

KaleidoSoul Resources for Kindred Spirit SoulCollagers

Top Ten Lists * 2020

Books: Non-Fiction

[Grandmothers Counsel the World](#), by Carol Schaefer. *Women Elders Offer Their Vision for the Planet*. In some Native American societies, tribal leaders consulted a council of grandmothers before making any major decisions that would affect the whole community. What if we consulted our wise women elders about the problems facing our global community today? This book presents the insights and guidance of thirteen indigenous grandmothers from five continents, many of whom are living legends among their own peoples. The Grandmothers offer wisdom on such timely issues as nurturing our families; cultivating physical and mental health; and confronting violence, war, and poverty. Also included are the reflections of Western women elders, including Alice Walker, Gloria Steinem, Helena Norberg-Hodge, and Carol Moseley Brown.

[Chakra Animals](#), by Angelica Stuart. *Discover Your Connection to Wisdom of the Natural World*. The animals of the world are filled with insights and lessons for their human friends. *Chakra Animals* shares the chakra wisdom of fifty familiar North American animals to support you in making changes in your life, especially in areas where you may be struggling. Developing your connection to the animals that you resonate with is an important and fun activity that enhances your spirituality and sense of wellness.

[Creatrix: She Who Makes](#), by Lucy H. Pearce. What does it mean to live a life in service to your creativity, and in direct connection to the creative source? *Creatrix* is more than just a fancy name for a female artist. She is artist plus...artist plus priestess, artist plus healer, artist plus activist: her work has both sacred and worldly dimensions. She is an energy worker first and foremost, weaving energy into form, colour, words and sound, in order to transform herself and those her creations touch. *Recommended by Kindred Spirit Jai* in Louisiana.

Why Bother? by Jennifer Louden. *Discovering the Desire for What is Next*. This is not your average self-help book. While other books in this genre float around midstream, this one soars above the others and lifts us with it. The author doesn't tell us how to bother, or why to bother, or how to live a life that's full of joy and meaning. Instead, she offers examples from her own times of not-bothering and shares how she found doorways and paths out of such overwhelm, grief, and transition. I am sure that anyone who is going through a "why bother?" time in their life will resonate with the bright wisdom and teaching that is found here. Especially helpful to me on my own journey are the thought-provoking, soul-stirring questions that are at the end of each chapter. Again, we are not told what to do or how to do it. We are simply invited to bring the questions into our own hearts and lives, so that we can find our own answers to the original "why bother" question. This is the most powerful teaching!

Qoya, by Rochelle Scheick. *A Compass for Navigating an Embodied Life That is Wild, Wise, and Free*. Qoya is the Quechuan word for QUEEN. Like the Inca were the Kings, the Qoya were the Queens. Quechuan is the indigenous language of the Andean region of South America. It's a vibrational language where pronouncing the word conveys the vibration of its meaning. Saying the word Qoya (pronounced kwoi-ya) evokes the feeling of a woman standing regally in her own power, a woman who sits on the throne of her life with wisdom. A Queen in the Qoya philosophy doesn't rule others with hierarchal dominance; she simply reclaims the right and independent authority to govern herself.

Journal Sparks, by Emily K. Neuburger. *Fire Up Your Creativity with Spontaneous Art, Wild Writing, and Inventive Thinking*. Using words, drawing, collage, and observation-based list-making, the author highlights many paths into journaling. Her 60 interactive writing prompts and art how-to's help you to expand your imagination and stimulate your creativity. Every spread invites a new approach to filling a page. It's the perfect companion to all those blank books and an ideal launch pad to explore creative self-expression and develop an imaginative voice.

It's Never Too Late to Begin Again, by Julia Cameron. *Discovering Creativity and Meaning at MidLife and Beyond*. When someone retires, the newfound freedom can be quite exciting, but also daunting. The life that someone had has changed, and the life to come is yet to be defined. In this book, Cameron shows readers how cultivating their creative selves can help them navigate this new terrain. She tells the inspiring stories of retirees who discovered new artistic pursuits and passions that more than filled their days; they nurtured their souls. Includes a 12-week course aimed at defining and creating the life you want to have as you redefine and re-create yourself. This book also includes simple tools that will guide and inspire you to make the most of this time in your life.

