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Honoring Our
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*Honoring
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Our Cycles*
*A Natural
Family
Planning
Workbook*

In clear, everyday
language,
Honoring Our

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Cycles describes what happens during a menstrual cycle and how a baby is conceived. It explains how to chart the body's fertility signs to know which days are best for becoming pregnant or avoiding becoming

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pregnant, without
the use of
hormonal drugs.
Includes dietary
advice for
successful
conception and
healthy babies and
families."If you
think natural
family planning is
complicated, read
this book--and be

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surprised and
delighted!"

Mothering
Magazine

These 23 essays
by some of the
most prominent
leaders in
Unitarian
Universalist
Paganism bring
Pagan and Earth-
centered

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theology to life
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for a new
Workbook
generation.

Featuring the
writings of both
clergy and
laypeople, this
vibrant collection
demonstrates the
many expressions
of nature-based
spirituality and the
ways they feed the

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souls of so many.
The essayists
describe a broad
array of practices,
including Wiccan
traditions, Neo-
Pagan rituals and
celebrations,
worship of the
divine feminine,
and nature-based
beliefs and
practices that

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bring us into
harmony and
balance with our
natural
environment.
Contributors also
describe the
development of
nature-based
theo/alogy within
Unitarian Universal
ism—including the
organization of the

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Covenant of
Family Planning
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Unitarian
Universalist
Pagans, the
addition of the
sixth Source to the
UUA bylaws
recognizing Earth-
centered
spirituality, and
the integration of
Pagan practices
into

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congregational
life.

In an effort to
make sense of the
deaths in quick
succession of
several loved
ones, Kathleen
Dean Moore turned
to the comfort of
the wild, making a
series of solitary
excursions into

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ancient forests,
wild rivers, remote
deserts, and
windswept islands
to learn what the
environment could
teach her in her
time of pain. This
book is the record
of her experiences.
It's a stunning
collection of
carefully observed

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accounts of her
life—tracking otters
on the beach,
cooking breakfast
in the desert,
canoeing in a
snow squall,
wading among
migrating salmon
in the dark—but it is
also a profound
meditation on the
healing power of

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nature. To learn more about the author, visit her website at www.riverwalking.com.

Raleigh Briggs teaches us how to craft a sustainable domestic life outside of consumer consciousness.

And it's not as

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hard as we may think! This hand-drawn book of charming tutorials is both fun and accessible. It's full of simple skills that anyone can and should learn. From creating tinctures and salves, to concocting all-

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natural cleaners,
to gardening
basics, this book
is great for anyone
looking to live
more simply and
truly do it
themselves.

The BLOOD Book
Using Natural
Cycles to
Recharge Your
Life

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Living the Best
Family Planning
Year of Your Life
Workbook
A Memoir of
Growing Food and
Celebrating Life on
a Scrappy Six-Acre
Homestead
The Outsiders
An Introduction to
Gestalt
The Garden of
Fertility
Adults have a wide

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array of books to
help explore earth-
based spirituality.

But what if they
want to include
their children?
Here is a handbook
to help parents,
caregivers,
teachers, and
counselors create
meaningful
spiritual

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experiences that
will inspire children
of all ages. The
ideas, suggestions,
and activities
collected here show
how to bring
children into rituals
that celebrate
seasonal cycles and
help reclaim the
spiritual roots of
today's modern

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holidays. With surprisingly little effort, earth-centered activities and rituals can be incorporated into simple daily routines. Part 1, "Handbook for Earth-Connected Parenting," gives techniques for developing a child's

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inner wisdom and
sense of the sacred:
dream journals,
visualization, Tarot
play, talismans, and
interactions with
the natural world
Part 2 is a guide to
the specific
seasonal festivals,
and offers a
comprehensive
collection of

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practical and enjoyable ways to celebrate the sacred days of our ancestors. Make a bean rune divination system, gather smudge sticks, grow grass pots, assemble a “dream pillow,” create altars the authors offer easy-

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to-follow
suggestions.

