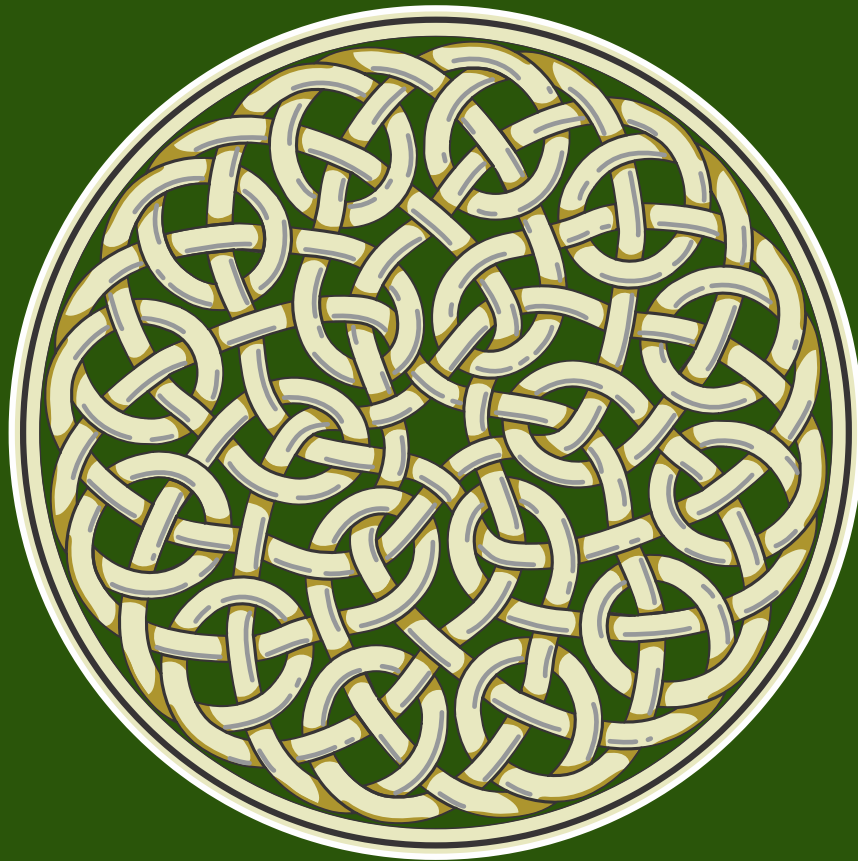


BRIGID

a celebration



the women
of
Womancraft Publishing



Contributors

Amantha Murphy

Amy Wilding

Gina Martin

Lucy H. Pearce

Molly Remer

Sarah Robinson

Stella Tomlinson






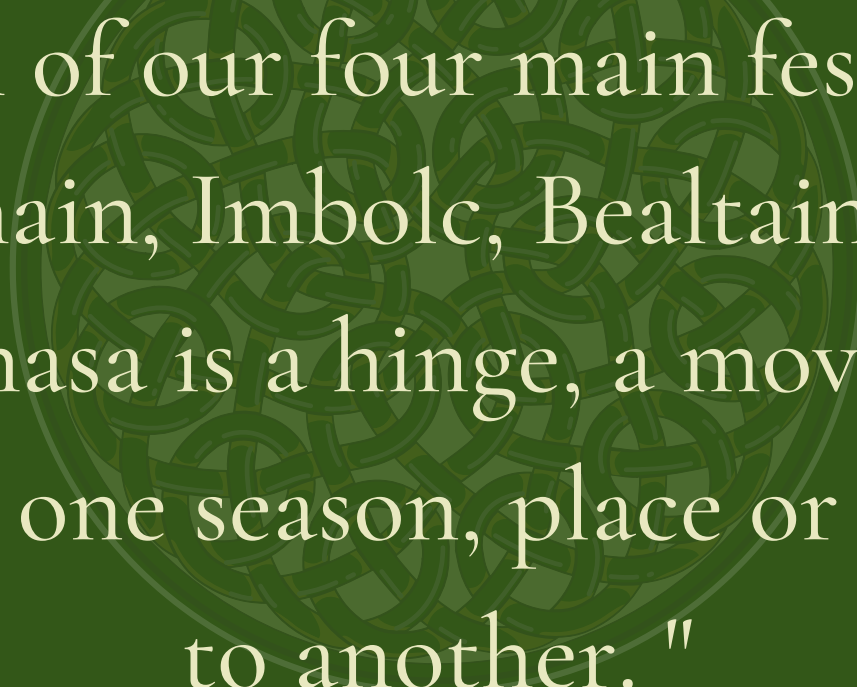

HERSTORY

Amantha Murphy
with Orla O'Connell


Excerpted from her book

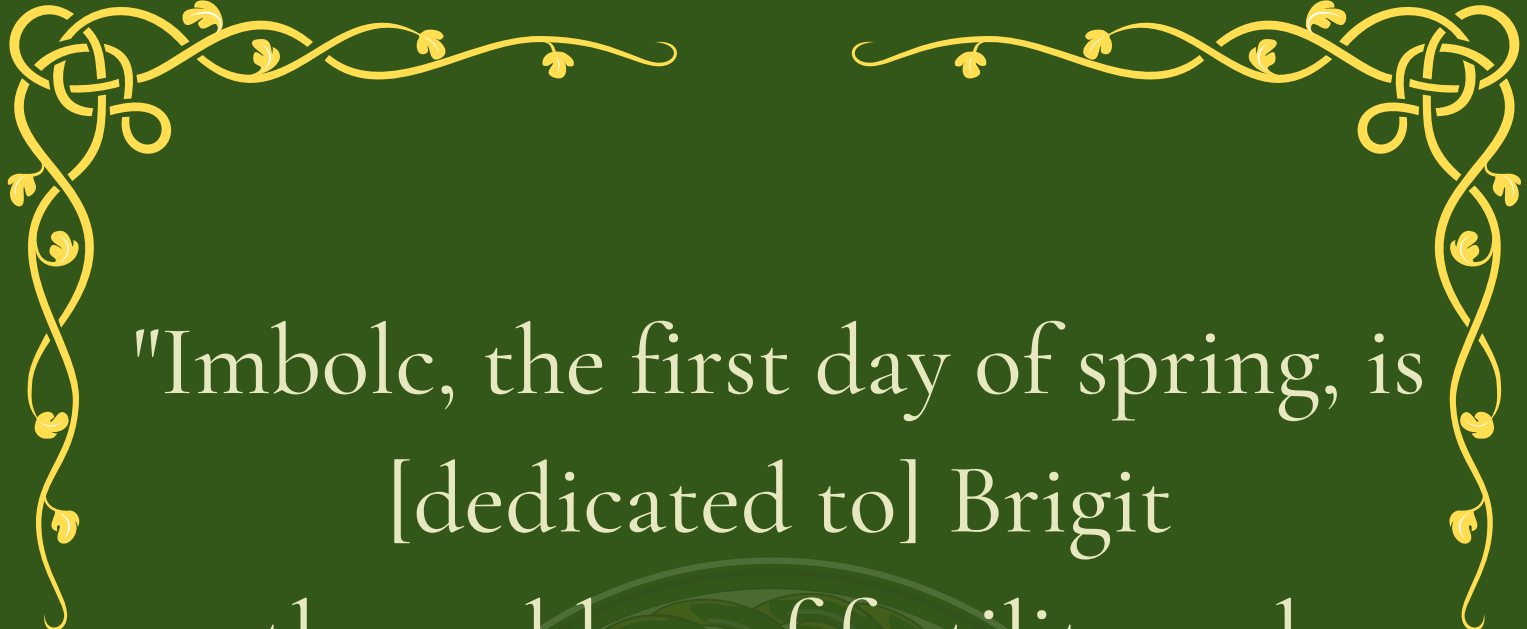
The Way of the Seabhean:
an Irish shamanic path



