



Long Life
Honey *in*
the Heart



*A Story of Initiation
and Eloquence
From the Shores of a
Mayan Lake*

M A R T I N P R E C H T E L

Long Life Honey In The Heart

Christina Baldwin



Long Life Honey In The Heart:

Long Life, Honey in the Heart Martín Prechtel, 2004-10-20 Martín Prechtel continues the narrative of his unique life in Santiago Atitlán in *Long Life Honey in the Heart* an eloquent memoir replete with the subtle intelligence and sophistication of Mayan culture Set against the dramatic backdrop of Guatemala's political upheaval in the 1980s this heady mix of magic humor and spirituality immerses the reader in the experiences of Mayan birth courting marriage childrearing old age death and beyond using the true story of Prechtel's own family and friends

Long Life, Honey in the Heart Martín Prechtel, 2004-10-20 Martín Prechtel continues the narrative of his unique life in Santiago Atitlán in *Long Life Honey in the Heart* an eloquent memoir replete with the subtle intelligence and sophistication of Mayan culture Set against the dramatic backdrop of Guatemala's political upheaval in the 1980s this heady mix of magic humor and spirituality immerses the reader in the experiences of Mayan birth courting marriage childrearing old age death and beyond using the true story of Prechtel's own family and friends

Health of the Human Spirit Brian Luke Seaward, 2012-02-15 *Health of the Human Spirit* Second Edition Spiritual Dimensions for Personal Health is a thoughtful examination of the ageless topic of human spirituality It addresses the need to acknowledge spiritual wellness as a vital dimension of the general health and well being of the individual and examines the dynamic balance between mind body spirit health and the roadblocks and distractions on the spiritual path Dr Seaward includes many behavioral suggestions to enhance the health of the human spirit He presents the material in an approachable user friendly manner by engaging the reader and carefully distinguishing the differences between spirituality and religion

Songlines of the Soul Veronica Goodchild, 2012-10-01 The title for this book comes from the ancient Aboriginal concept of song lines pathways to another world reached through dreamtime and visionary insight and encounters with the unknown realm of experience Veronica Goodchild addresses how dreams synchronicities UFO ET encounters Crop Circle mysteries and NDEs all point to the new unfolding vision of reality She draws on ancient mystery traditions to explore how this metamorphosis is already reflected cross culturally in Hopi Aztec Mayan Hindu Tibetan Maori Zulu Dogon and Egyptian cultures *Songlines of the Soul* proposes a new paradigm of reality a new worldview The signatures of this new reality are arising both in our own experiences and all around us if only we can stretch wide our stubbornly held perceptions of what is reality As we stand at a crucial turning point in our human history this book offers hope a call to awaken and expand our perceptions of the fundamental principles that orchestrate reality In an age when the answers offered by governments and traditional religion are no longer sufficient the quest for meaning must as it always has in the past arise first through visions dreams and journeys to other dimensions of consciousness

Storycatcher Christina Baldwin, 2010-10-05 A book for better life award winner A Spirituality Health best spiritual book A Writer's Digest book club selection The courage to speak the wisdom to write the power to change Story is the heart of language Story moves us to love and hate and can motivate us to change the whole course of our lives Story can lift us beyond our individual borders to

imagine the realities of other people times and places Storytelling both oral tradition and written word is the foundation of being human In this powerful book Christina Baldwin one of the visionaries who started the personal writing movement explores the vital necessity of re creating a sacred common ground for each other s stories Each chapter in Storycatcher is carried by a fascinating narrative about people family or community intertwined with practical instruction about the nature of story how it works and how we can practice it in our lives Whether exploring the personal stories revealed in our private journals the stories of family legacy the underlying stories that drive our organizations or the stories that define our personal identity Christina s book encourages us all to become storycatchers and shows us how new stories lay the framework for a new world Includes reading group guide

In the Absence of the Ordinary Francis Weller, 2025-08-19 We are at a threshold As we face uncertain futures the familiar is falling away This book invites us to embody new ways of being and connecting so we can navigate troubled times together From the bestselling author of *The Wild Edge of Sorrow* a beautifully packaged collection of 17 essays on meeting this moment with clarity care and skill Praise for *The Wild Edge of Sorrow* It blew me away I underlined things on nearly every page Anderson Cooper In his singular and inimitable voice psychotherapist and author of *The Wild Edge of Sorrow* Francis Weller offers 17 soulful essays to help us move together through the anxieties difficulties and sacred transitions of 21st century life *In the Absence of the Ordinary* frames our current era as a rough initiation an upending experience of profound trauma and transformation that demands we reorient our ways of thinking being and relating Through essays like *Some People Wake Up* *The Gift of Restraint* and *Gratitude for All That Is* Weller offers clarity and wisdom on how to face the sobering stakes of our time while offering the nourishment and support we need to embody the new roles this initiation requires