Includes suggested
reading and
resource sections
for locating
additional
information and
materials for
creative projects.
A practical and
spiritual guide for
working moms to

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learn how to have more by doing less. This is a book for working women and mothers who are ready to release the culturally inherited belief that their worth is equal to their productivity, and instead create a personal and

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professional life that's based on presence, meaning, and joy. As opposed to focusing on "fitting it all in," time management, and leaning in, as so many books geared at ambitious women do, this book embraces the notion that through

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doing less women
can have--and
be--more. The
addiction to
busyness and the
obsession with
always trying to do
more leads women,
especially working
mothers, to feel like
they're always
failing their
families, their

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careers, their spouses, and themselves. This book will give women the permission and tools to change the way they approach their lives and allow them to embrace living in tune with the cyclical nature of

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the feminine,
cutting out the
extraneous
busyness from their
lives so they have
more satisfaction
and joy, and letting
themselves be more
often instead of
doing all the time.
Do Less offers the
reader a series of
14 experiments to

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try to see what would happen if she did less in one specific way. So, rather than approaching doing less as an entire life overhaul (which is overwhelming in and of itself), this book gives the reader bite-sized steps to try

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incorporating over
2 weeks!

An evocative debut
novel chronicles
the lives and
fortunes of four
generations of
Jewish women, as
their stories span
two continents,
from Eastern
Europe to modern-
day Cleveland, and

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Workbook

one young woman,
Hannah Felber,
struggles to resolve
her troubled
relationship with
her mother.

Reprint.

Ancient reverence
for the mystery and
magic of
menstruation has
been replaced by
silence, ignorance,

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and PMS jokes. Breaking the silence of the menstruation taboo, here is a pioneering and liberating exploration of the "M" in PMS. The powerful stories of three very different women help women recognize the

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power of their
periods.

The Great Work

Wild Words

Exploring and

Celebrating

Nature's Eternal

Cycle

A Celebration of a

Girl's First

Menstrual Period

Thanksgiving

Address

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or How We Got
Family Planning
Hooked on
Workbooks
Hormonal Birth

Control

Cycles in US

Foreign Policy

since the Cold War

"This is an

important book

for anyone

interested in the

ethical

interrelationships

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Workbook
*of things, places,
and people, and it
is a book that is
not just read but
taken in."*

*—Library Journal
Featuring a new
introduction by
Robert Hass, the
nine captivatingly
meditative essays
in The Practice of
the Wild display*

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*the deep
understanding
and wide
erudition of Gary
Snyder in the
ways of Buddhist
belief, wildness,
wildlife, and the
world. These
essays, first
published in
1990, stand as
the mature*

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*centerpiece of
Snyder's work
and thought, and
this profound
collection is
widely accepted
as one of the
central texts on
wilderness and
the interaction of
nature and
culture.*

As a botanist,

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*Robin Wall
Kimmerer has
been trained to
ask questions of
nature with the
tools of science.
As a member of
the Citizen
Potawatomi
Nation, she
embraces the
notion that plants
and animals are*

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*our oldest
teachers. In
Braiding
Sweetgrass,
Kimmerer brings
these two lenses
of knowledge
together to take
us on “a journey
that is every bit
as mythic as it is
scientific, as
sacred as it is*

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historical, as clever as it is wise” (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and

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*squash,
salamanders,
algae, and
sweetgrass—offer
us gifts and
lessons, even if
we've forgotten
how to hear their
voices. In
reflections that
range from the
creation of Turtle
Island to the*

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forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal

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*relationship with
the rest of the
living world. For
only when we can
hear the
languages of
other beings will
we be capable of
understanding
the generosity of
the earth, and
learn to give our
own gifts in*

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return.

*This book
describes how
American
international
policy alternates
between
engagement and
disengagement
cycles in world
affairs. These
cycles provide a
unique way to*

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understand,
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assess, and
Workbook
describe

*fluctuations in
America's
involvement or
non-involvement
overseas. In
addition to its
basic thesis, the
book presents a
fair-minded
account of four*

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presidents'
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foreign policies in
the post-Cold War
period: George
H.W. Bush, Bill
Clinton, George
W. Bush, and
Barack Obama. It
suggests
recurring sources
of cyclical
change, along
with implications

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for the future. An engaged or involved foreign policy entails the use of military power and diplomatic pressure against other powers to secure American ends. A disengaged or noninvolved

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*policy relies on
normal economic
and political
interaction with
other states,
which seeks to
disassociation
from
entanglements.
We would like to
share a wild idea
with you. An idea
that holds*

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*immense beauty.
The essence of it
is not new, by all
accounts it is an
ancient concept,
but it has been
forgotten. In our
ever-changing
world and with
encyclopedias of
knowledge at our
fingertips, this
wisdom has*

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*slipped through
the fingers of
collective
consciousness.
The idea is
wonderful in its
simplicity, life-
changing in
potential and is
this: women are
cyclical. A
woman's body
and mind*

