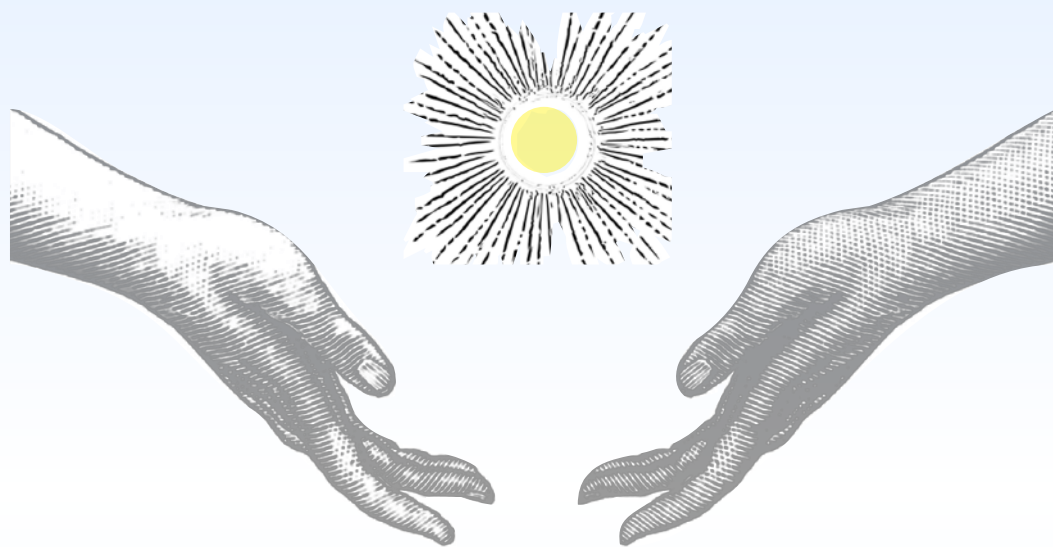


HAND TO HAND

Catalog of Titles

2022

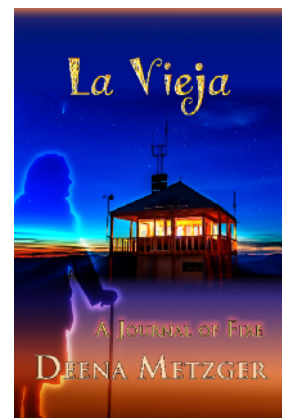


Hand to Hand is a community based endeavor that supports independently published works and public events, free of the restrictions that arise from commercial and political concerns. It is a forum for artists who are in dynamic and reciprocal relationship with their communities for the sake of peacemaking, restoring culture and the planet.



www.handtohandpublishing.com

HAND TO HAND PUBLISHING



La Vieja, A Journal of Fire

by Deena Metzger

US \$19.95, paperback

ISBN-13: 978-0-9983443-6-2

Who is La Vieja? When writer Deena Metzger first began to receive “inexplicable communications” from La Vieja, she knew very little about her. Over time it became clear that the old woman was a seer, seemingly real, but spirit-like, who had taken permanent residence in a fire lookout tower in the Sierras of California. Her watch there took on a great significance in this time of climate destruction, pandemic, and

the possibility of the extinction of the natural world. There, La Vieja’s senses began to sharpen, turning toward a greater connection with the intelligence of the natural world, including the bears and the surrounding trees. Part dream, part real, part memoir, Metzger’s La Vieja blurs the boundaries between human consciousness and animal consciousness, of imagination and reality, to create a “Journal of Fire,” a recording of the process of living with the constant threat of the destruction of the natural world. And yet, it finds hope by making new connections that lead us toward a liberation from human domination, toward renewal and a vision of the future where humans and the natural world are integral parts of a whole, intermingling and interdependent, where human nature and animal nature are inclusive of each other.



Diaspora's Children

by Stan Rushworth

US \$17.95, paperback

ISBN-13: 978-0-9983443-3-1

In his latest work, author, teacher and Vietnam-era veteran Stan Rushworth has written a memoir that is a collection of stories, reflections and prayers, and a “survival manual, a way to remember that serves the heart.” Using the experiences of his life as a springboard for illustrating the effects of genocide, war, colonization, and traumatic stress disorder, Rushworth brings to our eyes the deep suffering (and resilience) of generations of Native people, and the mindset that decimated 90% of the Native population in California alone in the first 25 years of “settlers”.

