### If Women Rose Rooted

### **Mary Reynolds Thompson**

**If Women Rose Rooted** Sharon Blackie, 2019 A powerful, resonant rallying-cry for the re-wilding of womanhood by writer, psychologist, and mythologist Dr Sharon Blackie.

If Women Rose Rooted Sharon Blackie,2017-04-18 'I love this book. Truly, it's mind-blowing in the most profound and exhilarating sense. This is an anthem for all we could be, an essential book for this, the most critical of recent times. I sincerely hope every woman who can read is given one, and has the time and the space to read it.' - Manda Scott, author of Boudica and Into the Fire. In this extraordinary book of myth, memoir and modern-day mentors (from fashion designers to lawyers), Blackie faces the wasteland of Western culture, the repression of women, and the devastation of our planet.

If Women Rose Rooted Sharon Blackie, 2016 Aged 30 Sharon Blackie found herself weeping in the car park of the multinational corporation where she worked, wondering if this was what a nervous breakdown felt like. With a PhD in Psychology she ought to have known. Somewhere along the line she realised she had lost herself. And so began a long winding journey back to authenticity, rootedness in place, and belonging. In this extraordinary book of myth memoir and modern day mentors Blackie faces the wasteland of Western culture, the repression of women, and the devastation of our planet. She boldly names the challenge to reimagine women's place in the world and to rise up firmly rooted in our own native landscapes and the powerful stories and wisdom which spring from them. If Women Rose Rooted offers a haunting heroine's journey for every woman who finds power inspiration and solace in the natural world.

**Hagitude** Sharon Blackie,2022-10-11 RADICALLY REIMAGINE THE SECOND HALF OF LIFE "There can be a certain perverse pleasure, as well as a sense of rightness and beauty, in insisting on flowering just when the world expects you to become quiet and diminish." — from the book For any woman over fifty who has ever asked "What now? Who do I want to be?" comes a life-changing book showing how your next phase of life may be your most dynamic yet. As mythologist and psychologist Sharon Blackie describes it, midlife is the threshold to decades of opportunity and profound transformation, a time to learn, flourish, and claim the desires and identities that are often limited during earlier life stages. This is a time for gaining new perspectives, challenging and evolving belief systems, exploring callings, uncovering meaning, and ultimately finding healing for accumulated wounds. Western folklore and mythology are rife with brilliantly creative, fulfilled, feisty, and furious role models for aging women, despite our culture's focus on youthfulness. Blackie explores these archetypes in

Hagitude, presenting them in a way sure to appeal to contemporary women. Drawing inspiration from these examples as well as modern mentors, you can reclaim midlife as a liberating, alchemical moment rich with possibility and your elder years as a path to feminine power.

The Way of the Wild Soul Woman Mary Reynolds Thompson,2024-05-14 • Introduces five Earth Woman Archetypes along with in-depth initiations to help you to unleash your fullest, most authentic, and creative self • Includes rituals, exercises, meditations, and journal prompts to help you integrate each initiatory stage and embody the ways of a Wild Soul Woman • Explores how to overcome the core wounding of each Earth Archetype, how the Archetypes can empower you, and how to embody their wisdom Are you ready to become a force of nature? Trapped in a culture that shames and tames us, we often struggle to give full voice to our passions and purpose. But a Wild Soul Woman will not be silenced. Sourcing her strength from five Earth archetypes, she speaks her truth, stands up for her values, and becomes an eloquent defender of life. Award-winning author Mary Reynolds Thompson takes you on a groundbreaking journey, showing you how to unleash your full feminine power, as you discover and learn from: • Desert Woman—to let go of what no longer serves you • Forest Woman—to seed new dreams and nurture them in your depths • Ocean and River Woman—to ride the flow of your deepest longings • Mountain Woman—to rise up in service of a vision • Grassland Woman—to engage with community as your rewilded self Woven throughout with the author's personal story, the stories of other women who have blazed a trail, and enchanting illustrations, this is an inspirational how-to guide to exploring your inner nature. The Way of the Wild Soul Woman is also a blueprint for the next wave of feminism and its larger purpose—to reshape our culture and our institutions. Together, my sisters, we are about to change the world. We are wondrous. We are rising. We are wild.

