

Foreword Review BODY, MIND & SPIRIT

Bones & Honey: A Heathen Prayer Book

Danielle Dulsky New World Library (Nov 7, 2023) Softcover \$18.95 (256pp)

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The evocative prayers collected in Danielle Dulsky's Bones & Honey invite contemplation and transformation.

Across thirteen sections devoted to archetypes and corresponding themes (the Heathen Queen represents empowerment; the Bone Witch represents mourning), a variety of prayers, rituals, and stories are shared. They address deep and personal needs, pains, and desires in language that is rich, evoking a sense of the primal and magical:

Long ago in a lost time, my soul painted a secret sigil on the door to remind me what wildness really means, to bid me leave my modern, rotting fears on the porch for the wolves to find and feast.

Though the level of activity varies throughout, every word calls forth emotional responses. Enacting some of these prayers involves nothing more than reading what is written; some entries suggest more elaborate rituals, as with the group activity "By Oracular Candlelight," which involves calling upon ancestors for wisdom and guidance. The index lists each offering according to its intended purpose, making it easy to find pertinent selections.

Bones & Honey is a stirring work of art that can be read from cover to cover and a powerful tool that can be utilized for healing and growth.

CATHERINE THURESON (November / December 2023)

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