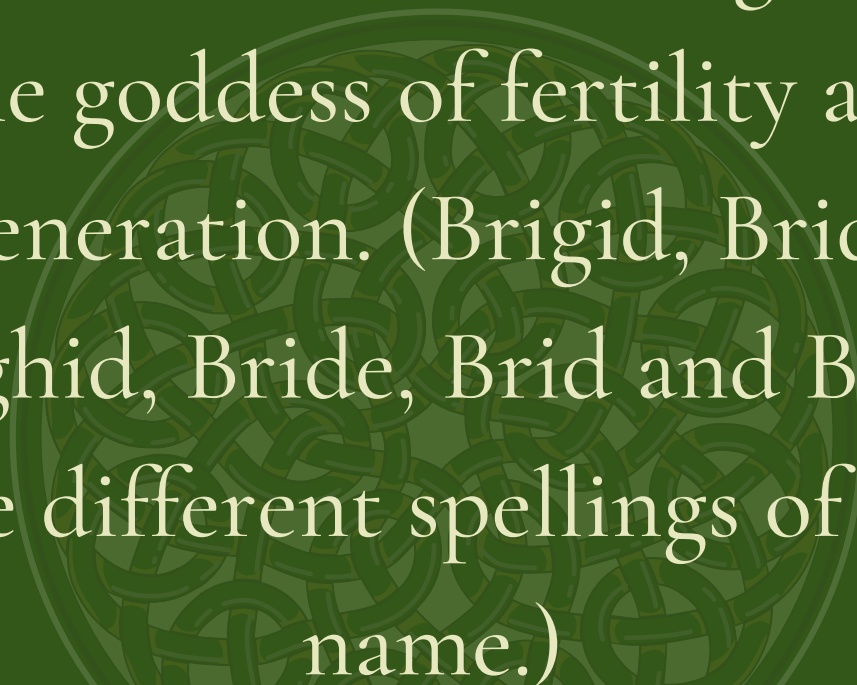


"Each of our four main festivals:
Samhain, Imbolc, Bealtaine and
Lughnasa is a hinge, a movement
from one season, place or space
to another. "

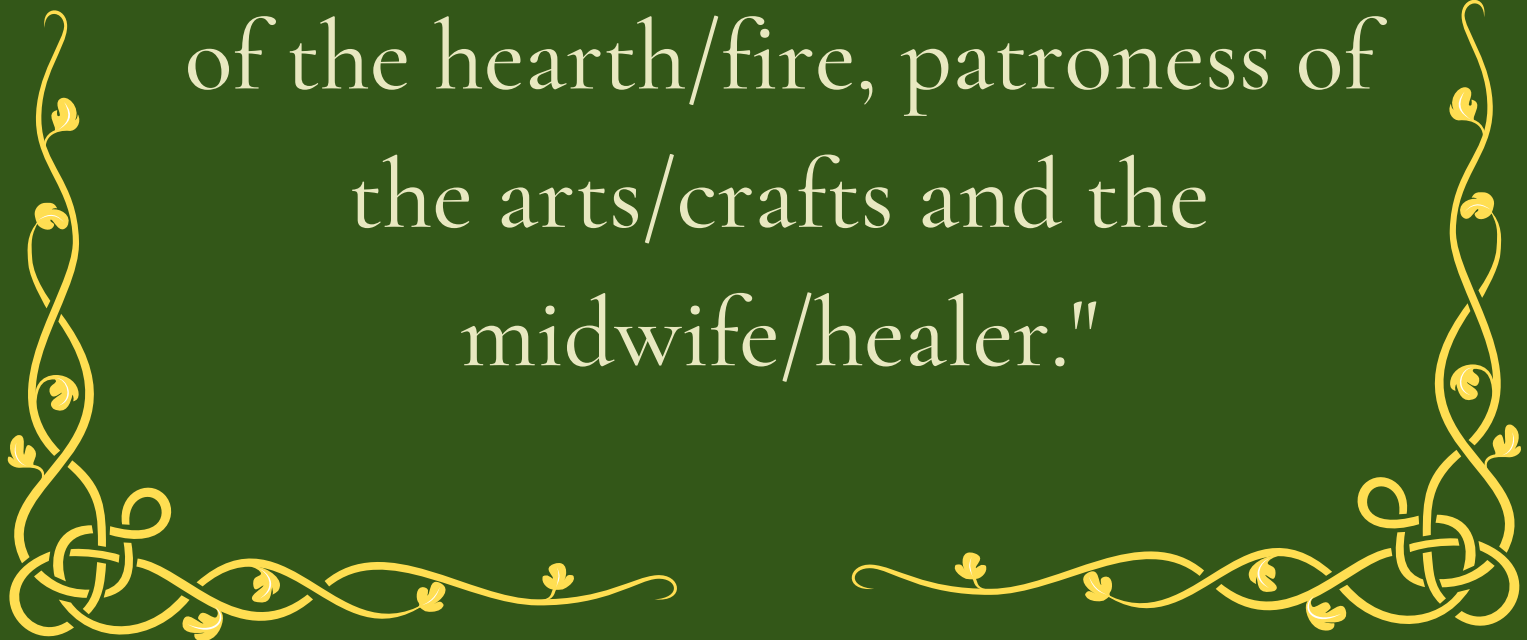




"Imbolc, the first day of spring, is
[dedicated to] Brigit
the goddess of fertility and
regeneration. (Brigid, Bridget,
Brighid, Bride, Brid and Briget
are different spellings of the
name.)



Brigit is a triple goddess, keeper
of the hearth/fire, patroness of
the arts/crafts and the
midwife/healer."



Homage to Brigit goes back thousands of years. She was a prominent earth goddess of our ancient people in Ireland. As a triple goddess, Brigit had three different roles in one.

Brigit was a keeper of the flame. The fireplace is at the heart of the house. Without fire, people could die of cold or hunger during the winter months. Brigit was the keeper of the hearth, which in Irish is often called neart (strength or life force). Nearth is also the heart.

We see pictures of Jesus with a flame in the heart.

Fire belongs to the underworld. In arcane teaching, we move the fire of passion from our base chakra into the heart where it becomes compassion. In old paintings, saints always had an aura or glow around their heads and that was the symbol for passion moving into compassion. Fire, for Brigit, is the heart fire as well as the hearth. A Fire Temple was built in Kildare in her honour. That flame was kept alight continuously for millennia until the Christians came and extinguished it.

She was also the midwife and healer. When we work with women giving birth, we call upon Brigit to assist us and have symbols of Brigit around us.

Brigit was the patroness of the arts. In the old days, the arts had to do with transformation - changing something into something else. Originally the arts were the ability to scry and to see (in the sense of being a seer). It was the cultivation of the third or inner eye, to see beyond and within. They included clairvoyance, divination and the ability to vision.

Brigid Nun and Saint

In the 5th Century AD, the first woman in Ireland to be professed as a nun in the Christian tradition was given the name Brigid. This was done to attract people into the new religion and to draw people's awareness and attention away from the earlier, pagan tradition.

It is said that the woman who became Brigid the nun was born on a threshold. Her mother was a Christian slave who was owned by a pagan chieftain and Brigid was his daughter. The mother was working in the fields when she went into labour. As they carried her into the rath (house), she fell down on the threshold, between the outside and the inside, and gave birth. This symbolised Brigid's position on the threshold between the pagan and Christian traditions. The name Brigid also means bridge. Brigid really was a bridge between the ancient and the new, between the Goddess Brigit and herself, the Christian saint. She encompassed both. St. Mel, the bishop who presided over her profession as a nun, also read over her the form for ordaining a bishop. This may not have been a mistake, because when he realised what had happened, he said, "What God has done no man can undo".



Brigid had a following of women and needed land to build her monastery. Taking some of her postulants with her, she went to Kildare. The local chieftain was a pagan. He lived on the Curragh, an area of Kildare where there are miles of flat land. A great celebration was going on. She went in with her women and asked him if he would give her land. He laughed at her, this Christian woman, and he said, “Throw down your brat, woman, and whatever the brat covers you can have”.

They stepped outside and all the men came out laughing. Brigid took off her cloak, her brat, and threw it on the ground. It grew and grew. When it became twenty acres, the chieftain said, “Enough! Take what you want and be gone”.