[Tea and Cake with Demons](#), by Adreanna Limbach: *A Buddhist Guide to Feeling Worthy*. The author brings secular Buddhist teachings to a new generation by addressing one of the most pressing concerns we all face—authentic self-worth. "Our ambition, goal-setting, self-helping, and even our spiritual practices are often driven by the underlying sense that we just aren't enough," writes Limbach. "But what if we could accept ourselves just as we are? Open our hearts and invite our demons to tea?"

[Every Day Is a Poem](#), by Jacqueline Suskin. *Find Clarity, Feel Relief, and See Beauty in Every Moment*. Have you tried using poetry as a tool for finding clarity and feeling relief? With provocative questions, writing practices, and mindset exercises, this celebrated poet shows you how to focus your senses, cultivate curiosity, and create your own document of the world's beauty. Emphasizing that the personal is inextricable from the creative, she offers specific instructions on how to make a map of your past and engage with your pain to write a healing poem.

[Moon Mother, Moon Daughter](#), by Terri Allison. With the moon as a guide and a symbol, this book is a practical and concrete guide rooted in ancient traditions and timeless wisdom. Each of the 12 chapters uses a goddess myth as its basis. The myth is followed by an exploration of the key coming of age concepts and divine feminine qualities (ie. intuition, creativity, dreaming) found within the myth as well as activities and suggestions for mothers and daughters, and a list of further reading and resources.

Books: Fiction

[The Giver of Stars](#), by Jojo Moyes. A fascinating and emotionally vivid novel about a team of women who set out delivering books in small-town Kentucky as part of Eleanor Roosevelt's new traveling library. Based on fact, this fiction is funny, heartbreaking, enthralling and richly rewarding. I loved all of the women (and a few of the men too!).

[Dear Edward](#), by Ann Napolitano. A stunning and unforgettable novel about a 12 year old boy, the only survivor of a plane crash that killed 191 people including his parents and brother. Adopted by his aunt and uncle, Edward has to somehow pick up the pieces and create a new life while grieving his many, many losses. One reviewer remarked something to the effect of this book will break your heart and help you put it back together again. Amen. It is a story about courage and connection in the face of unimaginable loss.

[Calling Me Home](#), by Julie Kibler. This beautifully written novel weaves the story of a heartbreaking forbidden love between a white woman and a black man in 1930's Kentucky with an unlikely modern-day friendship between an elderly white woman and her black hairdresser. This story is as relevant today as it was in the 1930s. Full of sensitive emotion, tender laughter, and the power of friendship and family.

[The Authenticity Project](#), by Clare Pooley. A delightful, entertaining, uplifting novel with many surprises from one character to the next. Julian Jessop, an eccentric, lonely artist and septuagenarian believes that most people aren't really honest with each other. But what if they were? And so he writes--in a plain, green journal--the truth about his own life and leaves it in his local café. It's run by the incredibly tidy and efficient Monica, who furtively adds her own entry and leaves the book in the wine bar across the street. Before long, the others who find the green notebook add the truths about their own deepest selves--and soon find each other In Real Life at Monica's Café.

[Angels on Overtime](#), by Ann Crawford. In this whimsical romantic comedy with a DIVINE twist, Jack and Emily are two lonely hearts trudging through unfulfilling lives. Though meant to be together, life keeps getting in the way of them even meeting—that is, until their angels begin working overtime. As the angels work behind the scenes, what actually happens behind those scenes? I love this book and found it meaningful as well as entertaining.

[The Garden of Lost Memories](#), by Ruby Hummingbird. I have to say, I was so thoroughly engaged in this lovely, heartwarming story, that I was sad to see it end. The characters are all real and believable, and from the very beginning I was cheering both young Billy and elder Elsie on. It was beautiful to watch the two of them transform throughout the pages (also Billy's mother, Samantha). The plot and story points kept me intrigued and turning pages long after my bath water ran cold.

[This I Know](#), by Eldonna Edwards. This is another one of those books that goes into the "I wish I'd written this" category. It's the story of 11-year-old Grace who has the gift of "knowing." This prescience is not looked upon kindly by her religious father, sisters, and classmates. What strikes me most about her story is her own certainty that what she has is a gift, not a curse, as her father would like her to believe. It's beautifully told and emotionally vibrant.