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experience
Family Planning
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regular biological
changes every
month and these
cause very real
shifts in energy,
emotions, and
even
perspectives.
Whether or not
anyone is aware
of this beautiful
process, it is

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unfolding every day in the life of every woman. We invite you to let the BLOOD book take you on an inner journey of discovery as we explore the secret source of female power: a woman's cyclical nature. A deeper

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*understanding of
these forces will
unlock*

*superpowers you
never thought
possible and pave
the way to a
more balanced,
authentic,
fulfilling life.*

*Natural Family
Planning: The
Complete*

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Sacred Retreat
Workbook
The Way of the
Happy Woman
A Handbook of
Earth-Honoring
Activities for
Parents and
Children
Sweetening the
Pill
The Art of Natural
Family Planning

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*Harness the Ever-
changing Energy
of Your Menstrual
Cycle*

Open the door to
your creative
awakening! "Do
everything with
great love, whether
it is painting,
writing, dancing,
relationships or
learning." --Sandra

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Duran Wilson
Family Planning
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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

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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

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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

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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

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universal life
Family Planning
challenges to help
Workbook
you open your mind
and explore
different spiritual
and creative
philosophies Refill
your well, become
the light, expand
yourself and your
story.

Millions of healthy
women take a

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powerful medication every day from their mid-teens to menopause - the Pill - but few know how this drug works or the potential side effects. Contrary to cultural myth, the birth-control pill impacts on every organ and function

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of the body, and yet most women do not even think of it as a drug. Depression, anxiety, paranoia, rage, panic attacks - just a few of the effects of the Pill on half of the over 80% of women who pop these tablets during their lifetimes. When the

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Pill was released, it was thought that women would not submit to taking a medication each day when they were not sick. Now the Pill is making women sick. However, there are a growing number of women looking for non-hormonal

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alternatives for preventing pregnancy. In a bid to spark the backlash against hormonal contraceptives, this book asks: Why can't we criticize the Pill?

The Couple to Couple League manual for the

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sympto-thermal
method of natural
family planning.

Large format; easy-
to-read and
understand;
information on
breastfeeding, cycle
irregularities,
miscarriages, family
size, effectiveness,
and much more.

In Virtuous Living,

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Belinda Joubert shares ancient wisdoms about the natural laws of virtuous living and the role of spirituality in mastering sustained self-actualization, personal wellness and vitality. This book will help you

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to fulfill your individual purpose in life, which is to grow your spirit. It will assist you to strengthen, develop, equip, grow and unfold your spiritual nature so that you are prepared for your next stage of life. Every individual

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is personally responsible for what he does. You have to grow, expand, cultivate, enlarge, flourish and blossom your divine power, which is within you.

Virtuous Living helps you to find spiritual truths, which are for all.

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These truths seek to embrace the whole of humanity within their loving embrace. It teaches you how to interpret the physical world and the infinite cycles of life through spiritual understanding.

The Revolution Will
Be Bloody

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Live Your Power
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Affordable,
Sustainable Nesting
Skills

Celebrating the
Power of
Menstruation

The Practice of the
Wild

Vibrate Higher Daily
What if your menstrual
cycle was a map for

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living in flow? The greatest trick the patriarchy ever pulled was separating women from their cycles. It pitted us against each other (and ourselves), turning one of our greatest power sources into something 'gross' and 'unclean' - a 'curse' to be ashamed of. As a

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result, we've forgotten that our energy levels naturally wax and wane each month. Instead, we live our lives constantly pushing, striving and doing - ending up burnt out and disempowered. And 90% of us will have a hormonal imbalance. This book proposes a

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revolutionary
Family Planning
alternative: one of
Workbook
honoring your natural
cycle, and planning
your life and business
in flow with it. As you
journey through these
pages, you'll learn how
to live, eat and work in
beautiful alignment
with your individual
flow. It's time to
reconnect with the
power in your

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period. Are you ready to join the revolution?

"Ancients lived in accordance with daily, seasonal, and yearly rhythms by necessity. But modern life overrides these cycles -- from weather and food to work and recreation. Because they are inherently cyclical and instinctually

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Webbook

caregivers, women are especially affected. Millions of women trying to do it all, all the time, end up feeling depleted and defeated. In these pages Sara Avant Stover shows how simple, natural, and refreshingly fun practices can put women back in sync with their own cycles

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and those of nature.

