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## Wisdom of Soul Flowers

### *Finding Inner Home*

- What we may learn from women who have fled
- Finding soul treasures through drawing/painting and through fairy tales
- How we may all find inner home again

**This book is like a tapestry, woven in many colours with different patterns. These are stories which span an arc from the original countries of these refugee women and their stories and accounts all the way to a future, in which humans are at one with the Earth, the Land and Nature, and they are also singing within that many voiced Choir of Creation.**



These refugee women, who arrived at Cristina Roters' drawing/painting group, have experienced long journeys on foot, as well as abuse and injury, and the loss of close relatives. They were suffering from resulting deep traumas. However, what Cristina Roters offered them with her drawing/painting and fairy tales, was space for them to flourish and 'flower', while at the same time being nourished by their original rootedness in a natural world.

The loss of their homeland and their own language could never be quite balanced, but the soul nourishment provided by drawing/painting and the story-telling, were what allowed these people to recover again.

In this book, we are not focussed on dealing with the individual fates of these women. They will be seen as merely part of a larger picture which shows how the soul treasures of our affluent society have been lost. These are treasures which we need to draw back into our awareness, by merging them back into the rich inner landscapes of the soul. This is what this book is all about. It mingles those individual fates with pictures and fairy tales and on inner journeys, so that we can recapture our Natural World and our Soul World. This is because we are 'refugees' too, and those who have experienced that fate so acutely may show us our true home which lies within.

**Cristina Maria Roters** is a picture book author, illustrator and story-teller. She gives lectures and leads seminars for training in drawing/painting and telling fairy tales. For more than 35 years she has been leading a programme called "Der Seele eine Stimme geben" (Giving the Soul a Voice), which constitutes accompanying children and adults in crisis. In 2023 she received a Swiss storytellers award. She is a co-founder and co-leader of *Zaffe*: trauma stabilizing with drawing and creating for asylum seekers in Switzerland.

[www.roters.ch](http://www.roters.ch)

*Paperback, 192 pages, 148 x 210 mm, 18,00 €, ISBN 978-3-89060-881-5*

## The Power of Accepting

*Giving-up inner resistance and getting into the flow*

Are you still railing against your fate or are you living again?

- A real pearl among self-help books
- Irresistible in its simplicity and clarity
- Letting go of inner denial and gaining a new lease of life

**Agreeing to what *is*: is a timeless, direct path to our deep, authentic Self. If one ceases to rail against what is and instead, changes to an inner attitude of acceptance, one will soon discover how easy life suddenly becomes. Acceptance does not mean finding everything is fantastic. Really accepting one's own rebellion, annoyance, or 'railing against things' requires acceptance and being taken into that overall agreement. Being in harmony, even with one's shadow sides, can bring in a life essence of joyful relaxation.**



This book is a companion along the path. It describes in detail the connections and complexity and leads us in a practical way into a daily exercise of acceptance.

How often are we not willing to *give in* to events that occur in our lives? We rail against these events and rebel, something which we experience time and again. But these rebellions are in vain and only use up our energy. Yet, we always fall back into these patterns. The consequences, which are our shadow sides only appear to lie in darkness – apparently intervening in our lives without our volition – because these shadow sides have been banished there and denied. Consciously allowing these shadow sides to come into the light makes them accessible. Then, we are able to let them go, or integrate them into our life experiences. Once we have learned to accept our shadow sides, to agree to them – therefore, to be at peace with what *is* – we will find ourselves right in the “flow” of life again.

This fundamental understanding has been the reason this wonderfully helpful book was written. Not only understanding the processes, but realizing them within ourselves, opens up the possibility for living with a new inner attitude.

Shalila Baginski, born in 1948, has published 10 books with Windpferd, which she wrote together with Bodo J. Baginski and many of which are bestsellers. she is a meditation teacher, has trained in Reiki and worked in her own practice for many years. She has been based in Ireland since 1990, where she also teaches organic farming and seed cultivation.

*Softcover, 160 pages, 148 x 210 mm, 16,00 € ISBN 978-3-89060-858-7*

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