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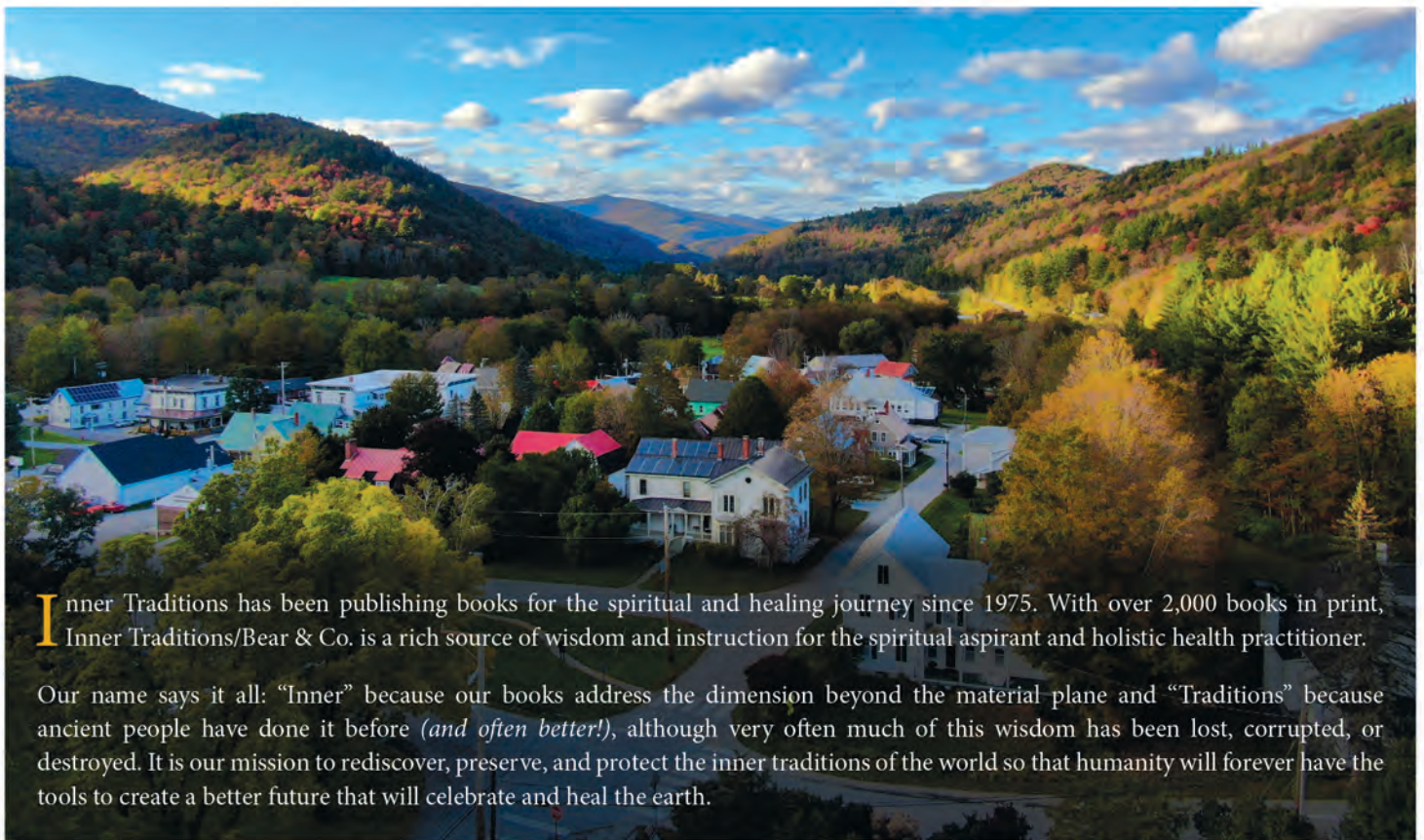
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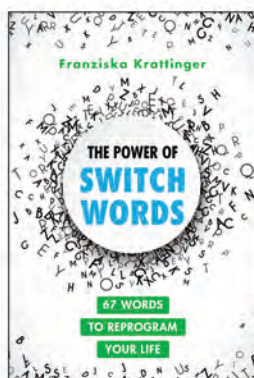


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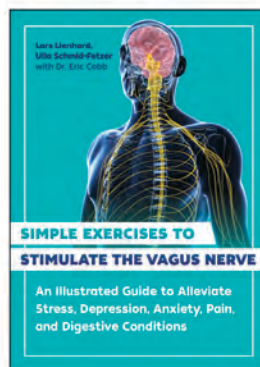
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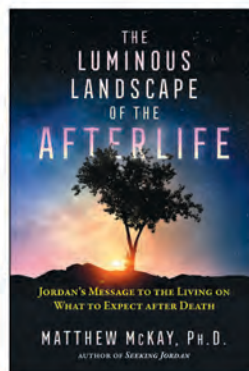
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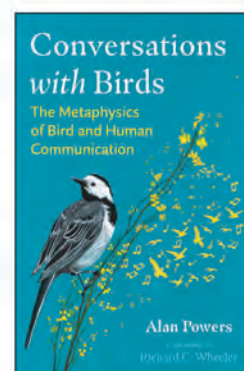
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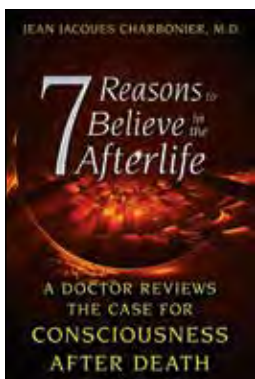
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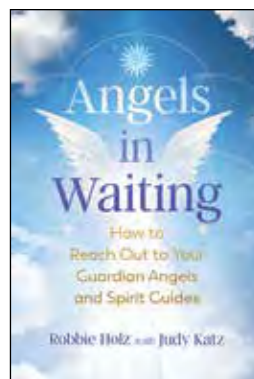
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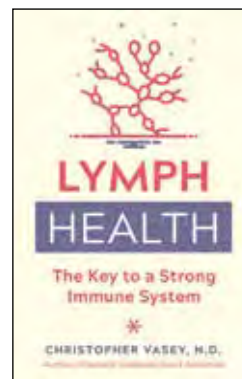
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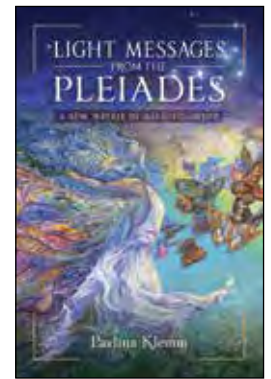
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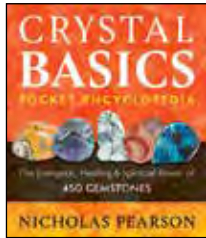


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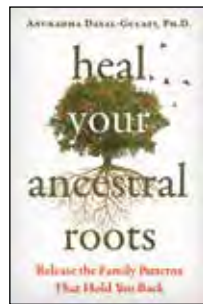
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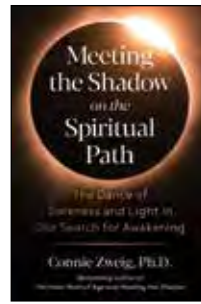
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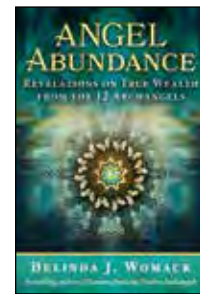
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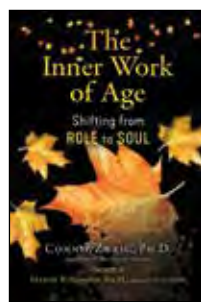
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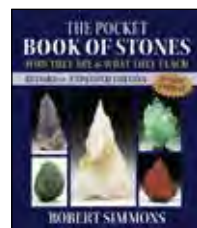
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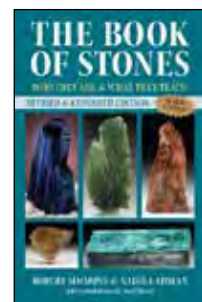
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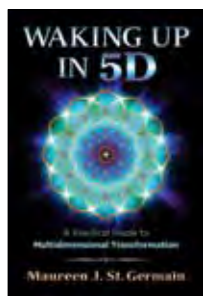
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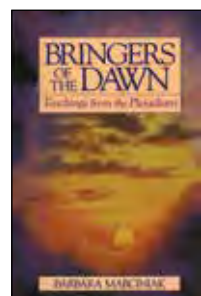
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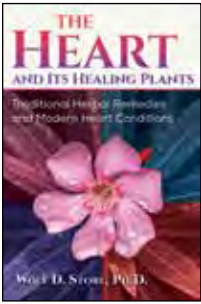
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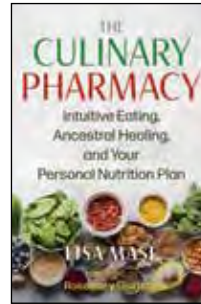
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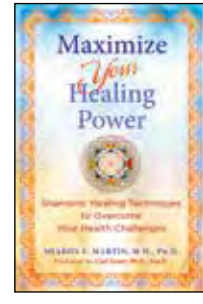
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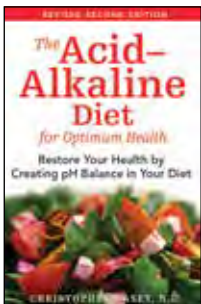
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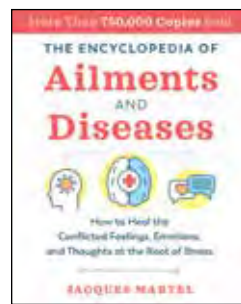
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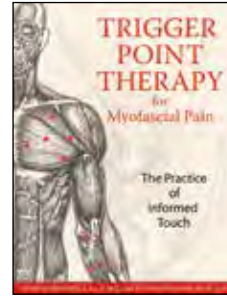
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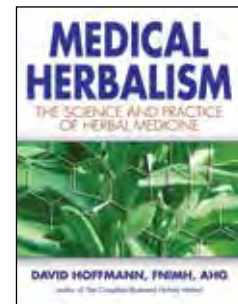
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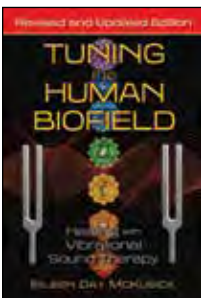
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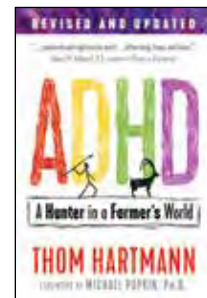
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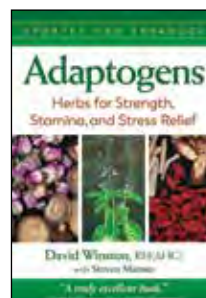
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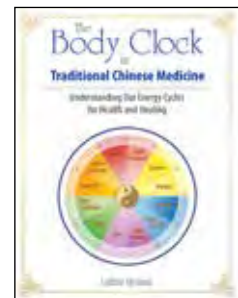
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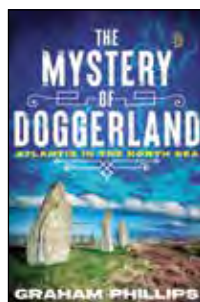
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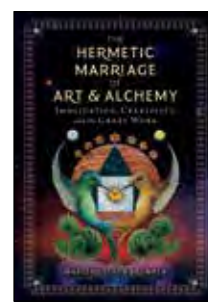
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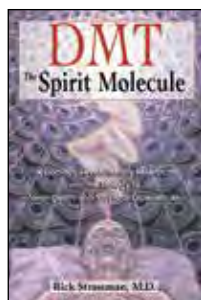
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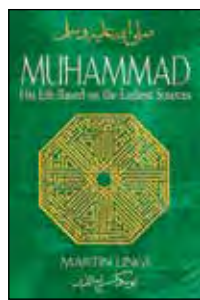
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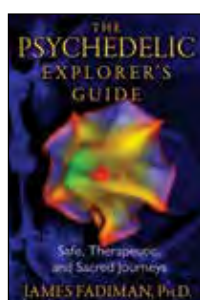
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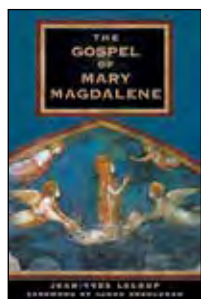
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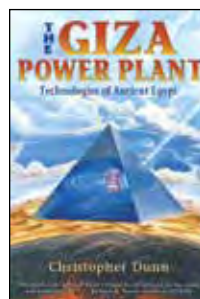
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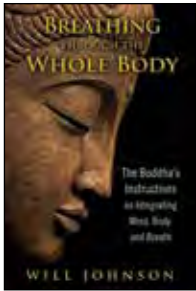
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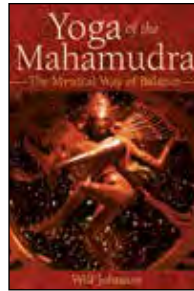
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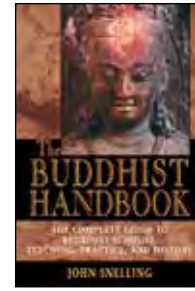
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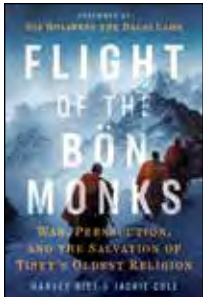
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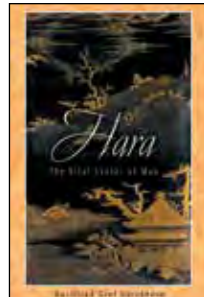
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The question of what occurs to the individual personality after death is one of the fundamental quandries of the human experience. In this classic study, famed traveler and mystic, Alexandra David-Neel, one of the first Western women to see the forbidden city of Lhasa, examines Tibetan Buddhist practices and doctrines concerning reincarnation and eternal life.