A Hole in the World Amanda Held Opelt,2022-07-19 In a raw and inspiring reflection on grief--selected by Publishers Weekly as one of the best books of the year--a mourning sister processes her personal story of loss by exploring the history of bereavement customs. When Amanda Held Opelt suffered a season of loss—including three miscarriages and the unexpected death of her sister, New York Times bestselling writer Rachel Held Evans—she was confronted with sorrow she didn't know to how face. Opelt struggled to process her grief and accept the reality of the pain in the world. She also wrestled with some unexpectedly difficult questions: What does it mean to truly grieve and to grieve well? Why is it so hard to move on? Why didn't my faith prepare me for this kind of pain? And what am I supposed to do now? Her search for answers led her to discover that generations past embraced rituals that served as vessels for pain and aided in the process of grieving and healing. Today, many of these traditions have been lost as religious practice declines, cultures amalgamate, death is sanitized, and pain is averted. In this raw and authentic memoir of bereavement, Opelt explores the history of human grief practices and how previous generations have journeyed through periods of suffering. She explores grief rituals and customs from various cultures, including: the Irish tradition of keening, or wailing in grief, which teaches her that healing can only

begin when we dive headfirst into our grief the Victorian tradition of post-mortem photographs and how we struggle to recall a loved one as they were the Jewish tradition of sitting shiva, which reminds her to rest in the strength of her community even when God feels absent the tradition of mourning clothing, which set the bereaved apart in society for a time, allowing them space to honor their grief As Opelt explores each bereavement practice, it gives her a framework for processing her own pain. She shares how, in spite of her doubt and anger, God met her in the midst of sorrow and grieved along with her, and shows that when we carefully and honestly attend to our losses, we are able to expand our capacity for love, faith, and healing.

Nature and Space in Contemporary Scottish Writing and Art Camille Manfredi,2019-05-29 This book examines how contemporary Scottish writers and artists revisit and reclaim nature in the political and aesthetic context of devolved Scotland. Camille Manfredi investigates the interaction of landscape aesthetics and strategies of spatial representation in Scotland's twenty-first-century literature and arts, focusing on the apparatuses designed by nature writers, poets, performers, walking artists and visual artists to physically and intellectually engage with the land and re-present it to themselves and to the world. Through a comprehensive analysis of a variety of site-specific artistic practices, artworks and publications, this book investigates the works of Scotland-based artists including Linda Cracknell, Kathleen Jamie, Thomas A. Clark, Gerry Loose, John Burnside, Alec Finlay, Hamish Fulton, Hanna Tuulikki and Roseanne Watt, with a view to exploring the ongoing re-invention of a territory-bound identity that dwells on an inclusive sense of place, as well as ona complex renegotiation with the time and space of Scotland.

Unapologetic Annalie Howling,2025-05-13 'Annalie Howling delivers a masterpiece in self-liberation. Unapologetic is a fierce call to reclaim your power, dismantle shame, and live authentically. A must-read for anyone ready to embrace their full potential.' - Vex King Shame thrives when we believe its lie, that we are so broken, so different, that we must hide, apologise and never be free. But this narrative is false. Shame is difficult to express, but in Unapologetic, I've given it a voice. On every page, I uncover the secrets shame tries to keep hidden. When we realize we're not alone, shame loses its grip, and we reclaim our power. It isolates us, damages our relationships, and keeps us disconnected but it doesn't have to. Unapologetic is the book that I wish that I had during the most isolating moments in my life when shame had me fully in its grasp. Through my own stories, expert insights, and real client experiences, I hope the reader will discover pieces of themselves and start to reclaim the parts they thought were lost. Unapologetic is more than a book; it's a call to break free from shame and step into your full potential.

Flow Samantha Redgrave, 2025-01-14 Through sacred rituals, wellness hacks and self-care practices, you can optimize your wellbeing - physically, emotionally, and spiritually - and feel rooted in your inner sovereignty. Find your flow with self-care that taps into your natural rhythms We are dynamic and ever-changing beings. Seasons change, the moon waxes and

wanes, the womb flows, and we move from Maiden, to Mother, to Wild Woman, to Crone. This highly practical guide is your invitation to listen to the wisdom of your natural cycles through self-care practices, rituals, and tried-and-tested actionable tips, including: chakra healing / candle ceremonies / food medicine and kitchen witchcraft / rewilding / sex tips / intention planting / creative prompts / incantations / seasonal crafts / shadow work / relationship insights/ stress-relief meditations / lunar spells / hormonal advice / and so much more... Step into your flow, aligning the four sacred wheels, and discover a new depth of self-compassion, resilience, empowerment and joy.