With brilliant storytelling that is full of heart and wisdom, Rushworth brings us toward a spiritual awareness that is at once a story of grief and suffering as well as a path toward redemption, as we face the truth of war, genocide, climate destruction, and the continuing colonial mindset, and find in our hearts a right relationship to the Earth and each other.

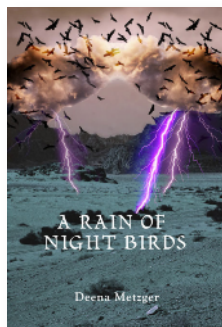
Booksellers: ORDER THROUGH INGRAM DISTRIBUTION - or -
DIRECT FROM OUR DISTRIBUTOR, Book Clearing House: (800) 431-1579

A Rain of Night Birds

A Novel by Deena Metzger

US \$18.95, paperback

ISBN: 978-0-9983443-0-0



Perhaps never before in the history of humankind has the disparity between Indigenous mind and Western mind been more on the pulse of what we must pay attention to in order to insure our survival. Deena Metzger has written a novel in which two people, who are from each side of this polarity, begin a loving relationship. Sandra Birdswell is a student of climatology with an uncanny ability to sense weather events. She first meets Terrence, a Native man and a professor of climatology, at her university classes. Years later, they are drawn together by the powerful forces of their love, for the Earth, for each

other, and their mutual need to seek out the broken links of their family histories. When the UN report on climate change is released in 2007, the reality of the effects of the Anthropocene era sends a shockwave through both their lives. Their relationship to each other and to the elementals they are so intimate with — lightning, thunder, rain, mountain — brings them deeply and violently into a quest to live their lives in ways that disengage from colonial mind, the same mind that brought devastation to the Native peoples, and now brings all of humanity to the brink of extinction.

"In clear and elegant prose, Deena Metzger yet again explores the most important issues of our time, in yet another profound and compelling way. *A Rain of Night Birds* is a beautiful and important novel."

— Derrick Jensen, author of *A Language Older Than Words*



Blank Pages Read Out Loud

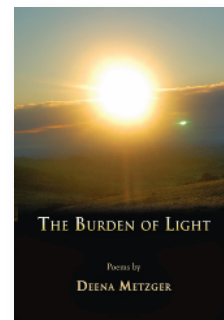
Carmen Rita Tolivar

US \$11.95, paperback

ISBN: 978-0-9983443-1-7

Carmen Tolivar's book is a memoir of stories set in her native Puerto Rico and Los Angeles. The pieces in this collection are not only about her own life, but also about the generations before hers, with a touch of historical references and spiritual awakenings, as well as her own path through the loss of her husband. Her poetic and lyrical prose is a delight to read. From the author: "I think about my writing as a

recording of the unsayable. I am called to tell the stories of unnoticed happenings, of people, animals, a bud as it opens. Stories of the ones who couldn't participate because they had been turned to stone, enslaved, burned, made voiceless, or had married the wrong person generations back. I am called to tell the stories older than my birth, by now impatient to be released. They say they could be medicine to many. It would have been so for me."



The Burden of Light

Poems and Photographs by Deena Metzger

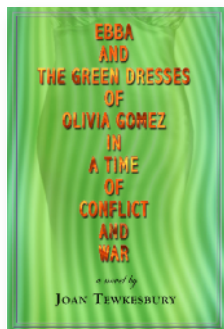
US \$19.95, paperback

ISBN-13:978-0-9983443-2-4

"One doesn't need to search for miracles; the miracle of each moment is found in these poems. It is one thing to notice that they exist at all — given the busyness of lives that no one can claim to be solely their own — but to be able to sing them with a voice that is as wise and tender as it is raw with vision, grief and beauty, that is something few can do.

Thankfully, Deena Metzger has no choice in the matter; she rattles the bones of the world, lifts up the burning carcass of what we've made, and yet somehow remains able to assure us that despite the raining darkness, grace is unavoidable. It's in the way she sees, understanding that light is not only a burden, no more that love is, or a grateful heart. It's in the way she knows, and the courage she possesses neither to turn away from what destroys us, nor to forget what it is that all things are. Read her; you will see."

