



Walking an Ancient Path: Whispers of Goddess

Karen Tate

\$24.95 QP, 9781846941115, 416 pages, 5.5" x 8.5",
O Books, 800/462-6420 (National Book Network), www.obooks.com

Karen Tate has compiled a lengthy book containing information about goddess energies. She has been a speaker, minister, and teacher of the Divine Feminine for more than 20 years and, from the photos and stories she shares, it's clear Tate has visited many sacred goddess locations.

Using the elements, she divides her book into sections relating to Earth, Water, Fire, and Air, plus the center, or spirit. Within each section she tells the history of different goddesses, shares photos of various sacred sites, conveys stories of her personal experiences, and provides examples of rituals.

"The Divine Feminine or Goddess Spirituality Movement is probably one of the most important grass roots movements on the planet today," Tate writes. Since the various aspects of goddess spirituality are so diverse, she says people learn to get beyond their fear of diversity in order to work with this mother energy.

Her chapters "Attracting Healthy Relationship," "Coping With Loss," and "Calling Love Into Your Life" contain excellent psychological questions, suggestions, meditations, and rituals to encourage you to look within. "The Sistrum: Sacred Rattle of Creation" includes the history of this ancient percussive instrument as well as directions for making one. "The Glossary, Values, and Principles for Spirituality of the Sacred Feminine" contains thought-provoking concepts such as the Law of Attraction, morphic field theories, and partnership model characteristics.

Tate sees *Walking an Ancient Path* as "a guide toward mainstreaming the sacred feminine," and I would thoroughly agree.

Susan LosCalzo, Lofty Notions, Rutherfordton, N.C.

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