

KaleidoSoul Resources for Kindred Spirit SoulCollagers

Top Ten Lists * 2021

Books: Non-Fiction

[Inspiratrix](#), by Elizabeth Reid Boyd & Eliza Redgold. *The Complete Spiritual Aristocracy Sourcebook*. This is a fascinating treasury of long-lost women's traditions we need today, based on timeless fairy tales, courtly customs and medieval mysticism. Take an enchanting journey: to claim the power that is within you, and a rich way of life we have forgotten.

[Wintering](#), by Katherine May. *The Power of Rest and Retreat in Difficult Times*. This book (lovely to hold, lovely to read) is deepening my understanding of the season of Winter, both literally and metaphorically. The author shares many stories and much wisdom. It's not just about hunkering down during the colder months; it's about how to get through those times in our lives that are cold and barren.

[The Lost Spells](#), by Robert MacFarlane. An absolutely beautiful book to hold in your hands and slowly go through the pages. If you love Nature, this book—the art and the words—are sheer poetry.

[Goldmining the Shadows](#), by Pixie Lighthouse. For those of us interested in shadow work, here is an important book that encourages us to shift perspective, and to see our shadows as frightened inner children. With loving compassion and a perspective rooted in deep experience, Lighthouse guides us to recognize and learn from our darkness. Includes 52 short but powerful chapters on various themes.

[Dusk, Night, Dawn](#), by Anne Lamott. *On Revival and Courage*. This is the newest collection of hope-full, witty, inspiring, and authentic essays by one of my favorite authors.

[Trusting the Gold](#), by Tara Brach. *Uncovering Your Natural Goodness*. This beautiful gift book with expressive watercolor illustrations is rich in wisdom about self-acceptance. Using relatable stories from her own life and from various spiritual traditions, Tara gives us short snippets of how to practice radical acceptance- of ourselves and our many parts, and of others as well.

[Joy Unspeakable: Contemplative Practices of the Black Church](#) by Dr. Barbara Holmes. This book focuses on the aspects of the Black Church that point beyond particular congregational gatherings toward a mystical and communal spirituality not within the exclusive domain of any denomination. The research in this book—through oral histories, church records, and written accounts—details not only ways in which contemplative experience is built into African American collective worship but also the legacy of African monasticism, a history of spiritual exemplars, and unique meditative worship practices.

[Walking the Path of SoulCollage®](#), by Anne Marie Bennett. *87 Essays Embracing the Wisdom of the SoulCollage® Journey*. These 87 inspiring essays will lead you to a better understanding of the SoulCollage® process in relation to: yourself and all of your inner parts, beloveds and teachers in your community (known and unknown), the naysayers that block you on your journey to your brightest self, different ways to work with your cards, and answers to many frequently asked questions about the SoulCollage® process. **Each essay is followed by prompts for journaling as well as suggestions for SoulCollage® card making and further reading.** Most essays have links to examples of SoulCollage® cards included. **If you are new to the process**, you will get a good feel for the inner depths that you can discover. **If you are already making cards**, you will be invited to swim deeper into the heart-opening process that is SoulCollage®. **If you are a SoulCollage® Facilitator**, you will find a treasure trove of ideas and activities for you to use in your workshops as well as with your own personal deck.

[In Praise of Retreat](#), by Kirsteen MacLeod. *Finding Sanctuary in the Modern World*. From pilgrim paths to forest cabins, and from rented hermitages to arts temples and quiet havens for yoga and meditation, this lovely book explores the pleasures and powers of the ancient practice of retreating for modern people. The author draws on the history of retreat and personal experiences to reveal the many ways we can step back from society to reconnect with our deepest selves.

[You Were Never Broken](#), by Jeff Foster. *Poems to Save Your Life*. This is an outstanding poetry collection that embraces the full spectrum of human experience, from the seemingly mundane to moments of transcendent realization. Each verse is an invitation to stop and meditate on a different facet of personal transformation. Includes Foster's signature straight talk and accessible teachings on the value of stillness and silence, the pitfalls of the spiritual path, and what it means to surrender completely to the beauty of the present moment.

Books: Fiction

[What's Worth Keeping](#), by Kaya McLaren. A novel that is Real. Raw. Brave. Emotionally true. These are the words that come to mind after finishing this book yesterday and reflecting on it some. I have survived cancer treatments and surgeries twice and have to say that the author is spot on with her descriptions particularly of the emotional ramifications of such a diagnosis. She doesn't flinch from asking the real, raw questions about life and illness and even the possibility of death. One of my favorite characters was Great-Aunt Rae. Her wisdom and tenderness with Amy (and also with Carly) was beautiful to my own sometimes-weary soul. I think that any woman who has ever had cancer, past or present, would benefit from this novel, even if just for the fact that she would know she's not alone. Also, I loved that the healing power of nature was such a prevalent force in Amy's story of recovery and making her way back to good health.

