

The Liminal Odyssey

THE ALCHEMICAL POWER OF THE
SPACES IN-BETWEEN



Foreword by Dr. Nina Meyerhof

S a n d e H a r t

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“We, as humanity are at a cross-roads. There is an urgency that requires each and every one of us to hold a sacred responsibility to become a practitioner of balance and to accept our role in ushering in a world of feminine agility and wisdom. The Liminal Odyssey is infused with the spirit of the feminine and Sande shows us, through her own personal stories and collection of ideas and methods, the practical wisdom we can each apply to our own life’s journey.”

~ Grandmother Flordemayo, Founding Member of the 13 Indigenous Grandmothers and Founder of The Path

“Sande Hart’s authentic storytelling takes us along on a Liminal Odyssey into the magic of everyday life. Her style is so witty, humble and completely original that it’s almost a genre unto itself. Sande’s tales range from her exceptional experiences in global peacemaking to life’s quiet, intimate moments. Through it all, she is an engaging guide to the enchantment that surrounds us when we have the eyes to see.”

~ Rev. Deborah Moldow, Founder, Garden of Light, Evolutionary Leaders Circle of the Source of Synergy Foundation

*“Everyone has a unique story known only to them that when shared is a sacred gift to the world. In her book, *The Liminal Odyssey: The Alchemical Power of The Spaces In-Between*, Sande Hart’s life experiences flow authentically onto the page and reveal her own dance within her own sacred liminal space. From her sobering and chilling experience, visiting Auschwitz and Birkenau death camp, to her cry out to the stadium-filled crowd to save an abandoned dog, Sande captures and shares many life lessons that evoked inspiration, and at times melted me into a sacred surrender to truths I had only known unconsciously.”*

~ Clay Boykin, Circles of Men Project and The New Compassionate Male

“As Sande’s “frequency editor” it has been a delight to walk with her on her Liminal Odyssey as she light-heartedly, poetically and profoundly guides her readers into the magic that awaits us all in the frequency of trust. She leads us into the time-out-of-time where we learn to allow synchronicities to weave a tapestry from the many threads of our lives into living our bliss here and now. Our awareness expands, our hearts open, and we walk through life with ease, grace and abundance. This book is a precious gem to be experienced from many perspectives as Sande drops breadcrumbs to nourish us on our own odyssey to realizing our highest potential.”

~ Connie Baxter Marlow, Co-Author, *The Trust Frequency: Ten Assumptions for a New Paradigm*; Facilitator, *The Dance of Souls: The Relationship (R)Evolution*

“Becoming present, listening to our inner wisdom, is a key element in The Liminal Odyssey. Paying attention, listening with wonder and curiosity, noticing the mystery and magic of life, resting in silence are practices to guide your experience as you read this book of awakening.”

~ Kay Lindahl, The Sacred Art of Listening and Founder of The Listening Center

“Insight is wisdom when it inspires you to seek the potential within yourself. Sande Hart’s book, The Liminal Odyssey, provides you with an invitation to discover the threshold within you that gives profound meaning to your life, even within this crazy world. She entices you into her world of discoveries, and as you laugh and cry, you soon find you want to live in the kind of alchemical reality that she knows intimately well. It’s a book you won’t want to put down and you’ll want to keep handy on your bookshelf for those moments when you aren’t sure what to think or do next. Flip it open to a random page and get a burst of wisdom that will guide and embolden you to live, as the author suggests, in epic proportions.”

~ Misa Hopkins, best-selling author, The Root of All Healing, and the Sacred Feminine Awakening series

“The Liminal Odyssey pulsates with Sande Hart’s relentless courage to position herself on the delicate threshold between crisis and action as she explores how best to fulfill her life mission as an interfaith leader and champion of rights for women and girls worldwide. In her touching vulnerability, she grants us access not only to her hopes and dreams, but also to her crises of confidence. She gives generous credit to time-honored sources of wisdom and the inspiring individuals she met along the way, but ultimately, she returns to the sacred golden threshold, the liminal holding place, where anything and everything is possible. Read her compelling story!”

