



# Always in Season

LIVING IN SYNC WITH THE CYCLES

AUTUMN • 5th ANNIVERSARY PEACE SPECIAL • 2006 • NUMBER 31

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*Always in Season*

is the quarterly publication of

**MAMA DONNA'S**

Tea Garden & Healing Haven

Ritual Consultancy • Ceremonial Space

Donna Henes,

Urban Shaman

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The latter part of September and most of October, 2001 found me in the streets of my home borough Brooklyn, walking and talking to friends, neighbors and strangers alike about the 911 attacks. What they meant and how we could survive them spiritually. (*Always in Season* # 12, Special Peace Issue.)

Like most folks, I have often wondered how I would react in an emergency. Would I panic or would I be able to keep my cool and do what was necessary, what was helpful and healing?

As it turned out, I am pleased to say, I was able to rise to this crisis with my head clear and my heart open, ready, willing and eager to help in whatever way I could. And so did eight million other New Yorkers who responded to the horrifying circumstances with courage, compassion, love and hope. Most miraculous of all to me was that there was no popular call for war or retribution from the people who were affected the most.

We have experienced the terror and destruction of war in our homeland and in our own front yard first hand. And that was quite enough for us, thank you very much. While the president called for war and was

cheered nationwide,

the families of the victims of the

attacks on 9/11

were adamant

in their objec-

tion to inflict-

ing violence on

others. "Not in

my daughter's

name," they

proclaimed. "Not

in the name of my

son, my husband, my

friend, my beloved wife."

An intense white light, an inner glow even now, five years later, emanates from the people of New York City. We in our beleaguered town have tasted grace. In the hardest of times, we managed to transcend what made us human and grew to embody what makes us humane. I am so proud to have been both a participant and a witness of this munificence.

*xx Donna Henes*



## Essence of the Season

We realize that what affects anyone anywhere affects everyone everywhere. As we help others to heal, we heal ourselves. Our vision of interconnectedness resonates with new networks of world citizens in nongovernmental organizations linking from numberless centers of energy, expressing the emergence of a new organic whole, seeking unity within and across national lines. New transnational web-based email and telecommunications systems transcend governments and carry within them the power of qualitative transformation of social and political structures and a new sense of creative intelligence. If governments and their leaders, bound by hierarchy and patriarchy, wedded to military might for legitimacy, fail to grasp the implications of an emerging world consciousness for cooperation, for peace and for sustainability, they may become irrelevant.

—Dennis J. Kucinich

## DEEP PEACE

SPOKEN:

*Deep Peace I breathe unto you  
O, weariness, here  
O, aching, here*

SUNG:

*Deep Peace, Deep Peace  
Deep Peace, Deep Peace  
A soft white dove to you  
A quiet rain to you  
An ebbing wave to you  
Of the quiet earth to you*

*Om Shanti, Om Shanti,  
Om Shanti, Om Shanti*

*Red wind of the east from you  
Grey wind of the west to you  
Dark wind of the north from you  
Blue wind of the south to you*

*Salaam Aleikhum, Salaam Aleikhum  
Salaam Aleikhum, Salaam Aleikhum*

*Pure red of the flame to you  
Pure white of the grass to you  
Pure brown of the earth to you  
Pure grey of the dew to you*

*Paz a Nosotros, Paz a Nosotros  
Paz a Nosotros, Paz a Nosotros*

*Pure blue of the sky to you  
Of the running wave to you  
Of the flowing air to you  
Of the sleeping stones to you*

*Shir Ha Shalom, Shir Ha Shalom  
Shir Ha Shalom, Shir Ha Shalom*

*From the Heart of Peace to you  
From the Mother of Fire to you  
From the Flock of Stars to you  
From Who You Are to You*

*Deep Peace, Deep Peace  
Deep Peace, Deep Peace  
Deep Peace, Deep Peace*

### *Always in Season: Living in Sync with the Cycles*

The quarterly publication of Mama Donna's Tea Garden & Healing Haven

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It is our aim to offer information, ideas, and inspiration from cultures around the planet and over time which can stimulate, nourish, strengthen, and support the personal and communal practice of seasonal ceremony and celebration. Please address your responses, comments, questions, subscription requests, and address changes to:

### *Always in Season*

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# Ritual Ragout

*The Golden Rule teaches that we should treat others as we, ourselves, would wish to be treated. This basic ethic is repeated in a multitude of variations in the texts of all the great religions of the world. And, really, what else is there to say?*

## BAHÁ'Í ISM

If thou lookest for justice, choose thou for others what thou chooses for thyself.