### Legends of the Mahasiddhas

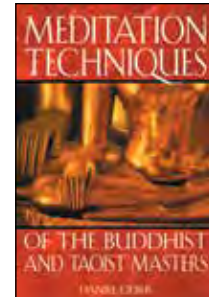
*Lives of the Tantric Masters*

Translated by Keith Dowman

Illustrated by Robert Beer

ISBN 978-1-62055-365-7  
\$24.99 (CAN \$29.99) pb  
256 pages, 7 x 10  
Includes 30 color plates and 26 b&w illustrations

Here is a collection of 12th-century stories of the "crazy" tantric masters in ancient India and Tibet, who legend says could walk through walls, fly, talk with birds, and turn people to stone. These tales reveal the extraordinary spiritual qualities of the great masters who had awakened to a spontaneous and free state of oneness with the divine.

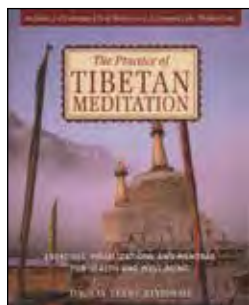


### Meditation Techniques of the Buddhist and Taoist Masters

Daniel Odier

ISBN 978-0-89281-967-6  
\$16.95 (CAN \$19.95) pb  
192 pages, 6 x 9  
66 b&w illustrations

Odier guides the reader through the specifics of the mental disciplines and visualizations that Buddhist and Taoist masters have used for ages in their quest for illumination. To devote oneself to meditation, in the sense understood by Buddhists and Taoists, is to realize the understanding of how every fiber of our being converges with all creation.



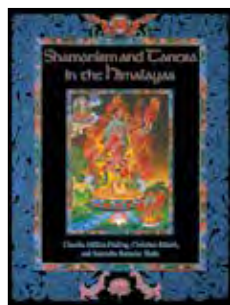
### The Practice of Tibetan Meditation

*Exercises, Visualizations, and Mantras for Health and Well-being*

Dagsay Tulku Rinpoche

ISBN 978-0-89281-903-4  
\$29.95 (CAN \$35.95) pb  
176 pages, 8 x 10  
100 b&w illustrations  
Includes 60-minute CD

Dagsay Tulku's teachings range from introductory sessions designed to create an oasis of calmness in daily life to deep practices for cleansing and healing. He also offers traditional meditations to prepare for death, the ultimate transition. These meditations are enhanced with instructions for relaxing massage and an accompanying 60-minute CD of mantras.

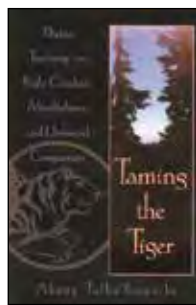


### Shamanism and Tantra in the Himalayas

Claudia Müller-Ebeling, Christian Rätsch, and Surendra Bahadur Shahi

ISBN 978-0-89281-913-3  
\$60.00 (CAN \$72.00) hardcover  
320 pages, 8.5 x 11  
605 color and b&w illustrations

The result of eighteen years of field research, this book presents for the first time, a comprehensive overview of shamanism that is based on the knowledge and experience of the different tribes from the Himalayan kingdom of Nepal.



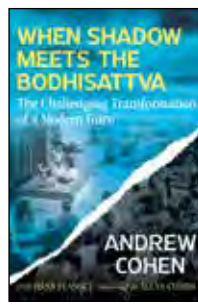
### Taming the Tiger

*Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion*

Akong Tulku Rinpoche

ISBN 978-0-89281-569-2  
\$14.95 (CAN \$17.95) pb  
208 pages, 5.38 x 8.25

Founder of the oldest Tibetan Buddhist center in the West and an accomplished meditation master, Dr. Akong Tulku Rinpoche explains how true peace can be found in a practical program for cultivating awareness and bringing the spiritual into everyday life.



### When Shadow Meets the Bodhisattva

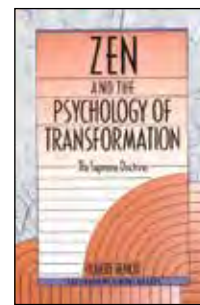
*The Challenging Transformation of a Modern Guru*

Andrew Cohen with Hans Plasqui

Foreword by Allan Combs

ISBN 978-1-64411-590-9  
\$22.99 (CAN \$28.99) pb  
292 pages, 6 x 9  
Includes 4-page color insert and 7 b&w illustrations

After his public fall from grace in 2013, Andrew Cohen vanished from view and underwent a dark night of the soul. In this book, he explores his responsibility for the failure of his organization EnlightenNext as well as a new vision for modern spirituality based on the lessons he learned.



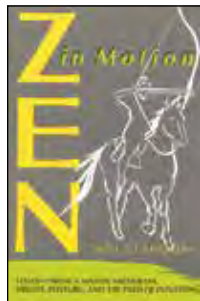
### Zen and the Psychology of Transformation

*The Supreme Doctrine*

Hubert Benoit

ISBN 978-0-89281-272-1  
\$18.99 (CAN \$22.99) pb  
264 pages, 6 x 9

*The Supreme Doctrine* applies the essence of Oriental Wisdom to the pursuit of self-knowledge and transcendence. The first step in a holistic psychology is to begin examining the true "state of man," rather than his aberrations. In so doing, we can activate our true potential to transform and give new direction and purpose to our lives.



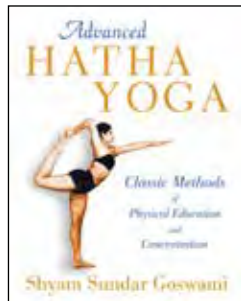
### Zen in Motion

*Lessons from a Master Archer on Breath, Posture, and the Path of Intuition*

Neil Claremon

ISBN 978-0-89281-361-2  
\$14.95 (CAN \$18.95) pb  
144 pages, 5.38 x 8.25

Both a fascinating glimpse of the interaction between spiritual master and disciple and a lucid analysis of the Zen path of awareness, this book describes techniques for breathing, standing, walking, concentrating, moving the mind, overcoming ego, healing the body, and finally, opening a "window of opportunity" between stillness and motion that allows the expansion of time and consciousness.



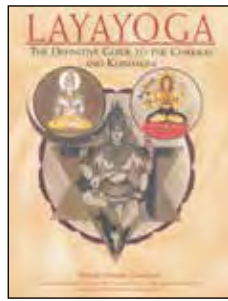
### Advanced Hatha Yoga

*Classic Methods of Physical Education and Concentration*

Shyam Sundar Goswami

ISBN 978-1-59477-453-9  
\$24.95 (CAN \$29.95) pb  
304 pages, 8 x 10

b&w photographs throughout  
This classic text presents a complete guide for an advanced Hatha yoga practice. Includes photographs and instructions for *prāṇāyāma*, alternate nostril breathing, meditation, diet, fasting, internal cleansing, and advanced sexual control.



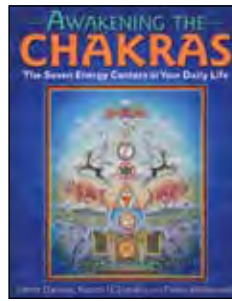
### Layayoga

*The Definitive Guide to the Chakras and Kundalini*

Shyam Sundar Goswami

ISBN 978-0-89281-766-5  
\$29.99 (CAN \$35.99) pb  
368 pages, 7.25 x 9.5  
Includes 32-page color insert

This comprehensive guide is one of the world's great works on yoga. Its detailed examination of each of the chakras and the various meditations and mantras that go with them makes it a must for serious students of yoga.



### Awakening the Chakras

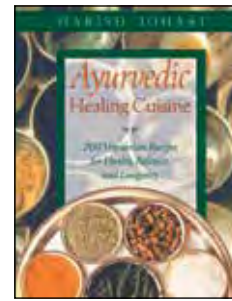
*The Seven Energy Centers in Your Daily Life*

Victor Daniels, Kooch N. Daniels, and Pieter Weltevrede

Illustrated by Pieter Weltevrede

ISBN 978-1-62055-587-3  
\$19.95 (CAN \$24.95) pb  
288 pages, 8 x 10  
Includes 16-page color insert and 15 b&w illustrations

This detailed guide provides practical tools to understanding the chakras and the energetic roots of your inner being. The essence of each of the 7 chakras is explained in detail. Chakra work provides a powerful way to hear your inner self more deeply and a systematic path for activating higher levels of consciousness.



