



healing the world one book at a time

# Village of Care Press

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“This book is written for women who carry a lot  
—emotionally or spiritually—  
and need permission to rest without giving up.”

## *You are not lost, you are becoming. . . .*

*The Edge of Becoming* speaks to the moments when certainty collapses, the world feels fragile, and old stories no longer resonate. You have endured and adapted, but this fractured world leaves you exhausted from holding it all together. These meditations name the shadows—the unasked questions, the unnamed fears, the deep uncertainty, and the struggle to manage grief and pain. They speak to the longing for a world that is kinder, gentler, and more compassionate.

These meditations beguile you to return, again and again, to the quiet power and wisdom of your Sovereign Self—that little voice that speaks to you in the stillness. They create safety to reflect and be vulnerable, tenderly befriending shadows and releasing fear and perfectionism that keep you from thriving.

This book meets you at the edge—the threshold of breaking and becoming, at the doorway between endings and new beginnings. Rooted in universal spiritual wisdom, lived experience, and provocative questions, this book supports you in taking small, courageous steps towards real change. For anyone longing to live with more love, harmony, and resilient happiness, even in shadow times, *The Edge of Becoming* offers a pathway home and a celebration of your Self.

## Courage

*“Failing to overcome fear is a form of living death.”*

### Sample Meditation

Sometimes you find yourself standing at an edge—the edge of skill, courage, or the unknown. This edge feels unsettling because it exposes limits and possibilities at once. When you reach this threshold, resist the urge to retreat. Step closer and listen. Edges reveal strength you didn't know you possessed. They ask you to trust your capacity to learn, adapt, and grow. Courage is not the absence of fear, but the willingness to engage uncertainty with curiosity. Each edge you meet becomes a mirror, reflecting who you are becoming. Walk the edge slowly. Let it teach you. Growth lives here.

## Hope

*“The past grounds us; the future invites us; the in-between transforms us.”*

### Sample Meditation

Between past and future lies a sacred threshold—the in-between. This is where learning ripens and becoming begins. In-between what was and what will be, wisdom grows quietly, like seeds planted in an invisible garden. When life slows, pause and rest in presence. Harvest insight from what has shaped you and what is calling you forward. The in-between invites patience, surrender, and curiosity. Breathe deeply into this spaciousness. Resist the urge to rush through discomfort. Linger gently. Within uncertainty lives guidance. Hope is not only found in destinations; hope unfolds in this subtle middle ground where transformation quietly takes root.

## Inner Peace

*“Inner peace begins when you stop waging war against yourself.”*

### Sample Meditation

Our culture praises pursuit—of success, wealth, even happiness. In striving, we overlook the quiet beauty sustaining us. Notice the dandelion blooming through concrete, the breeze brushing your cheek, moonlight calling you to pause. These moments restore balance. Beauty does not demand attention; it offers it freely. When fatigue or boredom set in, return to what delights without effort. Inner peace is nourished by presence, not accumulation. Today, allow beauty to disrupt busyness. Let beauty soften ambition and soothe striving. Healing often arrives subtly, through what you almost miss. Beauty waits patiently, ready to remind you that life itself is already enough.

## About Gretchen Martens

Gretchen is a Soul Doula—a spiritual coach, shamanic healer, and practicing Buddhist who bridges ancient wisdom with modern life. Grounded in holistic healing, Buddhist mindfulness, and compassionate inquiry, she supports women navigating grief, loss, trauma, and life transitions. Rather than offering quick fixes or self-improvement formulas, Gretchen creates a gentle, grounded space for deep remembering and Soul-level healing—guiding clients back to the wisdom of their Sovereign Self. Especially in times of uncertainty, her work invites courage, hope, and inner peace, reminding us that true healing is not about fixing what is broken but about returning home to who we already are.