## BUDDHISM

Hurt not others in ways that you yourself would find hurtful.



## CHRISTIANITY

As ye would that men should do to you, do ye also to them likewise



## CONFUCIANISM

Surely it is the maxim of loving-kindness: Do not unto others that you would not have them do unto you.



## GNOSTICISM

If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.



## HINDUISM

This is the sum of all true righteousness: deal with others as thou wouldst thyself be dealt by. Do nothing to thy neighbor, which thou wouldst not have him do to thee after.



## ISLAM

No one of you is a believer until he desires for his brother that which he desires for himself.



## JAINISM

Indifferent to worldly objects, a man should wander about, treating all creatures in the world as he himself would be treated.



## JUDAISM

What is hateful to you do not to others. That is the entire Law, all the rest is commentary.



## NATIVE AMERICAN

The universe is the mirror of the people, and each person is a mirror to every other person.



## SIKHISM

As thou deemest thyself, so deem others; then shalt thou become a partner in heaven.



## SHINTOISM

Irrespective of their nationality, language, manners and culture, men should give mutual aid, and enjoy reciprocal, peaceful pleasure by showing in their conduct that they are brethren.



## TAOISM

The good man ought to pity the malignant tendencies of others; to rejoice over their excellence; to help them in their straits; to regard their gains as if they were his own, and their losses in the same way.



## WICCA

And ye harm none, do what ye will, lest in thy self-defense it be, ever mind the rule of three.



## ZOROASTRIANISM

That nature only is good when it shall not do unto another whatever is not good for its own self.

### A caveat:

Notice that there are endless permutations on the theme "Do Unto Others What You Would Have Others Do Unto You." Or, "Love Thy Neighbor as Thyself." Not one says anything like "Love Thy Neighbor More than Thyself."

It is very clear that love of thy neighbor is predicated on the assumption of love for thyself. How can we, after all, love humanity as a whole and not love ourselves? Are we

not included? If we are not human, what are we? Some slug-like subspecies? Deities on high exempt from the human struggle? Rocks?

Imagine the world full of people who honor their own sacred worth and grant that same respect to every other person on earth.

What a golden world it would be.



## Making Peace From The Inside Out

He who forgives ends the quarrel. —*African Proverb*

I was recently invited to publish a story in a forthcoming anthology about healing in all of its many forms. The editor was particularly interested in my shamanic take on the attacks of September 11, 2001 as well as my own participation in the healing of New York City in the days and weeks that followed.

During most of this Autumn, I relived the mood of that September five years ago and retraced the Walk Your Talk Pilgrimage that I undertook then with the intention of offering solace and whatever assistance I could to all the friends, neighbors and strangers that I encountered on my urban travels. (See *Always in Season* #12, Fall 2001, Special Peace Issue.)

The result of my weeks in the streets was an overwhelming outpouring of honest introspection, calm reflection, sincere concern and compassionate affection exhibited by every single soul I met. I had set out to give the gift of service and love, and instead, I was the recipient of such extraordinary inspiration from all the brave and open hearted folks of my fair city.

But how slippery is the slope from the heights of compassion and empathy back to blame and resentment. I am not immune to these base emotions, I must admit, nor am I deaf to the call to judgment. I believe in my heart that peace is possible, but it takes such great courage to sustain it every minute of every day, year in and year out. Maintaining peace is often harder than fighting, I find.