When we honor
spring's seedlings,
summer's color, fall's
harvest, and winter's
quietude, we
harmonize our inner
and outer worlds.

Stover's suggestions
nurture the body,
invigorate the mind,
and lift the spirit,
yielding the same
benefits as a getting-

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away-from-it-all
Family Planning
retreat. Illustrated
Workbook
yoga poses, inviting
recipes, and
innovative journaling,
meditation, and
brainstorming
techniques make
reconnecting to the
essential easy -- not
just for a weekend or
week but year-round
and lifelong"--

"A charming book,

Page 75/196

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ringing with the joy of
existence." -- Richard

Dawkins "This lyrical
exploration of how we
can find beauty in the
natural world comes
from the daughter of
Carl Sagan . . . A
wonderful gift for your
favorite reader."

--Good Housekeeping
The perfect gift for a
loved one or for
yourself, For Small

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Creatures Such as We
is part memoir, part
guidebook, and part
social history, a
luminous celebration
of Earth's marvels that
require no faith in
order to be believed.
Sasha Sagan was
raised by secular
parents, the
astronomer Carl
Sagan and the writer
and producer Ann

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Druyan. They taught her that the natural world and vast cosmos are full of profound beauty, that science reveals truths more wondrous than any myth or fable.

When Sagan herself became a mother, she began her own hunt for the natural phenomena behind our most treasured

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occasions--from births to deaths, holidays to weddings, anniversaries, and more--growing these roots into a new set of rituals for her young daughter that honor the joy and significance of each experience without relying on religious framework. As Sagan shares these rituals,

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For Small Creatures
Such as We becomes
a moving tribute to a
father, a newborn
daughter, a marriage,
and the natural
world--a celebration of
life itself, and the
power of our families
and beliefs to bring us
together.

Nature lovers will
delight in this opulent
handbook and its

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unique blend of ritual,
meditation, and
symbolism.

Superimposing the
solstices and
equinoxes on the
landmark events in the
farmer's year, it
divides the calendar
into eight ancient
seasonal segments:
each segment features
an image of the
relevant sector of the

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Wheel of the Year,
annotated with insight
into key dates and
festivals such as
Easter or All Souls'
Night. Throughout, we
get background on
symbols, myths, and
ceremonies from
across the globe,
along with suggestions
for how we, too, can
celebrate that phase of
the natural cycle. Rich

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in artwork to savor and use, this year-long companion presents an enjoyable program of exercises and ideas for making a brief escape from the pressures of modern life.

The Wholeness of a
Broken Heart
Honoring the
Inescapable Natural
Laws

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Self-Knowledge and
Family Planning
Healing Through the
Wheel of the Year
Workbook

Honoring the Cycles of
Nature

A Time to Celebrate
Honoring Our Cycles
Women are Lifegivers
who understand the
feminine because
cycles of life and
death run in our
blood. All things in

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Nature move in cycles, yet women's cycles have been ignored, dismissed, or pathologized, affecting our place in society and preventing us from truly being who we are. Premenstrual Syndrome, a culturally induced condition resulting from a suppression of

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women's emotional vision, has led us to stop listening to the wisdom of our own cycles, and caused us to approach Menopause in a welter of confusion. This book explores the cycles that define our lives, offers ways to heal our relationships, and beckons us to return

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to Nature. It is time to
awaken to the value
and power inherent in
another way of seeing
the world, through the
eyes of feminine
vision. It is time to
return to the feminine
and heal our
relationships through
living in harmony with
Nature. "This rich
timely work clearly
rises from the depths

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of a woman's soul. It is, indeed, an invitation into Life's Mystery. This work is a "must" for all those who seek the healing of the human condition." -Kenneth Hamilton, M.D., author of The Circle of the Soul "The minute I started reading this book, I got chills. My body said a big "yes"

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Workbook

to this information.

Yours will too!"

-Christiane Northrup,
MD, author of Mother-
Daughter Wisdom,
The Wisdom of
Menopause, and
Women's Bodies,
Women's Wisdom

"Rebecca Orleane is
a talented researcher
and writer with a feel
for people and their
lives. I strongly

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encourage you to
consider her book.

Here is a strong,
unusual, and inspiring
study valuable for
many. Rebecca helps
open magic to us."

-Ruth Richards, M.D.,
Ph.D., author of
Everyday Creativity
"Dr. Orleane writes
with passion and
conviction. The
Return of the

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Feminine is an
antidote for the stress
and depression so
prevalent in today's
tattered cultures."