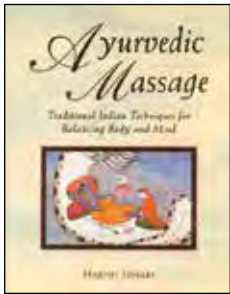
### Ayurvedic Healing Cuisine

Harish Johari

ISBN 978-0-89281-938-6  
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Author, artist, and scholar of Tantra and Ayurveda, Harish Johari was also an inspired cook who shared his culinary wisdom in this treasury of vegetarian cooking. Johari offers a clear and concise introduction to the principles of Ayurvedic eating and explains the healing qualities that foods and spices impart according to their subtle energies.





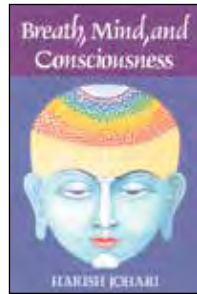
### Ayurvedic Massage

*Traditional Indian Techniques for Balancing Body and Mind*

Harish Johari

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\$19.95 (CAN \$24.00) pb  
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115 b&w illustrations

Trained in India's ancient healing art, author Harish Johari introduces Ayurvedic massage, a gentle bodywork therapy that promotes well-being on both the physical and emotional levels.



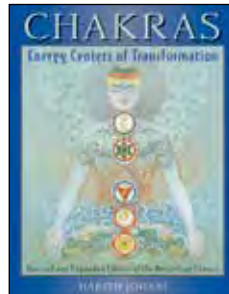
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Harish Johari

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Also available in Spanish  
(see page 220)

Yogis have known for centuries that the life force animating our physical bodies is regulated by breath, and that the breath energy is controlled by the mind. Harish Johari presents the practice of *Swara Yoga*—conscious breathing techniques that can balance the nervous system and lead to radiant health and well-being.



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The late Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this expanded edition, complete with new art and text, he provides the tools to elevate one's intellectual knowledge to an experience of spiritual growth.



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*A Complete Guide to the Ayurvedic Life*

Harish Johari

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9 b&w photographs

Here is a guide to living the Ayurvedic life from one of its most celebrated practitioners. A vast and practical presentation of Ayurvedic principles, it addresses diet, breathing, meditation, bathing, sleeping, exercise, medicine, jewelry, and sex.

*"A fine introduction both to the science of ayurveda and to its cuisine."*

Hinduism Today



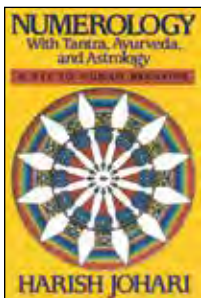
### The Healing Power of Gemstones

*In Tantra, Ayurveda, and Astrology*

Harish Johari

ISBN 978-0-89281-608-8  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9  
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The origins of gem healing can be traced to the earliest Sanskrit scriptures. This practical guide describes the attributes and powers of the planets according to Hindu astrology as they relate specifically to the use of gems. Charts are included that determine the appropriate gems to be worn according to one's astrological signs.



### Numerology

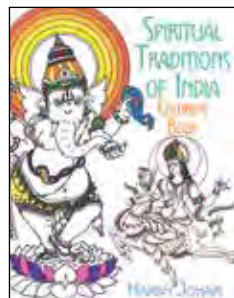
*With Tantra, Ayurveda, and Astrology*

Harish Johari

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\$14.95 (CAN \$17.95) pb  
208 pages, 6 x 9

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Harish Johari shows how to determine your psychic number (representing self-image), your destiny number (karma), and your name number (social and professional life). Based on your numbers, recommendations are given regarding favorable colors to be worn, meditations for prosperity, and advantageous times of the day or year.



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Harish Johari

ISBN 978-1-62055-629-0  
\$12.95 (CAN \$14.95) pb  
96 pages, 8.5 x 11  
42 b&w illustrations  
and 2 color images

The *Spiritual Traditions of India Coloring Book* contains 42 full-page illustrations in lovely Sanskrit type with phonetic pronunciations from Indian artist, spiritual teacher, and bestselling author Harish Johari. Balance your chakras, enhance health and prosperity, and connect with Ganesh, Shiva, and other gods and goddesses, through meditative coloring and chanting.



### Tools for Tantra

Harish Johari

ISBN 978-0-89281-055-0  
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162 pages, 8.5 x 11  
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Tantric yantras are precise geometric forms that have been used for centuries as tools for self-realization and the attainment of mystical powers. Tantric practitioner and scholar Harish Johari (1934–1999) traveled throughout India in search of ancient examples of primordial yantras, and in this book has re-created their exact colors and proportions along with step-by-step instructions for their accurate construction, coloring, and use.



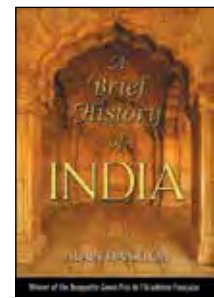
### The Yoga of Snakes and Arrows

*The Leela of Self-Knowledge*

Harish Johari

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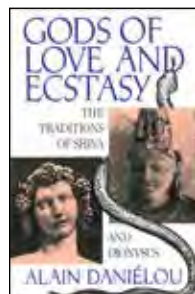
### A Brief History of India

Alain Daniélou

Translated by  
Kenneth F. Hurry

ISBN 978-0-89281-923-2  
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Through Daniélou's history of India we learn from whence we came, what we have discovered over the years in the fields of science, arts, technology, social structures, religions, and philosophical concepts, and what the future may hold for us.



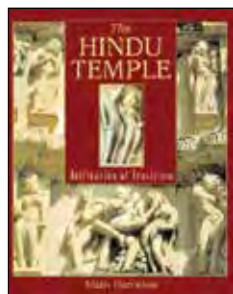
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*The Traditions of Shiva and Dionysus*

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Daniélou examines the earliest traditions of the Hindu and Greek gods of magical power, ecstatic sexuality, and transcendence.



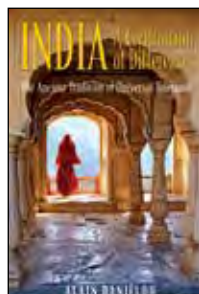
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Daniélou's masterpiece on the Hindu temple, now translated for the first time into English, provides a stunningly illustrated tour of the major temple complexes of India.



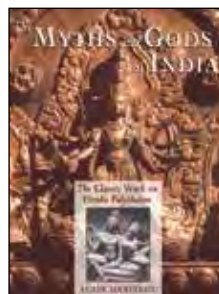
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In India the caste system is a natural organizing principle wherein differences are embraced rather than ignored. Daniélou explores this seldom-heard side of the caste debate, and argues effectively in its favor. This rare collection of the late author's writings contains previously unpublished articles and examines the structure of Indian society before and after Western colonialism.



### The Myths and Gods of India

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Alain Daniélou

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This widely praised study of Hindu deities reveals the message of tolerance and adaptability at the heart of this ancient religion.



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with Jean-Louis Gabin

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Exploring the relationship between Shaivism and the Western world, Alain Daniélou provides a convincing argument in favor of the polytheistic approach. He explains that monotheism is merely the deification of individualism—the separation of humanity from nature—and that by acknowledging the sacred in everything, we can recognize the imprint of the primordial tradition.



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Alain Daniélou

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Exploring the fundamental concepts of the caste system, Alain Daniélou addresses issues of race, individual rights, sexual mores, marital practices, and spiritual attainments. In this light, the author explains how Hindu society has served as a model for the realization of human potential, and exposes the inherent flaws and hypocrisies of our modern egalitarian governments.



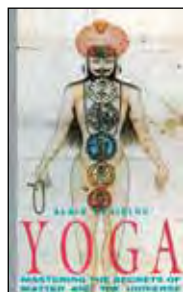
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*Shaiva Oracles and Predictions on the Cycles of History and the Destiny of Mankind*

Alain Daniélou

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Examines how visionaries of ancient Shaiva wisdom defined our role in creation, how we have abandoned this role, and action we can take to creatively influence our destiny. The author spent more than 20 years in India and was one of the most distinguished orientalists.



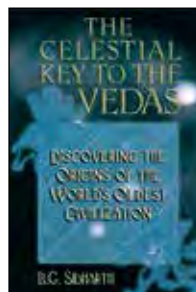
### Yoga

*Mastering the Secrets of Matter and the Universe*

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Based on original Sanskrit sources, this book gives an authentic account of the methods of yoga in its different forms, including the challenging "left-hand" paths, as well as practices best suited to Western students.



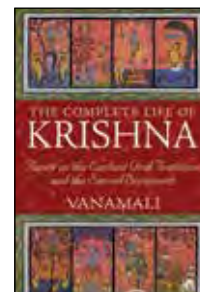
### The Celestial Key to the Vedas

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Astronomer B. G. Sidharth shows that the earliest portions of the Rig Veda can be dated as far back as 10,000 B.C. He provides evidence that "advanced" astronomical concepts such as precession and heliocentrism are encoded in the Vedas, which make complete sense only if these astronomical keys are known.



### The Complete Life of Krishna

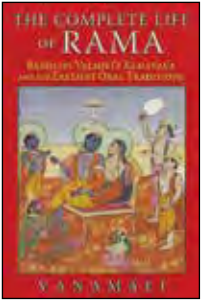
*Based on the Earliest Oral Traditions and the Sacred Scriptures*

Vanamali

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Includes 8-page color insert

Krishna has been portrayed in many lights, as god-child, prankster, lover, hero, and Supreme Being. Drawn from ancient texts and India's oral traditions, this is the first book to offer a complete biography of the man who was also a god.





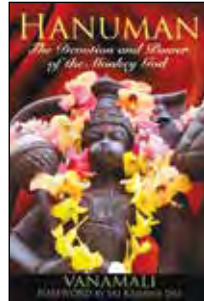
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Vanamali

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Vanamali retells the complete *Ramayana*, the ancient Indian tale that recounts Rama's heroic journey to rescue his beloved wife Sita from the demon king Ravana. Despite being an avatar of Vishnu, Rama still possessed human weaknesses, but rose above these traits, putting his spiritual duty above personal considerations, and perfecting himself to become a super human capable of saving those he loved most.



## Hanuman

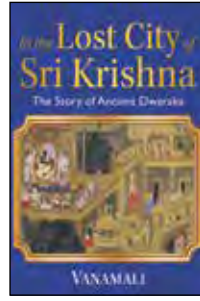
*The Devotion and Power of the Monkey God*

Vanamali

Foreword by Sri Krishna Das

ISBN 978-1-59477-337-2  
\$24.99 (CAN \$29.99) pb  
416 pages, 6 x 9

Known for his playful nature, amazing physical powers, and selfless devotion, Hanuman is one of the most beloved gods in the Hindu pantheon. This book recounts 36 legendary Hanuman stories revealing that anyone can attain the heights of spiritual evolution through devotion and perseverance.



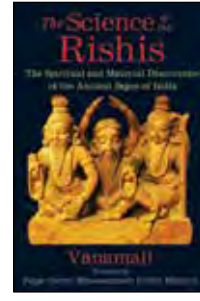
## In the Lost City of Sri Krishna

*The Story of Ancient Dwaraka*

Vanamali

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Transporting you back 5,000 years to the time in which Krishna lived, Vanamali leads you on a journey alongside Lord Krishna as he reigns over the ancient port city of Dwaraka and helps the Pandavas through the Mahabharata War. She shows how the Mahabharata War occurred under circumstances quite similar to today.