While reflecting on the events surrounding 911 and its aftermath, I felt

challenged to look to myself for signs of aggression and antagonism. I experienced a need to be vigilant, to discover and confront the parts of myself that resist peace, and instead, misdirect my feelings of frustration, anger and opposition onto others.

I realized that I had to be honest and acknowledge to myself that I had been harboring a seething, unresolved, unforgiving, and unsatisfactory antagonism toward my brother for quite some time. My deteriorated relationship with him was the only one in all the six decades of my life that had never been healed. It was the only grudge that I carried. And it was weighing me down.

Yet I was so reluctant to release that heart-heavy load. Rather than giving up my feelings of having been wronged and moving toward a new détente based on mutual respect and acceptance, I would flood my mind with charming memories from our childhood that may or may not even be accurate after all these years and which caused me to re-resent him all over again for not being the way he once was or the way that I wished he could be. This self-inflicted torture by nostalgia did nothing, but make me feel bad.

My ire was in part because he is so intractable and stern in his religious and political views. He is messianic in his certainty of right and wrong, good and evil, us and them. He knows with without any doubt whatsoever just who his enemies are and that God is clearly on his side, while I struggled with the confused and conflicted impulses of my emotions toward him. To forgive? To withhold? To embrace?

To ignore? I stubbornly clung to the pain of our animosity even as I anguished over my inability to let it go.

**We cannot change the past, but we can change our attitude toward it. Uproot guilt and plant forgiveness. Tear out arrogance and seed humility. Exchange love for hate thereby, making the present comfortable and the future promising.**

—*Maya Angelou*

And then, while I was immersed in writing my peace piece and revisiting once again all of the inspiring peacemakers that I met on my 911 pilgrimage, I experienced a profound “ah ha!” breakthrough in my understanding of the anatomy of my own private cold war. I realized that I was condemning Joseph (not his real name) for perpetuating an atmosphere of dissonance, and all the while my condemnation of him created the same damning disconnection, worse, really, because it was so hypocritical.

Finally I understood that if I was unable to forgive him for being so rigid I would I be just like him, exactly what I despised. Though, of course, I knew this all along intellectually, this new knowing produced a dramatic shift in my consciousness that was incredibly visceral and deeply resonant. My revelation was like a punch in the gut, knocking the air right out of me and leaving me miraculously, mercifully empty of rage.

Confronting my demons at long last cleared my guilty conscience and left completely anger-free after so many



painful years. I slept in deep peace that night. And don't you know that early the next morning the phone woke me? It was Joseph calling from Chicago to tell me that he would be coming to town soon and that he hoped we could get together.

He did come and we enjoyed a long overdue heartfelt reunion filled with laughter and several enthusiastic embraces. And now I am healed for good.

Let there be peace on Earth and let it begin with me.

The problems of this world are so gigantic that some are paralyzed by their own uncertainty. Courage and wisdom are needed to reach out above this sense of helplessness. Desire for vengeance against deeds of hatred offers no solution. An eye for an eye makes the world blind. If we wish to choose the other path, we will have to search for ways to break the spiral of animosity. To fight evil one must also recognize one's own responsibility. The values for which we stand must be expressed in the way we think of, and how we deal with, our fellow humans.

—HM Queen Beatrix of the Netherlands  
From her 2001 Christmas Message

## Sometimes

Sometimes things don't go, after all,  
from bad to worse. Some years, muscadell  
faces down frost; green thrives; the crops don't fail,  
sometimes a man aims high, and all goes well.

A people sometimes step back from war;  
elect an honest man; decide they care  
enough, that they can't leave some stranger poor.  
Some men become what they were born for.

Sometimes our best efforts do not go  
amiss; sometimes we do as we meant to.  
The sun will sometimes melt a field of sorrow  
that seemed hard frozen: may it happen to you.

©Sheenagh Pugh





## **SAT NAM:**

### A Chant to Neutralize Tension

The simplest and most basic meditation in Kundalini yoga is chanting long SAT NAM's.

