vibrant colors and stunning geometric simplicity of the Amish quilts "spoke directly to me," writes Bender. Somehow, "they went straight to my heart." Heeding a persistent inner voice, Bender searches for Amish families willing to allow her to visit and share in their daily lives. Plain and Simple vividly recounts sojourns with two Amish families, visits during which Bender enters a world without television, telephone, electric light, or refrigerators; a world where clutter and hurry are replaced with inner quiet and calm ritual; a world where a sunny kitchen "glows" and "no distinction was made between the sacred and the everyday." In nine interrelated chapters--as simple and elegant as a classic nine-patch Amish quilt--Bender shares the quiet power she found reflected in lives of joyful simplicity, humanity, and clarity. The fast-paced, opinionated, often frazzled Bender returns home and reworks her "crazy-quilt" life, integrating the soul-soothing qualities she has observed in the Amish, and celebrating the patterns in the Amish, and celebrating the patterns formed by the distinctive "patches" of her own life. Charmingly illustrated and refreshingly spare, Plain and Simple speaks to the seeker in each of us.

"When I started this journey I was hoping to find a miracle, one that might dramatically change my life. What I found was far more important: the extreme importance of small things." Like the vibrant yet simple quilts that spoke to her heart and led her to live with the Amish and to write the New York Times bestselling Plain and Simple, the empty begging bowl is the powerful -- though sometimes elusive -- symbol in Sue Bender's Everyday Sacred. Returning home from the Amish, Bender struggled to apply the peaceful wisdom and simplicity she learned from them to her hectic life. Then one day she heard the story of the begging bowl and instinctively knew it had much to teach her: each day a Zen monk goes with an empty bowl in his hands; whatever is placed in the bowl will be his nourishment for the day. So, too, Bender discovered, if we approached each day afresh, with our bowls waiting to be filled, we will find at the end of the day that extraordinary things -- some so small we may be tempted to overlook them -- have come our way. Everyday Sacred is filled with the stories, the people, and the experiences that filled Bender's bowl -- a "connect-the-dots record of my search for the sacred in everyday life." From the simple act of clearing off her desk to enjoying a perfectly prepared cappuccino to realizing she can only do three of the thirteen things on her to-do list, Bender finds that each step along one's journey is a place to learn. In the end, Bender discovers for herself -- and shows us in the process -- that "small miracles are there for us, all around. We can find them everywhere -- in our homes, in our daily activities, and, hardest to see, in ourselves."

Written with all the clarity, honesty, and insight that made Plain and Simple a phenomenal New York Times bestseller, this final volume of the Plain and Simple trilogy is about taking risks to grow spiritually and how to "stretch" to grow beyond our self-imposed limitations. With her graceful storytelling and charming illustrations, Sue Bender looks inward to discover the spirit within each of us that whispers to be heard.

Infused with the quiet spirit of the Amish, this journal features quotes from Plain and Simple, line drawings and color illustrations, and blank space for reflection.

The modern woman often does not know herself as a goddess; her feminine energy is out of balance and her divine essence has yet to awaken. But the time has come, right now, for women to know that being female is special, sacred, and divine. This inspiring, poetic and magically potent book will entice women of all ages to explore and activate their relationship with the divine, feminine and most sacred part of themselves—the goddess within. In *You Are Woman, You Are Divine, Back to the Goddess* founder Renée Starr takes women on an enchanting, empowering journey, offering ancient wisdom in a fresh, modern way to help women reclaim all the beauty, grace, and strength that being female is. In Part 1 of the book, she leads readers back through history to revisit the reverence for women that every ancient culture possessed. From the dawn of pre-history, women were perceived as holy, sacred, and divine incarnations of the Great Mother Goddess. Powerful figures full of strength, wisdom, and leadership, women were the keepers of the human race, from which all life flowed. In Part 2, Starr retells in mesmerizing narrative seven of the greatest goddess myths from ancient cultures around the world: Ancient Egypt, Africa, India, Tibet, Ancient Greece, Lakota, and the Judeo-Christian Bible. Each myth presents a quality that modern women can restore back into their lives: Lilith (Power), Yemaya (Creativity), Tara (Stillness), Radha (Passion), Cassandra (Voice), White Buffalo Calf Woman (Wisdom), and Eve (Awakening). Accompanying each myth are anointing, bathing and lunar rituals, instructions for altars, invocations, meditations, and more to deepen their connection to their own inner goddess and inspire living as a goddess on earth. In Part 3, Starr shows women how to integrate the teachings of The Divine Feminine into everyday life, honoring the sacredness of their body and how to be in energetic, feminine balance. The book offers fresh, new ways for women to embrace their ancient and sacred traditions. It uplifts the spirit of any woman—from young womanhood to her elder, wise-woman years. It honors the Feminine spirit that all women can celebrate in themselves to rebalance the world. Readers will live more fulfilled lives and feel more confident, free and feminine...becoming the goddesses they were meant to be. Beautifully designed & illustrated; includes a foreword by Raquel Allegra, noted fashion designer.