## The Science of the Rishis

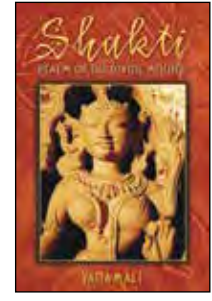
*The Spiritual and Material Discoveries of the Ancient Sages of India*

Vanamali

Introduction by  
Pujya Swami Bhoomananda  
Tirtha Maharaj

ISBN 978-1-62055-386-2  
\$19.95 (CAN \$23.95) pb  
256 pages, 6 x 9

Called "the scientists of Hinduism," the rishis of ancient India developed Sanatana Dharma to ensure the constant renewal of India's spiritual tradition and culture. This book shows that within Sanatana Dharma lies all the essential concepts of quantum physics and other modern scientific knowledge, providing a window into the depth of this ancient spiritual way of life.



## Shakti

*Realm of the Divine Mother*  
Vanamali

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*Shakti* explains the mystery of the Divine Mother in all her manifestations, exploring more than 30 different goddess aspects of the Shakti force, both beneficial and malefic, along with Sanskrit hymns and classic verses by Sri Aurobindo for each goddess.



## Shiva

*Stories and Teachings from the Shiva Mahapurana*

Vanamali

ISBN 978-1-62055-248-3  
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272 pages, 6 x 9

Shiva, the most ancient and complex deity of the Hindu pantheon, has been portrayed in many contrasting lights. Drawing from the sacred text the *Shiva Mahapurana*—said to be written by Shiva himself—Vanamali selects and comments on the essential stories of Shiva, both those from his wild side and those from his peaceful side.



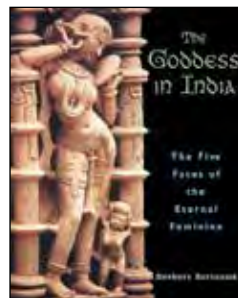
## The Essence of Yoga

*Essays on the Development of Yogic Philosophy from the Vedas to Modern Times*

Georg Feuerstein, Ph.D.,  
and Jeanine Miller

ISBN 978-0-89281-738-2  
\$14.95 (CAN \$17.95) pb  
192 pages, 5.5 x 8

Feuerstein and Miller examine the development of yogic thought across the ages finding similarities with the Christian mysticism of Meister Eckhart. *The Essence of Yoga* presents the authors' seminal insights and is an essential reference for the serious yoga student.



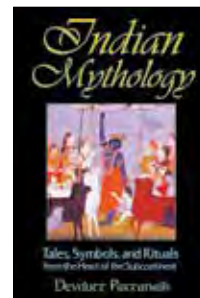
## The Goddess in India

*The Five Faces of the Eternal Feminine*

Devdutt Pattanaik

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176 pages, 8 x 10  
18 color and 16 b&w photographs

In India, it is said there is a goddess in every village, a nymph in every lake. *The Goddess in India* sheds light on ancient Hindu lore concerning the eternal feminine who is traditionally seen as having five faces—as Nature, Mother, Seductress, Consort and Destroyer. Stunning color photographs, never before available in one collection, illustrate the book throughout.



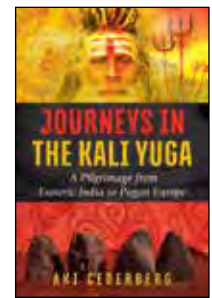
## Indian Mythology

*Tales, Symbols, and Rituals from the Heart of the Subcontinent*

Devdutt Pattanaik

ISBN 978-0-89281-870-9  
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50 b&w illustrations

Compares and contrasts Indian mythology with the stories of the Bible, ancient Egypt, Greece, Scandinavia, and Mesopotamia, while exploring the rich tapestry within 99 classic myths. The author unlocks the mysteries of the narratives, rituals, and artwork of ancient India to reveal the rich mythic traditions that have empowered millions of human beings for centuries.



## Journeys in the Kali Yuga

*A Pilgrimage from Esoteric India to Pagan Europe*

Aki Cederberg

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Includes 8-page color insert and 20 b&w illustrations

Beautifully detailing his spiritual pilgrimage from West to East and back again, in the age of strife known as the Kali Yuga, the author shares the magical traditions he experienced in India and Nepal and how his search for a spiritual homeland ultimately led him back to his native Europe.



## Kali

### *The Feminine Force*

Ajit Mookerjee

ISBN 978-0-89281-212-7  
\$19.95 (CAN \$24.95) pb  
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18 color and 86 b&w illustrations

The author draws on the powerful imagery of painting, sculpture, and literature in this celebration of the Hindu goddess.



## Kundalini

### *The Arousal of the Inner Energy*

Ajit Mookerjee

ISBN 978-0-89281-020-8  
\$19.95 (CAN \$23.95) pb  
112 pages, 7 x 10  
16 color and 46 b&w illustrations

In *Kundalini: The Arousal of the Inner Energy*, Ajit Mookerjee writes of the core experience of Tantra, the process in which the energy is awakened and rises throughout the energy centers (chakras) to unite with Pure Consciousness at the crown of the head. Beautifully illustrated in color with Indian tantric art.



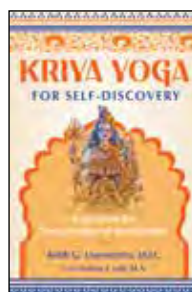
## King Vikram and the Vampire

### *Classic Hindu Tales of Adventure, Magic, and Romance*

Captain Sir Richard F. Burton

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304 pages, 6 x 9  
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Translated by the noted Victorian Orientalist, Sir Richard F. Burton, from the original Sanskrit, these ancient Indian folk tales influenced such later works as *1001 Arabian Nights* and Boccaccio's *Decameron*. First published in 1870, these stories will entertain and delight modern readers while illuminating the life and customs of classical India.



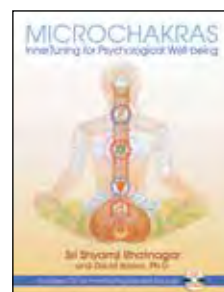
## Kriya Yoga for Self-Discovery

### *Practices for Deep States of Meditation*

Keith G. Lowenstein, M.D.,  
with Andrea J. Lett, M.A.

ISBN 978-1-64411-218-2  
\$19.99 (CAN \$24.99) pb  
288 pages, 6 x 9  
55 b&w illustrations

This detailed guide to the breath-focused meditation practice of Kriya yoga for spiritual growth, inner stillness, and self-realization explains the basic techniques of the practice, detailing proper posture, breathwork exercises (pranayama), bandhas, third-eye gazing, and the use of mantra.



## Microchakras

### *InnerTuning for Psychological Well-being*

Sri Shyamji Bhatnagar and  
David Isaacs, Ph.D.

ISBN 978-1-59477-213-9  
\$29.99 (CAN \$35.99) pb  
388 pages, 8.5 x 11  
Includes 16-page color insert,  
7 b&w illustrations, and  
28-minute CD

In this guide to working with microchakras—the channels within the major chakras—the authors introduce Microchakra Psychology and InnerTuning, the use of precise sacred sounds that release energy blockages within the chakras. Includes a 28-minute CD of InnerTuning sacred sounds.



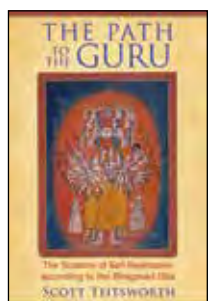
## The Path of the Mystic Lover

### *Baul Songs of Passion and Ecstasy*

Bhaskar Bhattacharyya  
with Nik Douglas and  
Penny Slinger

ISBN 978-0-89281-019-2  
\$19.95 (CAN \$23.95) pb  
224 pages, 8 x 10  
100 b&w illustrations

Carrying on the living tradition of mystic minstrels, the Bauls roam the countryside of eastern India enacting the spiritual love dalliance of Radha and Krishna through songs and dances. *The Path of the Mystic Lover* explores the Bauls' lifestyle and philosophy, describing their sexual and ritual practices as well as their sacred teachings.



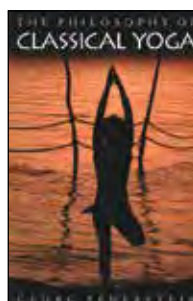
## The Path to the Guru

### *The Science of Self-Realization according to the Bhagavad Gita*

Scott Teitsworth

ISBN 978-1-62055-321-3  
\$19.95 (CAN \$23.95) pb  
352 pages, 6 x 9

The first two chapters of the Bhagavad Gita contain lessons—encoded within Krishna's advice to Arjuna—that prepare the seeker to meet and work with a guru. Scott Teitsworth, drawing on 40 years of in-depth study under his guru, Nitya Chaitanya Yati, shows that the first two chapters of the Gita to contain not only a scientific approach to the process of self-realization but also a guide to the guru-disciple relationship.

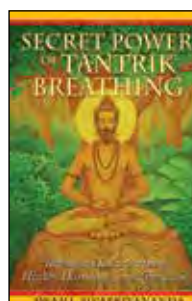


## The Philosophy of Classical Yoga

Georg Feuerstein, Ph.D.

ISBN 978-0-89281-603-3  
\$14.95 (CAN \$17.95) pb  
152 pages, 5.25 x 8.25

This book differs from other studies of Patañjali's Yoga-Sutra in that it places it in its original context and sees it as the source of the whole edifice of classical yoga and not just as a summary of previous developments. An essential reference for students and practitioners of yoga's philosophical foundations.



## Secret Power of Tantrik Breathing

### *Techniques for Attaining Health, Harmony, and Liberation*

Swami Sivapriyananda

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Includes 8-page color insert  
and 3 b&w illustrations

*Secret Power of Tantrik Breathing* explores the secrets and benefits of alternate nostril breathing practices and includes techniques to help overcome infertility, bad luck, and illnesses. The author explains the interactions of the breath with the chakras and energy channels (*nadis*).



## Shambhala

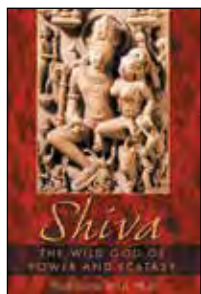
### *In Search of the New Era*

Nicholas Roerich

ISBN 978-0-89281-305-6  
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332 pages, 5.38 x 8.25

Nicholas Roerich—artist, philosopher, and explorer—relates the remarkable encounters and events of his travels through central Asia and Tibet at the turn of the 20th century. In his detailed diary notes he chronicled the legends and tales of Shambhala, the long-awaited realization of paradise on earth. With chapters on Tibetan art, the desert cities, and subterranean dwellers, Shambhala reveals Roerich's vision of a new age of human achievement.





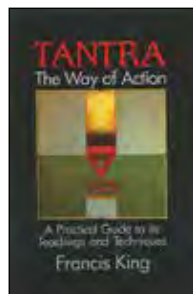
## Shiva

*The Wild God of Power and Ecstasy*

Wolf-Dieter Storl, Ph.D.

ISBN 978-1-59477-014-2  
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312 pages, 6 x 9  
166 b&w illustrations

Ethnologist Wolf-Dieter Storl invites readers to join in the lively and mythical world of Shiva, God of All Gods. Worshipped for his ability to unite and balance masculine and feminine energies, Shiva dances the joy of being and the dance of doom—always breaking through the false ego to reveal the true self within.