Mothershift Jessie Harrold,2024-11-12 Explore this supportive, grounding guide for new mothers navigating the cascade of identity change and transformation that is motherhood. Our modern, Western societal understanding of what happens to a woman when she becomes a mother—beyond emotional rollercoasters and healing her pelvic floor—remains largely uncharted territory. The transition to motherhood actually takes two to three years, not six weeks or three months as we've been led to believe. Mothershift offers a supportive, affirming road map to take women through this transformational process. Jessie Harrold introduces her "map for your becoming," a research-based, four-phase model that maps out how the transition to motherhood unfolds and helps women to navigate every step along the way. She has used this model to guide thousands of women through the shift into motherhood. Harrold also includes self-inquiry questions and journal prompts in each chapter to help women identify and thrive amidst the cascade of changes they can expect as they enter motherhood. Topics include: Normalizing the feelings of grief and loss of self you may feel along the way. Navigating the discomfort of not knowing who you are anymore now that you're a mother. Guiding you to cultivate a sense of empowerment and leadership in motherhood, showing you how mothering is a counterculture act. Showing you how to use the "superpowers" that motherhood can offer—self-tending, creativity, embodiment, ritual, community, inner knowing, and earth connection. Gently guiding you to explore who you are becoming.

A Tapestry of Life: the Harmony in Nature's Wonders Clemente Chen, In this book, readers are taken on a journey through the rich tapestry of our planet's biodiversity. Delving beyond conventional scientific discussions, the author explores the intricately intertwined relationship between spirituality, culture, and the preservation of our natural world. Through captivating storytelling and profound insights, readers are encouraged to reflect on the significance of this interconnectedness and its impact on society at large. The book begins by examining the inherent spirituality embedded within our collective experience of nature. Drawing on diverse spiritual philosophies and ancient traditions, the author reveals how human spirituality has always been closely entwined with the natural world. From sacred landscapes to animal spirits, this exploration of spiritual connections with nature prompts readers to explore their own deep-seated spiritual bonds with the environment. With a profound understanding of the importance of cultural diversity, the author showcases the myriad ways in which different cultures have celebrated and respected biodiversity throughout history. From indigenous

rituals to sacred ceremonies, readers are exposed to the wide array of cultural practices that foster a profound reverence for the natural world. This fascinating exploration reminds us that biodiversity conservation is not only a scientific endeavor but a cultural imperative to protect our global heritage. Moving beyond theory, the book also delves into the tangible ways in which individuals and communities can forge a stronger spiritual connection to nature in their daily lives. Through practical advice, readers are offered a compendium of tools and practices aimed at deepening their own connection with the natural world. From mindful nature walks to engaging in ecological restoration projects, the author empowers readers to cultivate a harmonious relationship with biodiversity, ultimately leading to personal growth and societal change. Biodiversity and Beyond: The Spiritual Connection to Nature invites readers to embark on a transformative exploration of the spiritual and cultural dimensions of biodiversity conservation. Filled with enlightening anecdotes, profound wisdom, and actionable steps, this book serves as a beacon of hope in our quest to preserve the planet's remarkable diversity. It is a work that seeks to awaken a heightened consciousness of the spiritual ties that bind us to nature, inspiring readers to become active agents of change in safeguarding our shared home on Earth.

The Relaxed Woman Nicola Jane Hobbs, 2025-07-01 Have you ever met a relaxed woman? Would you like to become one? Psychologist Nicola Jane Hobbs draws on the latest science and extensive therapeutic experience to dispel the myth that relaxing is lazy and show women how to reclaim rest as a path to healing, freedom, and joy. We have become a society of rushing women, overburdened women, exhausted women. Women whose lives are plagued with stress, guilt, and burnout. We try so hard to do it all—to be the perfect partners, mothers, daughters, colleagues, friends—only to end up feeling not good enough, unappreciated, and lonely. But it doesn't have to be this way. In The Relaxed Woman, psychologist Nicola Jane Hobbs explores how stress negatively impacts our minds, bodies and relationships, and illuminates a path towards reclaiming relaxation as a form of liberation. Weaving together neuroscience and psychology with inspirational stories from women who are discovering the transformational power of rest for themselves, Nicola guides us on a journey to becoming relaxed women: women who have untangled their sense of worth from their productivity, who can rest without guilt and anxiety, who trust their intuitions, honor their needs, and live by their deepest values. Filled with simple rest rituals we can weave into our busy lives, healing practices to help regulate our nervous systems, and practical strategies to support us in navigating the unavoidable stressors of life, The Relaxed Woman is an empowering, restful guide for all of us who long to live more joyful, authentic lives. Because we deserve more than being constantly exhausted. We deserve to be relaxed women, women who know our worth and our power—women who, together, can change the world.

