



KOTA catalogue

2010

grief & creativity:

Books

Home Workshops

Retreats & Training

Personal Coaching

www.KotaPress.com

www.MotherHenna.com

www.KotaPress.blogspot.com

Published by KotaPress

PO Box 514, Vashon Island, WA 98070

206-251-6706 ~ editor@kotapress.com

Print Books ~ Retail & Wholesale Bulk Price List

Wholesale prices available on quantity purchase.



Mrs. Duck and the Woman

English Language

10 digit ISBN

1-929359-00-4

13 digit ISBN

978-1-929359-00-4

Spanish Language

10 digit ISBN

1-929359-22-5

13 digit ISBN

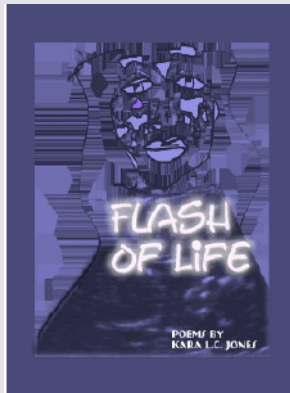
978-1-929359-22-6

Suggested retail \$5.00 ([available on KOTA site](#))

Quantity	Discount %	Wholesale Price
100	20%	\$4.25/book
250	30%	\$3.75/book
500	40%	\$3.25/book

About the book

Mrs. Duck and The Woman is a story about the death of a child and how parents start over again after that loss. Through a dialogue between Mrs. Duck and Mrs. Woman, we find the beginning clues of how to start transforming the grief.



Flash Of Life

2nd Edition

10 digit ISBN: 1-929359-15-2

13 digit ISBN: 978-1-929359-15-8

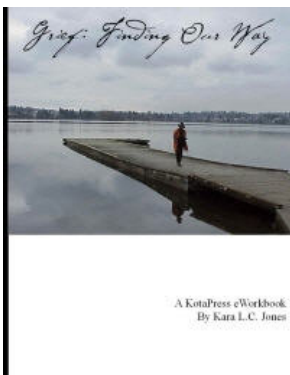
Library of Congress Control Number: 2002092667

Suggested retail \$10.00 ([available on KOTA site](#))

Quantity	Discount %	Wholesale Price
50	10%	\$9.50/book
150	20%	\$8.50/book
250	30%	\$7.50/book
500	40%	\$6.50/book

About the book

Includes narrative, 2002 Foreword, Resource Support Guide. One family's experience of pregnancy & stillbirth showing how the death of a child affects a woman, a marriage, a family, & a community. If someone you know is enduring the death of a baby due to any cause, this gift honors that child & recognize parents' grief.



Grief: Finding Our Way

Workbook

10 digit ISBN 1-929359-26-8

13 digit ISBN 978-1-929359-26-4

Suggested retail \$15.00

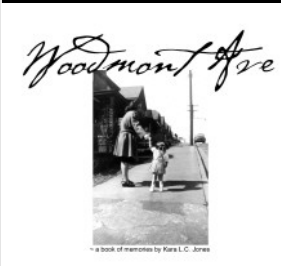
Quantity	Discount %	Wholesale Price
50	10%	\$12.50/book
100	20%	\$11.50/book
250	30%	\$10.50/book
500	40%	\$8.50/book

About the book

This workbook is about trying out various tools & creative prompts, playing, finding our way. It isn't just "rebuilding brick by brick." It is about finding the grains of sand that can become pebbles, that become rocks, that become cement, to make the bricks with which we can rebuild one by one.

All wholesale orders must be paid when order is placed. Checks can be sent via snail mail. Alternative option is electronic check or credit card can be paid via PayPal. Shipping is not included in wholesale price quotes. Please [contact us](#) or call us at 206-251-6706 if you have questions or to arrange for wholesale purchase.

print & eBooks ~ available online



All of our other print and eBooks are now available via Lulu.com.

[Click here to visit the Kotapress/MotherHenna Book Shop](http://Kotapress/MotherHennaBookShop)

Retail Price Ranges:

eBook price range *free* to \$5/each.

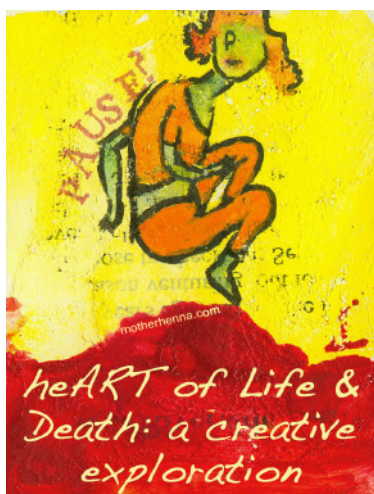
Print book price range \$10-50/each.