— Peter Levitt, author of "Within Within," "One Hundred Butterfiles" and other books of poetry, prose and translation.



Ebba and the Green Dresses of Olivia Gomez in a Time of Conflict and War

a novel by Joan Tewkesbury

US \$17.95, paperback

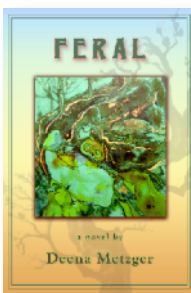
ISBN-13: 978-0-97207188-8

Ebba and the Green Dresses of Olivia Gomez in a Time of Conflict and War is a dramatic tale of the coming of age of Ebba in a fictional town somewhere south of the US border where children are kidnapped and people are “disappeared” in the middle of the night. Ebba, a young girl who is far older than her years, is

at the center of a wild and outrageous intrigue that begins with a vengeful neighbor and slowly unravels a rat's nest of corruption. Yet this is a story of love, revenge and triumph amidst the tragedies, tortures and abuse of power that are ubiquitous in the political dictatorships of our time. Joan Tewkesbury, the screenwriter who redefined cinema with her masterpiece “Nashville” has created a brilliant and compelling novel whose deeply crafted characters and their stories are guaranteed to delight, entrance, horrify, and captivate the reader.

“Ebba, growing up orphaned in a small Mexican village, comes of age in this delicious, surprising and powerful first novel by one of our great Hollywood screenwriters. Tewkesbury brings an exquisite eye, a sly humor, and a flair for details to an eccentric group of characters. Unforgettable and deeply resonant, the novel weaves the human and the political with lyricism, sensuality and grace.”

— **Michelle Satter**, Founding Director, Sundance Institute Feature Film Program



Feral

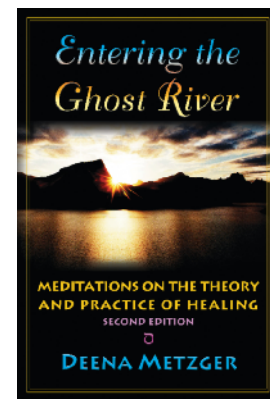
a novel by Deena Metzger

US \$16.95, paperback

ISBN-13: 978-0-97207185-7

“On a tightrope stretched between enlightenment and oneness with nature on the one hand and injury and madness on the other, Feral teeters wildly. Its central theme: what is healing and who needs it most – the hunter or the hunted, the animal or humankind, the therapist or the patient? Our brains are said to contain three layers – a reptilian

base, layered by a mammalian ring, covered by a uniquely human neocortex. If you think the human cortex is really on top, Feral will set you straight. In a spark and glimmer of flash and transformation Metzger dips us into the primordial soup, spins us around counter-clockwise, back to the beginning of time. We are then stripped of clothes and ordinary comforts in order to seek the wisdom and self-knowledge locked into the pain that can't and shouldn't be taken away. Instead we must shimmy up the world tree fully naked in order to reconnect with our animal eyes, piss and howl.” — **Terry Marks-Tarlow**, author of *Psyche's Veil: Psychotherapy, Fractals and Complexity*



Entering the Ghost River, Second Edition

by Deena Metzger

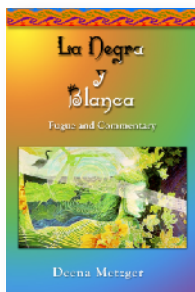
US \$24.95, paperback

ISBN-13: 978-0-9983443-4-8

UPDATED and revised for 2021:

“September 11th, 2001 called this book into being.... Never before in our nations history, not even after Pearl Harbor, has it been so clear that the voices, nature and activity of healing, peacemaking, and Council need to be called forth.” Deena Metzger takes us on a journey from North America to Africa, from the stories of her life to the myths of Spirit. Travelling the Ghost River connects the

world of humans to the world of souls, spirits and our ancestors. At the exact moment the World Trade Center towers were hit, Deena and others were at an ancient, sacred site in Masvingo, Africa being initiated as healers. Two stories intersected in that moment, one headed toward destruction, the other toward healing. At the intersection of these two worlds, Deena asks the question: how do we create a story with a real future in which all beings are sustained? Deena brings her knowledge and experience of healing body and soul to the issues of healing community, both locally and globally. Following the threads of September 11th, she shows us how we can understand the larger story, and awaken to ourselves. This awakening and alleviation of suffering comes through the context of kinship, of community, of Story. Story is not of our own making; it is a gift from Spirit. Deena examines the very underpinnings of Western thought, healing, and religious practices the stories that have mapped our lives and shows us how the web of interconnection contains, with the joint perspectives of indigenous mind and contemporary vision, the possibility of healing.



La Negra y Blanca: Fugue and Commentary

by Deena Metzger

US \$18.95, paperback

ISBN-13: 978-0-97207184-0

Winner of the 2012 Oakland PEN Literary Award

La Negra y Blanca is the crowning achievement of Deena Metzger's lifetime as a novelist, poet, and playwright. On the surface, it is a meditation on memory as the narrator pieces together the bright flashes of images of her life recalled, piecing them together with the intention

of creating a healing matrix that reflects a life lived in search of meaning. On a deeper level, it weaves in the history and tragedy of the Conquest's ongoing political and environmental effects on Latin America through the narrator's relationship with Victor Perera, a Guatemalan-American writer and journalist who documented the destruction of the native Lacandon tribe of Guatemala by imperialistic forces. We become acquainted with La Negra, a mysterious woman who is pregnant, but who will not give birth to her child until the world is safe enough for its continued existence, and who is the centerpiece character of a natural world struggling to survive and maintain its integrity in the midst of industrialization and the elimination of the sacred forests. Metzger has created a complex novel that weaves the personal, political, global and spiritual threads of her life into a tapestry of beauty, sorrow, transcendence, and ultimately, the assurance of a world renewed by the unwavering examination of all of its component parts to create a path into a future that promises reverence for all life.



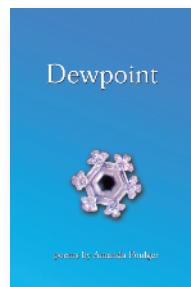
The Craft of Compassion at the Bedside of the Ill

by Michael Ortiz Hill

(Available only in Kindle version)

ISBN-13: 978-0-97207187-1

This is an updated and expanded version of Mr. Ortiz Hill's previous book, **Conspiracies of Kindness** (Hand to Hand) and is written especially for medical professionals and those in the helping professions, as well as students learning these professions. In this book, Ortiz Hill includes several additional interviews with medical doctors, nurses, and healthcare professionals, as well as those involved in the world of healing, who speak about how compassion is an essential quality for maintaining their own health, mental and physical, as well as insuring the care they provide for their clients is of optimal value. From his own experiences as a nurse, Ortiz Hill creates a web of achingly beautiful stories that brilliantly show us how richness, compassion and wisdom can arise while encountering the most challenging circumstances of severely ill and dying patients in an institutional setting. This book is essential reading for anyone in the helping professions who risks burnout and "compassion fatigue."



Dewpoint

poems by Amanda Foulger

US \$11.95, paperback

ISBN-13: 978-0-97207183-3

Amanda Foulger's poetry, deeply informed by her life's work as a healer and shamanic practitioner, is at once a blending of spiritual power and Zen-like sparseness.



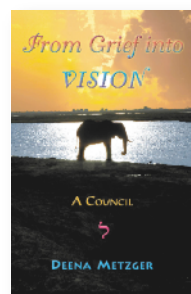
Conspiracies of Kindness

by Michael Ortiz Hill

(Available only in Kindle version)

ISBN-13: 978-0-97207186-4

This book is written for anyone who takes the matter of compassion seriously. Relationship-based caring, a new and ancient shift of paradigm that is beginning to reawaken the soul of medicine, is fundamental to this book.



From Grief into Vision

by Deena Metzger

US \$23.95, paperback

ISBN-13: 978-0-97207180-2

How do we sustain our hope, and our vision of a viable future? It requires everything of each of us who have enough love, sorrow and courage in our hearts. A continuation of the story begun in *Entering the Ghost River*.