She took just enough land to have her monastery and garden. To everyone’s surprise, Brigid chose the site of the ancient fire temple and rekindled the flame, which had been burning for centuries before that, in honour of the earth goddess, Brigit. She built her abbey beside a giant oak tree, which gave Kildare its name (Cill Dara, the church of the oak) and she founded schools and hospitals.

She lived with her community of sisters. Being together as women gave them the strength to go out and care for others, to practise the arts, healing and midwifery and to cultivate food. She and her nuns fed the poor and hungry and gave away whatever riches were given to them. Brigid also acted as arbiter in disputes, bringing balance and common sense whenever one chieftain was in conflict with another.

It is said that Brigid had nineteen nuns. Every night one of them tended the fire and kept it lit so that it never went out. After Brigid died, her nuns always left the fire unattended on the twentieth night and called upon Brigid to keep the fire going. “Brigid, Brigid, Sacred Flame; Brigid, Brigid, in your name,” is the call that the nuns use. The fire never went out.

All of Brigid’s successors, as Abbess of the Brigidine Order, were bishops until the 1100’s. They were among the most powerful and influential figures in Irish monastic life. It is said that the other bishops sat at their feet.”



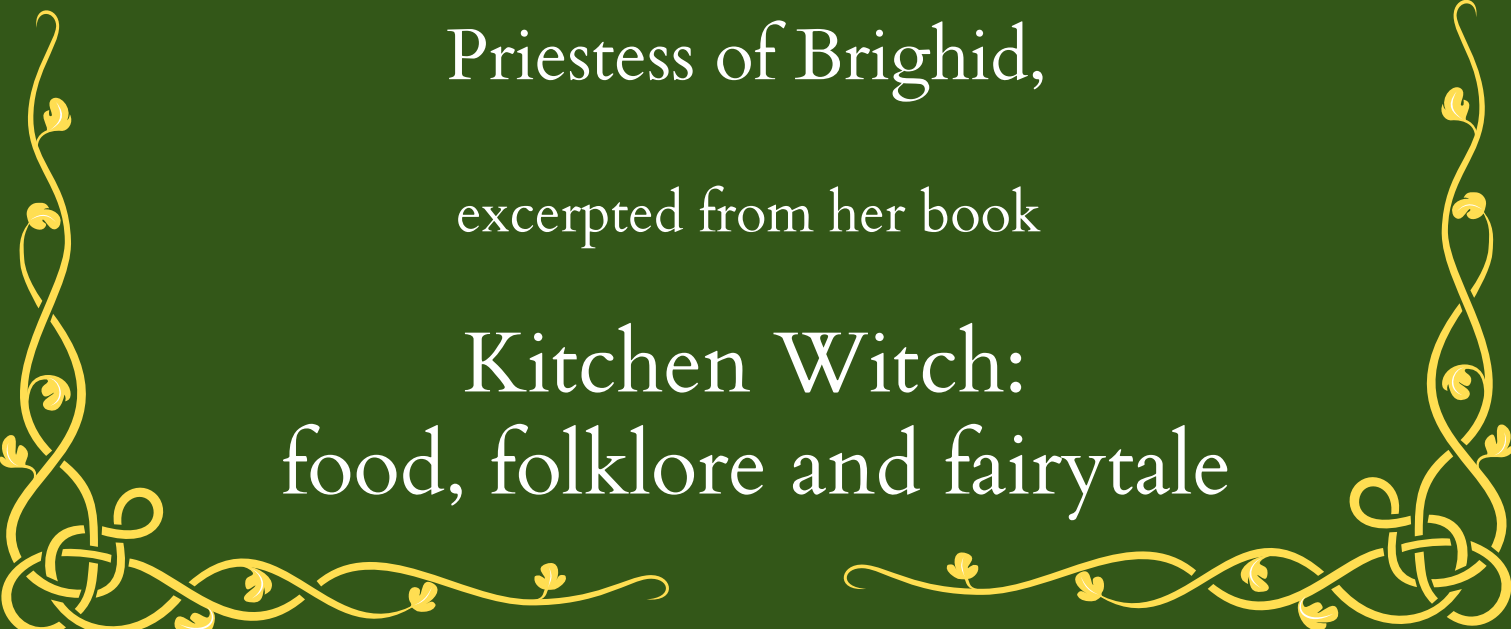


TRADITIONAL FOODS & FESTIVITIES

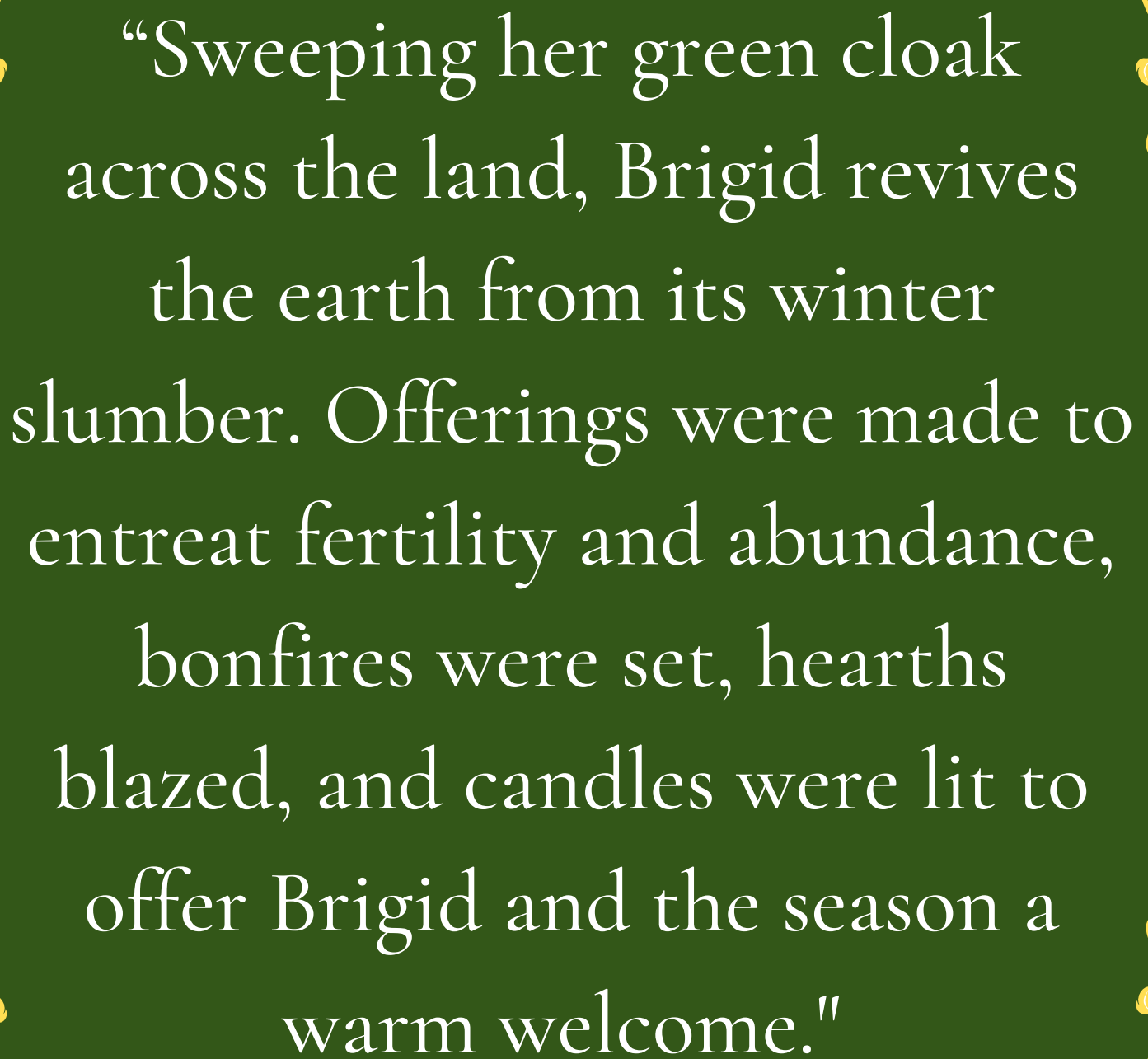
Sarah Robinson

Priestess of Brighid,

excerpted from her book



Kitchen Witch:
food, folklore and fairytale



“Sweeping her green cloak
across the land, Brigid revives
the earth from its winter
slumber. Offerings were made to
entreat fertility and abundance,
bonfires were set, hearths
blazed, and candles were lit to
offer Brigid and the season a
warm welcome.”



