



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

Martín Prechtel



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 **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 *Reviving Our Indigenous Souls* Cathie G. Stivers, 2018-01-26 Indigenous is neither a culture nor a people Its a way The indigenous way is the embodied ancient memory of how to be fully human and its encoded in your soul no matter who your ancestors are Hidden deep and dormant within your indigenous soul is your identity and your lifes purpose longing for you to remember them and put them into action *Reviving Our Indigenous Souls How to Practice the Ancient to Bring in the New* can help you do both as you learn the origin meaning and application of 31 common verbs that collectively capture what it means to be fully human visualize via illustrated appendices the interplay of the physical and spiritual aspects of your indigenous soul at work discover how ancient wisdom and timeless practices have already defined and shaped you and will forever do so follow the cues for reflection to discern the meaning that each chapter brings to your own life and engage in recommended practices to achieve success in reviving your own indigenous soul At this unprecedented time in planetary and cosmic history you are needed You are whole and sufficient gifted and powerful You are enough and you are called to go out into the world and be enough Let *Reviving Our Indigenous Souls* remind you of the former and guide you through the latter

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 distills 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 **2012** Robert Roskind, 2008-02

Textual Mothers/Maternal Texts Elizabeth Podnieks, Andrea O'Reilly, 2011-04-07 *Textual Mothers Maternal Texts* focuses on mothers as subjects and as writers who produce auto biography fiction and poetry about maternity International contributors examine the mother without child with child and in her multiple identities as grandmother mother and daughter The collection examines how authors use textual spaces to accept negotiate resist or challenge traditional conceptions of mothering and maternal roles and how these texts offer alternative practices and visions for mothers Further it illuminates how textual representations both reflect and help to define or re shape the realities of women and families by examining how mothering and being a mother are political personal and creative narratives unfolding within both the pages of a book and the spaces of a life The range of chapters maps a shift from the daughter centric stories that have dominated the maternal tradition to the matrilineal and matrifocal perspectives that have emerged over the last few decades as the mother's voice moved from silence to speech Contributors make aesthetic cultural and political claims and critiques about mothering and motherhood illuminating in new and diverse ways how authors and the protagonists of the texts read their own maternal identities as well as the maternal scripts of their families cultures and nations in their quest for self knowledge agency and artistic expression

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 Middle Way Lou Marinoff,2007 The human world is wobbly wildly off balance Everywhere you look from the halls of Congress to the deserts of the Middle East institutions and societies are riven by discord To his crisis laden situation one that globalization cannot correct by economic means alone philosopher Lou Marinoff brings a much needed antidote to extremism offering hope and guidance to everyone who feels powerless frustrated or frightened in a world that flirts daily with disaster Drawing inspiration from three of humankind s greatest philosophers Aristotle Buddha and Confucius Marinoff maps a route from chaos to order a path whose signposts can be read in the perennial wisdom of these ABCs Marinoff offers us a way to travel into a less violent more cooperative and most fulfilling future **The Middle Way** From publisher s description **Maya and Catholic Cultures in Crisis** John D. Early,2016-11-23 A landmark achievement that will no doubt be cited again and again for years to come It is a thoroughly researched and authoritative work Allen J Christenson author of Art and Society in a Highland Maya Community While this book explains what brought about the Maya uprisings in Chiapas and Guatemala and answers questions about the role of the Catholic Church in the development of the uprisings the heart of the book is about the Mayan quest to live with dignity as Maya in the modern world Christine Gudorf author of Catholic Social Teaching on Liberation Themes In his most recent book The Maya and Catholicism An Encounter of Worldviews John Early examined the relationship between the Maya and the Catholic Church from the sixteenth century through the colonial and early national periods In Maya and Catholic Cultures in Crisis he returns to delve into the changing worldviews of these two groups in the second half of the twentieth century a period of great turmoil for both Drawing on his personal experiences as a graduate student a Roman Catholic priest in the region and his extensive archival research Early constructs detailed case histories of the Maya uprisings against the governments of Guatemala and Mexico exploring Liberation Catholicism s integral role in these rebellions as well as in the evolutions of Maya and Catholic theologies His meticulous and insightful study is indispensable to understanding Maya politics society and religion in the late twentieth century John D Early professor emeritus of anthropology at Florida Atlantic University is the author of The Maya and Catholicism and coauthor of several books including The Xilixana Yanomami of the Amazon **Beyond Conservation** Peter Taylor,2013 After decades of operating off the backfoot and protecting and conserving nature perceived as under threat conservationists are becoming proactive and creative in the face of habitat loss agricultural intensification and climate change Beyond Conservation offers a revolutionary agenda for both managing existing wildlands in Britain and for expanding and connecting such lands Central to this strategy is the imperative to rewild or restore and repair damaged habitat and ecosystems promote existing biodiversity and reintroduce vanished plant and animal species while working to reconcile human needs and livelihoods and the needs of nature Minding the Earth, Mending the World Susan Murphy,2014-04-21 Shunryu Suzuki Roshi founded the San

