



Crafting the Body Divine: Ritual, Movement and Body Art

Yasmine Galenorn

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Yasmine Galenorn presents a nurturing guide for loving the body and allowing it to become a more expressive vehicle for the spirit within. Offering personal revelations as well as interviews, rituals, exercises, visualizations, spells, and practical tips, she helps readers achieve balance in their physical and spiritual self-perceptions.

Beginning with the author's insights on body image, self-esteem, and soul, CRAFTING THE BODY DIVINE presents health and beauty tips geared to radiating a positive self-image, and looks at how society defines beauty and how individuals can liberate themselves from the restrictions of such ideals. The second part of the book focuses on movement as ritual, and exercise as the experience of spiritual energy. Finally, Galenorn explores body modification, such as tattooing and piercing, as personal expressions of spirit.

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From reader reviews:

Lela Koehn:

Crafting the Body Divine: Ritual, Movement and Body Art can be one of your starter books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort that will put every word into enjoyment arrangement in writing Crafting the Body Divine: Ritual, Movement and Body Art nevertheless doesn't forget the main stage, giving the reader the hottest and based confirm resource information that maybe you can be among it. This great information can certainly drawn you into completely new stage of crucial thinking.

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