

# **The Muña Breath**

## **A Book Club Guide**

**By Davilyn Atwood**

*From The Apothecary Press*

### **Welcome to The Muña Breath**

*The Muña Breath* is a story about returning, to land, to memory, to breath, and to the quiet courage required to choose a slower way of living. Set in the high valleys of Peru, this novel explores healing through community, herbal wisdom, and the deep listening that happens when we step away from urgency.

This guide is designed to help your book club move beyond the story and into reflection, conversation, and gentle inspiration.

### **Discussion Questions**

#### **1. Returning Home**

Amaya returns to the valley seeking rest, but finds something deeper waiting for her.

- What do you think Amaya was really searching for?
- Have you ever experienced a "return" in your own life, to a place, value, or rhythm?

#### **2. The Meaning of Breath**

The idea of "The Long Breath" appears throughout the story.

- What does "The Long Breath" represent for you?
- How does Amaya learn to slow down and listen?

#### **3. The Role of the Land**

The land itself becomes a character in the novel.

- How does the valley shape Amaya's healing?
- What role does nature play in your own life?

#### **4. Mama Tika's Wisdom**

Mama Tika offers quiet guidance rooted in experience and tradition.

- Which piece of Mama Tika's wisdom stood out to you most?
- Why do you think quiet mentorship plays such an important role in healing?

## 5. Community & Belonging

Amaya slowly becomes part of the valley community.

- What does this story say about belonging?
- How does shared work help build connection?

## 6. Change & Protection

The valley faces pressure from outside development.

- What themes about preservation and progress did you notice?
- How do we decide what is worth protecting?

## 7. Inti's Quiet Presence

Inti's character is gentle, steady, and grounded.

- What role does Inti play in Amaya's journey?
- How does quiet support differ from dramatic change?

## Favorite Quotes Reflection

Invite your group to share:

- A favorite line from the book
- A moment that stayed with them
- A scene that felt especially peaceful or meaningful

## Herbal Reflection: Muña

Muña is a mountain herb traditionally used for:

- Breath
- Digestion
- Altitude adjustment
- Gentle restoration

In *The Muña Breath*, the herb becomes symbolic of:

- Slowing down
- Clearing space
- Returning to balance
- Learning to breathe again

## Reflection Question

Where in your life are you being invited to take a deeper breath?

## Gentle Reflection Prompts

You may wish to journal or discuss:

- What does "coming home" mean to you?
- What helps you slow down?
- Where do you find your quiet?
- What would your "valley" look like?

## An Activity for Your Book Club

### The Long Breath Moment

If possible, take a few quiet minutes together:

- Sit quietly
- Take three slow breaths
- Reflect silently

Then ask:

What did you notice?

This simple moment helps bring the book's themes into your gathering.

### The Muña Breath Tea (Inspired Blend)

- Peppermint
- Spearmint
- Lemon Balm
- Honey (optional)

Sip slowly while discussing the story.

## Final Reflection

*The Muña Breath* reminds us that healing does not always arrive loudly. Sometimes it comes quietly, through breath, land, and the people who help us remember who we are.

## Closing Blessing

May you find the breath that steadies you, the land that welcomes you, and the quiet courage to grow where you are planted. Continue the Journey

Explore more gentle healing stories from **The Apothecary Press**, where each novel becomes part of a growing garden of healing, community, and remembrance.