



Sacred Motherhood: An Inspirational Guide and Journal for Mindfully Mothering Children of All Ages

Anni Daulter, Niki Dewart

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Written for mothers seeking to fulfill their soul's work while simultaneously raising future generations, *Sacred Motherhood* offers women on the path of motherhood a guide back to themselves. It will help you embrace the reality that *this is your spiritual life*—every moment of every day, whether you are at the grocery store, changing diapers, arguing with your partner, snuggling with your baby, or dyeing your teenager's hair pink. Greet the moments when you fall down as awakening opportunities, every bit as holy and powerful as the moments you can drop in and bliss out.

Spanning the sacred and the mundane, *Sacred Motherhood* is both a guide and a journal, enticing you to pause momentarily to reflect and write, and then return to your mothering tasks armed with a fresh perspective, renewed vision, practical tips, and creative ideas for enriching family life. For fifty-two weeks—a year of sacred motherhood—the chapters illuminate subjects that are likely to arise as the mothering journey unfolds, and present thoughtful prompts and helpful reminders relating to *you, your soul, and your child*.

From the Trade Paperback edition.

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