[The Miraculous](#), by Jess Redman. I recently finished this beauty-full, meaning-full novel and want to share it with everyone! It's a young adult novel, but there is much profound wisdom here for ALL of us. It is about facing grief, trusting the unknown, and finding brightness in our darkest moments. Perfect for anyone (young, old, and in between) going through a difficult time, loss, grief, transition, or trauma of any kind.

[Dragonflies at Night: More Than a Love Story](#), by Anne Marie Bennett. This contemporary women's fiction novel is about two thirty-somethings: Savannah plans life celebrations; Ben is an international celebrity. On one level, it's a tender, bright romance; but - like the subtitle says - this is much more than a love story. Woven through the narrative of Savannah and Ben's relationship is the powerful message of love on many different levels, including the love that Savannah's mother still holds for her even though she died when Savannah was fifteen. At its heart, this contemporary women's novel is a romantic love story that is also about letting go of our fears, becoming vulnerable, opening our hearts, and embracing a deeper love that is watching over us all, always, and in all ways.

[The Brilliant Life of Eudora Honeysett](#), by Annie Lyons. This is one of the best books I've read this year! Well-drawn, hugely satisfying characters, and an engaging story line that kept me turning pages into the night. I enjoyed the parallel story lines that slowly revealed Eudora's past, just enough at a time until her full journey was revealed. Emotionally relevant, and the character of young Rose added just the right Balance of lightness and laughter to an otherwise serious subject.

PLUS A FEW EXTRA!

[Where the Forest Meets the Stars](#), by Glendy Vanderah. A mysterious child teaches two strangers how to love and trust again. After the loss of her mother and her own battle with cancer, Joanna (Jo) returns to her graduate research on nesting birds in rural Illinois, determined to prove that her recent hardships have not broken her, but her solitary routine is disrupted by the appearance of a mysterious child who shows up at her cabin barefoot and covered in bruises. The girl calls herself Ursa, and she claims to have been sent from the stars to witness five miracles. With concerns about the child's home situation, Jo reluctantly agrees to let her stay—just until she learns more about Ursa's past. Jo enlists the help of her reclusive neighbor, Gabriel, to solve the mystery of the charming child. Though the three have formed an incredible bond, they are aware that difficult choices must be made. As the summer comes to an end and Ursa gets closer to her fifth miracle, her dangerous past closes in. When it finally catches up to them, all of their painful secrets will be forced into the open, and their fates will be left to the stars.

[The Winter Loon](#), by Lori Henriksen. In the shadow of the Great Depression, long before historical changes leading toward LGBTQ advocacy, Ruth Thompson defies her family's expectations that she marry Duke, her long-time sweetheart. Instead, she joins a rodeo circuit with her cousin in order to earn money for college. After returning home to

Minnesota, Ruth resumes her familiar relationship with Duke. Once at college, her safe existence is upended when she meets free-spirited Gisela, and further unravels when the two women fall in love. Both heart wrenching and uplifting, this beautiful novel honors the strength and spirit of all who struggle with social persecution because of who they love and how they define family whether it is their own flesh and blood kinfolk and/or those nearest and dearest to their heart.

[Deeper Than the Deep Blue Sea](#), by Sarah J. Faulkner. Michigan born-and-bred Petie Singer is not a happy woman. Her best friend just inherited ocean-front property in California, and Petie is suddenly Emma-less for the first time in fifty years. So when Emma invites her to help on the big cross-country move, Petie thinks that's a great idea. But from the first day, things aren't what she's expecting. It's bad enough that Emma, after just two weeks in California, seems changed almost beyond recognition: vibrant and glowing, younger somehow, full of secrets and mysteries. But when Petie gets to Emma's beachfront home, things get even stranger. Petie has never seen the ocean before, but the closer she gets to it, the more loudly its siren song calls her. Insistent and irresistible, singing through her veins, it pulls at her, luring her until she finally plunges in and WHOOSH, is swept away on a rogue wave into a way-too-close encounter with the very heart of the sea. Three days later she's tossed back up on the beach, battered, bruised, and strangely – decorated? She's left questioning not only where she's been, but who she is and, in fact, what she is. There's only one thing she knows for sure: her life will never be the same.