Section 1 *When the Bough Breaks* names our collective traumas and peels back the false armor of modernity We re called to the depths to understand the power of descent and to cultivate the necessary skills of initiation

Section 2 *Care of the Soul* differentiates between the connected soul and the individualistic self inviting us back into alignment with the wider world of belonging We learn to approach our experiences with reverence work with our grief and develop restraint repetition and self compassion

Section 3 *Meanwhile the World Goes On* gives shape to the emptiness we carry and the ways modernity has severed us from our birthright of interconnectedness with the natural world It offers rituals of gratitude and practices of kinship to restore our bond with the living Earth In each essay Weller fortifies us to become immense to meet these unpredictable times with presence and faith to restore our souls place in the soul of the world and to hold steady amid and for it all

Desperate Prayers Daniel D. Dancer, 2006 As his stories unfold Daniel Dancer reflects on spirituality indigenous knowledge quantum physics psychology and ecological principles Humor synchronicity delight and heartfelt struggle are all present in these tales The result is a breath of wholeness a gift for our apocalyptic times and for a culture that has forgotten its connection to nature The sacred magical role that art has held in everyday life since the dawn of humanity is often lost in modern society Dancer s timely work is a quest to revive this form of

art weaving the shards of our failing culture and fragmented ecosystems into a celebration of possibility Entertaining full of surprise at every turn and beautifully illustrated Desperate Prayers helps map the way home to our authentic selves

Kitchen Table Sustainability Wendy Sarkissian,Nancy Hofer,Yollana Shore,Steph Vajda,Cathy Wilkinson,2012-05-04 Kitchen Table Sustainability offers a unique view of sustainability through the lens of community engagement It takes sustainability out of the ivory towers of universities government departments and planners to the kitchen tables of the world This practical guide distils decades of wisdom from community planning engagement and sustainability practice internationally into a user friendly and engaging book that is both inspirational and packed with hands on tools The core of the book is a bottom up approach to participatory community engagement and development referred to as EATING that consists of six components Education Action Trust Inclusion Nourishment and Governance *Facial Reflexology for Emotional Well-Being* Alex Scrimgeour,2023-05-02 Easy self care facial massage techniques to heal body and mind Details simple facial reflexology techniques to soothe the nervous system calm your emotions diminish stress and anxiety heal trauma treat PTSD and bring a sense of safety and relaxation to your body mind Presents the major Dien Chan facial maps reflexology practices for achieving overall good health and protocols for working with different emotional states Explains how to use Dien Chan for spiritual self development and self inquiry The Vietnamese facial reflexology practice of Dien Chan offers simple touch and massage techniques that engage the reflexology points of the face to help you tap in to the innate healing and regenerative powers of the body Taking the practice further master practitioner Alex Scrimgeour shows how to integrate Dien Chan with qigong and Chinese medicine as well as recent developments in neuroscience and cognitive science to treat a variety of emotional issues from anxiety addiction and stress to trauma dissociation and PTSD In this practical guide Scrimgeour details easy facial reflexology self care techniques to soothe the nervous system calm your emotions diminish stress and anxiety obtain mental clarity and bring a sense of safety and relaxation to your mind body He shows how the techniques often generate immediate effects and how the ability to feel safe peaceful and content within your body can in turn transform your perception and experience of the world Sharing clear diagrams the author presents the major Dien Chan facial maps and protocols for working with different emotional states He explores the energetic dynamic between the face and the body through the lens of neurophysiology and qigong as well as looking at the connections between qigong self massage and the vagus nerve revealing how self massage techniques can effect change in the mind body nexus He explains how to use Dien Chan for spiritual self development and self inquiry providing 23 meditative facial reflexology exercises that combine Dien Chan with qigong and traditional Eastern meditation practices Revealing the holistic connections between the face and both physical and emotional health this in depth guide shows how simple facial reflexology practices can bring vibrant health and deep healing *The Seat of Consciousness in Ancient Literature* Richard E. Lind,2015-01-09 For early civilizations consciousness and the sense of self were experienced as located in the center of the body most often near to or

within the physical heart Enlightenment was understood as the illumination of a transformed spiritual heart Thus the mind of the body as a whole was represented by the heart soul In contrast modern culture places consciousness within the brain resulting in a mind body dualism This separation of mind and body has recently been emphasized as characteristic of the psychopathologies of the modern self This volume explores the understanding and experience of consciousness in the earliest civilizations before about 500 BCE Beginning with a description of ancient Western and Eastern heart consciousness the psychological and spiritual manifestations of the ancient mature heart soul are summarized Ancestor worship lineage identity primitive consciousness and the ways in which the external world was mirrored by the inner world provide additional clues about the experience of heart consciousness Finally the work addresses the fundamental changes in the experience of consciousness that led to the mind body dualism of today

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