[Such a Fun Age](#), by Kiley Reid. A page-turning and big-hearted novel about race and privilege, set around a young Black babysitter, her well-intentioned White employer, and a surprising connection that threatens to undo them both. It deftly explores the stickiness of relationships, what it means to make someone "family," and the complicated reality of being a grown up.

[The Love Story of Missy Carmichael](#), by Beth Morrey. This is a beautiful "coming-of-old" novel that shows us it's never too late to forgive yourself and, just as important, it's never too late to love.

[The Music of Bees](#), by Eileen Garvin. This is a new release, and the author's first novel. I just finished it, and I tell you- there's nothing like the feeling you get after reading a thoroughly engaging, satisfying novel! Ahhh... I am smiling just thinking about it. It's the story "three lonely strangers in a rural Oregon town, each working through grief and life's curveballs, are brought together by happenstance on a local honeybee farm where they find surprising friendship, healing--and maybe even a second chance--just when they least expect it."

[A Song for the Road](#), by Kathleen Basi. This is a powerful novel that grabbed me from the very first few pages and pulled me along the entire journey. The story was emotionally impactful and truthful to the feelings of grief, regret, and loss. Also, I loved how the author wove music throughout the whole adventure. A truly satisfying read.

[The Angels of Morgan Hill](#), by Donna VanLiere. I was totally absorbed in this beautiful novel from page one. It takes place in the hills of Tennessee in 1947, and is told from the point of view of nine-year-old Jane. There is much here about the power of community to make a difference, as well how taking a stand against racial prejudice can make a tremendous difference. Powerful story, believable characters, and humor woven in at just the right places. This is definitely a Story That Stirs the Soul!

[How the Penguins Saved Veronica](#), by Hazel Prior. A crabby but charming old woman, her estranged grandson, and a colony of penguins proves it's never too late to be the person you want to be.

[The Girl Who Couldn't Leave](#), by Catherine Miller. I loved this gem of a novel! It combines the theme of agoraphobia with the power of one woman's struggle to be free. I loved watching Fiona discover the true meaning of home as not just a place, but the people you welcome into your life. Also...a love story! Well done on all levels. This is the first book by this author that I have read, but I am going to read more!

[The People We Keep](#), by Allison Larkin. If you're looking for women's fiction with an undeniably flawed but strong heroine to care about, and a story line that keeps you turning the pages, this is for you. The author's writing is keen, observant, and emotionally resonant. There is much here about the families we create rather than the families we are born into, and the important power of truly being seen and heard by those we love.

[Stay](#), by Catherine Ryan Hyde. One of my very favorite authors has done it again! This is her newest, and the story focuses on teenager Lucas whose brother is fighting in Vietnam, Lucas's best friend Connor who is on the verge of depression, and the town recluse, Zoe, who is haunted by a tragic past. Two large dogs play pivotal roles and I am sure you'll fall in love with all of these characters as much as I did. I love how Catherine weaves wisdom and real emotion through her characters' words and actions.

PLUS A FEW EXTRA!

[All the Little Hopes](#), by Leah Weiss. Two very different thirteen-year-old girls come of age in North Carolina together in the midst of war. Let Lucy and Bert share their stories of family, friendship, and solving town mysteries like their idol, Nancy Drew. There is so much substance and wisdom woven through these girls' stories, and the stories of their parents. The writing is emotionally perceptive. Also, lots of interesting info about the 1940's in the American South.

[Other People's Things](#), by Kerry Anne King. This fascinating novel had everything I love in a story that keeps me turning the pages: A deeply flawed character that I feel connected with and I am rooting for from the very beginning, a unique premise, I love story in the background, and interesting characters who leave a complicated story together easily and effortlessly.

[He Gets That From Me](#), by Jacqueline Friedland. Absolutely fascinating story! I couldn't stop reading it... The author portrayed both sides of the dilemma equally well so that I could understand both points of view... Although I had my opinion about how it should end! No spoilers here, just that I was totally satisfied with the ending. Well written with characters who are believable, and excellent dialogue.

[The Light Through the Leaves](#), by Glendy Vanderah. This intriguing, beautifully-written, nature-inspired novel had me turning pages quickly. The characters are believably human and thus relatable; the plot is mesmerizing. One reviewer said (and I whole-heartedly agree), "...opens with an unspeakable mistake and characters you think at first will never find their way back. Then, with the assured hand of a master storyteller, Vanderah weaves a deeply-moving tale of healing and redemption, catapulting the reader toward an ending that will make you believe in nature's magic."