Please check the shop for latest listings.

Book shops who want *wholesale options* can order directly from Kara at KotaPress. Please contact editor@kotapress.com for information.

eWorkshop: heART of Life & Death

http://www.motherhenna.com/events_registration.htm



*So long as you haven't experienced this: to die and so to grow,
you are only a troubled guest on the dark earth."*

~Goethe

The heART of Life & Death is a six week participation for those who we are learning how to live one's most creative dreams while becoming familiar with the stories we tell ourselves about grief, death, dying. We'll get curious about prevailing cultural myths that drive beliefs about "how to grieve" or any imposed or prescribed rules such as "stages of grief" and more. Consciously or unconsciously, we are all living out the stories of Self within a cultural context. When we choose to do this consciously though, we are less likely to feel "victim" over and over again. In this creative exploration, we'll explore integration of Life & Death using creative tools. You will discover that, if you choose to be conscious of your story and the culture surrounding you, then you can go beyond self and society imposed limitations, shed the "rules" that don't fit, and begin to choose your own unique ways of creative living.

Each week's materials explore a particular topic: trauma, re-member-ing, safe space, the new normal, shadows & monsters, and living every day with curiosity instead of judgment.

No previous art, coaching, or meditation experience necessary. Some participants just use the process for self discovery and relaxation practice. Others use sessions to fuel writing memoir, novel, short stories, poetry, making art, journaling, collage, painting, scrapbooking or other expressive arts. It's entirely up to you.

Materials Include:

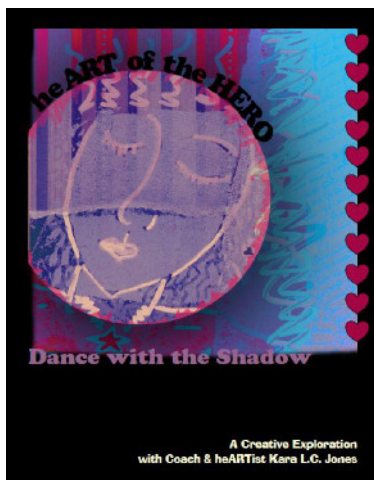
- ✓ MP3 Open Blessing
- ✓ MP3 Introduction to Relaxation Meditation
- ✓ MP3 Meditation II: Adding to the Noisy Breath - Face Drop
- ✓ PDF Introduction
- ✓ PDF Supplement exploring Creative Supplies
- ✓ MP3 & PDF on creative approach to Trauma
- ✓ MP3 & PDF on creative approach to Re-member-ing
- ✓ MP3 & PDF on creative approach to Safe Space
- ✓ MP3 & PDF on creative approach to Defining the New Normal
- ✓ MP3 & PDF on creative approach to Shadows & Monsters
- ✓ MP3 & PDF on creative approach to Living with Curiosity instead of Judgment
- ✓ MP3 Closing Blessing

Participant Benefits include

- Learning to Create & Live with Curiosity instead of falling victim to self-sabotage of judgment
- Conscious Participation in the experience of everyday creativity while at the same time making peace with fears about grief, death, dying
- Deliberate Consideration to keep or drop driving myths about grief, death, dying
- Tending to Your Best Self with time dedicated to your creativity
- Fuel for your creative projects
- Practice with new self-care tools to integrate grief & create balance to everyday life
- Discovering your own, unique Safe Space
- Exploration at your own pace throughout the six week session and beyond
- Materials to inspire other concurrent, self-development coaching or therapy you are doing
- Open to all regardless of where you are on the path. Grieving, loving, practicing, hurting, healing, in any circumstance, any background or education or art experience level. All are welcome.

eWorkshop: heART of the Hero

http://www.motherhenna.com/events_registration.htm



Materials include:

- ✓ MP3 Blessing to Open
- ✓ MP3 Intro to Relaxation Meditation
- ✓ MP3 Meditation II: Adding to the Noisy Breath - Face Drop
- ✓ PDF Introduction
- ✓ PDF Supplement exploring Creative Supplies
- ✓ PDF Creating Safe Space
- ✓ MP3 Sacred Space/Hero's Journey
- ✓ PDF Discovering Hero
- ✓ MP3 You Are Your Own Hero
- ✓ PDF The Call, Shield, & Guide
- ✓ MP3 Meeting Your Guide
- ✓ PDF Instrument of Power
- ✓ MP3 Finding Your Instrument of Power
- ✓ PDF Discovering Shadow
- ✓ MP3 Hero & Shadow Summit
- ✓ PDF Transformed When We Return
- ✓ MP3 Transformation
- ✓ MP3 Blessing to Close

