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The Essential Handbook of Women's Spirituality and Ritual

Barbara G. Walker

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Women Discovering and Celebrating Their Own Spiritual Paths

In the last few years, the women's spirituality movement has both grown and deepened. Women of all political and sectarian beliefs have embraced a spirituality freed from the constraints of traditional creeds; a spirituality that is uniquely their own.

The Essential Handbook of Women's Spirituality and Rituals is the essential tool for women seeking their own spiritual paths. Renowned feminist scholar Barbara G. Walker gently leads the reader on a journey of discovery; a journey that results in results in a rich and vibrant inner life.

In the course of this book, Walker explores a variety of techniques, rituals, and ceremonies that will both enhance and vivify the life of the spirit. Among the topics explored are:

- How to form a women's spirituality group - Holidays for women to celebrate - Creating your own personal altar - How to participate in guided meditations - The names of the goddesses - Celebrating female rites of passage.

Walker has performed an invaluable service to women everywhere. She has provided the basic tools for the journey to the self, but has also shown the ways in which a spiritual practice can be tailored to the needs of individual women.

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Sammy Cheney:

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