As Brigid was thought to visit homes on the eve of her feast, food and drink would be laid out. Families may have a special meal, some of which would be set aside for Brigid's visit, to welcome her in with the hope she would bless the house for the coming year.



Soda bread, apple cakes, barm brack and fresh butter, were served and savoured. Since the late 1500s, when the potato arrived in Ireland, it has been a staple food. A dish called colcannon made of mashed potato, cabbage and butter (sometimes with the addition of herbs, greens and spring onion) is now very much considered a traditional Imbolc dish.

Women might weave dolls of Brigid from wheat stalks or make Brigid's Crosses from reeds to hang in the house for luck and protection for the coming year. A little bed might also be made for the doll, or as a place for Brigid herself to rest – a tradition continued in many Irish and Scottish homes today. As the hearth is sacred to Brigid, one might “smoor” or smother the fire and rake the ashes smooth. And in the morning, if a mark could be seen in the ashes it was indication that Brigid has passed through.



The fire at the centre of the home provided physical and social warmth as the family gathered around it. The cauldrons not owned by goddesses, would sit at the household fire: a place sacred to the Irish goddess Brigid. She, the “bright one,” is often depicted as a fire herself or with a divine flame rising from her head and watches over all things hearth and kitchen related.

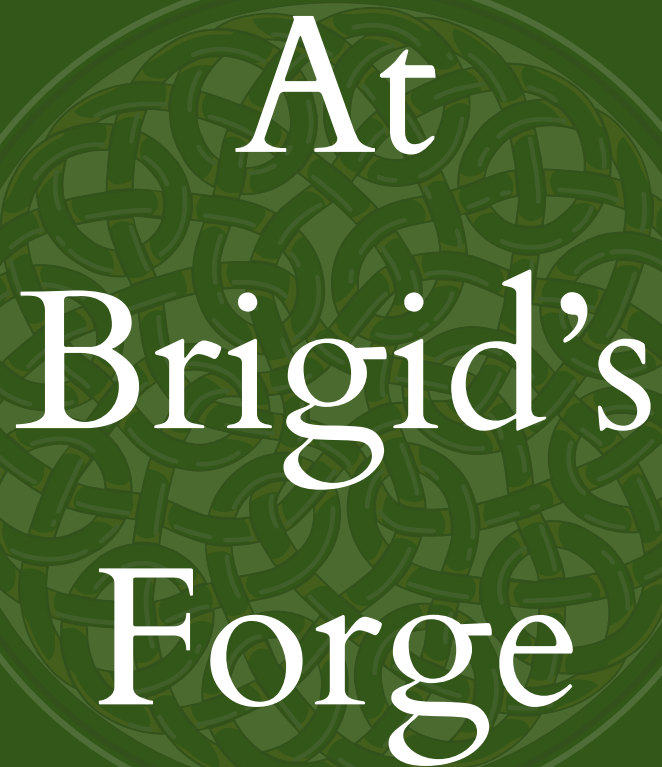
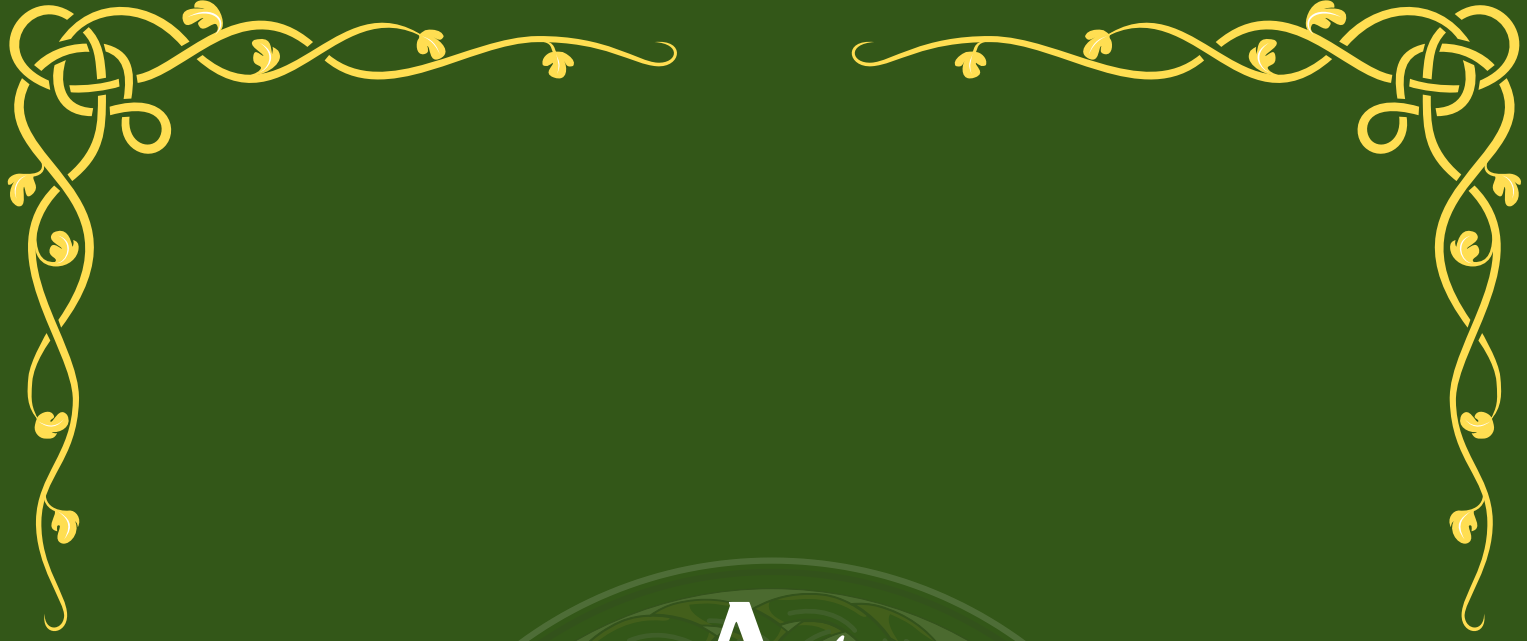


Making a Brigid's Cross

Video Tutorial from
Big Green Art

Brigid's father was Dagda, a revered leader of the Tuatha Dé Danann. Associated with agriculture, strength and knowledge, he carried a huge magic cauldron that was bottomless, representing abundance and Dagda's own penchant for food. I think part of the role of host passed through from father to daughter. To be with Dagda is to never go hungry, and to be with Brigid is to always be warmed.

The close links between hearth and healing are present in the image of Brigid. I think you can see here how ancient Celts took everything that fire and hearth meant to them and created these glorious deities to embody that light, warmth and comfort the hearth fire provided. The goddesses' skills connect to what happened around hearth fires. At the hearth, the women of the house practiced magic, cooking, storytelling and healing, as well as the passing on of knowledge.”

