

ABOUT THE AUTHOR

Libby Outlaw



Libby Outlaw lives a rich life putting her hands to work in the earth's rich soil, in the shaping and forming of our physical beings, in the ceremonies of life's great changes and in the creative works of writing, artistry and storytelling. All of her creative endeavors are vehicles for forwarding the understanding of spirit inside and in relation. Libby sees the body as a microcosmic mirror of the larger organism of the living earth. That relationship allows all her skills to deepen the relationship of people to earth and people to spirit. She believes she is reshaping the world as she helps her clients reshape their lives.

Libby Outlaw lives and works on a small organic fruit, vegetable and cut flower farm with her husband Ken Dawson in Cedar Grove, North Carolina. She is the main flower harvester and arranging. She keeps her own sacred garden and uses the beauty of the earth to bring ceremony and sacredness to the community. This includes labyrinth walks, coming of age ceremonies, and women's healing workshops, all steeped in ritual storytelling, metaphor and transformation. These are repeated in her novel, keeping the ritual stories alive in the imagination.

She has been a somatic body worker, healer and teacher in Chapel Hill, NC for 38 years. She taught deep tissue bodywork at the Carolina School of Massage Therapy for 12 years as well as serving at Education Director. She has developed a new way of working on the body called Fascial Conduction which helps to enliven the fascial tissue and enhance the body's conductivity, adaptability and information flow. In her private practice, Libby uses all her skills to help clients embody their spiritual journey in their daily lives. These hands have woven the spiritual journey of discovery in *In La Kesh*.

As a writer, Libby uses language to express the deeper layers of being, the unseen forces and the metaphors in life that guide our journeys. She created a "Seventy two Seasonals" (an ancient Japanese nine syllable description of the changing seasons) for the changing seasons at her farm. She also created 100 quatrains (four line poems of devotion, as seen in Rumi poems) to describe her own spiritual inquiry. Language is an important vehicle for Libby to express and share her spiritual journey.

As an artist, Libby uses her harvest to create installations built on vines, flowers and seeds. Using poetry, storytelling and her 9 principles of spirit to complete her installations, she brings relationship to all the textures of earth, senses and spirit. The 9 principles of spirit, which she created to express her first art show at her farm, are infused in the novel, *In La Kesh*, guiding the spiritual journey.

As a traveler and walker on the earth, Libby has traveled to many sacred places to do earth ceremonies, to listen to the voices of the ancestors and coax the sacred stories out of rock, wind and sky. Although many of her experiences are told in her novel, *In La Kesh*, others are private and direct her own spiritual path.

As an artist and writer, she uses her creative abilities to express the spiritual journey that is primary in her own life. You can read more about the farm on the website www.maplespringgardens.com, about the somatic work on the website www.fascialconduction.com, or email her at libbyoutlaw@gmail.com