[The Music Shop](#), by Rachel Joyce. Put aside your to-do lists and recipes and any holiday stress, and pick up THIS engrossing, delightful novel about Frank, a music shop owner in England who only sells vinyl, and Ilse, a woman from Germany who wants to learn about music. Music is Frank's life; he has a gift of knowing what music a person needs. Join him and the other quirky shop owners on Unity Street, and savor the beautiful writing. It's a unique love story with meaning and spirit!

[Clover Blue](#), by Eldonna Edwards. Part coming-of-age tale, part love story, part mystery, *Clover Blue* tenderly explores an unconventional but no less complex family that resonates with our deep-rooted yearning for home. There are many things twelve-year-old Clover Blue isn't sure of: his exact date of birth, his name before he was adopted into the Saffron Freedom Community, or who his first parents were. What he does know with certainty is that among this close-knit, nature-loving group, he is happy. Here, everyone is family, regardless of their disparate backgrounds--surfer, midwife, Grateful Dead groupie, Vietnam deserter. But despite his loyalty to the commune and its guru-like founder Goji, Blue grapples with invisible ties toward another family--the one he doesn't remember.

Movies & Television

[500 Days of Summer](#), featuring Joseph Gordon-Levitt and Zooey Deschanel. This may look like a romantic comedy but it is NOT that at all. It's about a relationship, yes, but it also makes a profound statement about endings... and beginnings. A perfect move to start off a New Year!

[Zoey's Extraordinary Playlist](#) - new TV show on NBC featuring Jane Levy, Peter Gallagher, Mary Steenburgen, Lauren Graham. A young woman discovers she has the ability to hear the innermost thoughts of people around her as songs and musical numbers. The premise may sound strange, but the episodes are well thought-out, emotionally sound, and meaningful. Especially touching is she is able to communicate with her neurologically-damaged father (played brilliantly by Peter Gallagher) because of her new ability.

[The Yellow Handkerchief](#), featuring William Hurt, Maria Bello, Kristen Stewart, Eddie Redmayne. The beauty of post-Katrina Louisiana surrounds this memorable story of four drifting souls. It's a wonderful tale of redemption and fulfillment as each character develops and matures. The director achieved a difficult feat by allowing each character to reinforce the others for a simultaneous crescendo in the plot development and a satisfying ending. The actors are each superb.

[The Kid](#), featuring Bruce Willis, Lily Tomlin, Emily Mortimer. Bruce Willis plays a successful, high-powered executive named *Russ* who has spent his incredibly empty life forgetting the child he used to be -- until one day, he meets him face-to-face! Thinking that this kid is a hallucination, Russ does everything he can to make him go away. But 8-year-old *Rusty* (anything but happy that he grows up to be a loser without real meaning in his life) can't leave -- at least not yet. I found this to be a magical comedy that's filled with lots of wise lessons about how the past affects us in the present, and how to be loving towards our own inner children.

[A Shine of Rainbows](#), featuring Aidan Quinn, Connie Nielsen. This is an inspiring, tender story about family, loss, and ultimately love. And I must confess, I do love Aidan Quinn! An orphaned boy named Tomás is adopted by Maire O'Donnell to live on a whimsical Irish isle filled with new friends, secret caves and a lost baby pup seal stranded on the coast. But when Maire's reluctant husband refuses to accept Tomás as his own son, the boy drifts down a fateful path of adventure and self-discovery, illuminating how rainbows can shine around--and within--us all.

[All American](#) (TV show), featuring Taye Diggs, Daniel Ezra, Greta Onieogou, Samantha Logan, Bre-Z, Greta Onieogou . There are 2 seasons of this well-done, highly emotional drama, and more to come. Similar to *Friday Night Lights*, but set in L.A., this well-done show delves into the lives of high school students and the adults in their lives. "When a star high school football player from South Central is recruited to play for Beverly Hills High School, two separate worlds collide."

[A Beautiful Day in the Neighborhood](#), featuring Tom Hanks, Matthew Rhys, Susan Kelechi Watson, Chris Cooper. A beautifully written, produced and acted story of the friendship of the real Fred Rogers and journalist Lloyd Vogel.