-Stanley Krippner,
Ph.D. co-author,
Extraordinary Dreams
and How to Work with
Them

Alisa Vitti found
herself suffering
through the symptoms
of polycystic ovarian

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syndrome (PCOS),
and was able to heal
herself through food
and lifestyle changes.
Relieved and reborn,
she made it her
mission to empower
other women to be
able to do the same.
As she says,
'Hormones affect
everything. Have you
ever struggled with
acne, oily hair,

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lowered sex drive, or
bizarre food cravings
and felt like your body
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symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses

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complex, intersecting,
and overlapping
cycles. We
experience these
cycles as the passing
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phases, and twelve
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an excellent way to
ground the energy of
the cosmos in our
real, practical

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Witch's Guide to
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Stewart shares her
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and channel the
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season Incorporating
these natural
practices into your
lifestyle through a
morning cup of tea or
evening anointing oil

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can be quick, easy,
seasonal, and
magickal. Confidently
embrace nature's
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to the enzymatic
pathways that
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a cell. Waxing and waning from times of growth to times of rest, renewal, and healing, cycles map the most auspicious time for everything in life. Both women and men have biological cycles of active growth and

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quiet renewal, led
by our hormones.
By understanding
how everything in
life moves in
cycles, you can
become more
aware of and
comfortable with
your own cyclic
nature, something
that has been

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forgotten by the modern world's linear views of time. Drawing on the wisdom of ancient cultures, the natural cycles of life, and her own groundbreaking research, Pia Orleane, Ph.D., offers a template

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also looks at the

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cycles, allow the
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once again
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through a
seasonal lens
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relationship
with it. The
earliest people
obeyed her
orbit, timed
their months and

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***holidays and
celebrations and
agriculture to
the moon; the
echoes of that
system are still
visible today,
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connection to
the moon is
often forgotten.
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and through it,
with themselves.
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incorporating
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empowering, and
magical tools
and resources
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and experienced
lunar-follower
alike. Depending
on where we are
in our lives,***

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***depending on
what we are
feeling or what
is happening
around us, the
moon allows us a
space to invite
ritual into our
daily lives. The
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seasons. Amidst
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holidays of the
equinoxes, May
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and Yule, we
learn the life
stories of her
beloved animals**

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and

crops--chicken,

pig, lamb,

apples, basil,

tomatoes. May

apple blossoms

are sweet fruit

for rambunctious

sheep in June.

And come

September, the

harvest draws

together

neighbors for

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under the waning
summer sun. The
living beings
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alike. Charlotte
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supervisor in
private
practice, a
tutor at
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supervisor of**

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most notable
distinction between
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If its resistance is
greater than the
force of the blow
struck, it remains
outwardly

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unchanged.

Otherwise, it is shattered into smaller bits. Never does the stone attempt to react in such a way that it may maintain itself against the blow, much less so as to render the blow a contributing factor to its own continued

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action. While the living thing may easily be crushed by superior force, it none the less tries to turn the energies which act upon it into means of its own further existence. If it cannot do so, it does not just split into smaller pieces

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(at least in the higher forms of life), but loses its identity as a living thing. As long as it endures, it struggles to use surrounding energies in its own behalf. It uses light, air, moisture, and the material of soil. To say that it uses them is to say that it

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turns them into
means of its own
conservation. As
long as it is growing,
the energy it
expends in thus
turning the
environment to
account is more
than compensated
for by the return it
gets: it grows.

Understanding the

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word "control" in this sense, it may be said that a living being is one that subjugates and controls for its own continued activity the energies that would otherwise use it up. Life is a self-renewing process through action upon the environment.

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Tap into your inner power with this mind-opening guide to vibrational-based living from Instagram star and self-help pioneer behind the internet community Vibrate Higher Daily. “There is another way of being in the world. There is a better

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way to exist, rise, move beyond, and take our power back.” Too often we feel pulled down by circumstances or the negativity of others. We think we have no control over the things that are hurting us and holding us back from realizing our

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truest selves. But according to Lalah Delia, we have more power within us than we know: listen to your unique inner voice and trust your instincts. By doing so, you 're already experiencing the transformative power of vibrational-based living.

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Vibrating higher daily is about making intentional day-to-day choices that lift us out of mindsets, habits, and lifestyles that don't serve us and into ones that do. This book is an invitation to engage with everything that feeds our soul and

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raises our vibration,
and to
simultaneously let
go of the things
bringing our energy
down. Through
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