~ Ruth Broyde Sharone, Interfaith Leader and Creator of INTERFAITH: The Musical

“The human adventure is an evolutionary journey filled with challenges and unknowns. In transitional times such as these, many of us long for a mentor, someone to take us by the hand and whisper reassurance that, despite outward appearances, everything is unfolding exactly as it must. And fortunately, every so often, a guidebook comes along to provide a map the territory of ahead. Sande Hart’s Liminal Odyssey is such a book. It will provide you with the vision and the courage and the confidence to go where the brave dare not go, and to emerge transformed, your butterfly wings spread wide.”

~ Andrew Cameron Bailey, co-Author, The Trust Frequency: Ten Assumptions For A New Paradigm; Author, The Mayflower Revelations

"I loved The Liminal Odyssey it is so gentle and reading it is like getting a hug from a good friend. It filled me with love and brought me back into my heart. It allowed me to see the synchronicities that have been happening throughout my life, like a web of connection to all that is. Sande really has shared so vulnerably, it is like I have been offered a thread of connection into her life and I really didn't want the book to end so I could stay wrapped in that friendly hug."

~Michell W. Liminal Odyssey Playshop Participant

"I recently had the honor of talking with Sande Hart on The Science of Superpowers show. Sande was a brilliant guest with a loving and refreshingly transparent nature. Her generosity of spirit flows gently from her as an invitation for all of us to lean in and allow it to take us where we're destined to go. If you're looking for a wonderful guest who can illustrate the abstract in easy-to-incorporate ways, take a moment to check out Sande's book: The Liminal Odyssey, The Alchemical Power of the Spaces In-Between. Sande, thank you for being your truth and brilliance as a beacon to others. We love you and appreciate the work you do in the world!"

~Tonya Dawn Recla, Executive Director of Super Power Experts

"Sande Hart shows us how to live our lives as a Liminal Odyssey. Looking deeply into the experiences life brings us and connecting the dots yields a rich and meaningful life. There are no ordinary lives seen through the lens Sande has discovered through her own personal Liminal Odyssey. Read this book and you will see your own life in an entirely different way."

~ Patricia Fero, LMS, Author, What Happens When Women Wake Up?, Sacred Marching Orders, and What Happens When Women Converge

"Poise at a threshold, with the agility of a clear, conscious mind and an open-heart center, is an act of bravery and courage. With characteristic authenticity, Sande invites us to share her Liminal Odyssey, the very definition of surprise moments on the precipice. Enchanting!"

~ Dr. Nancy Gahles, Health and Harmony Wellness Center

The Liminal Odyssey

THE ALCHEMICAL POWER OF THE
SPACES IN-BETWEEN

Your Liminal Odyssey

A Practical Guide Into Alchemizing the
Spaces In-Between

The Liminal Odyssey
The Alchemical Power of the Spaces In-Between
&
Your Liminal Odyssey
A Practical Guide into Alchemizing the Spaces In-Between

By Sande Hart

New Book and Guidebook Prepares Us to Evolve with the World by
Embarking on an Inspiring Journey that Recognizes the Power in
Life's Pauses and the Miraculous in the Mundane

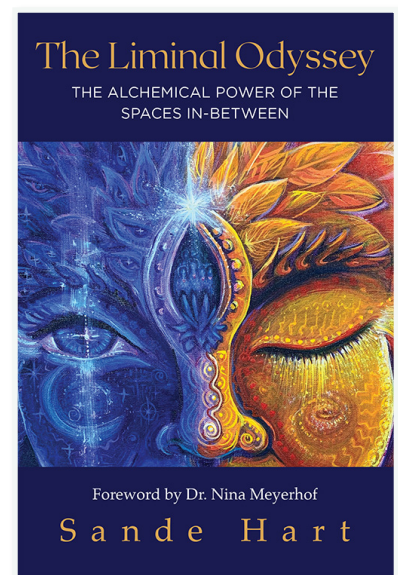
Insightful True Stories Anchored in Spiritual, Psychological and Generational
Wisdom are Woven Together with Practical Guidance that Enables Discovery,
Evokes Inspiration and Elevates Awareness

The new audiobook invokes a deep spiritual wisdom of Sande's words, spoken by
her in the new audiobook that only music can inspire. In what is considered
"Harmonic Wisdom," Native American flute maker Geri Littlejohn composed
music especially for each chapter.