"...The Hero's Journey is not another self-improvement project. It is an aid in finding and honoring what is really true about you..."
-Carol Pearson, *Awakening the Heroes Within*

You are your own myth. We often forget that what is happening to us is not us. We make up stories about what is happening and begin to put on these stories as if they are the very essence of who we are. But these are all just myths. If you could just drop the story you are currently telling yourself, who would you be? If you let go of all the myths that previously defined you, who would you be?

A Hero's Journey happens when you answer the call of your BEING. When you are willing to be conscious of the myths you dress up in now. Willing to take those myths off and try out some new ones. Take a new stance, walk a new walk, put on the shoes of your Hero self instead of your everyday self. Willing to revision your world through the eyes of that Hero.

A Hero is willing to assess the life he or she has been living where there is a prescription for "being good" and a no-no list of things that are "bad." A Hero is willing to consider the possibility of experimenting, being curious about anything that has been previously prescribed, judged, said to be impossible or out of the question. A Hero knows that he or she is not alone in this experiment. There are Guides to help, to answer questions, to point the way. There are Instruments of Power to access, and a Hero knows how to call out his or her Shield when needed.

For a Hero, it is not a "failure" to hit a road block or encounter a Shadow issue. Rather, it is a point of interest on the Journey. The Hero takes the time to get curious, breathe deeply, learn as much as possible about the block or Shadow. A Hero might slay a Shadow as a dragon would be in a fairy tale. But a Hero is equally as likely to invite a Shadow to tea to ask it questions. Or dance the tango with Shadow to learn more about how it moves.

A Hero knows he or she will only become more consciously empowered by taking this Journey. He or she knows that they will return from the Journey with a new perspective, a new power that will enhance their experience with all the sacred spaces of life including Home life, Self-Care, partnering with the Beloved, doing one's heART Work in the world.

Where are you on this Journey? Would you like to join us for our Hero's Journey? We're exploring with creativity, recorded meditations, guided visualizations, and more. Come take this part of the Journey with us!

Participant said, they have

- * discovered renewed creative energy
- * resolved shadow issues they didn't realize were at play
- * gotten conscious about self-talk and self-story
- * found new perspectives on issues that previously felt "stuck"
- * begun to allow themselves to feel what they feel without judging self
- * given themselves permission to play and dream again

eWorkshop: Grief, Finding Our Way

http://www.motherhenna.com/events_registration.htm



"...I will use these tools forever..."
-Grief: Finding Our Way participant

It might be the written word that leaps out and pulls us back to life after grief shatters everything. It may be that we have to learn (or re-learn) that art is as present grief, and then allow the art to reshape us as readily as grief destroyed us. The path from the moment of crisis and loss back to some sort of transformed life will not look exactly the same for any of us. But the tools for creating our unique paths are available to any and all of us. We must make the choice and commitment to pick up the tools, try them out, cherish what works, and let go of what does not work.

This does not mean we "get over it" or "find closure" or forget what happened. It simply means that we find ways to use creativity to integrate grief experiences into our everyday lives. We learn to live again after death. We learn to prosper again after total loss. This grief coaching group is all about trying out various tools, playing, finding our way. It isn't just "rebuilding brick by brick". This session is about finding the grains of sand that can become pebbles, that become rocks, that become cement, to make the bricks with which we can rebuild one by one.

No previous art experience necessary. Some participants just use the process for self discovery and relaxation practice. Others use session materials to fuel writing memoir, novel, short stories, poetry, making art, journaling, collage, painting, scrapbooking or other expressive arts. Some use materials in partnership with concurrent self-development practice such as therapy, coaching, or support group. It's entirely up to you.