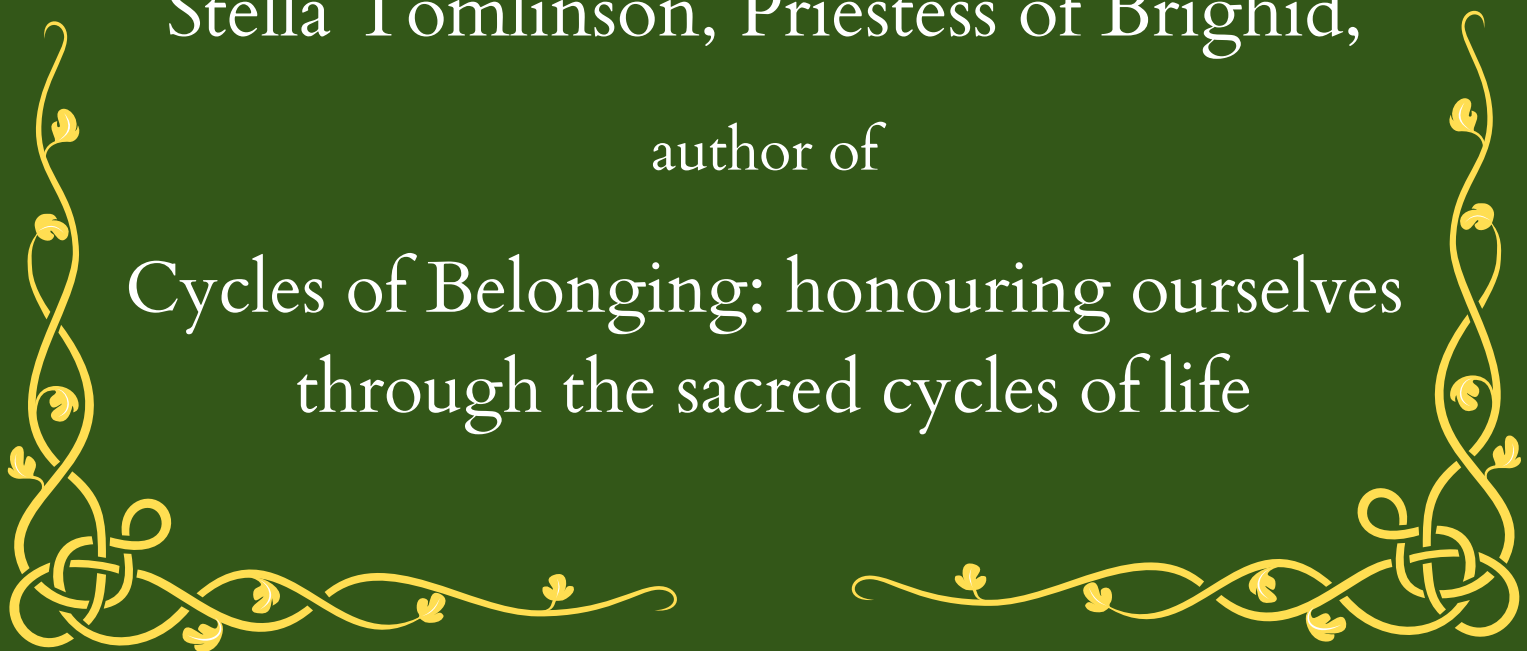


At Brigid's Forge

Stella Tomlinson, Priestess of Brighid,

author of

Cycles of Belonging: honouring ourselves
through the sacred cycles of life



Brigid is a triple aspect deity: Goddess of poetry, healing and smithcraft.

Here I would like to share with you some thoughts inspired by Brigid the Smith, and the strength, tenacity and alchemy this face of Brigid can awaken in us.

Now, smithing is hard work.

Believe me I know! Because as part of my Priestess of Brigid training, I worked at a forge.

As Smiths have long done, I took my raw material of iron and plunged it into burning coals, holding it there until it became red hot and pliable.

With care, I took the glowing metal and hammered it into shape on the anvil.

But the job is not complete with one visit to the fire! Oh no, working slowly and mindfully I moved back and forth between the fire and the anvil.

Gradually, with care, I crafted the iron with the blows of my hammer. Working steadily, trusting in the process ... until, with its own perfect timing, the piece had been worked to completion.

It was intense. I didn't think I'd have the strength to keep going. But I kept at it and birthed a beautiful and utterly unique swan-head spiral from the iron rod with which I began.

And this is the alchemical journey that Brigid invites us on when we work with Her flames of transformation.

This is what we experience through rites of passage and initiatory experiences.

We must allow ourselves to be worked by the process; to allow ourselves to become pliable in the fires of Her soul forge; to shed the layers that are no longer in alignment with our truth; to keep going no matter how hard it feels; to trust in the process; to reform ourselves and rebirth ourselves in our new and unique form.

Our soul's truth.

*

This is a poem I wrote after working at Brigid's forge. I hope it inspires you to trust in Brigid's gifts of healing, inspiration and transformation in times of confusion, fear or doubt.

*As I stand before Your forge
I offer my fears and doubts
To Your sacred fire of transformation.*

*As I enter the flames
My soul catches fire,
Burning with the divine presence of Your love.*

*As I step through the other side,
I feel Your alchemy has wrought its magic,
And I rise, newly formed:
Courageous, peaceful, and free.*