Imagine being invited on a grand life adventure that transforms the mundane to
the extraordinary and the lulls to a playground brimming with profound insight.
This is what materializes when you visit the spaces in-between, where you'll
discover wisdom filtering through the interstices of your
life's stories.

In *The Liminal Odyssey*, Sande Hart invites readers to
step into, not over, the thresholds of their daily lives to
explore the transformative power of the space between
crisis and action. Oftentimes we simply step over the
mundane or ignore what may seem meaningless, not
realizing what gems these synchronicities and messages
can actually reveal in our lives. Hart posits that in this
space we can interpret and examine possibilities for
creativity that help us move on from old problems, beliefs
and myths of who we are.

Combining true stories and lessons from Hart's life with
practical wisdom to inspire readers on their own journey,
The Liminal Odyssey details how we can alchemize our



own lives. Hart outlines the 12 skills she deems foundational to such a journey, including the art of listening, forgiveness, grace, cultivation of synchronicities and trust. These skills, among others, provide the tools and lay the groundwork for a paradigm shift, allowing readers to explore the gifts that exist in the everyday. A reimagining of Joseph Campbell's framework of *The Hero's Journey*, a liminal odyssey goes even further to explore life's pauses, transforming an experience into an experiment.

The Liminal Odyssey incorporates philosophy, science, shared indigenous knowledge and psychology by some of the world's most spiritually-prolific leaders, authors, scientists, and indigenous grandmothers. Hart has created a call-to-action for the current era, where a changing world is summoning a cultural shift. As Hart states, "Imagine the outcome when we grow collectively by way of individual contribution into that cultural liminal space. It is crowd-sourcing change at its best and is the only way that is sustainable and resilient for this neck era we are moving into, with or without us."

Everyone has an abundance of stories waiting to be discovered. *The Liminal Odyssey* is where these stories can take you.

New Audiobook transcends what is possible for the listening experience with "harmonic wisdom" floating in the background of the spaces in-between.

World renown Native American flute maker, composer, and ceremony accompanist Geri Littlejohn elevates the words and the spirit of this audiobook with music composed specially for the energy and intention of each chapter. Her album *The Liminal Odyssey* is coming soon.



About Sande Hart



Sande Hart is an award-winning leader in the fields of women's empowerment and interfaith community building. She founded the women's interfaith international grassroots organization S.A.R.A.H. (The Spiritual And Religious Alliance for Hope) the morning of 9/11, an instinct to gather women of diverse faiths to protect all that they consider sacred, now in its 20th year. She founded and served as director of Charter for Compassion's Women and Girls sector, served as chair for the United Religions Initiative for North America and serves on the

Women's Task Force for The Parliament of World's Religions. She is also the founder of Compassionate California. Sande is currently being inducted into the Women's Oral History Library of Claremont Colleges.

LONG BIO – SANDE HART

Sande Hart is an award-winning leader in the fields of women's empowerment and interfaith community building. She founded the women's interfaith international grassroots organization S.A.R.A.H. (The Spiritual And Religious Alliance for Hope) the morning of 9/11, an instinct to gather women of diverse faiths to protect all that they consider sacred. Having spent the past 19 years as President and public face of S.A.R.A.H., Sande is actively engaged in leadership in the peace, interfaith, compassion, indigenous peoples, community building and women's empowerment sectors. She founded and served as director for the international organization Charter For Compassion's Women and Girls sector, served as Chair for the United Religions Initiative for North America and serves on the Women's Task Force for The Parliament of World's Religions. She is also the Founder of Compassionate California, which recently became established into law as the first Compassionate State in the world by the governor's office. Sande has conducted countless workshops and produced major and smaller events in more than seven countries, presented on panels in universities, global and local organizations, and city and state level institutions including a historic project at a women's prison. She has also had the honor of offering keynote addresses and currently presents regularly on podcasts and social media webinar platforms.