Sit with your spine straight in your preferred meditation posture. Bring your hands to your heart. Close your eyes. Inhale with a long deep breath. On the exhale chant out loud:

SAAAAAAAAAAAAAAAAAAAAAAAAAAAAAT

At the end of the breath say NAM.

SAT is the liberator and the cleanser. Relax and release with the AAAAAAA. NAM is like the anchor. Feel the sound ground you.

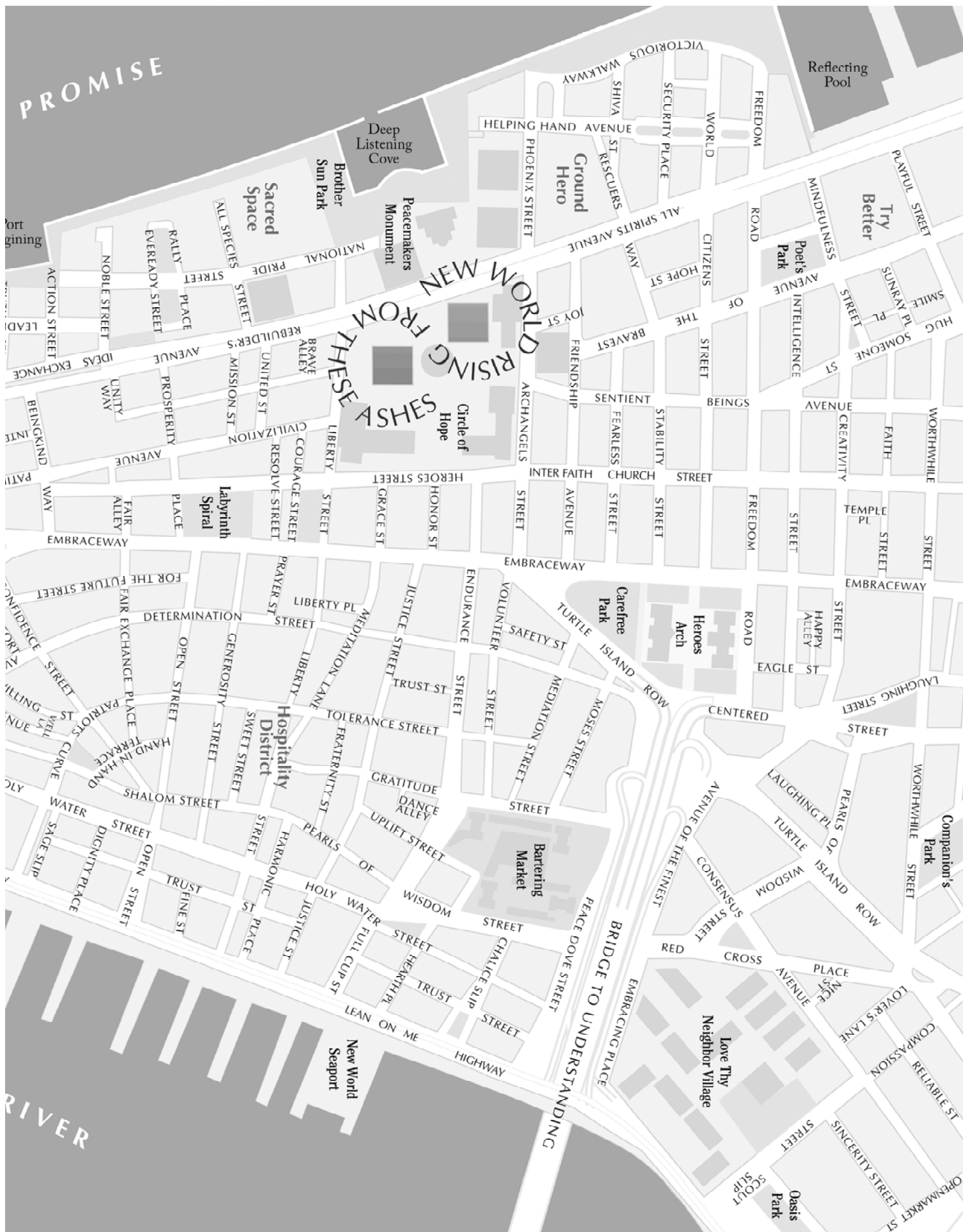
Inhale deeply again and continue.