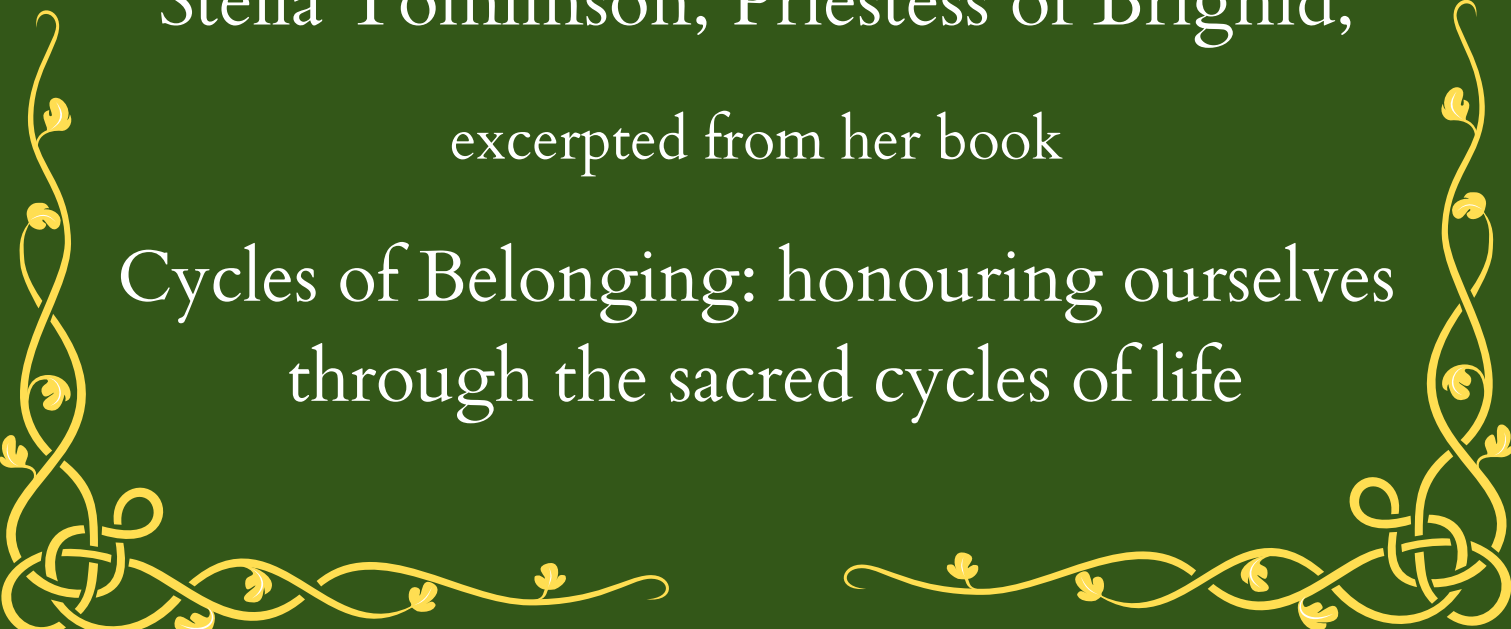



RITUAL

Stella Tomlinson, Priestess of Brighid,


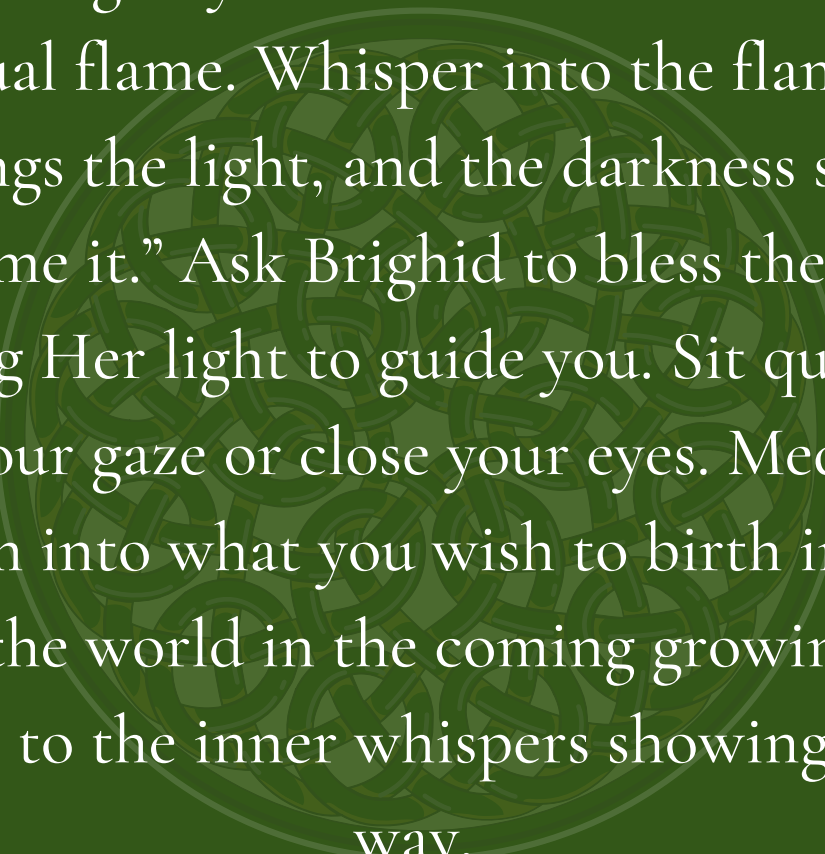
excerpted from her book

Cycles of Belonging: honouring ourselves
through the sacred cycles of life





“The light returns at Imbolc on the eve or morning of Imbolc, light a flame or fire in recognition of the returning light and the reawakening of your inner fire — and Brighid’s perpetual flame. Whisper into the flame: “For She brings the light, and the darkness shall not overcome it.” Ask Brighid to bless the candle and bring Her light to guide you. Sit quietly and soften your gaze or close your eyes. Meditate on or dream into what you wish to birth into your life and the world in the coming growing season — listen to the inner whispers showing you the way.”



Cleanse your home with incense or with sound, by clapping your hands, sounding a singing bowl or banging a drum. Clear out the old energy of winter and make space for the new energy of the coming spring.”



BRIGID'S BLESSING

May Brigid bless the house wherein you dwell

Bless every fireside every wall and door

Bless every heart that beats beneath its roof

Bless every hand that toils to bring it joy

Bless every foot that walks its portals through

May Brigid bless the house that shelters you.





PILGRIMAGE

Lucy H. Pearce
Womancraft Publishing founder



This past summer I visited many sacred sites in Ireland, many stone circles, Iron Age forts, as well as Newgrange, Knowth...and St. Brigid's Well in Kildare.

This site of pilgrimage lies not far from her abbey, just off the main Dublin road, and only moments from the peaceful Japanese Gardens at Kildare National Stud. This ancient well has been associated with Brigid for centuries and is a living, natural place of prayer and devotion, visited by devotees of Brigid - pagan goddess and Catholic saint.

I was moved to tears by the offerings tied to the trees in this sacred groves - prayers for loved ones sick, dying and gone to soon.

Take your time to wander through these images on virtual pilgrimage.













*With your flame within me
and your mantle around me,
I know I am
inspired and protected,
always.*

Brigid Prayer
via Stella Tomlinson



MEDITATION

Amy Wilding

excerpted from her book

Wild & Wise



The Celtic Goddess of fire, Brigid is the keeper of the sacred fire of inspiration. Born with a crown of flame atop her head, Brigid invites you to tend to your inner wildfire and fan the flames of your expressive and creative passion. Brigid's stature as a sacred metalsmith reflects her ability to masterfully harness the elements to forge new creations, demonstrating the power of energetic transmutation.

When we embody the wild wisdom of Brigid, we say yes to our passion, we cultivate a connection with our unique gifts, we make space and time to tend to our sacred wildfire, and we activate healing through creative expression.



Take a deep breath and relax your body.

As you exhale, imagine yourself walking on a path that leads into a cave. Walking into the mouth of the cave, you notice a flaming torch on the wall, so you take it in hand and begin to walk into the depths of the cavern. Deeper and deeper you go, curious but not afraid, with your torchlight to guide you. As you walk deeper, you notice a source of light, which gets brighter as you walk toward it. As you get closer, you realize it is the light of a bright and beautiful fire, which is burning in the center of a spacious but inviting cavern. Unlike the rest of the cave, this room is decorated beautifully and richly. Take a moment now to notice the details of this womb-like space.

As you are admiring the adornments of the space, you notice a beautiful woman entering the cavern – she is a woman unlike any you have seen. She has long wavy red hair, and beautiful flames atop her head. She says, “Hello beloved sister. I am Brigid, Goddess of Inspiration. I am keeper of the fire that fuels your Wild Feminine spirit, and inspires the creative expression of your unique gifts.”

“My unique gifts?” you ask.

“Yes,” she says. “Each of us is born with a special gift that we are meant to share with the world; it is our life’s purpose to discover our gift and to let our inner light radiate and shine like the light of my fire. We do this when we connect passionately to our ecstatic ‘yes’ energy. That is how we know that we are experiencing alignment with our purpose.”

She notices that you are intrigued, and continues, “Tell me something that you love to do. Something that makes your spirit soar, and your heart sing. Tell me what makes you feel completely lost in the moment. What makes you feel free, and whole, and connected to your own inherent Wild Feminine?” As you tell her all about it, you see that the fire in the center of the cavern is growing bigger, and brighter, and hotter! You also feel a radiant heat in your core, in your womb-space, mirroring the light and heat of the fire in the room.

Brigid smiles, and points to the fire. “Do you see that? That is your ecstatic ‘yes’ energy! That is the fire of inspiration! This is the fuel that you will use for the rest of your life, the fire that will lead you to the most authentic expression of your unique gifts. The fire that will inspire you to create the life you were meant to live. It will always be a part of you, and you must always give yourself permission to fuel the flames by staying connected to your ‘yes’ energy on a regular basis.

Staying connected to your Wild Feminine fire is essential to your well-being as a woman. Make a practice of checking in with the fire in your womb-space, and noticing when it needs the breath of life to fan the flames. Don’t be afraid to say ‘yes’ to whatever nourishes that fire, my beloved sister. The fire is more valuable than a compass, lighting your way along your journey.”

Brigid then picks up a glowing ember from the heart of the fire,
and holds it in her hands, telling you,

“This is an ember from your Wild and Wise Feminine Fire, my
sister. This ember will never die, and will always be here to
inspire and guide you. Shift your attention to this ember if you
are ever feeling disconnected from your wild and wise Sacred
Feminine spirit, and know that with just by saying ‘yes’ to
feeding this ember, you can make your fire beautiful and radiant
once again.”

You place the ember in your pouch, and thank Brigid for her
gift.

You then begin walking back up to the mouth of the cave,
moving toward the light with each step. When you reach the
entrance, your focus shifts back to your body, here in this
moment, and you begin to gently move.

When you are ready, open your eyes.

Welcome back!





EVOLUTION

Sarah Robinson

Priestess of Brighid,

excerpted from her book

Yoga for Witches



Maman Brigitte

(Celtic + Voodoo)

As one of our oldest, and many-faceted goddesses, Brigid has many roles and embodiments. As I continue on my own path of training to be a Priestess of the Goddess Brigid. I am continually delighted to find new personifications of her around the world. Which brings us to Maman Brigitte: goddess of life, death, women, fertility, passion and healing. In the Voodoo tradition she has a taste for rum infused with hot peppers. So you just know she's our kind of goddess! Should you connect to Maman Brigitte, you may well develop a taste for this fiery infusion as well. Brigitte arrived in the New World when women from Ireland were shipped to New Orleans to work as slaves and plantation workers. These women brought with them what little they could: tales of the goddess, particularly those that watched over women.

