

light as a feather stiff

Light as a feather stiff: Understanding the Phrase, Its Meaning, and Its Significance

Introduction

The phrase *light as a feather, stiff as a board* is a well-known expression often associated with childhood games, supernatural phenomena, and metaphors for balance and contrast. Its intriguing juxtaposition of lightness and stiffness has captured the imagination of many, sparking curiosity about its origins, meaning, and applications. In this article, we delve into the history of this phrase, explore its various interpretations, and examine its relevance in different contexts, including psychology, physics, and popular culture.

What Does "Light as a Feather, Stiff as a Board" Mean?

At its core, the phrase describes a paradoxical comparison that emphasizes contrasting qualities:

- Light as a Feather: Signifies something that is extremely light, weightless, or easy to lift.
- Stiff as a Board: Indicates rigidity, inflexibility, or firmness.

Together, the phrase paints a vivid picture of something or someone that is both delicately light and simultaneously unyielding or firm. This paradox is often used metaphorically to describe situations, objects, or even people who embody these contrasting qualities.

Historical Origins of the Phrase

While the exact origins of *light as a feather, stiff as a board* are uncertain, it gained widespread popularity in the 20th century, particularly through childhood games and folklore.

- Early References: The phrase appears in various folk songs and nursery rhymes dating back to the early 1900s.
- Popularization in the 1970s: The phrase became a staple in children's parlance and was often associated with a supernatural levitation game called "Light as a Feather, Stiff as a Board," where participants seemingly float or levitate.

The game involves one person lying flat on the ground while others gently lift them, giving the illusion of weightlessness. The phrase encapsulates the sensation of being both light enough to lift easily and stiff enough to hold a specific pose.

Understanding the Phrase in Different Contexts

1. Cultural Significance and Childhood Games

The game "Light as a Feather, Stiff as a Board" is perhaps the most famous cultural reference to the phrase. Its popularity surged in the 1970s and 1980s, often played during sleepovers and Halloween parties.

How the Game Is Played

The game involves a group of participants with one person lying flat on the ground. The others gently lift the person, supposedly with minimal effort, creating an illusion of levitation. Despite the supernatural aura, the game relies heavily on psychology and coordinated effort.

Psychological Aspects

- The power of suggestion plays a significant role.
- Participants' belief in the supernatural enhances the illusion.
- The game demonstrates the influence of collective focus and expectation.

2. Metaphorical Use in Literature and Speech

Beyond childhood games, the phrase is often used metaphorically to describe situations or qualities that embody the contrast between delicacy and rigidity.

Examples of Metaphorical Usage

- Describing a person's demeanor as "light as a feather, stiff as a board" might imply they are emotionally fragile yet physically or mentally resilient.
- Referring to an object or structure that is both lightweight yet sturdy.

3. Physics and Material Science Perspectives

From a scientific standpoint, understanding the properties of materials that are both light and stiff is essential in engineering, aerospace, and design.

Light and Stiff Materials

Materials that combine low weight with high stiffness include:

- Carbon Fiber Composites: Used in aerospace and sports equipment.
- Aluminum Alloys: Lightweight and durable, suitable for structural applications.
- Graphene: A single layer of carbon atoms with remarkable strength and lightness.

Applications of Light and Stiff Materials

- Building lightweight yet robust aircraft fuselages.
- Designing high-performance sporting gear.
- Creating durable, lightweight structures in architecture.

4. Symbolism and Philosophical Interpretation

The phrase also carries philosophical implications about balance, strength, and fragility.

Balance of Contrasting Qualities

- The paradox emphasizes how contrasting qualities can coexist.
- Encourages appreciation of nuanced characteristics in people, objects, and ideas.

Resilience and Fragility

- Highlights that strength does not always equate to rigidity.
- Suggests that vulnerability and resilience are not mutually exclusive.

Applications and Relevance in Modern Contexts

1. In Personal Development and Psychology

Understanding the metaphor can inspire self-awareness and resilience.

- Recognizing one's own delicate vulnerabilities alongside inner strength.
- Embracing flexibility and adaptability while maintaining core stability.

2. In Design and Engineering

Designers and engineers strive to create products that are both lightweight and stiff, enhancing performance and safety.

- Use of advanced materials like composites and alloys.
- Focus on optimizing strength-to-weight ratios.

3. In Popular Culture and Media

The phrase continues to inspire movies, books, and artistic expressions that explore themes of balance and contradiction.

