

# Celtic Goddesses & Heroines

## Heroines of Avalon and Other Tales & Legends of the Grail: Stories of Celtic Goddesses By Ayn Cates Sullivan, PhD

In the #MeToo Era, Women Take Strength from the Divine Feminine Essence Passed Down in the Legend and Lore of the Celtic Goddesses and Heroines

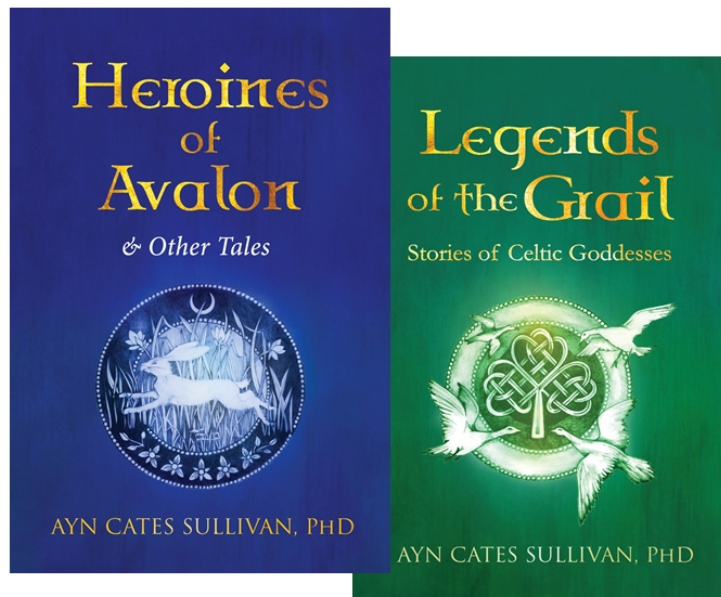
*Ayn Cates Sullivan Brings a Scholarly, Yet Spiritual, Recounting of the Powerful and Inspiring British and Irish Female Mythological Figures that Sustained Cultures and Still Resonate Today With Those Who Wish to Live in Harmony with the Earth*

Sullivan Walked the Isles in Search of the Their Stories and Their Hideaways

In times of yore, their presence was seen and felt everywhere in the Natural World...They spun the moon, made flowers grow and springs gush forth. They were the natural allies of the both animals and man. They had the magical powers that created whole peoples, and brought forth light. But they were often undermined, under attack and coveted by powerful figures and forces...And yet they rose strong and powerful, even when it required great sacrifice.

They were the Celtic Goddesses and Heroines whose stories have been kept alive for hundreds—if not thousands--of years, and who have inspired women throughout the ages to seek and take sustenance from the Divine Feminine, to nurture themselves and their feminine essence in the light cast by these figures. And to honor the balance of nature.

Now, Ayn Cates Sullivan, PhD, has brought them to life for this generation, capturing their stories on the page in two remarkable award-winning and highly acclaimed books, **Heroines of Avalon & Other Tales** and **Legends of the Grail: Stories of Celtic Goddesses**.



With a Masters and Doctorate in Literature from Columbia University and King's College London, Sullivan actually walked the British Isles and Ireland to reclaim the stories that she has assembled in her "Legends of the Grail" series, The Grail being defined as the Divine Feminine.

Says Sullivan, "The 'Legends of the Grail' collection is written to inspire and empower the contemporary reader who wishes to remember how to live harmoniously with the Earth."

In each book, she brings forth the story of a goddess or a heroine, oftentimes speaking from the legend's own voice. Sullivan offers that goddess or heroine's place in the historical mythology, her cultural and religious significance, her special gifts, and the mystical elements associated with her -- colors, trees, animals and rituals. There are also guided meditations specifically designed to call forth that figure's protection, essence and empowering qualities, so that the modern day woman can embody and strengthen her own spirit.

The stories are engaging and fun. You will feel like you are sitting around the fire listening to the female elders of your community passing along these legends just for you. Each story is unique to its Irish, Welsh, Scottish or British origins, with the most recent volume focusing on heroines associated with King Arthur, Glastonbury and Avalon.

In the foreword, Dr. Susan Lange, author of *The 7 Toxic Lies: Breakthrough the Barriers of Family and Generational Trauma into the Magic of Your Own Core Light*, notes, "Ayn Cates Sullivan is masterful in weaving stories that heal as you read them. Surround yourself with empowering stories like the ones in this book, where the women—Goddesses and heroines like yourself—face untold obstacles, both inner and outer, and prevail. These are stories about women who become champions in their own lives, and then touch others...It's time to connect to the powerful lineage of the Divine Feminine. She is there for all."

Sullivan, whose ancestry originated in ancient Britain and can trace her family lineage back to Eleanor of Aquitaine, periodically leads women on a Heroine's Journey across the fields, lakes castles and caves of the Isles. Today, in addition to being a writer (with a hugely successful line of children's inspirational books, as well as the Grail series), she works individually with women to help them feel whole, using the Celtic traditions and teachings as a shamanic touchstone.

Go with Ayn Cates Sullivan, dip your toe in her ancient mystical world for a few hours, and experience wisdom and inspiration for today's woman therein.