Sande is currently being inducted into the Women's Oral History Archives for Claremont Colleges in California. Above all, Sande is a mother, grandmother, wife, aunt, and sister from the steep seaside cliffs in Southern California.

Like the readers she attracts, Sande is a seeker. As she shares in the introduction to *The Liminal Odyssey*, "I figure this is just an idea that has been floating in the Universe, waiting to bump into, and burrow into someone who was a perfect specimen, with a combination

of life experience, suffering, wild adventures and insight; one who felt this exploration as a bigger responsibility to ride and/or follow until it became meaningful. Once it identified me as a ripe recipient, it picked up speed and accelerated in my direction. As this concept was hurtling through space, it collected particles of other philosophies and wisdom from those I have personally had the privilege to bump into in

my life so far. The moment it hit me, it appeared as a satisfying feeling, the one you get when placing the last piece into a puzzle creating a complete picture.”

This is Sande’s first book, with exception to the children’s workbook *Make A Difference 101*.

Sande has been featured, interviewed, or written chapters in others’ published books and can be found on SandeHart.com including:

What Happens When Women Converge (2021) by Patricia Fero, author of *What Happens When Women Wake Up*, *Mining for Diamonds* and *The Other Side of The Door*

Women, Spirituality and Transformative Leadership: Where Grace Meets Power (2014),
Skylight Paths

Sacred Stones: How the Power of the Earth Can Change Your Life (2004) by Maril Crabtree, Adams Media

The following articles by Sande Hart have been featured on global platforms:

“The Problem of Women in America”— S.A.R.A.H. blog

“What is a Compassionate City?”—The Excellence Reporter

“Partnership in Actions: The Alchemical Power of Circle”—The Center for Partnership Studies

“Let Them Eat Cake”—The Compassion Games

“Collaboration, Cooperation, Co-opitition”—The Interfaith Observer

“Love The Hell Out of This Place with Rev. Jim Lee”—The Compassion Games

Archived Talks on The Shift Network World Peace Library

Archived Publications on The Interfaith Observer

SHORT BIO

Sande Hart is an award-winning leader in the fields of women’s empowerment and interfaith community building. She founded the women’s interfaith international grassroots organization S.A.R.A.H. (The Spiritual And Religious Alliance for Hope) the morning of 9/11, an instinct to gather women of diverse faiths to protect all that they consider sacred, now in its 20th year. She founded and served as director of Charter for Compassion’s Women and Girls sector, served as chair for the United Religions

Initiative for North America and serves on the Women's Task Force for The Parliament of World's Religions. She is also the founder of Compassionate California. Sande is currently being inducted into the Women's Oral History Library of Claremont Colleges.

MEDIA QUESTIONS

What is *The Liminal Odyssey*?

When did you first realize the theory of *The Liminal Odyssey*?

What can you tell us about the alchemical power of liminal experiences?

What type of transformation potentially takes place and how is perception shifted when pausing to absorb the spaces in-between?

Can you tell us about the story of the music you wove into the *Liminal Odyssey* audiobook?

What was the process for the development of the 12 skills featured in each chapter?

At what point in your life did you begin dropping into the spaces in-between?

When you discovered that there was more to the Hero's Journey, to include the spaces in-between, what type of insight did you gain from looking into past experiences with this new lens?

Would you say *The Liminal Odyssey* is a personal journey or a collective journey, or both? In what ways might it be cultivated within the human collective?

Can you give us a little background behind the symbols used in each chapter of the book?

What is Kairos time and why is it so vital to a *Liminal Odyssey*?

What happens in the liminal space and what can be gained from it?

Are all 12 of the skills outlined on your book imperative to a transformative liminal discovery or experience?

What would you say are the most important skills needed to decipher signs and synchronicities that appear on one's path?

Is it possible to set an intention to experience more synchronicities?

How does one know which archetype drives them on their Hero's Journey?

Please tell us about the significance of Indra's Net in *The Liminal Odyssey*?

