

# Womans Book of Spirit



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著者:

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When the Divine Feminine instructed Sue Patton Thoele to "pour water on my women," Thoele set about writing a book to provide women with spiritual sustenance for every area of their lives. The Woman's Book of Spirit is the result of that journey. A leader in the women's spirituality movement, Thoele offers her deepest wisdom in this collection, resulting in a powerful and profound book that can be used in a number of ways. Thoele recommends using it as a sacred feminine oracle by opening it at random, holding it to your heart and "asking your inner wisdom to guide you to the perfect, right entry for you at this moment." It can also be used as a meditation guide, a daily friend, or to answer a specific question. This is a book to soothe every woman's soul and to strengthen the vital connection to spirit. Chapters include Embodying Heart Energy, Intertwining Soul-Strands, Awakening to Wisdom, and Ascending to Gratitude. In the chapter Nourishing Our Souls, we learn to be our own lamp, participate in even exchanges of energy with friends, and send guilt down the drain. Thoele's wisdom is timeless, her organization of it simple, and her voice a natural calling to all of us to take heed. This collection helps us to reconnect with ourselves and the ones we love.

作者介绍:

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