- Films and stories depicting characters embodying these dual qualities.
- Artistic representations emphasizing contrast and harmony.

SEO Optimization Tips for "Light as a Feather Stiff"

To ensure this article ranks well in search engine results, consider incorporating the following SEO strategies:

- Use relevant keywords throughout the article such as "light as a feather," "stiff as a board," "childhood game," "lightweight materials," "metaphorical meaning," and "physics of light and stiff materials."
- Include descriptive alt text for images related to the game, materials, or symbolism.
- Use internal links to related topics like "childhood games," "materials science," or "metaphors in literature."
- Optimize meta descriptions to summarize the article's key points effectively.
- Ensure mobile-friendliness and fast loading speeds for better ranking.

Conclusion

The phrase *light as a feather, stiff as a board* encapsulates a fascinating blend of childhood innocence, cultural folklore, scientific principles, and philosophical insights. Whether viewed through the lens of playful games, material science, or metaphorical symbolism, it highlights the intriguing ways in which contrasting qualities can coexist and complement each other. Understanding this phrase enriches our appreciation for balance, resilience, and the delicate interplay between fragility and strength in all aspects of life.

By exploring its origins, meanings, and applications, we gain a deeper insight into how language and concept intersect across different fields, inspiring creativity, innovation, and introspection. Whether you're lifting a friend in a childhood game or designing the next lightweight, stiff material for aerospace engineering, the principles behind "light as a feather, stiff

as a board" continue to resonate and inspire.

This comprehensive guide aims to provide a thorough understanding of the phrase "light as a feather, stiff as a board," its cultural significance, scientific basis, and metaphorical richness, making it a valuable resource for enthusiasts, students, and professionals alike.

Frequently Asked Questions

What is the origin of the phrase 'light as a feather, stiff as a board'?

The phrase originates from a traditional childhood game called 'Light as a Feather, Stiff as a Board,' which dates back to the early 20th century and involves lifting a person using only their fingers while they lie flat on a surface.

How is the phrase 'light as a feather, stiff as a board' used metaphorically?

Metaphorically, it describes something that is very light or easy to move, yet rigid or inflexible in its structure or attitude, often highlighting contrasting qualities.

Are there any scientific principles behind the game 'Light as a Feather, Stiff as a Board'?

Yes, the game relies on principles of physics and collective support, where participants share their weight equally, creating an illusion of lifting a surprisingly heavy or stiff object with minimal effort.

What are some cultural or modern references to 'light as a feather, stiff as a board'?

The phrase has been referenced in movies, TV shows, and literature to evoke themes of childhood innocence, paranormal activity, or to symbolize contrasting qualities like fragility and rigidity.

Can 'light as a feather, stiff as a board' be used in a figurative sense in business or leadership?

Yes, it can symbolize balancing agility and resilience—being flexible and adaptable ('light as a feather') while maintaining firmness and strength in

decisions ('stiff as a board').

Is there any psychological or physical benefit to playing 'Light as a Feather, Stiff as a Board'?

Playing the game can promote teamwork, trust, and coordination among participants, though it is mostly considered a fun childhood activity rather than offering significant psychological or physical benefits.

Are there any safety concerns associated with the game 'Light as a Feather, Stiff as a Board'?

Yes, improper technique or lack of supervision can lead to falls or injuries, so it's important to ensure participants are properly coordinated and supported during the game.

Additional Resources

Light as a Feather, Stiff as a Board: An Expert Exploration into the Phenomenon

Introduction: Unveiling the Mystique of "Light as a Feather, Stiff as a Board"

Have you ever encountered the phrase "light as a feather, stiff as a board" and wondered about its origins, mechanics, and the science behind it? This phrase, rooted deeply in both folklore and popular culture, describes a seemingly paradoxical state—where a seemingly fragile object or person can be lifted with apparent ease, yet appear utterly stiff or rigid. As an expert in the fields of physics, psychology, and performance arts, I aim to provide an in-depth review of this fascinating phenomenon, exploring its history, the mechanics involved, and its applications, both practical and theatrical.

Historical Roots and Cultural Significance

Origins in Folklore and Modern Parlor Games

The phrase "light as a feather, stiff as a board" has been part of Western culture for centuries, often associated with spiritualism, seances, and supernatural tales. Its modern incarnation is most famously known as a popular parlor game played among children and teenagers, especially during sleepovers or parties. The game involves a group of participants attempting to lift a person with minimal effort, often with the phrase whispered as a chant to set the mood.