## Tantra: The Way of Action

*A Practical Guide to Its Teachings and Techniques*

Francis King

ISBN 978-0-89281-274-5  
\$14.95 (CAN \$17.95) pb  
160 pages, 5.38 x 8.25

*Tantra: The Way of Action* provides a complete guide to the Tantric path of liberation. Topics include esoteric physiology, Qabalism, right and left-hand Tantra, and arousal of the Kundalini serpent power. Following the spirit rather than the letter of the traditions, Francis King maintains that Tantric techniques are universal processes adaptable to Western culture and lifestyle.

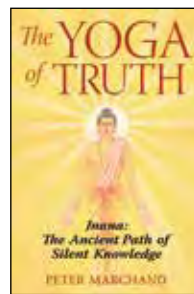


## The Wisdom Teachings of Harish Johari on the Mahabharata

Compiled and Edited by Wil Geraets

ISBN 978-1-59477-379-2  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9

In this book, the distinguished Indian teacher Harish Johari (1934–1999) presents the deeper layers of the epic story the Mahabharata, revealing its wisdom and teachings in a contemporary and often entertaining way.



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Peter Marchand

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Jnana Yoga shows the seeker that everything in the body, personality, thoughts, memories, and experiences has form and is changeable and, thus, is neither essential nor eternal. Its contemplative practice identifies the witnessing consciousness within—all that remains when the ephemeral is eliminated—as the real Self, the one and only unchanging eternal Being.



## The Yoga of the Nine Emotions

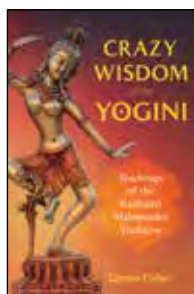
*The Tantric Practice of Rasa Sadhana*

Peter Marchand

Based on the teachings of Harish Johari

ISBN 978-1-59477-094-4  
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224 pages, 6 x 9  
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Rasas are the essence of our emotions that exist in both the body and the mind. Peter Marchand offers practical physiological and philosophical tools that can help readers change their emotional patterns. Those who practice Rasa Sadhana learn to overcome negative emotions in order to pursue better health, enhanced spiritual growth, and enduring happiness.



## Crazy Wisdom of the Yogini

*Teachings of the Kashmiri Mahamudra Tradition*

Daniel Odier

ISBN 978-1-64411-208-3  
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160 pages, 5.38 x 8.25

In 1975, Daniel Odier met Lalita Devi, a Tantric yogini who took him on a mystical journey to transcend the ego, recognize the true self, and rediscover the Divine nature of absolute love. Offering vivid, experiential descriptions of the sessions with his master, Odier shares the essential principles and spiritual teachings she imparted.



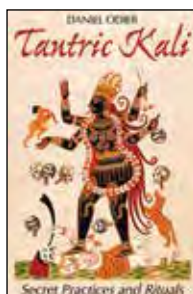
## The Royal Path of Shakti

*The Erotic and Magical Techniques of Kaula Tantra*

Daniel Odier

ISBN 978-1-64411-716-3  
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1 b&w illustration

Written in the 8th century by the sage Matsyendranatha, the Kaulajnananirdaya Tantra records the secret erotic and magical practices of the Yogini Kaula tradition. Presenting a complete translation of this sacred text, this book details Kaula Tantra practices as well as the secret principles, passed orally from teacher to student, that activate each technique.



## Tantric Kali

*Secret Practices and Rituals*

Daniel Odier

ISBN 978-1-62055-559-0  
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128 pages, 5.38 x 8.25  
7 b&w illustrations

Daniel Odier presents the practices and rituals of Vamachara, commonly known as the Left-hand Path, or the Path of Shakti. This path allows the seeker to transcend obstacles to liberation through sexual union. Kali is absolute reality: manifested as woman intoxicated by desire, she frees the tantric practitioner from all desire except union with the divine.



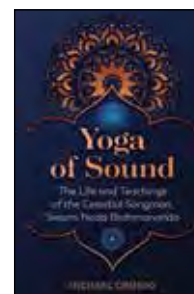
## Yoga Spandakarika

*The Sacred Texts at the Origins of Tantra*

Daniel Odier

ISBN 978-1-59477-051-7  
\$16.95 (CAN \$19.95) pb  
192 pages, 6 x 9

The sacred dance of Yoga Spandakarika, Tandava, is extremely subtle and difficult. Once mastered, the yogi or yogini is able to manifest the dance of Shiva, a tradition visible in the statuary of Tantric temples in India and Tibet. Daniel Odier passes on these vanishing teachings as he received them from his Tibetan master, Kalu Rinpoche, and Kashmiri yogi Lalita Devi.



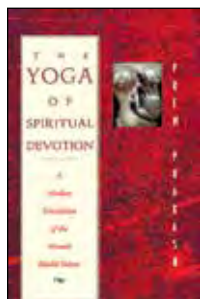
## Yoga of Sound

*The Life and Teachings of the Celestial Songman, Swami Nada Brahmananda*

Michael Grosso

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Sharing the lessons of Swami Nada Brahmananda, Michael Grosso explores Swami Nada's Indian yoga of sacred sound in depth. The lessons center on three life-enhancing themes: controlling the mind, diet and practices conducive to healing and perfect health, and how music in all its forms can be used to transform consciousness and enrich our spiritual life.



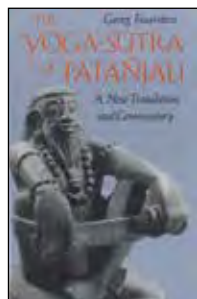
### The Yoga of Spiritual Devotion

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Prem Prakash

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*"Prem Prakash's book offers a sensitive introduction to the devotional path by a Western practitioner. He makes the ancient Bhakti Sutras of Narada come alive for all of us who wish to cultivate the beauty and power of the heart. I highly recommend the present book and hope it will widely influence the Western yoga movement."*

Georg Feuerstein

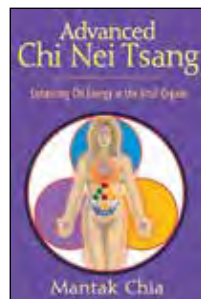


### The Yoga-Sūtra of Patañjali

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The landmark scripture on classical yoga, these aphorisms by the sage Patañjali constitute a complete course in the philosophy of yoga and the attainment of self-realization.

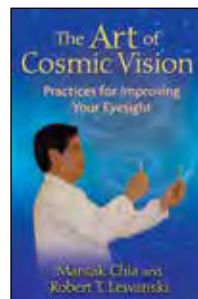


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Presents advanced techniques to release negative energy from the body and reestablish a healthy flow of vital energy to internal tissues and organs. Includes techniques for detoxifying and rejuvenating the body. Works with the navel center, where negative energy accumulates.

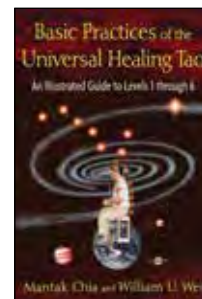


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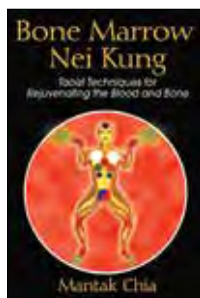


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Mantak Chia and William U. Wei

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This book offers a comprehensive reference to the beginning and intermediate practices of the Universal Healing Tao system. It includes 220 basic exercises from the full range of Master Chia's teachings for building a regular Taoist practice that combines internal and external chi with sexual energy exercises.

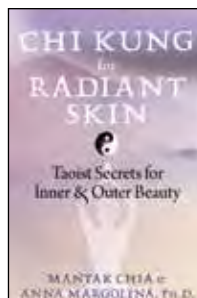


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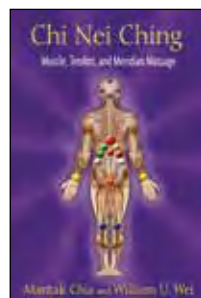
Mantak Chia reveals the ancient mental and physical Taoist techniques used to "regrow" bone marrow, strengthen the bones, and rejuvenate the organs and glands. These techniques of bone breathing, bone compression, and sexual energy massage absorb energy into the bones. By stimulating the hormonal production that helps prevent osteoporosis, the effects of aging can be reversed.



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Mantak Chia and Anna Margolina, Ph.D.

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Presenting a holistic approach to skin health, Taoist Master Mantak Chia and skin care expert Anna Margolina, Ph.D., share ancient Taoist wisdom and Chi Kung methods for a radiant complexion. They share easy step-by-step instructions for detoxifying techniques, circulation-enhancing activities, and energy cultivation to ensure the vitality of your body's outermost layer.

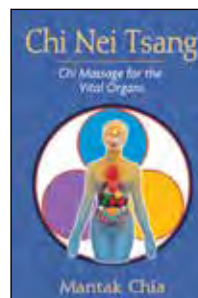


### Chi Nei Ching

*Muscle, Tendon, and Meridian Massage*  
Mantak Chia and William U. Wei

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Full-color throughout

This final book in the Chi Nei Tsang series presents massage techniques that unblock chi, release tight tendons and muscles, and alleviate pain. The authors explain techniques such as Tok Sen which uses a wooden hammer to send vibrational energy deep into the fascia and muscles, and Gua Sha—the scraping of the body to clear blood stagnation and promote metabolism.

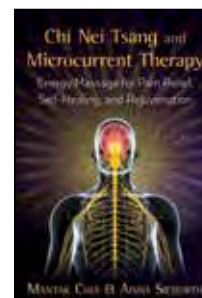


### Chi Nei Tsang

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Mantak Chia

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The energies of negative emotions, stress, and tension, and the weight of past illnesses, all accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. Practicing the self-healing techniques of Chi Nei Tsang removes this stagnation and detoxifies and rejuvenates the vital organs.



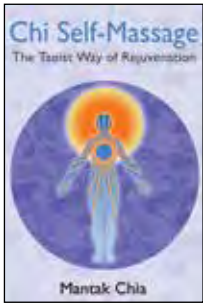
### Chi Nei Tsang and Microcurrent Therapy

*Energy Massage for Pain Relief, Self-Healing, and Rejuvenation*  
Mantak Chia and Aisha Sieburth

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\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
286 b&w illustrations

Recently it has been discovered that applying low-amperage electrical current to the body harmonizes cells and boosts the body's self-healing abilities. Combining this innovative therapy with ancient Taoist healing methods, the authors detail how to integrate microcurrent therapy with Chi Nei Tsang energy massage for pain relief, self-healing, and rejuvenation.





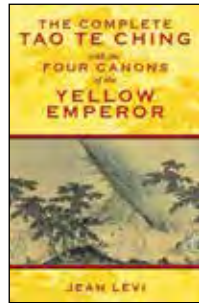
### Chi Self-Massage

*The Taoist Way of Rejuvenation*

Mantak Chia

ISBN 978-1-59477-110-1  
\$12.95 (CAN \$15.95) pb  
128 pages, 6 x 9  
105 b&w illustrations

In *Chi Self-Massage* Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. By practicing the exercises outlined, readers can strengthen their senses, detoxify internal organs, control negative emotions, relieve stress and constipation, and improve their complexion, teeth, gums, and overall stamina.