Walking in Beauty Phoenix LeFae,2020-08-08 A Must-Have Guide to Embracing the Magnificence in Yourself and the World Using the pentacle as a magickal framework, this exhilarating book presents techniques and exercises that help you manifest joy, discover your inner and outer beauty, recognize blessings, and bring balance to your life. Phoenix LeFae

presents a revolutionary approach based on the pentacle and the five points of beauty, devotion, desire, creativity, and expression. Walking in Beauty awakens you to the splendor of the world; it is both a meditation tool and a key to greater awareness. Through exercises, rituals, affirmations, and guerilla acts of kindness, this excellent guide shows you how to run the energy of the pentacle through your body and clear any blocks that keep you from living a fully engaged and beautiful life.

STILL HOT! Kaye Adams, Vicky Allan, 2020-10-15 Every menopause has its own story. It's time we told them . . . The menopause. What even is it? One big theme unites Still Hot!'s 42 stories - that, somehow, the world doesn't ready us for this. The menopause - let alone the perimenopause - simply isn't talked about; instead, it's reduced to a comic hot flush. More and more of us are proudly stepping free of the menopausal closet, but the Big M is still a conversation whispered below the radar. No one tells you it will be like this. No one prepares you for it. That silence is lifting, slowly. So let's be bold, let's overshare. Let's find solidarity among Still Hot!'s myriad voices - wise, rebellious, measured, fierce, upfront - telling how the menopause is not just one story, but many. Telling, in fact, that this is not the menopause, it is YOUR menopause. FEATURING Sahira Ahmad Belcher Yasmin Alibhai-Brown Shalini Bhalla-Lucas Sharon Blackie Erica Clarkson Marie Louise Cochrane Bunny Cook Tracey Cox Jody Day Paulette Edwards Felicity Everett Helen FitzGerald India Gary-Martin Tania Glyde Julie Graham Angie Greaves Shahzadi Harper Michelle Heaton Yvonne John Lorraine Kelly Jane Lewis Pinky Lilani Andrea Macfarlane Danusia Malina-Derben Nimmy March Alison Martin-Campbell Pippa Marriott Val McDermid Sharmila Mehta Louise Minchin Louise Newson Susie Orbach Penny Pepper Miranda Sawyer Carol Smillie Anthea Turner Melissa Wall Kirsty Wark Sayeeda Warsi Denise Welch Trinny Woodall Xinran Xue There's a menopause club. Once you've been through it, vou go. That's it, I can do anything now. KIRSTY WARK Once we stop bleeding, once we stop having children, once we go through the menopause, it's not over. In fact, it can be a very empowering time. JULIE GRAHAM We mustn't be scared of the menopause . . . I always say, Don't suffer in silence. Get help. There is help out there. There is understanding. LORRAINE KELLY Many women, when they go through menopause, happen to be going through things in their life anyway. You wonder, does one galvanise the other? TRINNY WOODALL There is no one-size-fits-all for menopause. DENISE WELCH It's not THE menopause. It's YOUR menopause. KAYE ADAMS

A Guide to Conscious Menopause Reva Adie,2023-03-28 An alternative and unique perspective on our understanding of menopause. This groundbreaking book offers a response to the call of women to listen deeply to the wisdom of their bodies as they go through the change and stages of peri-menopause and menopause. In modern times, even with the increased awareness of recent years, the overriding response is management and relief of symptoms. However, in this book Reva provides a revolutionary approach to menopause, perceiving this transition as a rite of passage and alchemical process. Through her own experience Reva acts as a guide in allowing women to connect with their bodies and awareness though

contemplation, as well as suggesting practices to support a deepening of women's exploration of menopause, including yoga, meditation and ritual. Within these pages, Reva will provide women with a sense of trust, and wider perspective as they discover more about their bodies, their perceptions, learning from, rather than fearing this time of change.