[The Garden of Small Beginnings](#), by Abbi Waxman. Absolutely delightful novel that doesn't shy away from the hard topics of grief, insecurity, and a difficult mother. The first-person narrative drew me right in and I was immediately invested in the story of sisters, mothers and children, and how a community garden grew a real community. There are several love stories woven through, as well as lots of lovely vegetables and lavender (there's a fairy garden too!). Recommended by *Kindred Spirit Marti* in Illinois.

[Once Upon a Wardrobe](#), by Patti Callahan. I used to read *The Lion, the Witch, and the Wardrobe* to my second graders, and we all fell in love with Narnia together. This novel stirs up the magic yet again with a story within a story, and some lovely background stories about the author, C.S. Lewis. Even if you never read any of the Narnia series, this deeply human and emotional story will resonate with you if you love books of any kind, or if you've ever wondered where stories actually come from.

[Bewilderment](#), by Richard Powers. I am happy to recommend this most thoughtful, heartfelt novel about a father, his troubled, brilliant young son, and all the creatures of the natural world. If you love Mother Earth and all her natural wonders, don't hesitate to read this! It will make you laugh, cry, and above all think about the world all around you.

[West with Giraffes](#), by Lynda Rutledge. I can't say it any better than this: "Part adventure, part historical saga, and part coming-of-age love story, *West with Giraffes* explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it's too late." If Giraffe is one of your Animal Companions, you'll love this so much! Giraffe is not one of my Companions Animals, but I couldn't stop turning the pages and fell in love with these magnificent creatures right away.

Movies & Television

[The Kindness of Strangers](#), featuring Zoe Kazan, Bill Nighy, and Andrea Riseborough. In New York City, six strangers' lives intersect while struggling to find help, hope and love. They soon discover that liberation lies in each other's hands.

[Queen of Katwe](#), featuring Lupita Nyong'o, David Oyelowo, Madina Nalwanga. This biographical drama is set in the slum of Katwe in Kampala, Uganda. It tells the story of 10-year-old Phiona, whose life is changed forever after a visiting missionary teaches her how to play chess. Phiona eventually becomes an international chess prodigy, though she contends with plenty of poverty, violence, and racism along the way.

[Mary Magdalene](#), featuring Rooney Mara, Joaquin Phoenix. This film depicts (with gorgeous cinematography and beautiful music) the last part of the life of Jesus from the perspective of a woman. This slow-moving and thoughtful film will help you appreciate Mary Magdalene and see her with new eyes.

[The Queen's Gambit](#), featuring Anya Taylor-Joy, Bill Camp, Thomas Brodie-Sangster. This limited-series TV series (7 episodes) is now showing on Netflix and it's worth the price of admission (in my humble opinion). I'm not going to give away any endings, but it's an intense, sometimes dark, elegantly-made drama about a young girl who is a chess prodigy. I know absolutely zero about chess and I was engrossed from the very first scenes. There is much here about community and friendship as a way out of darkness as well. (P.S. The actor playing Bennie is the one who played the little boy Sam in "Love Actually." Now, he's all grown up :)

[Angel-A](#) tells a powerful story about Andre, a down-on-his-luck, disheveled Parisian scam artist who's deeply in debt to various underworld thugs. Suicide seems like the best available option, but just as he's about to leap into the Seine, he encounters Angela, a leggy blonde beauty who's going to change Andre's life in ways he never expected. Lessons of Spirit and inner power are subtly woven through the whole 90 minutes.

[Penguin Bloom](#), featuring Naomi Watts, Andrew Lincoln. A true testament to resilience. An injured magpie adopts a family and makes a profound difference in their lives. Based on a true story.

[Soul](#), a Pixar movie featuring the voices of Jamie Foxx, Tina Fey, Angela Bassett, and more. Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz -- and he's good. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul. Funny, wise, and full of meaning (and good music!).

[**In the Heights**](#), featuring Anthony Ramos, Corey Hawkins, Leslie Grace, Lin-Manuel Miranda. This is a vivid, colorful, uplifting film, based on the Broadway smash hit. The story explores three days in the characters' lives in the New York City Latino neighborhood of Washington Heights. The score features hip-hop, salsa, merengue and soul music. The story, songs, and dancing will leave you feeling good!

[**The Soloist**](#), featuring Jamie Foxx, Robert Downey Jr and Catherine Keener. This drama tells the true-life poignant tale of Los Angeles newspaper reporter Steve Lopez who discovers a brilliant street musician and the unique friendship that transforms both of their lives.

[**Coco**](#), a Pixar film- Today we celebrate All Saints' Day, and the Day of the Dead. This is a beautiful film to view with family and friends at this time of year! It's the story of one young Mexican boy who journeys "across the bridge" to learn about his ancestors. It's magical and touching, and there are some humorous moments as well. Perfect for all ages.

