



Divine Nourishment: A Woman's Sacred Journey with Food (Paperback)

By Mary Lane

Dog Ear Publishing, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Divine Nourishment A Woman's Sacred Journey with Food Did you realize that living and eating seasonally is actually a map for transformation that brings health and balance on the physical, emotional AND spiritual levels? Divine Nourishment offers superb support in reclaiming lost and rejected aspects of ourselves. Learn how to recognize your authentic self through the eyes of nature as you deepen your relationship with the natural rhythm and flow of life. Ground and nourish yourself according to the Earth's wisdom while healing the collective wounding of the feminine that perpetuates the imbalance in our culture. Apply practical daily use of healthy organic seasonal foods, recipes, potions, tonics, practices, and cleanses that are nourishing and appropriate for alignment with the seasonal journey. Mary Lane infuses her cooking, her thinking, her dance on this earth with exquisite feminine grace and wisdom. Gabrielle Roth, author of Sweat Your Prayers creator of 5Rhythms(r) Mary is a wonderful chef, plant spirit medicine practitioner, lover of nature, and world traveler. Her book is a mystical-made-physical journey into the depths...



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