Let the sound of the AAAAAA come from your heart. Experience your throat as the mouthpiece of your heart. SAT NAM is "the call of the soul." Calling out to your soul neutralizes tension and creates a peaceful inner atmosphere.

End the meditation by inhaling deeply and holding your breath as long as you wish. Feel your call vibrate inside of you. Repeat three times. Then completely relax.

Do this at the end of a hectic day to calm your nerves and to release excess energy coursing through your body. Do it before dinner and you will be able to enjoy your evening. Do it before you go to bed and you will sleep like a baby.





# Web Around the World



*These letters are a small sample that I received in response to the series of Email messages on the subject of making peace that I have been sending out since the inception of the war.*

Beautifully put Donna!  
We (all) are ONE!  
And, your words are my words are the eternal  
flames pouring fourth from our hearts into the  
darkness, the lack, uplifting, uplifting ...  
each and everyone,  
some by just a glance  
some by just a touch  
Thank you for reaching out and holding the  
hands of us all, great and small, in this peace we  
are all striving for.  
In love  
and in the name of shamanism  
I am your sister in the One

—Aneeahseah Lefler, Ashland, OR

I think people are starving for clear, clean information and for connection to goodness, and we are so tired of the prevailing murkiness. So your message is like food, like oxygen and people who might not even have thought about what they were missing, do recognize it when they hear it/see it. Thanks for your message! Heartfully,

—Eva Yaa Asantewaa, New York, NY

In my experience, it seems that everyone is thinking about the war, and more importantly, about peace and just waiting for the chance to speak. Last night, I assigned two of my GED students a writing exercise starting with the words "Suddenly the sky lit up..." I took the phrase from a list of suggestions in a writing exercises book. I had several images from the phrase, but none were the same as those of the students. Both wrote powerful anti-war pieces. Maybe I was in la-la land, but none of the images I came up with were war-related. Me, the anti-war (semi) activist. Thanks for the affirmation and connection.

—Debbie Lubarr, Roxbury, MA

Thank you dear Mama Donna. I have evidence that everything you say is so so true. As I explained to my son yesterday, although every drop of water and breath of air on this earth has been recycled many times over, new ideas are something we can generate from within.

—Chrys Countryman, Shokan, NY

I am just back from Japan. Amazing! Waiting in the Osaka airport with my mother for several hours, I began contemplating what was the task/gift/assignment after this trip to Japan. I realized that the afternoon in Hiroshima, in particular seeing the letters that the mayors of Hiroshima have been writing to the countries with nuclear capacity— written to protest every nuclear test since 1968, that at least part of my "assignment" is to become a more committed student and teacher of peace. Your Email couldn't have been more timely.

—Ruth Gendler, Berkeley, CA

The first Email message I chose to read from the multitude on this emotionally gray, damp and muggy morning when just missing the bus is enough to make me wonder "what is the point?!" is one that touches, inspires and uplifts my spirit. Thank you for keeping the flame alive for us all. I will pass your message on. PEACE & LOVE.

—Shirley Taylor, New York, NY

To all those who are concerned for the fate of this country and the world. It's hard to look at the broader picture but if we do we will see that there is no such thing as "good" or "bad"— only experiences. Having been raised during WWII, I don't remember the "bad" things that happened as much as I remember the good displayed by thousands of people. It seems that so-called bad events bring out either the worst or the best in people. 911 is a good example. Although this present government is greedy and corrupt and its leaders not too bright, I'm certain that it will make the people of this country stronger in the end. Sometimes we can't see the bigger picture but even the Bushes and Chaney's and Rumsfelds have their place in the scheme of the overall puzzle of life.