The Rewilding Yearbook Eleanor Cheetham, Maddy Winterbrook, 2025-10-14 Discover how to re-wild your spirit and explore new ways of thinking, moving, and being in the world. The Rewilding Yearbook is a year-long journey into connecting with your place as a part of the natural world. Based on a fierce but tender conviction that the world makes a lot more sense when we bring nature back into the heart of our lives and work, The Rewilding Yearbook takes readers on a journey into unearthing the wild within and forming a deep fulfilling connection with nature – and getting to know who you truly are! Over the course of a year, learn how to: Rewild your perspective and shift your worldview from egocentric to ecocentric. Realign with cyclical rhythms, and flow with the seasons of nature, your body and your life. Reconnect with your roots cultivating kinship with yourself, others, and the more-than-human world. In The Rewilding Yearbook, the concept of the "wild self" is fully explored as the reader is guided on a "rewilding journey" offering inspiration and encouragement in exploring their own wildness. The thirteen chapters are structured around the seasons, and the 13 lunar cycles of the year. In each season, a new way to explore the wild self is uncovered, and the lessons are applicable for everyone, whether the nature outside their window is a cityscape or rolling countryside – it's the wild self within that counts!

Simple Soulful Sacred Megan Dalla-Camina, 2019 A guidebook for the modern woman, who wants to create space in her life for more wellbeing, simplicity and joy. Simple Soulful Sacred is a guidebook for the modern woman who seeks clarity and guidance on how to live the life of her dreams, on her own terms. It's for the women of our time-the mothers, teachers, healers, light workers, dreamers, creators, leaders-who are ready to find their voice, speak their truth and own their power, whilst living life with less hustle and more flow. For modern women wanting more for their lives, it's the now age definition of having it all. Women are rising; ready to step out of the cloak of masculine traits that keep them striving for a version of success that is not their own. Ready to stop hiding their light and playing the comparison game. And ready to fully embody their feminine power. Because whilst the feminine may have been disowned and devalued for centuries, we are so done with that story now. But it's still a paradox. Because within this very rising, women are longing to step out of the noise and chaos, to live more simply. They want time and space for what's most important to them; and the comfort, consciousness and connection that often gets lost in the busyness and distractions of daily life. This book is the bridge women have been seeking. Written with the time-poor reader in mind, this book includes 200 short-form chapters, the perfect length for dipping into while commuting; during a lunch break or at the end of the day. The perfect gift, or self-gift, for women of all ages.

Queer Ecopedagogies Joshua Russell, 2021-04-09 This volume builds on the momentum surrounding gueer work within

environmental education, while also encouraging new connections between environmental education research and the growing bodies of literature dedicated to queer deconstructions of categories such as "nature," "environment," and "animal." The book is composed of submissions that engage with existing literature from queer ecology, queer theory, and various explorations of sexuality and gender within the context of human-animal-nature relationships. The book deepens and diversifies environmental education by providing new theoretical and methodological insights for scholarship and practice across a variety of educational contexts. Queer pedagogies provide important critical points of view for educators who seek broader goals centred around social and ecological justice by encouraging counter-hegemonic views of bodies, nature, and community. The scope of this book is multi- or interdisciplinary in order to cast a wide net around what kinds of spaces, relationships, and practices are considered educational, pedagogical, or curricular. The volume includes chapters that are conceptual, theoretical, and empirical.

**Pagan Portals - Modron** Kelle BanDea,2025-01-28 In the flow of healing waters and the urgent cry of the Earth, we hear the voice of the Celtic mother goddess Modron, also known as Matrona. A goddess of fertility, abundance and healing, but also of grief and loss and ancestral wisdom, she is still present, although hidden, in today's world. We find her myths in the tales of the Mabinogi, the Welsh Triads and modern tales of Avalon, and her image and veneration in the ancient religions of Celtic Gaul, where she first emerged as a river goddess. We can trace echoes of her in ancient Indo-European texts and possibly even further back to the agricultural myths of the Neolithic. She is even present in the stars. Modron - Meeting the Celtic Mother Goddess takes a deep dive into this often overlooked goddess who has inspired our modern myths, combining solid academic research with suggestions for personal practice and ritual, from a modern day dedicant and scholar of Goddess veneration. Modron is emerging from the depths. Will you answer her Call?

The Journey of Soul Initiation Bill Plotkin,2021-01-12 Soul initiation is an essential spiritual adventure that most of the world has forgotten — or not yet discovered. Here, visionary ecopsychologist Bill Plotkin maps this journey, one that has not been previously illuminated in the contemporary Western world and yet is vital for the future of our species and our planet. Based on the experiences of thousands of people, this book provides phase-by-phase guidance for the descent to soul — the dissolution of current identity; the encounter with the mythopoetic mysteries of soul; and the metamorphosis of the ego into a cocreator of life-enhancing culture. Plotkin illustrates each phase of this riveting and sometimes hazardous odyssey with fascinating stories from many people, including those he has guided. Throughout he weaves an in-depth exploration of Carl Jung's Red Book — and an innovative framework for understanding it.

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