Francisco Zen Center in 1962 and after fifty years we have seen a fine group of Zen masters trained in the west take up the mantle and extend the practice of Zen in ways that might have been hard to imagine in those first early years Susan Murphy one of Robert Aitken's students and dharma heirs is one of the finest in this group of young Zen teachers She is also a fine writer and following on the teaching of her Roshi she has engaged her spiritual work in the ordinary world dealing with the practice of daily life and with the struggles of all beings We know that our earth is in crisis but is the situation beyond repair Are we on a path of planetary disaster where the only proper response is to prepare for our melancholic dystopian future Is there a way out of our suspicious cynicism In the tradition of Thomas Berry using this spiritual opportunity to change the very nature of our crisis Susan Murphy offers a profound message subtly presented with clarity and assurance showing that engaged Buddhism provides a possible path to the necessary repair and healing *The Relevance of the Wisdom Traditions in Contemporary Society* Transnational Network for the Study of Physical, Psychological, and Spiritual Wellbeing. International Conference, Mark Blows, 2004 Nature and the Human Soul Bill Plotkin, 2010-10-04 Addressing the pervasive longing for meaning and fulfillment in this time of crisis Nature and the Human Soul introduces a visionary ecopsychology of human development that reveals how fully and creatively we can mature when soul and wild nature guide us Depth psychologist and wilderness guide Bill Plotkin presents a model for a human life span rooted in the cycles and qualities of the natural world a blueprint for individual development that ultimately yields a strategy for cultural transformation If it is true as Plotkin and others observe that we live in a culture dominated by adolescent habits and desires then the enduring societal changes we so desperately need won't happen until we individually and collectively evolve into an engaged authentic adulthood With evocative language and personal stories including those of elders Thomas Berry and Joanna Macy this book defines eight stages of human life Innocent Explorer Thespian Wanderer Soul Apprentice Artisan Master and Sage and describes the challenges and benefits of each Plotkin offers a way of progressing from our current egocentric aggressively competitive consumer society to an ecocentric soul based one that is sustainable cooperative and compassionate At once a primer on human development and a manifesto for change Nature and the Human Soul fashions a template for a more mature fulfilling and purposeful life and a better world **Full Moon Feast** Jessica Prentice, 2012-04-05 Full Moon Feast invites us to a table brimming with locally grown foods radical wisdom and communal nourishment In Full Moon Feast accomplished chef and passionate food activist Jessica Prentice champions locally grown humanely raised nutrient rich foods and traditional cooking methods The book follows the thirteen lunar cycles of an agrarian year from the midwinter Hunger Moon and the springtime sweetness of the Sap Moon to the bounty of the Moon When Salmon Return to Earth in autumn Each chapter includes recipes that display the richly satisfying flavors of foods tied to the ancient rhythm of the seasons Prentice decries our modern food culture megafarms and factories the chemically processed ghosts of real foods in our diets and the suffering physical emotional cultural communal and spiritual born of a disconnect from our food sources She laments

the system that is poisoning our bodies and our communities But Full Moon Feast is a celebration not a dirge Prentice has emerged from her own early struggles with food to offer health nourishment and fulfillment to her readers She recounts her relationships with local farmers alongside ancient harvest legends and methods of food preparation from indigenous cultures around the world Combining the radical nutrition of Sally Fallon s Nourishing Traditions keen agri political acumen and a spiritual sensibility that draws from indigenous as well as Western traditions Full Moon Feast is a call to reconnect to our food our land and each other Drawing upon mythology history and contemporary struggles Full Moon Feast reminds us of ancient cultural wisdom encourages us to deepen our connections to the sources of our food and invites us to make these seasonal rhythms our own Sandor Katz author of Wild Fermentation

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