Both ***Heroines of Avalon & Other Tales*** and ***Legends of the Grail: Stories of Celtic Goddesses*** are available from Amazon.com. *Heroines of Avalon* is in hardcover for \$26.95 and \$5.99 on Kindle. *Legends of the Grail* is available in hardcover (\$22.90), softcover (\$16.95) and Kindle (\$5.99)

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**Title** *Heroines of Avalon and Other Tales*

**Author:** Ayn Cates Sullivan

**Print Length:** 258 pages

**Publisher:** Infinite Light Publishing (November 1, 2018)

**Language:** English

**ISBN-13:** 978-1-947925-04-5

**ASIN:** B07GPK7WSZ

**Hardcover and Kindle**

**Title** *Legends of the Grail: Stories of Celtic Goddesses*

**Author:** Ayn Cates Sullivan

**Paperback:** 276 pages

**Publisher:** Infinite Light Publishing (October 1, 2017)

**Language:** English

**ISBN-13 hardcover:** 978-0-9884537-9-1

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## What They Said Have About...

### *Ayn Cates Sullivan's "Legends of the Grail Series"*

A beautiful mythology collection focused on the goddesses and heroines of the British Isles, sharing their stories and imagining how they can be honored in contemporary lives. The collection in each section is subdivided to cover goddesses and heroines individually—first giving background information on each woman's place within the myths, including their cultural and religious significance and individual abilities, then presenting their stories, and then proposing how they can be honored today. The format is easy to navigate, and all of the information is easy to process. Sullivan's retelling explores how the women's actions led to their growing into legends. - **Hannah Hohman, Clarion Review (5 Stars)**

Once in a great while, a book of profound insight comes along disguised as a collection of stories about magic. Joseph Campbell penetrated the familiar great world myths to reveal an incredibly rich and complex psychological reality in the lives we live, and thus made magic itself live again with both urgency and relevance. In her beautifully written and illustrated book, *Legends of the Grail: Stories of Celtic Goddesses*, Ayn Cates Sullivan, Ph.D. brings similar urgency and relevance to the psychological reality behind the Goddess within each human psyche. Her book, however, is not simply an academic rendering of a living spiritual principle. Dr. Sullivan offers something much more subtle, rich, and ultimately satisfying. She offers her audience a viable passage into their own personal mythic journey, with the healing consequences thus implied.-- **Joel R. Dennstedt for Readers' Favorite**

It is always intriguing to discover stories, legends, and myths from long ago that are still remembered today. In her book *Legends of the Grail*, author Ayn Cates Sullivan takes the reader on a journey of discovery, uncovering the fascinating details of some of Ireland's most famous Goddesses. Throughout history, some of these legendary figures were seen in a negative light, making them appear cruel and unjust. However, the author has retold their stories in this book and the reader is given a different insight into the misunderstood myths surrounding these famous goddesses.... This is a book that stays with the reader, giving positive thoughts long after the last page is read. – **Kristi Benedict for Feathered Quill**

A unique, colorful take on Celtic myths, *Legends of the Grail* is a work of both self-exploration and religious discovery. Ayn Cates Sullivan's *Legends of the Grail* is an in-depth, spiritual exploration of Celtic folklore and the impact that age-old stories have on modern women. Sullivan delves into the history of goddesses, what they stand for, and the people who worship them... Sullivan, whose foreword reveals her desire to connect with her ancestral roots, delves deep into each of the goddesses' stories and contexts. Details speak to careful research, and passages are laden with sympathetic emotion. Goddesses are humanized and come alive on the page... It can be read for the inspiration of its strong feminist message or simply enjoyed for the thrills of its fantastical tales. – **Tia Smith for Clarion Reviews/Foreword Reviews**

*Legends of the Grail* opens up another world, that of the Celtic goddesses. It also demonstrates the processes of the growth of the spirit, and of the difficulties to be overcome in fulfilling one's destiny. Each of the goddesses speaks for herself, in a separate section following the account of a particular figure. Their voices are heard, and readers are encouraged to experience them, often in relation to the natural world, or to the Irish or Scottish landscape. We, as readers, can live more fully if we enter into this relationship with a controlling and absorbing force. *Legends of the Grail* shows us into an ancient world, which has parallels and influences in our own day.-- **Dr Leonee Ormand, Professor of Literature, Kings College London**

# Celtic Goddesses & Heroines

## Ayn Cates Sullivan MA, MFA, Ph.D. Biography



**Ayn Cates Sullivan, MA, MFA, Ph.D.** is an award-winning and bestselling author focusing on mythology and folklore for the modern age. Dr Sullivan obtained her BA with honors at Hollins University, her Masters and Doctorate in Literature from Columbia University and King's College London. She currently lives in Virginia with her husband and a variety of pets, including a herd of horses. Her educational experiences, coupled by life, led her into the study and practice of what makes one whole. After obtaining her Masters in Spiritual Psychology in 2006, she began offering private sessions. She loves to take initiates on vision quests to discover their inner grail, or True Nature.