—Marie Friend, Aurora, OR

**I am only one; but still I am one.**

**I cannot do everything,  
but still I can do something.**

**I will not refuse to do something I can do.**

—Helen Keller



## Pulsing with The Vibration of Peace

I can be changed by what happens to me. But I refuse to be reduced by it. —*Maya Angelou*

Soon after my son died, I was diagnosed with a heart condition. Though they gave it the medical term of atrial fibrillation and suggested several possible causes, the real reason was clear to me. I was suffering from a broken heart, plain and simple. The anguish of Omar's long illness and the grief at his passing short-circuited the normal rhythm of my life, and hence, my heart.

Rather than follow the rather horrifying intervention suggested by the consulting cardiologist, I opted to try to restore the healthy vibration of its beating by releasing my pain from the inside out. First, and perhaps most important, I adopted a puppy knowing that the joy of loving her would lower my blood pressure and calm my pulse considerably. Which it did. And so have the acupuncture treatments that I receive from my fabulous Chinese medicine practitioner.

Enormously helpful, as well, were the series of biofeedback sessions that taught me how to recognize and consciously control my stress levels. Biofeedback uses electronic measurements to chart changes in pulse rate, skin moisture and muscle tension. The theory is that if we can literally *see* what agitation

looks like and what peace looks like, we can consciously choose between the two. We can decide to alter our emotional landscape and create inner peace.

Following this logic, measuring the vibrational energy of our emotions— from the basest to the highest— could help us shift from our destructive emotional patterns to healthy and healing ones.

David Hawkins, M.D., Ph.D. has been compiling just such intensive research involving thousands of subjects and millions of calibrations over a period of 20 years. According to Dr. Hawkins, shame carries an energy level of 20, fear of 100, anger of 150, and pride of 175. The energy level of courage is 200, love is 500, joy is 540 and peace is 600. All levels below 200 are considered to be destructive and all levels above 200, constructive and beneficial.

When our vibration levels fall below 200, we feel disempowered. When we are ashamed, guilty, afraid or angry our spirit is weak and helpless. The dividing line where everything shifts is courage at 200. Courage is the first level of empowerment, enabling us to take responsibility for our own feelings and

encouraging us to transform our lower emotions into the higher vibrations of acceptance, joy, love and peace.

It has been said that everything in the world is twice created— first as a thought and then put into action. If this is true, and I certainly believe that it is, then we must do as Gandhi counseled. “We must be the peace that we wish to see in the world.” Or, as Mother Teresa has urged, “Spread joy, love and compassion. The fruit of these three is peace.” We can *choose* to live in a state of empowered grace and peace of mind, which is, after all, the foundation for peace on earth.

**Write wrongs that are done to you in the sand, but write the good things that happen to you on a piece of marble. Let go all emotions such as resentment and retaliation, which diminish you, and hold onto the emotions, such as gratitude and joy, which increase you.**

—Arabic Proverb



# Circle of Concern

*On awakening, bless this day, for it is already full of unseen good which your blessings will call forth; for to bless is to acknowledge the unlimited good that is embedded in the very texture of the universe and awaiting each and all.*

—Pierre Pradervand

Please Offer Your Purest Thoughts, Your Heart-Felt Prayers, Your Great Good Feelings, And Your Very Best Blessings To:

✿ Andy, Arto, Barrett, Beth, Bob, Burkie, Caroline, Christine, David, Dominique, Donna, Donna, Ed, Elizabeth, Eric, Eric, Etheline, Eugene, Eva, George, Geraldine, Granny Mc, Harry the Dog, Helen, Howard, Humberto, Irma, Ivonne, Janice, John, Kat, Kathy, Kerry, Kuni, Lee, Lisa, Louis, Lynne, Malia, Marion, Mary Joan, Matilde Cathy, Maureen, Melissa, Michael, Milton, Moti, Natalia, Nodie, Patty, Pete, Peter, Remy, Rita, Robert, Ruth, Sal, Sally, Shanta, Sonia, Stan, Susan, Sylke, Ted, Tim, Tom, Tommy, Val, Vic, Victor, Victoria, Yolanda, Yvonne and all those who are engaged in the holy process of healing.