Historical records suggest that the game gained popularity in the 20th century, especially in the United States, as a social activity that combined elements of hypnosis, suggestion, and perception. Its roots, however, can be traced back to older traditions of spirit communication and the fascination with the supernatural.

Cultural Portrayal and Popular Media

The phrase has been immortalized in literature, movies, and television, often depicted as a mysterious or supernatural act. Films like "The Craft" and episodes of paranormal-themed shows have dramatized the phenomenon, fueling curiosity and skepticism alike. Its portrayal as a mystical or ghostly power has cemented its place in popular culture, even as scientific explanations have emerged.

Understanding the Mechanics: How Does It Work?

While the phrase suggests a paradoxical combination of lightness and stiffness, the actual mechanics are rooted in psychology, physics, and group dynamics rather than supernatural forces. Let's dissect the phenomenon comprehensively.

Psychological Factors: The Power of Suggestion and Expectation

One of the core elements behind the "light as a feather" game is suggestion. Participants are often led to believe in the mystical or effortless nature of the lift, which influences their physical responses.

- Expectancy Effect: When individuals expect to be lifted easily, they tend to relax their muscles and adopt a posture that makes the lift seem effortless.
- Group Dynamics: The collective belief can amplify the effect, as members subconsciously coordinate their efforts, distributing the load evenly.
- Focus and Concentration: Participants often concentrate on remaining

relaxed and supporting the person, which reduces tension and makes lifting easier.

Physics at Play: Center of Gravity and Distribution of Force

From a physics standpoint, the actual lifting force is distributed among participants, and the person's body is aligned in a way that minimizes resistance.

- Center of Gravity: When the person's weight is evenly distributed and their body is aligned correctly, less force is needed to lift.
- Force Distribution: Multiple people supporting the individual apply force simultaneously, reducing the pressure on any single point.
- Mechanical Advantage: The game leverages the fact that a collective effort requires less force per individual, making the lift appear effortless.

Stiffness and Rigidity: Is It Real or an Illusion?

The perception of stiffness can be attributed to the person's posture and the way they hold their body during the lift. If the individual remains stiff, with muscles tense and posture rigid, it might seem as if they are stiff as a board. However, in most cases, the person's body is relaxed but held in position through collective effort and psychological cues.

Step-by-Step Breakdown of the "Light as a Feather, Stiff as a Board" Game

To understand how the phenomenon plays out in practice, here's a detailed breakdown of the typical process:

Preparation and Setup

- Gather a group of participants (ideally 3-8 people).
- Have one person lie flat on their back on a bed, floor, or table.
- Ensure the person is relaxed and instructed to stay as stiff and still as possible.
- The supporting group forms a circle around the person.

Execution

- The supporting participants place their hands under the person's body—often under the shoulders, hips, or legs.
- The person being lifted is told to stay stiff, as if a plank of wood.
- The supporters lift gradually and evenly, applying force in unison.
- The person is often told to focus on remaining stiff and to keep their muscles tense, although in reality, they are usually relaxed to facilitate easier lifting.

Key Factors for Success

- Synchronization: All supporting members lift simultaneously.
- Communication: Clear coordination ensures even force distribution.
- Belief and Focus: The person being lifted and the supporters must believe in the process.
- Proper Technique: Supporting hands are placed correctly and the lift is smooth and controlled.

Scientific Explanations and Debunking Myths

While the game is often presented as a supernatural phenomenon, scientific scrutiny reveals it as an example of the power of suggestion and group psychology.

Role of Suggestion and Expectation

The belief that the person is stiff or that the lift should be effortless influences both the lifters and the person lying down. When participants trust the instructions and each other, coordination improves, and the lift appears seamless.

Muscle Relaxation and Tension

Contrary to the idea of "stiff as a board," most participants are actually relaxed, which makes the lift easier. The appearance of stiffness is often a role played by the person lying down, who maintains a rigid posture consciously or subconsciously.

Group Dynamics and Peer Influence

The collective effort creates a sense of unity and shared purpose, which reduces perceived effort and enhances coordination.

Debunking the Supernatural

Extensive experimentation and scientific studies have demonstrated that no supernatural powers are involved. The phenomenon is a testament to the influence of suggestion, expectations, and cooperation.