[Harriet](#) , featuring Cynthia Erivo, Leslie Odom Jr. This film tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad. Witness the story of a woman who defied impossible odds to change the course of her life and the fate of the nation.

[Contact](#), featuring Jodie Foster, Matthew McConaughey, Angela Bassett, Tom Skerrit. Jodie Foster plays Ellie Arroway, a driven American astronomer who is using highly sophisticated radio telescopes to listen for signs of extraterrestrial intelligence in space. When she picks up a message from Vega, a star 26 light-years away, scientists from around the world join her in an effort to decipher the continuing communications. Jeff and I re-watched this recently and I was moved by the inherent message of unity and the interconnectedness of everything and everyone in the universe.

[Guess Who's Coming to Dinner](#), featuring Sidney Poitier, Katherine Hepburn, Spencer Tracy. This 1967 comedy tells the story of a white woman who returns from her vacation to Hawaii with some surprising news for her parents: she's engaged, and her fiancé is a Black physician and medical professor she met just ten days before. The movie made history as one of the first positive depictions of an interracial marriage, and even fifty years later, this movie is still a must-watch.

Websites

[Shelby's Gift Collage Studio](#) - A beautiful website from Facilitator Ericka in Massachusetts. Check it out even if you don't live near her. You can see some of her cards, and her writing about the SoulCollage® process is insightful and relevant.

[Jessica Snow Guided Imagery](#) - Listen to all of these awesome guided meditations fr*ee on Soundcloud. Jessica led our "Who are you?" Zoom video class last year and that was an amazing guided imagery. There are more where that came from here.

[Beautiful Words](#) - I am finding this list of "beautiful words" uplifting and inspiring, what about you? Take a moment to read where the list came from and see if you can think of a way to use this list (and it's okay to use it the way the author used it!). Maybe one or two will inspire a SoulCollage® card!

[SoulCollage® Slide Show from Wellspring](#) - You will love sitting with this amazing slide show of some of Facilitator Jeanne Marie Merkel's cards and *I Am the One Who...* statements. Give yourself a few minutes and let your own Neters relate!

[Using SoulCollage® to Understand World Shadow](#) - Listen online to this brilliant recording by Seena Frost herself as she talks about the world shadow. 5 minutes.

[Anne Marie Bennett, Author](#) - What??? Anne Marie has another website? She does, indeed. This site focuses soul-ly on her writing. She has a new women's novel coming out this September. It's called *Dragonflies at Night: More Than a Love Story* and you can find out more there. Just sign up for her fr*ee monthly newsletter, Inky Blessings and you'll get updates, behind-the-scenes info, info about her writing/publishing process, plus be the first to know about give-aways and more.

[A Card You Love + A Card You Hate](#) - This activity is from the ArtXMagic January blog, but it can be done anytime and it's a powerful exercise to do with your cards. Try it and see. From *Kindred Spirit* and Facilitator Jessica Snow from California.

[Mindful Creative Muse](#) - SoulCollager Cynthia Hauk has created several creative and fun short courses that I think you'll like. I've tried the "Mindful Mandalas for Relaxation" and "Gratitude Feathers" and enjoyed them both immensely. All are half off right now and very affordable.

[Goddess and Animal Card Reading](#)- Offered by our own SoulCollage® Facilitator and Kindred Spirit, Stephanie Anderson Ladd. She draws a card from The Goddess Oracle deck and Animal Medicine Card deck and then provides a personalized reading (in pdf format) based on lore and her own intuitive interpretation. She did this reading for me several months ago and it was spot on.

[Colorful Quilts Use African Fabrics to Form Nuanced Portraits](#) - Wait 'til you see these stunning quilts! Artist Lisa Butler draws from an array of vibrant patterned fabrics to create portraits of everyday people. She eschews representational colors, favoring layered jewel-toned hues to form the skin of her Black subjects, and often groups figures together into strong silhouettes.

**Thank you for being
a KaleidoSoul
Kindred Spirit Member!**

**Our team sends you many wishes
for a bright, beautiful,
and creative
New Year.**