SoulCollage® Specific Websites

[**Your SoulCollage® Cards: Keys to Transformation**](#) - Powerful video from Facilitator Audrey Chowdhury in Wisconsin. 15 minutes

[**Indra's Net Song**](#) – You know how us SoulCollagers love to share the story of Indra's Net? Well, here's a six minute video of Jody Kessler briefly teaching the story and singing a beautiful song that she wrote about it. You might want to get some more of her music after hearing this too.

[**Soul Tending from Heartscapes Insights**](#)- Private, customized SoulCollage® journeys with Facilitator Michaela Daystar. Those of us in the Medicine Wheel Celebration series right now are enjoying Michaela's leadership and experience on a variety of SoulCollage® topics and activities. I think you would enjoy working with her too. She lives in California but she can Zoom a session with you from anywhere!

[**Giving Voice to Your Neters**](#)- This is a handout created by Mariabruna Sirabella, head Trainer at SoulCollage Inc.

[**SoulCollage® for Children**](#) - Ever wished someone had written a book on using the process with kids? Our very own Nancy Weiss has done exactly that! The MeCards4Kids book is definitely one you'll want to read, and note that many of the prompts are excellent for our own work with the cards.

[**Doorways and Openings**](#) - Here is a WONDERFUL video where author and SoulCollage® Facilitator Catherine Anderson shows how to make some unique and creative cards using her book with many copyright-free images for use in our SoulCollage® cards.

[**Love Warrior Community SoulCollage® Gallery**](#) - from SoulCollager and author Michelle Minero. There are lots of cards here from her and others. Take a stroll through her gallery... what inspires you the most?

[**In Seena's Words**](#) - This is a 50-page PDF e-book with lots of wise words and teaching from beloved founder, Seena Frost. The minimal 15.00 donation goes to our SoulCollage® Facilitator Scholarship Fund.

[**Receiving Images**](#) - Excellent article that SoulCollagers will enjoy—you know how we all love our images—recommended by Kindred Spirit Dot from Pennsylvania.

Websites

[**Juicy Creatives Studio**](#)- Elise Crohn from Florida has created a fun, fabulous, creative and colorful website. Doesn't the title just make you want to go explore? There's all kinds of good stuff here: free expressive art lessons, heart maps, SoulCollage®, sandtray play, intuitive painting, and some cool upcoming events.

[**Creative Artistic Activities for Stress Relief**](#) - You'll love these short, creative exercises to lower your stress and lift your spirits. Led by our own Cynthia Hauk who is also a SoulCollage® Facilitator! Let us know on our Facebook group which one you enjoy the most!

[**Ethereal Art of Marcia Snedecor**](#) - Her intention is to “create something ethereal and of spirit.” Marcia uses symbols and archetypes as touchstones to her imagination and intuition. Use the different “gallery” menus at the top of the page to see more of her paintings.

[Memorial Garden for Our Beloved Pets](#) - A special place online, created by our own Barb Horn, where you can honor a special animal friend who has died by posting a photo, his/her name, and a short obituary.

[Laughter Online University](#) - This is not your typical place of learning! Need more laughter and joy? There's a free download that I think you might enjoy, and lots of inspiring content to bring more fun to you and yours. Seena was a big fan of adding humor to our cards; this will give you some good ideas.

[Afrika Mamas Music](#) - This group of female South African A Cappella singers has a new album out. It's called *Iphupho*. As much a sisterhood as a musical group, these six women work hard and sing with a palpable strength and sensitivity that is undeniably African and unmistakably powerful. Afrika Mamas sing practical songs about their lives as single mothers in Durban, South Africa, as women in a heavily male-dominated music scene. Their songs are their stories and the first story starts with the making of this very special album.

[Encyclopedia Mythica](#) - This is an award-winning internet encyclopedia of mythology, folklore, and religion. The mythology section is divided to six geographical regions: Africa, Americas, Asia, Europe, Middle East, and Oceania. The Folklore section contains general folklore, Arthurian legends, and fascinating folktales from many lands. In addition they have created an image gallery, where you will find hundreds of images of all kinds of deities, heroes, and strange creatures of every description. Looks like a treasure trove for SoulCollagers around the world!

[Create Out Loud](#) - This new podcast series from author Jennifer Loudon dives deep into the creative lives of many inspiring creatives. Jen asks the hard but pertinent questions. I've never really gotten into podcasts, but I've listened to every one of these more than once, and what I'm learning is juicy and transformative!

[Karin Miller Art](#)- Enjoy the beauty of this South African artist's digital paintings. Her work combines images and motifs from art history, popular culture, and vintage photos. The sometimes-playful images offer commentary on social and cultural topics such as religion, beauty, and racial equality.

[Goal-Getter Workbook](#)- This is a bright and colorful workbook to help you set intentions for the new year. From Leonie Dawson. If you scroll down on [this page](#), you'll see a place where you can order the PDF for 9.95 and print it out so you don't have to wait for delivery.

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

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