✿ Adelina, Annie, Belle, Beth, Camille, Debbie, Diane, Emily, Grandma Boyle, James, Janice, Joanna, Lincoln Inrag, Linda, Linda and family, Mabel Joyce, Marcy, Marjorie, Mary, Mary, Peter, Randy, Rev. Meryl, Rick, Susan, The Students of Beth Kinkel and Victoria who seek spiritual balance, harmony and some good luck.

✿ Daile, Josie, Leonora, Meryl, Roslyn, Sherman and all of the dedicated caregivers.

✿ Alia Ansari, Alan Shavarsh Bardezbanian, Pauli Brugman, Tee Corrine, Eva the Ferret, Harry the Cat, Marione Thompson-Helland, Buffie Johnson, Little Bear the Fancy Rat, Andy Lynton, Margaret Schreiter Malchow, Anna Politkovskya, Arlene Raven, Ann Richards, Miriam Sanders, Kenneth Schlieman, Joyce Sozen, Marcia Tucker, Quincey the Calico Cat and all who have passed away from this world. May their souls dwell in eternal peace.

✿ Beryl Bender Birch, Lester Bower, Nancy Grossman, Maureen Neumann, Rory Pinto, Sharman Speed, Amy Taubman, Jennifer Wright, Janet Zilinski and her Family and all who grieve for the loss of their dearly departed.

✿ Deirdre Mullane and Osmario de Oliveira Viegas on their marriage. May your love continue to grow to fill a lifetime.

✿ Lilliana Grace Combs and her parents Naomi Combs and Phounehene Sengphonexay, Andrew Edward Hans Diemel and his parents Janeke and Niall and his grandparents Hans Diemel and Bé van der Heide, Prudence Janice Olear and her parents Stephanie and Greg and Isha Mayuri and her parents Travis and Anita Smith and grandmother Patricia Smith on their birth. Welcome to the world, sweethearts.

✿ Lyn Creighton, Karen Fitzgerald, Tiffany Ludwig and Renee Piechoki, Patricia Smith, May Stevens and Robin Tewes on the recent exhibitions of their art. Every success to you.

✿ Brett Bevell, *America Needs a Woman President*, Barbara Carrellas, *Luxurious Loving: Tantric Inspirations for Passion and Pleasure*, Karen Etheldattar, *Steam Rising Up from the Soul*, Deena Metzger, *From Grief to Vision: A Council*, Jim Pathfinder Ewing, *Cleansing: A Guide to Liberating Energies Trapped in Buildings and Lands* and Puja Thomson, *After Shock: From Cancer Diagnosis to Healing* on the publication of their new books. Hearty congratulations.

✿ Sasha King, Greg de Luca and Jose Perez, Llyn Peabody, Barbara Perrino and Kathy Kennedy and John Weinkein on their new homes. May you live in domestic bliss.

✿ Susan Duval, Smita Gandre, Suzann Robins and Shirley Taylor on their exciting new jobs.

*In Loving Memory of  
Marione Leatrice Joy  
Thompson-Helland  
1938 - 2006*

*Editor of the Beltane Papers,  
A Journal of Women's Mysteries*



*If you would like our extended community of caring souls to send spiritual support to you or yours in times of hardship or in times of joy, please send your request to Always in Season. We will print your appeal for prayers and positive thoughts in your own words (space permitting.) Or, if you prefer, you may simply send the names of those who are in need of special succor and sustenance.*

## PLEASE NOTE:

*There will be a public healing circle on Wednesday, March 14, 2007 at 7:30PM Eastern Time at Mama Donna's Tea Garden & Healing Haven. If you can come in person, please do. If you can't make it, feel free to send the names of those you would like us to include in the ceremony. And of course, wherever you are, please join your energy with ours as we send out our best blessings for physical, mental, spiritual, and environmental wellbeing for us all.*



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