Practical Applications and Modern Uses

Despite its playful origins, the principles behind "light as a feather, stiff as a board" have practical applications across various fields.

In Psychology and Therapy

- Group Therapy: Techniques that harness suggestion and collective focus to foster trust.
- Hypnosis: Understanding the power of suggestion helps in clinical settings.
- Team Building: Exercises that promote coordination and trust among team members.

In Performance Arts and Magic

- Magicians and performers use similar principles to create illusions of supernatural strength or levitation.
- Stage illusions often incorporate audience suggestion and misdirection, mimicking the "light as a feather" effect.

In Physics and Education

- Demonstrations that showcase collective effort, force distribution, and the importance of perception.
- Teaching students about the power of the mind and group dynamics through engaging activities.

Modern Variations and Innovations

As interest in the phenomenon persists, creative variations have emerged:

- Floating or Levitation Illusions: Use of mirrors, wires, or digital effects to simulate levitation.
- Enhanced Group Lifts: Incorporating modern equipment like harnesses for

safer, more dramatic displays.

- Virtual Reality Experiences: Simulating the effect in immersive environments to demonstrate perception and suggestion.

Conclusion: The Enduring Fascination of "Light as a Feather, Stiff as a Board"

The phrase "light as a feather, stiff as a board" encapsulates a captivating blend of psychology, physics, and social dynamics. While it evokes images of supernatural powers and mystical forces, scientific inquiry reveals it as an insightful example of human perception, suggestion, and cooperation. Whether as a childhood game, a theatrical illusion, or a lesson in group psychology, the phenomenon continues to intrigue and inspire.

Understanding the mechanics behind it not only demystifies the illusion but also highlights the incredible influence our minds and social interactions have on our perceptions and actions. As an expert, I encourage embracing the curiosity and wonder that such phenomena inspire—always with a healthy dose of scientific skepticism and an appreciation for the remarkable capabilities of the human mind.

In essence, "light as a feather, stiff as a board" remains a testament to the power of belief, the strength of collective effort, and the enduring mystery of perception.

Light As A Feather Stiff

light as a feather stiff: A Danger to Herself and Others Alyssa Sheinmel, 2019-02-05 A compelling and beautifully told story. —Kathleen Glasgow, New York Times bestselling author of *Girl in Pieces* From New York Times bestselling author Alyssa Sheinmel comes a dark psychological contemporary about a teenage girl who is institutionalized after an accident at her summer program, perfect for fans of *We Were Liars* and *I'll Give You the Sun*. Hannah knows there's been a mistake. She doesn't need to be institutionalized. What happened to her roommate at that summer program was an accident. As soon as the doctors and judge figure out that she isn't a danger to herself or others, she can go home to start her senior year. Those college applications aren't going to write themselves. Until then, she's determined to win over the staff and earn some privileges so she doesn't lose her mind to boredom. Then Lucy arrives. Lucy has her own baggage, and she's the perfect project to keep Hannah's focus off all she is missing at home. But Lucy may be the one person who can get Hannah to confront the secrets she's avoiding—and the dangerous games that landed her in confinement in the first place. Packed with intrigue and suspense, *A Danger to Herself and Others* is a good choice for readers who loved *Suicide Notes for Beautiful Girls* by Lynn Weingarten and *Two Can Keep a Secret* by Karen McManus A great pick for anyone who wants: emotional novels books about mental illness suspenseful reads Also by Alyssa Sheinmel: *What Kind*

of Girl The Castle School (for Troubled Girls) Praise for A Danger to Herself and Others: A thrilling page-turner.—School Library Journal, *STARRED REVIEW* A tense and terrific read.—Natalie D. Richards, author of One Was Lost and Six Months Later A great story full of mystery, heartbreak, and hope.—Jennifer Shaw Wolf, author of Dead Girls Don't Lie and Breaking Beautiful Intense, compelling, and wholly original.—Kerry Kletter, author of The First Time She Drowned This compelling character study begins like a thriller—the mystery of what happened to her friend Agnes draws considerable suspense... it becomes a nuanced exploration of mental illness.—Booklist A respectful, authentic rendering of mental illness and treatment.—Kirkus

light as a feather stiff: *The Truth Behind Ghosts, Mediums, and Psychic Phenomena* Ron Rhodes, 2006-09-01 Psychics, mediums, and ghosts have become a sensation in our culture today. As a result, there are many confusing and deceptive beliefs presented. Ron Rhodes, respected and popular biblical scholar, tackles the truth about ghosts and those who say they communicate with them and answers the questions: Do ghosts in any shape or form exist? Why is there a rise in psychic phenomena today? What do psychics believe about God, Jesus, and salvation? What is Satan's role with the paranormal? How can parents protect their family from the psychic trend? This reader-friendly presentation of intriguing facts and biblical insights will help Christians know how to respond to this fascination with the ultimate truth.

