

Motherbaby Press

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Contact:

Min Yi Su

541-344-7438

800-743-0974

mbpress@midwiferytoday.com

www.motherbabypress.com

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THE POWER OF STORY — THE POWER OF WOMEN **How the past empowers the present**

EUGENE, Oregon — In this day and age, oral traditions are viewed more as cultural curiosities than practical solutions. But are they really? Sister MorningStar has dedicated a lifetime to the preservation of instinctual birth among native people. From them, she recognized something deeply profound. When women embarked on their journey into womanhood and motherhood, stories from their grandmothers, great-grandmothers and ancestors came forth through songs, stories and what appeared as mythological tales. Upon hearing these stories, women became empowered to do what all women from which they came were able to do: give birth instinctually. Sister MorningStar witnessed not only the power of story but the power of women who share their stories — her/stories. Within the pages of Sister MorningStar's newest book, *The Power of Women: Instinctual Birth Stories*, she reveals to the reader compelling, enlightening and touching tales from her experiences with real women who opened themselves to trust their inner knowing of life giving.

Raised in the Ozark Mountains within the influence of Cherokee traditions, Sister MorningStar birthed her own daughters at home and has helped thousands of other women find empowerment through instinctual birth. She has served on state, national and international boards helping to oversee the development of midwifery certification programs. She serves on the CASA International Advisory Board helping to oversee the continued stability of Mexico's first accredited Midwifery School and Maternity Hospital. She is the founder of a spiritual retreat center and author of books related to instinctual and spiritual living. She lives as a Cherokee Hermitess and Catholic Mystic in the Ozark Mountains of Missouri.

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