Like Brigid, Maman Brigitte was thought to be a healer. She was worshipped especially in times of needing healing or a fresh start. As goddess of the flame, Brigid in all her forms is associated with the hearth-fire. Where there is fire, there is Brigid. If you wanted to channel Maman Brigitte for a fresh start, a wee tot of rum and a chilli could be placed on your altar. Or, take a fiery swig of chilli infused rum, and breathe fire like a true goddess of power and passion!"



RESOURCES



In your email you will find links to
audio-visual resources

Lucy H. Pearce - [Brigid Playlist](#)

Gina Martin - chant

Molly Remer - prayerbook

Sarah Robinson - [Imbolc ritual](#)

ABOUT WOMANCRAFT PUBLISHING

Womancraft Publishing was founded on the revolutionary vision that women and words can change the world. We act as midwife to transformational women's words that have the power to challenge, inspire, heal and speak to the silenced aspects of ourselves.

We share powerful new voices with new visionary ideas, empowering our readers to actively co-create cultures that value and support the female and feminine. This to us is deeply exciting and powerful work.

Womancraft Publishing is a small, independent publisher, founded in 2014 by Amazon-bestselling author, Lucy H. Pearce, and is based in East Cork, Ireland. Our authors are based around the world, and several of our titles are in multiple languages – 9 so far.

Our books have been endorsed by many of our heroines and heroes: Oriah Mountain Dreamer, Glennie Kindred, Naomi Lowinsky, Jane Meredith, Steve Biddulph, Lisa Lister, Dr Michel Odent, Miranda Gray, Lynne Franks, Phyllis Currott, Carol P. Christ, Jeanine Cummins...

Our books are treasured as “life-changing” by women around the world. What sets our books apart is their focus on women's lived experience. We value Feminine ways of knowing – the intuitive, the sensory and sensual, the embodied and personal revelation – as valid and valuable ways of knowing the world and ourselves. Our books centre the personal voice of the author as woman, grounded in her research and intellectual knowing – modelling woman as an authority in her own life, something so often dismissed, belittled or silenced in our culture.

To support this, we offer many free online communities connected to our titles, so that you can continue the journey of discovery in the company of like-minded women, long after you have closed the covers of the book.

As we find ourselves in a time where old stories, old answers and ways of being are losing their authority and relevance, we at Womancraft are actively looking for new ways forward. Our books ask important questions. They are not a wholesale refusal our current cultural authorities – science, organised religion, academia – but rather saying “yes and...” What is missing from these perspectives? Who is missing? How partial are these current ways of knowing? What else is needed to ensure we have a more holistic understanding? What lies beneath which has been silenced or ignored? The answer to most of these questions is the female and the Feminine. This is what our books centre.

We aim to share a diverse range of voices, of different ages, backgrounds, sexual orientations and neurotypes, seeking every greater diversity, whilst acknowledging our limitations as a very small press. Each of our books is chosen personally by Lucy, and is hand-crafted through a creative and collaborative midwifery process.

At the heart of our Womancraft philosophy is fairness and integrity. Creatives and women have always been underpaid: not on our watch! We split royalties 50:50 with our authors. We offer support and mentoring throughout the publishing process as standard. We use almost exclusively female artists on our covers, and as well as paying fairly for these cover images, offer a royalty share and promote the artists both in the books and online. We pay above the living wage to our employees and provide flexible working practices that centre family, menstrual and health needs. We pride ourselves on being fair, open and accountable. Many of our books have been #1 Amazon bestsellers in many categories, as well as Nautilus and Women's Spirituality Award winners.

Whilst far from perfect, we are proud that in our small way, Womancraft is walking its talk, living the new paradigm in the crumbling heart of the old: through financially empowering creative people, through words that honour the Feminine, through healthy working practices, and through integrating business with our lives, and rooting our economic decisions in what supports and sustains our natural environment. We are learning and improving all the time. We hope that one day soon, what we do is seen as nothing remarkable, just the norm.

We work on a full circle model of giving and receiving: reaching backwards, supporting Treesisters' reforestation projects and the UNHCR girls' education fund, and forwards via Worldreader, providing e-books at no-cost to education projects for girls and women in developing countries. We donate many paperback copies to menstrual education projects, red tents, women's groups and women's libraries around the world including: India, South Africa, Haiti, USA, Canada, UK, Ireland and France... As we grow, we can give more back.

We build alliances with independent, women-run media outlets in order to share our books and help promote and support these important publications. We speak from our place within the circle of women, sharing our vision, and encouraging them to share it onwards, in ever-widening circles.

We are honoured that the Womancraft community is growing internationally year on year, seeding red tents, book groups, women's circles, ceremonies and classes into the fabric of our world.

We are the change we want to see in this world.

Thank you for your presence in making this
dream a reality.

We invite you to join our Womancraft Facebook
Community Group... to connect with other
readers and our authors... as well as dedicated
Facebook groups for readers of: Creatrix; Yoga for
Witches; Medicine Woman; Burning Woman;
The Way of the Seabean; She of the Sea.
Signed copies of all titles available from

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CONTRIBUTORS



Stella Tomlinson is a priestess, author and restful meditation guide, sharing a healing path honouring life's sacred cycles and the callings of the soul. Her work has evolved from over twenty years' experience in personal and spiritual development through meditation, yoga, mindfulness, energy healing, and Goddess and Earth-based spirituality and she has been teaching and writing in these fields since 2011. *Cycles of Belonging* is her third book.



Molly Remer is a priestess, creatrix, and teacher who holds MSW, M.Div, and D.Min degrees and wrote her dissertation about contemporary priestessing in the U.S. She creates original goddess sculptures at Brigid's Grove, which are sold on the Womancraft shop. She is the author of several books of poetry and non-fiction, including her Womancraft title, *Walking with Persephone*.



Sarah Robinson is a priestess of Brighid, yoga and meditation teacher based in Bath, UK. Her background is in science. She holds an MSc in Psychology and Neuroscience and has studied at Bath, Exeter and Harvard Universities.

Weaving together her love of all things myth, magic and goddess, Sarah is passionate about creating magic to inspire and transform. She is the author of three bestselling Womancraft books: *Yoga for Witches*, *Yin Magic* and *Kitchen Witch*

Lucy H. Pearce is the founder of Womancraft Publishing and author of multiple bestselling titles including *Burning Woman*, *Creatrix*, *She of the Sea*, *Medicine Woman* and *Moon Time*.
She lives in East Cork, Ireland



Gina Martin is a founding High Priestess of Triple Spiral of Dún na Sidhe, a pagan spiritual congregation in the Hudson Valley. She is a ritualist, teacher, healer, mother, wife, lover of Irish Wolfhounds, and writer of sacred songs. She is the author of *Sisters of the Solstice Moon*, *Walking the Threads of Time* and *She is Here*.



Amantha Murphy is a celebrant, storyteller, Seabhean teacher, seer, and healer in the traditional Irish way, initiated by her grandmother and lives in County Kerry, Ireland. She has lead sacred pilgrimages in Ireland since 1995. She is the author of *The Way of the Seabhean*, scribed by Orla O'Connell.



Amy Wilding is the founder of Red Tent Louisville, a sacred interfaith women's community. She has been leading women's circles, mother-daughter circles and retreats, and rite-of-passage ceremonies for over a decade. Amy is devoted to witnessing and inspiring the reawakening of the Sacred Feminine from the individual to the global level. She is author of *Wild & Wise*.