Divine Nourishment A Woman's Sacred Journey with Food Did you realize that living and eating seasonally is actually a map for transformation that brings health and balance on the physical, emotional AND spiritual levels? *Divine Nourishment* offers superb support in reclaiming lost and rejected aspects of ourselves. Learn how to recognize your authentic self through the eyes of nature as you deepen your relationship with the natural rhythm and flow of life. Ground and nourish yourself according to the Earth's wisdom while healing the collective wounding of the feminine that perpetuates the imbalance in our culture. Apply practical daily use of healthy organic seasonal foods, recipes, potions, tonics, practices, and cleanses that are nourishing and appropriate for alignment with the seasonal journey. "Mary Lane infuses her cooking, her thinking, her dance on this earth with exquisite feminine grace and wisdom." Gabrielle Roth, author of *Sweat Your Prayers* & creator of 5Rhythms(r) "Mary is a wonderful chef, plant spirit medicine practitioner, lover of nature, and world traveler. Her book is a mystical-made-physical journey into the depths of self, body, and spiritual connection. This long-awaited treasure holds such a simple key to satisfying a deep spiritual connection: nourishing ourselves, body, mind, and spirit, as well as connect with Mother Earth through the sacred act of nourishment. I love, love, love the book, though I have to admit reading of the 'wounding' absolutely tore me apart... truly from the heart." Dianne Seale "Mary's book offers us a brilliantly conceived and richly layered compilation of the wisdom of the ages. Mary's offering draws from her many years of study as well as from her own experience and direct communication with the Divine. Ranging from a profound explanation of the very forces of Creation to practical suggestions for embodying these forces in daily life, Mary's book is a true guide for healing and restoring the Divine Feminine within us and in our world." Katia Wolf "Finally.....I am sitting in my room in Rome and using the extraordinary early awakenings to read Mary's book in total...not just fragments allowed to me over the last few months. I am touched by the passion of her conviction and knowledge and opened to tears of recognition of dynamics long left without words. She has had some amazing journeys that I am thrilled to read about again in book form. It gives outline to a journey that often can be daunting as there is no map for this ride! However, she tells it with the grace of hindsight with all of the trials and glory, highs and lows that come with this human form with a desire and commitment to live a spiritual life. Kudos to Mary and the healing for those who come to read her story." Stevie Gayle

Sojourns of the Soul differs from other inspirational travel books by providing a rare mix of in-depth wisdom and literary insights from the holistic view of one experienced female traveler. Dana Micucci gives a compelling account of her growing spiritual illumination through visits to some of the most sacred places on earth. Her lively, engaging narrative takes us to seven sites in all: the Australian outback, Angkor in Cambodia, the Valley of the Kings in Egypt, Lhasa in Tibet, Chichen Itza in the Yucatan; the Monastery of Christ in the Desert in New Mexico, and Machu Picchu in Peru. Micucci links each visit with the awakening of a particular chakra—the chakras being the seven energy centers of the body associated in Hinduism with progressive enlightenment. In the afterword, she reflects on how her experiences continue to shape her life after resuming her career as a journalist in New York City: she finds she is more tolerant, can engage in daily activities with more heart-centered awareness, and can sustain states of joy and gratitude for longer periods of time. The book will be a page turner for readers who yearn for long-delayed adventure, with the added benefit that it is not just a journey log but more of a seeker's manual; travel is simply the vehicle. Readers will find that they don't have to travel to far-flung places for the spiritual inspiration available in their everyday lives. As Micucci says, "Each day brings new remembrances of our divinity, of the Divine presence in all beings, and of

our eternal connection to each other. I am so grateful to be here NOW . . . with you.

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A powerful debut from one of the world's most respected shamanic teachers, following Marcela Lobos's journey in this world and the world of spirit. The stress, conflict, and crises of the outer world are a signal: the time has come to awaken your inner shaman. However, you don't need to be initiated into arcane mysteries to answer the call from Spirit. In this book, Marcela Lobos reveals how to use the maps offered by the shamanic Medicine Wheel and the hero's journey to activate your inner wisdom and live a self-realized existence of discovery, healing, and wholeness. From her childhood in a war-torn country to her initiation with the shamans of the Andes and her life today as a teacher and medicine woman, Marcela's story offers a flesh-and-bones context for each step on the archetypal journey to Self. It is also an invitation to step out from your ordinary life and take the first steps on your own quest for spiritual understanding and deep transformation: to learn to walk the Medicine Path and to find your own power and inner beauty.

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