



Donna Henes is an internationally acclaimed spiritual teacher, popular speaker, and award-winning writer specializing in multi-cultural ritual celebrations of the cycles of the seasons and the seasons of our lives. Her joyful celebrations of celestial events have introduced ancient traditional rituals and contemporary ceremonies to millions of people in more than one hundred cities for thirty-three years. She is the author of four books: *The Queen of My Self: Stepping into Sovereignty in Midlife*, *The Moon Watcher's Companion*, *Celestially Auspicious Occasions™: Seasons, Cycles, and Celebrations*, and *Dressing Our Wounds In Warm Clothes*, as well as the CD, *Reverence To Her: Mythology, the Matriarchy, & Me* and an acclaimed quarterly journal, *Always in Season: Living in Sync with the Cycles*. She writes a weekly column for UPI Religion and Spirituality Forum. In addition to teaching and lecturing worldwide, Mama Donna, as she is affectionately called, maintains a ceremonial center, spirit shop, ritual practice, and consultancy where she works with individuals, groups, institutions, municipalities and corporations to create meaningful ceremonies for every imaginable occasion.

For further information about Donna Henes' work or to request a calendar of upcoming events, a list of publications and services, contact Mama Donna at

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