THE WAY OF THE SEABHEAN

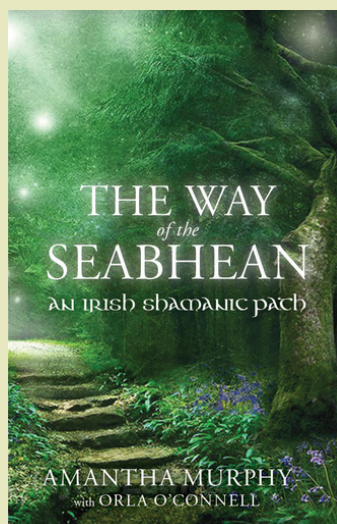
An Irish Shamanic Path

Amantha Murphy with Orla O'Connell

“The seabhean (‘sha-van’) is the Irish female shaman, healer and seer, the woman who walks between the worlds.”
What if we didn’t have to look to other traditions for our spiritual practice?

What if we could connect to the roots of our own ancestors’ rituals? Amantha Murphy was schooled in the ancient and hidden lore of wise women and healers, rooted in the Irish landscape and guarded over the years by her female forebears. In *The Way of the Seabhean*, she brings to life shamanic practices from the Irish tradition, combining story, ritual, energy teaching and the insights gathered from her own shamanic journeying.

At its core lies the pre-Celtic understanding of the Tree of Life and the Wheel of the Year, containing the seasonal turning points such as Samhain and Imbolc, their attendant festivals and the role and powers of long-suppressed Irish goddesses. Along with the better-known goddesses, Medb, Brigid, Áine and the Cailleach, we also meet a pantheon that includes Tailtiu, Boann, Macha, Tlachtga. These goddesses are archetypes, aspects of ourselves, which can help us to understand and embrace our many facets.



Fictionalised Ancient Herstory

On the Winter Solstice, thirteen women across the world see the same terrifying vision. Their world is about to experience ravaging destruction. All that is now sacred will be destroyed. Each answers the call, to journey to Egypt, and save the wisdom of the Goddess:

This is the history before history.

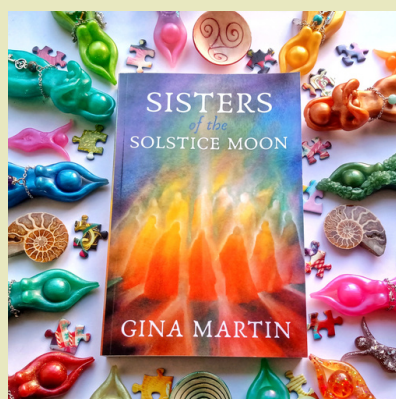
This is herstory, as it emerged.

Gina Martin creates a magical weaving of exotic landscapes, perennial wisdom, ritual and remembering.

An imagining...or is it a remembering...of the end of matriarchy and the emergence of global patriarchy, *Sisters of the Solstice Moon* is a story of vast richness and complexity, in the tradition of speculative historical novel series, *Clan of the Cave Bear* and *The Mists of Avalon*.

Sisters of the Solstice Moon by Gina Martin – is one of our rare fiction titles – features an ancient priestess of Brighid, one of thirteen priestesses who race against time to gather and preserve the wisdom of the goddess before the onset of patriarchy.

Available in paperback, ebook and audiobook.



WILD & WISE:

Sacred Feminine Meditations for Women's Circles and Personal Awakening

Amy Wilding

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.

The Sacred Feminine - 13 meditations that invite 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.

Your Inner Goddess - 13 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), and Lakshmi (abundance).

The Wheel of the Year - 5 seasonal meditations, marking the cycles of life. Meditations include: Rebirth and Renewal (spring), Tending Your Garden (summer), Preparing for the Dark (autumn), and Winter Spiral (winter).



KITCHEN WITCH

Food, folklore and fairytale

Sarah Robinson, bestselling author of *Yoga for Witches*

Welcome to a place of great magic – the kitchen!

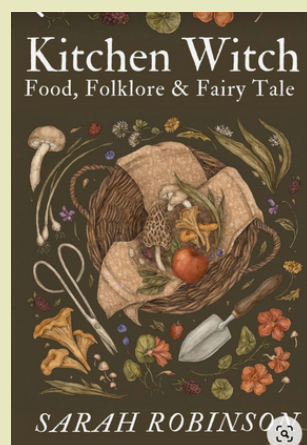
Magic, superstition, cooking, and food rituals have been intertwined since the beginning of humankind. *Kitchen Witch* is an exploration of the history and culture of food, folklore and magic and those skilled in healing and nourishing – herbalists, wise women, cooks, cunning folk and the name many of them would come to bear: witch.

Kitchen Witch is an invitation to see the magic in every corner of your kitchen.

With the *Kitchen Witch* as our guide, we'll explore food, nature, magic, and transformation. We'll discover what the name of *Kitchen Witch* could mean to us in modern interpretations of ancient practices. May this book of stories and ideas show that there's magic in the mundane, witchcraft within your walls and the Goddess really is in the details.

Within this book you'll find no recipes, but something cooked up just for you; you'll find stories – stories of magic, healing, and hearth, of feasts and fasts and fairy tales. Of poisoned apples, bewitching gingerbread, and seeing the future in a teacup...

In Sarah's signature style of weaving together the magical, this exciting new book will touch on a myriad of modalities in a journey lined with folklore, fairytale and much, much food!



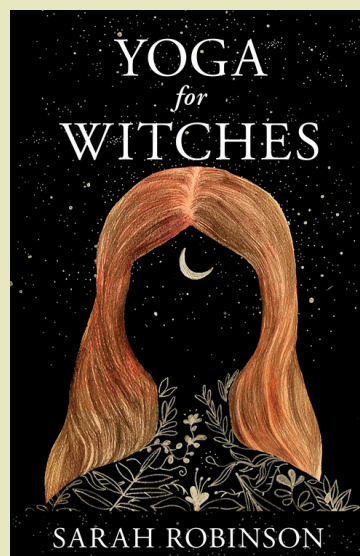
YOGA FOR WITCHES

Sarah Robinson, bestselling author

"Find your Magic on the Mat" is a phrase I have often used in the yoga classes I teach. It's a phrase that brings together my two favourite spiritual practices and evokes the sense of the extraordinary possibilities and potential of using yoga to bring magic into our lives.

This is a book about connection. And the magic to be found within. I invite you to explore a new kind of journey, between two spiritual disciplines, may you find some magic along the way!

- Find out what the word yoga really means.
- Explore how ancient yogis sought out magic.
- Discover some of the goddesses and gods of yogic and witch culture.
- Weave magic through spells, mantra, meditation and yoga practice.
 - Explore the magic of the chakras.
- Connect to the power of the Sun, Moon and Earth via witchcraft and yoga.



CYCLES OF BELONGING

honouring ourselves through the sacred cycles of life

Stella Tomlinson

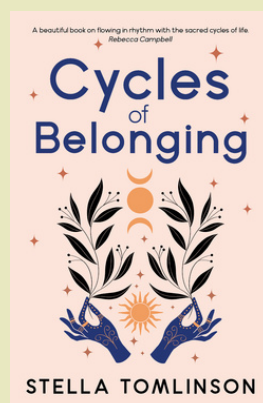
Cycles of Belonging is a guide to unlocking the powers of cyclic living to lead a more fulfilling, meaningful, and wholehearted life. It offers an embodied feminine and feminist psycho-spiritual path for women to reclaim their inner wisdom, follow the callings of their soul, and come home to a profound sense of belonging to the seasons and cycles of life.

Cycles of Belonging guides you through six sacred Temples of Belonging:

- Presence - the breath cycle
- Daily Rhythms - the circadian cycle
- Sacred Blood - the menstrual cycle
- The Moon - the lunar cycle
- The Sun - the solar cycle, exploring the seasons and the wheel of the year
- The Life Cycle & Goddess Archetypes - exploring the life cycle archetypes of Maiden, Lover, Mother, Queen and Crone

Each temple explores the energies of each cycle, their healing gifts and shadows/challenges, together with practical suggestions on how to work with the cycles, including journal prompts, rituals and blessings, as well as magical words of poetry and soul guidance.

Let Cycles of Belonging take you on a journey home to wholeness, rooted deeply in the truth of who you are and the magical web of life that connects us all.



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Compiled by Lucy H. Pearce for Womancraft
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created exclusively for Womancraft by Molly
Remer for Brigid's Grove and sold on
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