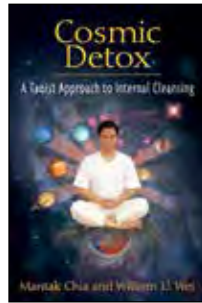


### The Complete Tao Te Ching with the Four Canons of the Yellow Emperor

Jean Levi

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Mantak Chia and William U. Wei

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52 b&w illustrations

*Cosmic Detox* shows how to reactivate your body's self-healing abilities by expelling accumulated toxins using chi self-massage, healing sounds and other practices of the Taoist sages. Includes a 14-day total-body cleansing program.



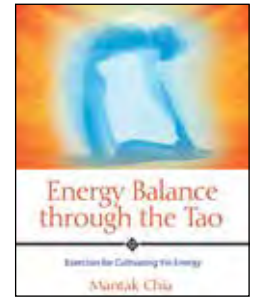
### Cosmic Fusion

*The Inner Alchemy of the Eight Forces*

Mantak Chia

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\$29.99 (CAN \$37.50) pb  
272 pages, 6 x 9  
208 color and b&w illustrations

This fully illustrated guide presents the second level of Inner Alchemy practices that use the eight forces of the pakua (bagua) to collect, gather, and condense chi in the body. It explains how to balance negative emotional energy with positive energy to detoxify, nourish, and integrate the physical and the energy body with the forces of nature.



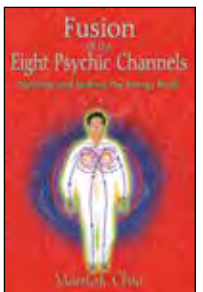
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*Exercises for Cultivating Yin Energy*

Mantak Chia

ISBN 978-1-59477-059-3  
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The Taoist system of Tao Yin is one of the oldest and most diverse forms of exercise in China. Tao Yin focuses on creating balance between internal and external energies and revitalizing the body, mind, and spirit with a combination of strength, flexibility, and internal energy exercises.



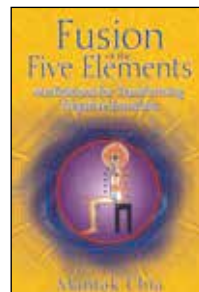
### Fusion of the Eight Psychic Channels

*Opening and Sealing the Energy Body*

Mantak Chia

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128 pages, 6 x 9  
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*Fusion of the Eight Psychic Channels* offers advanced Inner Alchemy exercises to prepare practitioners for the Practice of the Immortal Tao. It explains opening the Great Bridge Channel and the Great Regulator Channel, and includes exercises to strengthen and wrap the spinal cord with energy.



### Fusion of the Five Elements

*Meditations for Transforming Negative Emotions*

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176 pages, 6 x 9  
80 b&w illustrations

*Fusion of the Five Elements* teaches the practice of Inner Alchemy showing you how to control the energies of your inner universe to better connect with energies of the outer universe. It teaches the essential first-level meditations in Taoist practice, also known as Fusion of the Five Forces, for promoting self-healing and emotional and spiritual development.

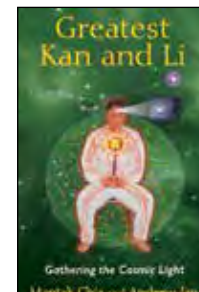


### Golden Elixir Chi Kung

Mantak Chia

ISBN 978-1-59477-026-5  
\$16.99 (CAN \$19.99) pb  
144 pages, 6 x 9  
Full-color throughout

*Golden Elixir Chi Kung* contains twelve postures that develop and utilize the healing power of saliva, long considered by Taoists as a key component for optimum health. Taoists believe that this Golden Elixir is a physical healing agent, and also a major transformative agent in preparing for higher spiritual work.



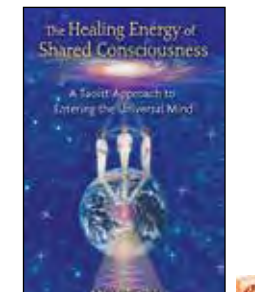
### Greatest Kan and Li

*Gathering the Cosmic Light*

Mantak Chia and Andrew Jan

ISBN 978-1-62055-231-5  
\$34.99 (CAN \$43.99) pb  
272 pages, 6 x 9  
Full-color throughout

This volume, for the advanced student who has mastered the practices of Lesser Kan and Li and Greater Kan and Li, explains how to establish the cauldron at the Heart Center to collect cosmic light, activate the Cranial and Sacral Pumps, and align the Three Triangle Forces. Merging energy at the Heart Center then leads to the birth of the immortal spirit body, uniting the practitioner with the Tao and allowing him or her to draw limitless energy and power from the Cosmos.



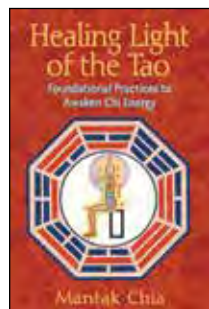
### The Healing Energy of Shared Consciousness

*A Taoist Approach to Entering the Universal Mind*

Mantak Chia

ISBN 978-1-59477-321-1  
\$16.95 (CAN \$19.95) pb  
128 pages, 6 x 9  
121 b&w illustrations

In Taoism, there are three "minds" that, when unified, transform and balance the energy of an individual. Master Chia reveals his World Link meditation, which can unite many people in a Universal Mind—a shared consciousness that can exponentially amplify healing energy.



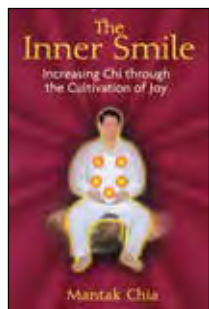
## Healing Light of the Tao

*Foundational Practices to Awaken Chi Energy*

Mantak Chia

ISBN 978-1-59477-113-2  
\$26.95 (CAN \$31.95) pb  
608 pages, 6 x 9  
374 b&w illustrations

This practical guide to health, sexual vitality, and emotional balance presents the Microcosmic Orbit's advanced methods of chi cultivation. By engaging and directing the three primordial forces of Earth, Heaven, and Higher Self, changes to the energy body are activated that lead to enlightenment and immortality.



## The Inner Smile

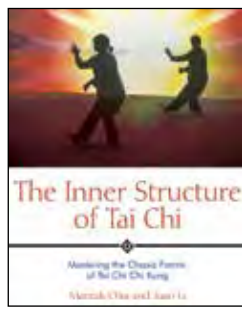
*Increasing Chi through the Cultivation of Joy*

Mantak Chia

ISBN 978-1-59477-155-2  
\$12.95 (CAN \$15.95) pb  
80 pages, 6 x 9  
35 color and b&w illustrations

The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that cause illness. This internal awareness practice flushes the organs of low-grade energy, improving health.

**Audiobook available**



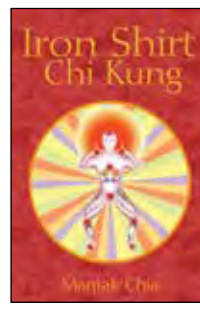
## The Inner Structure of Tai Chi

*Mastering the Classic Forms of Tai Chi Chi Kung*

Mantak Chia and Juan Li

ISBN 978-1-59477-058-6  
\$19.95 (CAN \$24.95) pb  
264 pages, 8 x 10  
245 b&w illustrations

Explores the deep, internal work necessary for the effective practice of tai chi, with illustrated instructions for mastering Yang-style Tai Chi Kung. Demonstrating tai chi's relationship to the three forces—Universal, Cosmic, and Earth—that animate all life, the authors reveal a practice to produce the full spectrum of benefits that tai chi can bring.

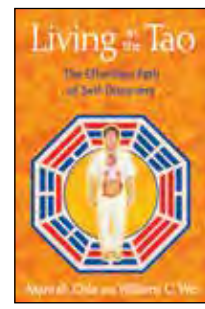


## Iron Shirt Chi Kung

Mantak Chia

ISBN 978-1-59477-104-0  
\$16.95 (CAN \$19.95) pb  
288 pages, 6 x 9  
300 b&w illustrations

Long before the advent of firearms, Iron Shirt Chi Kung, a form of Kung Fu, built powerful bodies able to withstand hand-to-hand combat. Even then, however, martial use was only one aspect of Iron Shirt Chi Kung, and today its other benefits—strengthening the internal organs, establishing roots to the earth's energy, and unifying physical, mental, and spiritual health—remain vitally significant for anyone seeking better health, a sound mind, and spiritual growth.



## Living in the Tao

*The Effortless Path of Self-Discovery*

Mantak Chia and William U. Wei

ISBN 978-1-59477-294-8  
\$22.95 (CAN \$26.95) pb  
416 pages, 6 x 9  
397 b&w illustrations

In the West we think we can control our individual destinies by swimming against the current, but Living in the Tao is effortless. Mantak Chia and William Wei present techniques to help us learn to connect with the universal truth within—without striving.



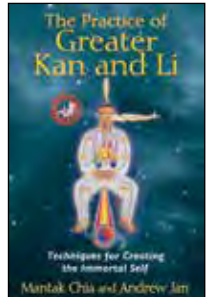
## Pi Gu Chi Kung

*Inner Alchemy Energy Fasting*

Mantak Chia and Christine Harkness-Giles

ISBN 978-1-62055-425-8  
\$16.95 (CAN \$20.50) pb  
160 pages, 6 x 9  
Full-color throughout

Pi Gu Chi Kung is an ancient Taoist method which centers on a simple diet of fruits, teas, nuts, and eggs paired with special chewing techniques and chi kung exercises. Providing a step-by-step guide, Master Mantak Chia and coauthor Christine Harkness-Giles explain the pi gu diet, provide immortality tea recipes, and illustrate the corresponding chi kung energy exercises.



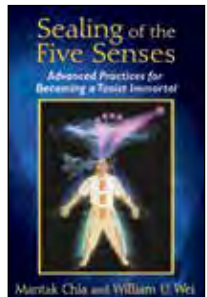
## The Practice of Greater Kan and Li

*Techniques for Creating the Immortal Self*

Mantak Chia and Andrew Jan

ISBN 978-1-62055-085-4  
\$18.95 (CAN \$21.95) pb  
256 pages, 6 x 9  
Full-color throughout

Building on the Lesser Kan and Li formulas for the development of the soul body, this book provides illustrated descriptions of the Greater Kan and Li formulas to create the immortal spirit body.



## Sealing of the Five Senses

*Advanced Practices for Becoming a Taoist Immortal*

Mantak Chia and William U. Wei

ISBN 978-1-62055-311-4  
\$22.99 (CAN \$28.99) pb  
176 pages, 6 x 9  
Full color throughout

Misuse of the five senses leads to energy loss and degradation. The practice of Sealing of the Five Senses stops energy loss and gathers cosmic light to feed the immortal spirit body. The authors reveal the proper diet and eating habits in this practice, and show how to create the Crystal Room cauldron, where fire and water energy "steam" all the body's major organ systems.