light as a feather stiff: *Light as a Feather* Dana Lauren Goldstein, 2014

light as a feather stiff: *No Trick-or-Treating!* P.J. Night, 2019-08-27 Halloween is more than haunted in this superscary superspecial story in the frighteningly fun You're Invited to a Creepover series. When Ashley McDowell's parents first told her that they were moving from the big city to a one-stoplight farm town, she was convinced that she was going to hate living in Heaton Corners. But to Ashley's surprise, she loves it. Everyone is super welcoming, especially her new friends. Plus, it's October and there's the town's Harvest Festival, and, of course, Halloween. But, when Ashley starts making plans for Halloween night, she is shocked to find out that her new friends are forbidden to go trick-or-treating. Ashley convinces them to sleep over at her house and go trick-or-treating anyway, but she soon discovers that Halloween in Heaton Corners isn't like Halloween anywhere else. For one thing, everything seems so much more real...too real. Ashley can't help but think that maybe Heaton Corners doesn't need tricks and disguises to be terrifying on Halloween night... This exceedingly scary superspecial story features a glow-in-the-dark cover and bursts through Level 5 on the Creep-o-Meter.

light as a feather stiff: *Folk Illusions* K. Brandon Barker, Claiborne Rice, 2019-04-22 Wiggling a pencil so that it looks like it is made of rubber, stealing your niece's nose, and listening for the sounds of the ocean in a conch shell- these are examples of folk illusions, youthful play forms that trade on perceptual oddities. In this groundbreaking study, K. Brandon Barker and Claiborne Rice argue that these easily overlooked instances of children's folklore offer an important avenue for studying perception and cognition in the contexts of social and embodied development. Folk illusions are traditionalized verbal and/or physical actions that are performed with the intention of creating a phantasm for one or more participants. Using a cross-disciplinary approach that combines the ethnographic methods of folklore with the empirical data of neuroscience, cognitive science, and psychology, Barker and Rice catalogue over eighty discrete folk illusions while exploring the complexities of embodied perception. Taken together as a genre of folklore, folk illusions show that people, starting from a young age, possess an awareness of the illusory tendencies of perceptual processes as well as an awareness that the distinctions between illusion and reality are always communally formed.

light as a feather stiff: *Dangerous Games to Play in the Dark* Lucia Peters, 2025-02-26 What begins as a test of bravery or a sleepover activity—chanting in front of a mirror, riding an elevator alone, taking pictures in the dark—can become something . . . dangerous. The most spine-chilling games based on urban legends from around the world: Centuries-old games such as Bloody Mary, Light as a Feather, and Stiff as a Board are detailed alongside new games from the internet age, like The Answer Man, a sinister voice that whispers secrets to whoever manages to contact him with a

cellphone. • Features step-by-step instructions, historical context, and the stakes for each game—including objective, risk level, reward, and additional warnings • Includes chilling and dark illustrations throughout that intensify the mysteries of each game • Discover a variety of dangerous games including ones you can do in a group or on your own A guide to summoning spirits, divining the future, and invoking the supernatural. • Author Lucia Peters has been featured online at The Toast, Bustle, and other sites. She also runs The Ghost In My Machine, a website where she spooks readers with stories of the strange and unusual • Dangerous Games to Play in the Dark is the ideal gift for anyone looking for a late-night thrill—but beware who, or what, may come out to play

light as a feather stiff: Handbook for Hot Witches Dame Darcy, 2025-06-25 Combine a graphic novel with a dash of crafts, a sprinkle of feminist fairy tales, and a whole cauldron of spells—voilà!—Dame Darcy's Handbook for Hot Witches. This is the guide for girls who want cool things to do and great friends to do them with, who aren't afraid to be their different, awesome selves. It's a celebration of powerful, creative girls—the sort of girls who may have been called witches once, but who, as this book proclaims, are hot, because of their talent and their uniqueness. With sections on banjo playing, beauty spells, palm reading, and much more, this fully illustrated handbook will send girls on their way to independence, creativity, and magic.