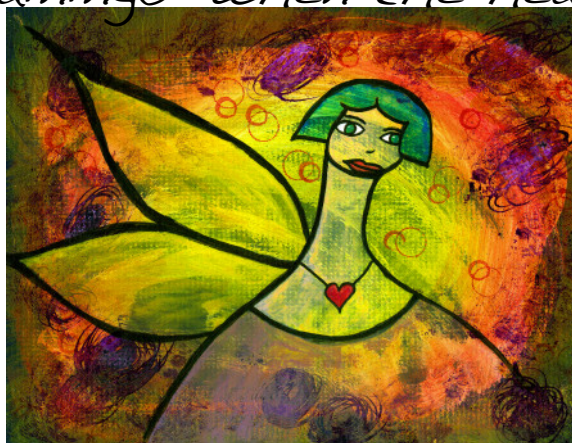
Materials include

- ✓ MP3 Open Blessing
- ✓ MP3 Intro/Relaxation Meditation
- ✓ MP3 Meditation II: Adding to Noisy Breath, Face Drop
- ✓ PDF Introduction
- ✓ PDF Supplement exploring Creative Supplies
- ✓ MP3 Mapping Meditation: Exploring the Center
- ✓ PDF Rock Exercise and Mapping The Journey
- ✓ MP3 Mapping Meditation: Exploring Sacred North
- ✓ PDF It's written in your bones... and Switching Hats and Voicing Story
- ✓ MP3 Mapping Meditation: Exploring Sacred East
- ✓ PDF Shadow Issues & Be Still
- ✓ MP3 Mapping Meditation: Exploring Sacred South
- ✓ PDF Layered Living, Dia de los Muertos, Musical Influence and Nouns & Verbs
- ✓ MP3 Mapping Meditation: Exploring Sacred West
- ✓ PDF Witness the Animals and Mindfully Mundane
- ✓ MP3 Mapping Meditation: Supplemental Discussion and Close
- ✓ MP3 Closing Blessing
- ✓ PDF Consider Form and Let It Blossom and Resources

Participant said, they have

- * become conscious of grief's affect on self-story
- * discovered balance and sacred space
- * found tools to integrate this "new normal"
- * released expectations and disappointments
- * begun to learn to live life again after loss
- * felt permission to feel all their feelings
- * tapped into fuel for creative thinking and being

Retreats & Trainings: when the heart breaks open



Live training, personal & professional retreats for caregivers, bereaved families, students.

[Contact us](#) or call 206-251-6706 to customize to needs of your group. **Sample of sessions available:**

- * Grief: Finding Our Way
- * Getting to the heART of it
- * Grief & Creativity: more than just art
- * The Hero's Journey
- * Give Sorrow Words: Writing to heal the heart
- * Poetry UnSlam
- * Poetry as Grief Documentation
- * BodyWrites!
- * Henna heART 101
- * Reiki Certification for Level I, II, III
- * Stillbirth: giving birth to death, learning to live again

Sliding Scale available for workshops/presentations

\$150 - \$225 per hour for college level lectures or staff presentations;

\$450 - \$750 for 3 hour interactive workshop & intimate seminars;

\$1,000 - \$2,000 for conference keynote, college wide presentation;

\$1,000 - \$3,000 for 3 day workshops/retreats

Retreats on Vashon Island

\$350 for 3 hour/half day retreat (Vashon location only)

\$650 for 7 hour/full day retreat w/ catered meal (Vashon only)

Possible meeting locations include

- our Vashon studio (maximum 10 people)
- other Vashon venue (you arrange/reserve)
- other retreat site (you arrange/reserve)

Your workshop at our Vashon studio can include any of the following:

- Class materials & didactic presentation
- Spot Reiki and/or Tapping
- Tea, coffee, snacks, catered lunch
- Art-making
- Group Discussions
- Non-denominational ritual
- Guided visualization & meditation
- Optional: Henna ritual at closing of workshop

Notes

* If we travel off Vashon for your workshop, travel fees may be additional.

* If you arrange/reserve location, you assume responsibility for cost/liability insurance for that location.

* If you choose henna ritual for your session, please note: we only offer all-natural henna, NEVER black henna. Our henna paste is hand-mixed by us using the freshest ingredients possible, so we know exactly what it contains. All our henna pastes include an EO, usually lavender. If you are extra-sensitive to fragrances, please tell us that before your appointment. We will not henna children under age 10. Will not henna anyone who has blood or liver complications. Pregnant moms must be FULL term if getting belly henna'd!

Choosing radical creativity



Grief & Creativity Coaching

Available regardless of your geographic location.

Tele-sessions or in-person session at my Vashon studio are available.

Unlimited email follow up is available for the two weeks following each of your sessions.

Expression of Appreciation: \$100.00 / 1 month / two 50-minute sessions.

For full information, please see: <http://www.motherhenna.com/heART.htm#coaching>

Contact Information

KotaPress, Founded by Hawk & Kara Jones
MotherHenna, Founded by heARTist & Coach Kara LC Jones
PO Box 514, Vashon Island, WA 98070
206-251-6706
editor@kotapress.com
kara@motherhenna.com