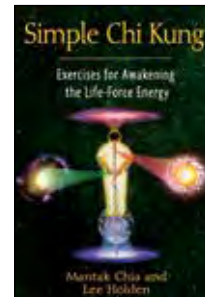


## The Secret Teachings of the Tao Te Ching

Mantak Chia and Tao Huang

ISBN 978-0-89281-191-5  
\$18.99 (CAN \$23.99) pb  
256 pages, 6 x 9  
85 b&w illustrations

For over 2,500 years the words of the Tao Te Ching, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Taoist masters Mantak Chia and Tao Huang analyze Lao-tzu's teachings line by line and offer practical illustrations that clarify the true meaning and purpose of this classic text.



## Simple Chi Kung

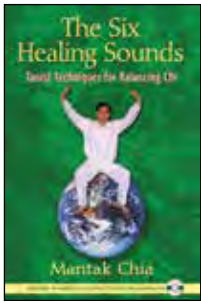
*Exercises for Awakening the Life-Force Energy*

Mantak Chia and Lee Holden

ISBN 978-1-59477-333-4  
\$16.95 (CAN \$19.95) pb  
144 pages, 6 x 9  
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In *Simple Chi Kung*, Taoist master Mantak Chia distills thousands of Chi Kung practices into one simple daily routine perfect for beginners and ideal as a warm-up to more advanced practices.

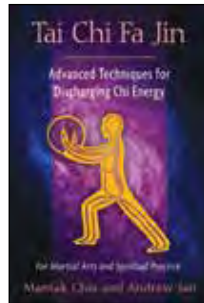




## The Six Healing Sounds

*Taoist Techniques for Balancing Chi*  
Mantak Chia

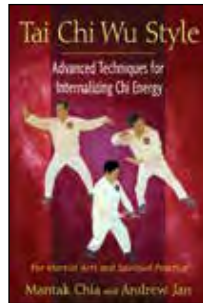
ISBN 978-1-59477-156-9  
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96 pages, 6 x 9  
Color and b&w illustrations throughout  
Includes a 40-minute CD  
Ancient Taoist masters discovered that a healthy organ vibrates at a particular frequency and identified six sounds to keep each organ healthy. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness.



## Tai Chi Fa Jin

*Advanced Techniques for Discharging Chi Energy*  
Mantak Chia and Andrew Jan

ISBN 978-1-59477-428-7  
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288 pages, 6 x 9  
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Fa Jin, an advanced yang style of Tai Chi, enables the practitioner to harness energy in the lower tan tien and discharge it as an explosively powerful blow. Integrates the teachings of Bruce Lee who made the "one-inch punch" technique famous.



## Tai Chi Wu Style

*Advanced Techniques for Internalizing Chi Energy*  
Mantak Chia and Andrew Jan

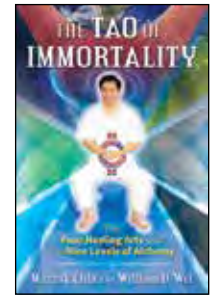
ISBN 978-1-59477-471-3  
\$18.95 (CAN \$21.95) pb  
304 pages, 6 x 9  
Full-color throughout  
Wu-Style Tai Chi follows, rather than directs, the flow of chi energy and is a gentle Tai Chi form for beginners. Centered on a stance with feet closer together and arms closer to the body, these techniques for building a personal short-form Tai Chi Wu practice can bring about a broad range of health benefits.



## Tan Tien Chi Kung

*Foundational Exercises for Empty Force and Perineum Power*  
Mantak Chia

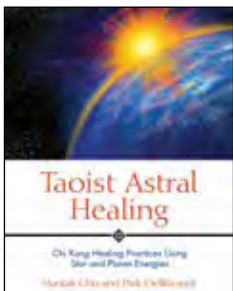
ISBN 978-0-89281-195-3  
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192 pages, 6 x 9  
Full-color throughout  
Tan Tien Chi Kung is the art of cultivating chi in the lower abdomen—the tan tien. Known as the Ocean of Chi, this lower abdominal area holds the key to opening the body to the free and continuous movement of chi. Included are exercises to develop chi for increased vitality and the mind-body balance essential for spiritual growth and well-being.



## The Tao of Immortality

*The Four Healing Arts and the Nine Levels of Alchemy*  
Mantak Chia and William U. Wei

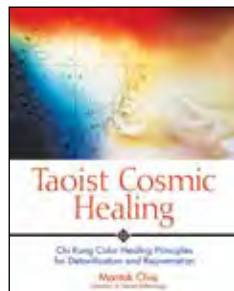
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Full-color throughout  
Master Mantak Chia and William U. Wei offer a condensed approach to the advanced esoteric practices of the Universal Healing Tao system. They explain the Five Enlightenment and each of the 9 levels of Inner Alchemy and their more than 240 formulas—all aimed toward the survival of consciousness beyond death.



## Taoist Astral Healing

*Chi Kung Healing Practices Using Star and Planet Energies*  
Mantak Chia and Dirk Oellibrand

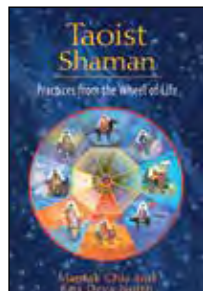
ISBN 978-0-89281-089-5  
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224 pages, 8 x 10  
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*Taoist Astral Healing* provides a step-by-step program for cultivating chi from the stars and planets. While Taoism centers on health derived from the energy of the earth, *Taoist Astral Healing* teaches how to draw energy from the stars and planets. By following the meditations and techniques in the book, readers can develop a personal practice, understand their planetary strengths and weaknesses, and promote their own spiritual growth.



## Taoist Cosmic Healing

*Chi Kung Color Healing Principles for Detoxification and Rejuvenation*  
Mantak Chia

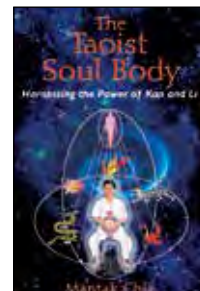
ISBN 978-0-89281-087-1  
\$29.95 (CAN \$35.95) pb  
240 pages, 8 x 10  
Full-color throughout  
*Taoist Cosmic Healing* teaches the reader how to use the major acupuncture points in the hands to activate, open, and balance the chi meridians throughout the body. This practice allows the student to detoxify and rejuvenate the major organ systems and harness the astral energies of specific stars to heal others. Master Chia also presents for the first time in the West the details of chi kung color therapy.



## Taoist Shaman

*Practices from the Wheel of Life*  
Mantak Chia and Kris Deva North

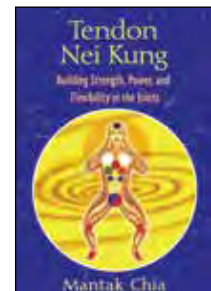
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192 pages, 6 x 9  
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*Taoist Shaman* explains the principles of the Taoist Medicine Wheel, how it is oriented to the Five Elements rather than the Four Directions; how it relates to the Chinese zodiac and the I Ching; and how it aligns with the Eight Forces of the Pakua.



## The Taoist Soul Body

*Harnessing the Power of Kan and Li*  
Mantak Chia

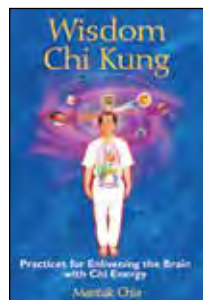
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115 color and b&w illustrations  
This guide to the practice of the Lesser Kan and Li shows how total darkness stimulates the release of DMT by the pineal gland. Darkness technology transforms sexual energy into life-force energy, which feeds the soul body, and awakens higher consciousness of the immortal spirit body.



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A guide to strengthening and repairing the tendons to fight aging. *Tendon Nei Kung* shows how strengthening the tendons can lead to more energy, healthier organs, and prevention of arthritis. The author explains how to practice the postures alone or with a partner.



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*Wisdom Chi Kung* teaches practitioners how to revitalize the brain by learning to stop the ceaseless chatter of the "monkey mind," and then recharge the brain with chi energy. These Taoist practices have been proven to increase and maintain mental awareness, memory, focus, and clarity.



### The Divine Feminine Tao Te Ching

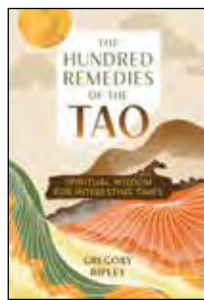
*A New Translation and Commentary*

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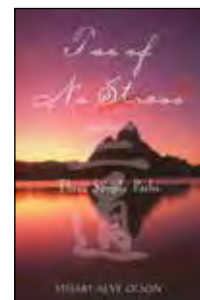
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Stuart Alve Olson

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This book teaches that one can attain immortality through the cultivation of the three treasures of Taoism: *ching* (sexual and physical energy), *qi* (breath and vital energy), and *shen* (spirit and mental energy). Drawing on his extensive knowledge of Chinese culture, Stuart Alve Olson demonstrates the practical application of these texts in contemporary life.



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Stuart Alve Olson introduces the simple, time-tested exercises of Taoist masters to teach even the most harried Westerner how to go beyond reducing stress to eliminating it all together. Olson offers easy-to-use techniques to help us let go of tension and mental strain through breathing, mental relaxation, and massage.



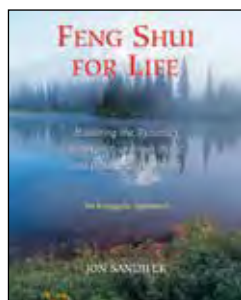
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Feng shui is a time-honored system of principles that explain how our lives are pragmatically and spiritually linked to our environment. This book shows how these principles can be implemented at little cost, providing simple instructions for laying out any living space to create significant improvements in physical and financial well-being.



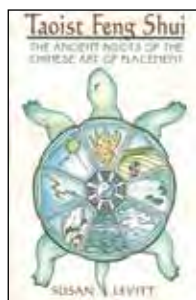
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Feng shui consultant Jon Sandifer shows how the energy flow that affects our environments affects our selves as well. He provides complete guides to arranging your home and your lifestyle in ways most appropriate for who you are.



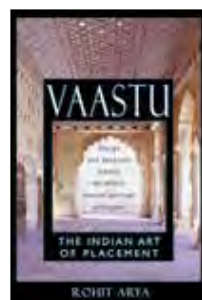
### Taoist Feng Shui

*The Ancient Roots of the Chinese Art of Placement*

Susan Levitt

ISBN 978-0-89281-723-8  
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This is the first book to show how feng shui developed from the Taoist systems of astrology, yin and yang, and the five elements. The author provides examples from her own feng shui practice to help you harmonize your own space.



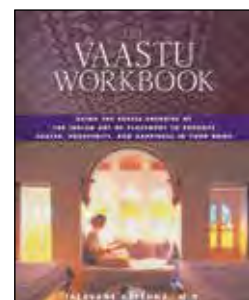
### Vaastu: The Indian Art of Placement

*Design and Decorate Homes to Reflect Eternal Spiritual Principles*

Rohit Arya

ISBN 978-0-89281-885-3  
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128 pages, 6 x 9  
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Vaastu is the Hindu art of environmental design and the ancient precursor to feng shui. From the placement of household items to guidelines for modifying existing buildings, this book can help you create a personal environment that promotes harmony, and health.



### The Vaastu Workbook

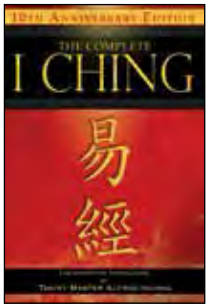
*Using the Subtle Energies of the Indian Art of Placement to Enhance Health, Prosperity, and Happiness in Your Home*

Talavane Krishna, M.D.