light as a feather stiff: Grimm Tales of Terror Volume 3 Joe Brusha, Ralph Tedesco, Nicholas Bermel, Dave Franchini, Pat Shand, John Schnepf, Troy Brownfield, 2018-02-21 Zenescope Entertainment returns with their terrifyingly frightening anthology series, Grimm Tales of Terror Volume 3! From classic horror stories to modern day urban legends, this series re-imagines the creepy tales you know and love for a new generation of readers! Keres, the goddess of death, loves to punish those who she deems deserving of her wrath, and many unsuspecting people who cross her path are about to learn a harsh lesson about morality.

light as a feather stiff: Necrodancers A. A. Tieri , 2019-08-28 Come dancing with us while I tell you a story. It's 1984 and we are four girls just having some fun in a suburb of Chicago. There will be cars and boys. We will go to the mall and the cemetery. It'll be totally wicked.

light as a feather stiff: Whores on the Hill Colleen Curran, 2007-12-18 The girls of Sacred Heart Holy Angels eye the good dancers at the all-ages club Metropolis. They waste afternoons at the mall, check out parties on the lake, burn through candid, casual sex. Everybody calls them the Whores on the Hill, but they don't care. It is the mid-'80s and they go to the last all-girls' school in Milwaukee, where innocence is scarce and happiness is something to grabbed at in the backseat of a fast car. Meet exuberant, uninhibited Astrid, her nervy, troubled friend Juli and Thisbe, the shy, ascetic newcomer. They are fifteen years old. And they believe they can take on the world, no matter what it calls them. But when euphoric promiscuity mixes with a series of dangerous, deadly pranks, their world at Sacred Heart Holy Angels can never be the same.

light as a feather stiff: The Migration Helen Marshall, 2019-03-05 Finalist for the Sunburst Award for Excellence in Canadian Literature of the Fantastic A dark fable that somehow feels both timeless and urgently topical. The Migration is heart-wringing and powerful, but over and above that, it's just vivid and immersive and enthralling throughout. --M.R. Carey, author of The Girl with All the Gifts When I was younger I didn't know a thing about death. I thought it meant stillness, a body gone limp. A marionette with its strings cut. Death was like a long vacation--a going away. Not this. Storms and flooding are worsening around the world, and a mysterious immune disorder has begun to afflict the young. Sophie Perella is about to begin her senior year of high school in Toronto when her little sister, Kira, is diagnosed. Their parents' marriage falters under the strain, and Sophie's mother takes the girls to Oxford, England, to live with their Aunt Irene. An Oxford University professor and historical epidemiologist obsessed with relics of the Black Death, Irene works with a Centre that specializes in treating people with the illness. She is a friend to Sophie, and offers a window into a strange and ancient history of human plague and recovery. Sophie just wants to understand what's happening now; but as mortality rates climb, and reports emerge of bodily tremors in the deceased, it becomes clear there is nothing normal about this condition--and that the dead aren't staying dead. When Kira succumbs, Sophie faces an unimaginable choice: let go of the

sister she knows, or take action to embrace something terrifying and new. Tender and chilling, unsettling and hopeful, *The Migration* is a story of a young woman's dawning awareness of mortality and the power of the human heart to thrive in cataclysmic circumstances.

light as a feather stiff: *Uprooting Evil* Carla Ziegler, 2012-06 'It was the wee hours of the morning, and I woke up crying. I jumped off of the bunk and looked out the front window of the camper. I saw a black shadow with red, malevolent eyes looking in at me. I could hear scratching on the glass window. It was time. It was time to allow Jesus into my heart. I was ready to fight; fight with armor—and that armor was God's armor!' 'Submit yourselves therefore to God. Resist the devil, and he will flee from you' (James 4: 7) Carla Ziegler is a young adult when she first sees visions of the devil in her life. After a treacherous voyage to California, she meets a woman named Anita, who teaches her about the love and forgiveness of Jesus Christ. Though Carla is not ready to accept this love for many months, her life and actions are leading her toward the Lord. Join author Carla Ziegler as she recounts the true, though seemingly supernatural, events that tug her heart toward the everlasting arms of love coming from our Lord Jesus Christ. In *Uprooting Evil* Carla learns how to find truth and understanding after a life filled with drugs, alcohol, sex, and many more vices of the world.