Ayn Cates Sullivan's *Legends of the Grail: Stories of Celtic Goddesses* successfully launched on October 1, 2017, selling out on the first day to an enthusiastic audience. The book is a collection of ancient Irish myths, and the missing or untold stories of women recounted in first person, and has won 13 literary awards. The second book in the "Legends of the Grail" series, *Heroines of Avalon & Other Tales*, is a collection of Celtic and Arthurian myths and legends focusing on the heroine's healing journey.

Ayn Cates Sullivan's inspirational books include a book of non-fiction, *Consider This*; three books of poetry *Tracking The Deer*, *The Windhorse & Three Days in the Light*, which were turned into lyrics and are sung by Maria Christina on CD called "From the Heart." Dr Sullivan's books include and an award winning children's series including: *Sparkle & The Gift*, *Sparkle & The Light*, *Ella's Magic* and *A Story Of Becoming*. Her books on Celtic mythology include: *Legends of the Grail: Stories of Celtic Goddesses* and *Heroines of Avalon & Other Tales*. She has won more than thirty literary awards. See [www.ayncatessullivan.com](http://www.ayncatessullivan.com) for more details.

Join her newsletter to find out more: <http://ayncatessullivan.com> or write her: [grailheroine@gmail.com](mailto:grailheroine@gmail.com)

# Celtic Goddesses & Heroines

## On Air Introduction

Ayn Cates Sullivan is an award-winning and bestselling author focusing on mythology and folklore for the modern age. Dr Sullivan obtained her BA with honors at Hollins University, her Masters and Doctorate in Literature from Columbia University and King's College London. She later obtained a Masters in Spiritual Psychology and works with individuals who are interested in remembering their Inner Grail. She also works with a select group of emerging writers each year.

Ayn Cates Sullivan's series, "Legends of the Grail" successfully launched in 2017, selling out on the first day to an enthusiastic audience and wide acclaim. The first volume, *Legends of the Grail: Stories of Celtic Goddesses*, is a collection of ancient Irish myths, and the missing or untold stories of women recounted in first person. The second and newest volume, *Heroines of Avalon & Other Tales*, is a collection of Celtic and Arthurian myths and legends focusing on the heroine's healing journey.

Also the author of an award-winning series of inspirational children's books, Ayn Cates Sullivan has won more than thirty literary awards for her works. Dr. Sullivan continues to write about and lead programs that inspire women and men to experience their own Grail Quest.

# Celtic Goddesses & Heroines

## Questions for Ayn Cates Sullivan

- 1) What inspired you to write the Legends of the Grail series?
- 2) I have heard many descriptions of the Grail. What is the Grail to you?
- 3) Is the Grail relevant now?
- 4) I understand that *Heroines of Avalon & Other Tales* is the second book in the series. How many books are in the series?
- 5) I see that your books are illustrated, who is your illustrator?
- 6) What compels you to study Heroines and Goddesses? Are you continuing to visit Britain and Ireland to discover more?
- 7) How is the Heroine's Journey different from the Hero's Journey?
- 8) Is this a series for women, or are men also interested in this book?
- 9) Why are ancient Heroines and Goddesses important now? What do they offer us?
- 10) Are you a member of OBOD (Ovates, Bards & Druids) and can you tell us something about Druids and how they are relevant today?
- 11) Why do you connect the Grail to the missing feminine in our culture?
- 12) Why are wells, lakes and other bodies of water important and how do we go about recovering the voice of the lost feminine?
- 13) What is the Wasteland? And can Goddesses and Heroines effect climate change?
- 14) Can you tell us something about the otherworlds of the Celtic Barddas and how this ancient world differs from the more familiar Judeo –Christian world?
- 15) Why is the Celtic 8-Wheel Calendar important now?
- 16) Are there exercises, meditations or practices in your books that help us connect to specific deities?
- 17) Tell us about Druids and the neo-Druid movement.
- 18) Do you believe that the world is animated? Can you really walk through an Oak?
- 19) Why do you write?
- 20) I see you have written over a dozen books. What advice would you give inspiring authors?
- 21) Do you offer private sessions, consultations or workshops? Do you have an events page?
- 22) What is your website? [www.ayncatessullivan.com](http://www.ayncatessullivan.com)

# Celtic Goddesses & Heroines

## Learn More

### Books

#### Legends of the Grail Series

- *Heroines of Avalon & Other Tales*
- *Legends of the Grail: Stories of Celtic Goddesses*

#### Poetry

- *Tracking The Deer*
- *The Windhorse*
- *Three Days in the Light*

#### Award Winning Children's Series

- *Sparkle & The Gift*
- *Sparkle & The Light*
- *Ella's Magic*
- *A Story Of Becoming*

Available on Amazon.com and BarnesandNoble.com

### Website

- [www.ayncatessullivan.com](http://www.ayncatessullivan.com)

### Social Media

- Author Facebook Page: <https://www.facebook.com/ILPBooks/>
- Book Facebook Page: <https://www.facebook.com/LegendsoftheGrail/>
- Instagram: <https://www.instagram.com/grailheroine/>
- Twitter: <https://twitter.com/ayncatesullivan>
- Goodreads: <https://www.goodreads.com/book/show/35969402-legends-of-the-grail>
- Author Blog: <http://ayncatessullivan.com/blog/>