What do you believe are the most profound parts of *The Liminal Odyssey*?

What role does trust play in one's Liminal Odyssey?

How do you address past traumas and the shadow side when exploring the spaces between?

How do you address fear when it comes up in *The Liminal Odyssey*?

What does it mean to be a sacred gardener?

Tell us about S.A.R.A.H. and the inspiration behind it?

What do you think is the role and responsibility of women during this evolutionary growth spurt we are in?

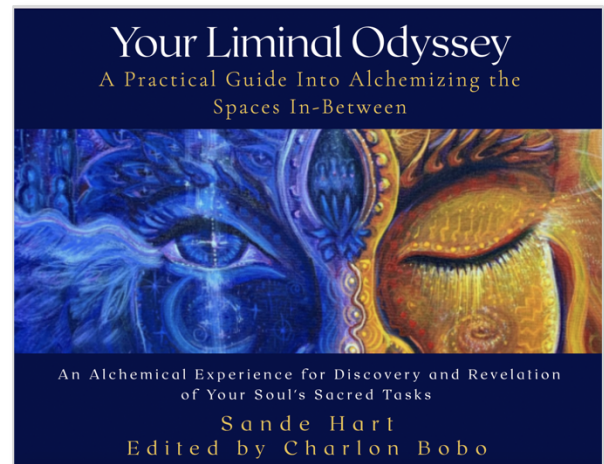
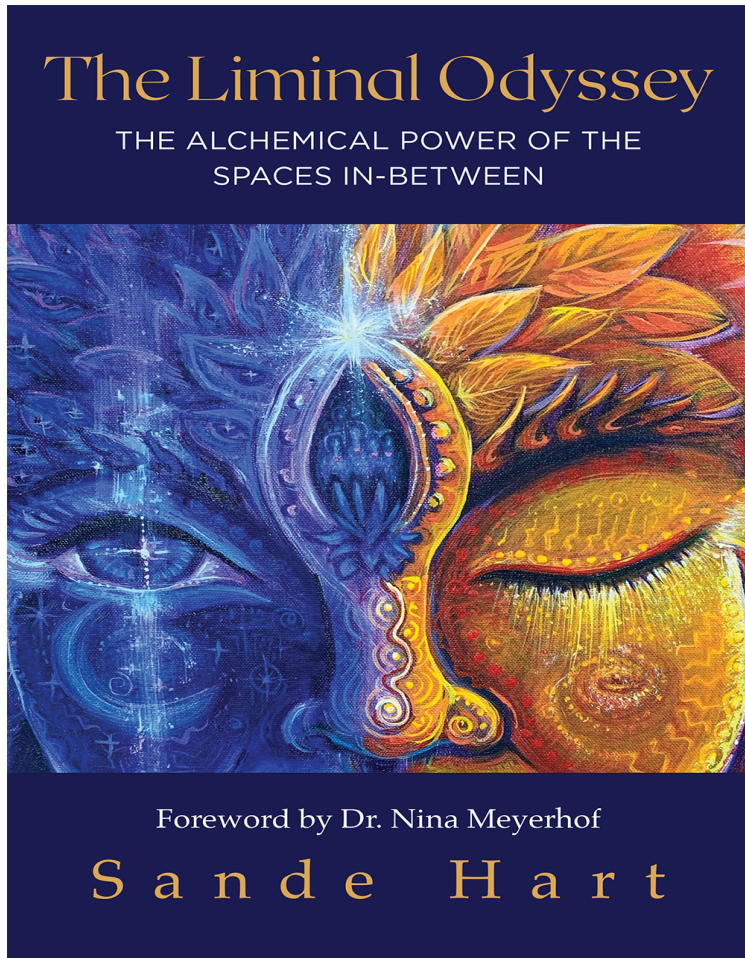
What inspired you to become involved in interfaith community building?

Tell us why you created the *Your Liminal Odyssey Guidebook, A Practical Guide Into Alchemizing The Spaces In-Between*.

What is your website?

Where can we purchase your books?

MORE INFORMATION



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and Most Online Book Sellers**

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