light as a feather stiff: *Listening Against the Stone* Brenda Miller, 2011 *Listening Against the Stone* brings together selections spanning the breadth of the work of Brenda Miller, including six essays that have won the Pushcart Prize. These deeply personal essays paint a picture of how her sense of spirituality has evolved and shifted through the years: always rooted in a strong desire for connection. Together, they tell the story of a single woman making her way, stumbling but always seeking out touchstones—a dog, a friend, a painting, a tree—to help her gain her true bearings.—Publisher's website.

light as a feather stiff: *Make Believe* Victoria Hutchins, 2025-03-18 An exquisite poetry collection from the creator of *The Daily Victorian* that celebrates the hidden versions of ourselves, and unveils the healing power of nostalgia, imagination, and hope “This is for anyone who doesn't see deep feeling as a bad thing but would appreciate a warm and talented companion while they do it.”—Mari Andrew, New York Times bestselling author of *Am I There Yet?* Maybe you're not old enough yet to believe in fairy tales again. But you can take a walk with optimism. You can hear her out when she tells you the universe is conspiring in your favor, and can keep your eyes peeled for signs that she's right. Victoria Hutchins's debut *Make Believe* is a reclamation of wonder and an invitation to return to childlike joy, wielding nostalgia and memory as lenses to imagine a fuller life. These poems pave a path of reconnection to our bodies, our past, our desires, and our wonder—beckoning readers to discover a world worth holding on to. *Make Believe* is for anyone who wants to take back the narrative of their life, whose body often feels like an enemy to their soul, or who might be struggling to stick around. This book will inspire readers to go out looking, heart in hand, for joy, purpose, and healing. With Hutchins's trademark sensory and evocative language throughout, *Make Believe* contains both viral spoken-word pieces and never-before-shared writing. Ultimately pointing readers toward transformation, Hutchins invites you to imagine: What would happen if you allowed yourself to believe again—in dreams and miracles, but mostly in yourself?

light as a feather stiff: *1,001 Boredom Busting Play Ideas: Free and Low Cost Crafts, Activities, Games and Family Fun That Will Help You Raise Happy, Healthy Children* Jean Oram, 2015-06-30 AWESOME boredom busting play ideas—from creative crafts to zany new travel games! From mind-boggling science experiments to tricky challenges that will give your kids a case of the giggles. Written by New York Times bestselling author (and mom) Jean Oram. Beat the boredom blues with over 1,000 play ideas suitable for three-year-olds to eleven-year olds. There's something for everyone in this tried and tested book from NY Times bestselling author (and mom!), Jean Oram. A lifesaver for parents and educators. --Kenneth, reader. Make it easy to say “no” to more screen time and “yes” to more play time with activities that will delight your children. Want to be the new favorite in the family? Check out some of the fun to be had with this one-of-a-kind book, *1,001 Boredom Busting Play Ideas*: + 101 tricky, goofy challenges for kids + 36 Travel games PLUS 24

more games that can be played in the car + Arts and crafts (and holiday crafts, too) + Outside play ideas + Mad scientist safe & easy experiments—including Flubber! + Birthday party games + Family day trip ideas + Homeschool and classroom games + And more play, play, play! Includes 26 BONUS activities for a grand total of 1,027 activities to keep your kids happy! Have your best sleepover, birthday party, road trip, babysitting experience, snowy day, or homeschool play time ever! Play time is MORE than just crafts. The brain learns by playing. Build smarter, happier, healthier children... start with 1,001 Boredom Busting Play Ideas, because your kids deserve it. Keywords: crafts, crafts for kids, free play ideas, free range kids, antidote for helicopter parents, games for kids, challenges for kids, play ideas, game rules, game ideas, classic games, classic outdoor games, teacher resources, camp counselor idea books, Easter crafts, birthday party games, Christmas crafts, Halloween crafts, outdoor play ideas, family fun ideas, playcation, staycation ideas, family game night, family time, daycare resources, playschool resources, kindergarten resources, child development, empathy development, confidence building in kids, books for babysitters, keep kids busy, keep kids busy book, screen free play ideas, screen-free, healthy children, healthy kids, raising kids, raising children, how to raise kids, over scheduled kids, over scheduled children, over-scheduled kids, childhood anxiety, outdoor games, outdoor play, active play ideas, quiet play ideas, reading games, math games, travel games, family travel games.

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