



## Wild Wise: Sacred Feminine Meditations for Women s Circles Personal Awakening (Paperback)

By Amy Bammel Wilding

Womancraft Publishing, Ireland, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Wild Wise is not merely a collection of guided meditations, but a potent tool for personal and global transformation. The meditations within beckon you to explore the powerful realm of symbolism and archetypes, inviting you to access your wild and wise inner knowing. These compelling meditations are suitable for reflective reading, or to facilitate healing and empowerment for women who gather in red tents, moon lodges, women s circles and ceremonies. Part I: The Sacred Feminine is comprised of thirteen meditations, inviting you to dive deep into the feminine psyche and catalyze healing. Meditations include: Coming Home, The Power of No, Hunger, Your Inner Warrior and The Mother Code. Part II: Your Inner Goddess is comprised of thirteen goddess-centered meditations from many traditions around the world, inviting you to connect with and cultivate the qualities each goddess embodies. Meditations include: Artemis (authenticity), Brigid (inspiration), Sekhmet (rage), Durga (boundaries), Gwenthwyfar (sovereignty), and Lakshmi (abundance). Part III: The Wheel of the Year is comprised of five seasonal meditations, marking the cycles of life. Meditations include: Rebirth and Renewal (spring), Tending Your Garden (summer), Preparing for...



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