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As a native Chinese speaker, Master Huang has imbued this I Ching with an accuracy and authenticity not achieved in other English translations. He also returns to prominence the Ten Wings, the commentaries by Confucius that are essential to the I Ching's insights.



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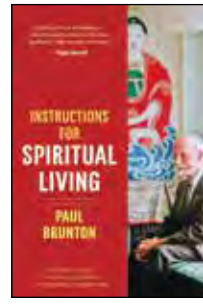
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Master Alfred Huang

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A must for serious I Ching students, this is the first book to bring the complete Taoist teachings on form, structure, and symbol in the I Ching to a Western audience.



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*Memoirs from the Himalayas*

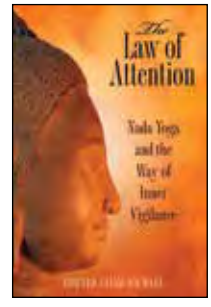
Nicholas Roerich  
ISBN 978-0-89281-302-5  
\$12.95 (CAN \$14.95) pb  
160 pages, 5.38 x 8.25  
Roerich recounts his journeys to more than fifty monasteries and his meetings with lamas eager to share their spiritual insights and heritage with the Western world. His expeditions crossed thirty-five mountain passes, and included here are dramatic descriptions of snow blindness, mountain floods, and mysterious electrical phenomena, as well as intimate depictions of daily life in the rigorous yet beautiful Himalayan environment.



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Paul Brunton  
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Providing instructions to guide one's development on the spiritual path, Paul Brunton explores the process of emotional purification and offers transformative wisdom to help learn and grow from the challenges that arise as you develop spiritually. He also explains how to break free from the ego, follow your intuition, and tap into inner inspiration.

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*Nada Yoga and the Way of Inner Vigilance*

Edward Salim Michael  
ISBN 978-1-59477-304-4  
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384 pages, 6 x 9  
7 b&w illustrations  
This book presents the spiritual teachings of Edward Salim Michael and the struggles that led to his enlightenment. Emphasizing inner attention and awareness, Michael's practices can help aspirants make direct contact with the divine source each of us carries within.



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*The Ancient Shamanic Yoga of Non-Duality*

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160 pages, 6 x 9  
68 b&w illustrations  
Hidden at the heart of nearly all spiritual traditions lies the powerful teachings of the Mother Mantra. Williams presents an initiate's guide to the healing practices, spiritual exercises, and secret rites of this tradition and shows how it allows us to overcome subconscious programming, release our fears, and spiritually fuse with the divine.



**My Journey in Mystic China**

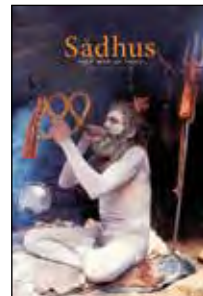
*Old Pu's Travel Diary*  
John Blofeld  
Translated by Daniel Reid  
Foreword by Chungliang Al Huang  
ISBN 978-1-59477-157-6  
\$24.95 (CAN \$29.95) hardcover  
296 pages, 6 x 9  
Includes 8-page b&w insert

This translation of John Blofeld's memoirs as a Westerner living in pre-Communist Revolution China paints an intimate portrait of ancient Chinese civilization. Originally written in Chinese for Chinese readers, Blofeld's travel diary reveals a rare uncensored view of the culture of "old" China.



**Riding the Spirit Bus**

*My Journey from Satsang with Ram Dass to Lama Foundation and Dances of Universal Peace*  
Ahad Cobb  
ISBN 978-1-64411-535-0  
\$24.99 (CAN \$31.50) pb  
352 pages, 6 x 9  
58 b&w illustrations  
Sharing his opening to the inner life, his poetry and dreams, his spiritual passions and astrological insights, Ahad Cobb's memoir recounts his deep involvement with three spiritual community movements originating in the sixties which are still thriving today: the Ram Dass satsang, Lama Foundation, and Dances of Universal Peace.



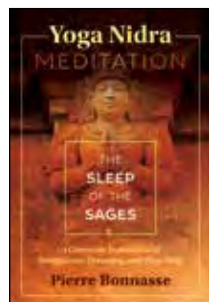
**Sādhus**  
*Holy Men of India*

Dolf Hartsuiker  
ISBN 978-1-62055-402-9  
\$19.95 (CAN \$23.95) pb  
176 pages, 6 x 9  
125 color and b&w illustrations  
Numbering in the millions, the Sādhus of India are worshipped by Hindus as representatives of the gods. Their path is one of knowledge and devotion, renunciation and realization, sexual energy, spiritual power, divine intoxication, and mystical union. This full-color study captures their world of ancient magical rituals, religious symbols, and ascetic practices.



**Rishi Yoga**  
*Movement Meditation Practices of the Himalayan Sages*

Pierre Bonnassee  
ISBN 978-1-62055-786-0  
\$16.99 (CAN \$21.50) pb  
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91 b&w illustrations  
In this detailed guide, yoga and meditation teacher Pierre Bonnassee reveals the simple movement, breathing, and awareness techniques of the Rishi Yoga tradition, passed down through generations of yogis in the Himalayas. He shows how to integrate Rishi Yoga into daily life to discover the peace and joy inherent in each of us.



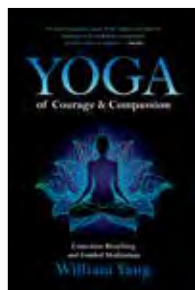
### Yoga Nidra Meditation

*The Sleep of the Sages*

Pierre Bonnassee

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160 pages, 6 x 9

Yoga Nidra is an ancient Indian practice that allows you to consciously explore wakefulness, dream, deep sleep, and your emotional, mental, and energy bodies. Providing a step-by-step guide to Yoga Nidra, Pierre Bonnassee offers a full range of practices focused on the time of awakening and of going to sleep.



### A Sacred Planet Book Yoga of Courage and Compassion

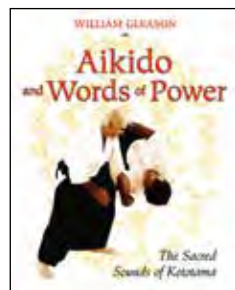
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William Yang

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After witnessing hundreds of breakthroughs into radical presence and open-heartedness among his terminal cancer patients, yoga and meditation teacher William Yang developed a series of simple, practical, and profound breathing, movement, and meditation exercises that help to bypass the ego-centered mind, open the heart, and live fearlessly in the present moment.

**Audiobook available**



### Aikido and Words of Power

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William Gleason

ISBN 978-1-59477-245-0  
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398 b&w illustrations

The secrets of the sacred sounds that unlock the principles and spiritual strength of aikido are explained, along with the nature of the five vowels governing physical manifestations of universal consciousness. The author uses photographs to demonstrate how this approach fosters advanced spiritual practice.

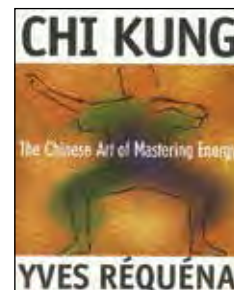


### The Spiritual Foundations of Aikido

William Gleason

ISBN 978-0-89281-508-1  
\$24.95 (CAN \$29.95) pb  
216 pages, 8 x 10  
180 b&w photographs

Aikido was founded not as a fighting method but a means of becoming one with the laws of universal order. William Gleason includes many of Morihei Ueshiba's teachings here for the first time in English, along with 160 photographs in 22 photographic sequences demonstrating several complete forms of the practice.



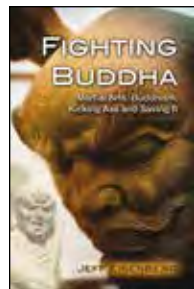
### Chi Kung

*The Chinese Art of Mastering Energy*

Yves Réquena

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\$16.95 (CAN \$19.95) pb  
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Here is a fully illustrated introduction to this ancient discipline. The techniques of deliberate movement, conscious breathing, and visualization will energize you and bring you to a new level of well-being.



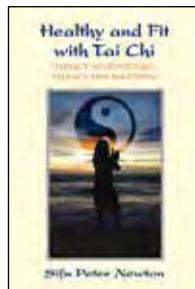
### Fighting Buddha

*Martial Arts, Buddhism, Kicking Ass and Saving It*

Jeff Eisenberg

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160 pages, 6 x 9

Martial arts instructor and meditator Jeff Eisenberg shows that Buddhism and Martial Arts can complement each other. Challenging the belief that martial arts are not conducive to a meditative practice, the book shows the difference between violence and the use of force as it relates to the Buddha's teaching of "cause no harm."



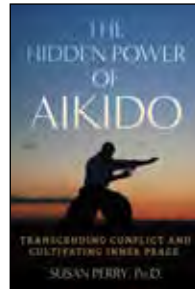
### Healthy and Fit with Tai Chi

*Perfect Your Posture, Balance, and Breathing*

Peter Newton

Illustrated by Jeff Cushing  
ISBN 978-1-84409-656-5  
\$16.99 (CAN \$21.50) pb  
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42 b&w illustrations

'Posture', 'Posture', 'Posture'! This book identifies typical posture-related weaknesses that can impose limitations on a normally healthy functioning body. It then shows how to rectify these conditions by introducing the intricate body-mechanics and natural postures of Tai Chi and Qigong.



**New—April 2024**

A Sacred Planet Book

### The Hidden Power of Aikido

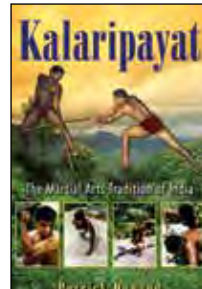
*Transcending Conflict and Cultivating Inner Peace*

Susan Perry, Ph.D.

Forewords by John Stevens and John Perry

ISBN 978-1-64411-897-9  
\$22.99 (CAN \$28.99) pb  
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23 b&w illustrations

Sharing personal stories, Aikido practitioner and 6th-degree blackbelt Susan Perry, Ph.D., shows how Aikido can help peacefully resolve difficulties that arise with intimidating and unpredictable people, those who are stubborn or don't listen, insincere people who want something from you, and chaotic situations. Includes Aikido's step-by-step protocol for deescalation.



### Kalaripayat

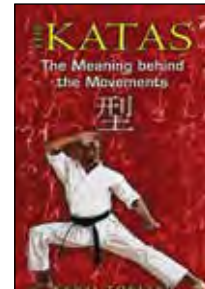
*The Martial Arts Tradition of India*

Patrick Denaud

Foreword by Marie-Claire Restoux, 1995 world Judo champion

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\$16.95 (CAN \$23.75) pb  
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Kalaripayat is the most ancient of the Eastern martial arts. It draws from the science of breath, creating highly concentrated trance states and helping to control the flow of vital energy. The practitioner learns to be a capable fighter and an accomplished healer.



### The Katas

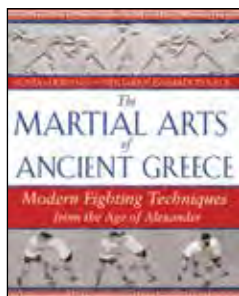
*The Meaning behind the Movements*

Kenji Tokitsu

ISBN 978-1-59477-348-8  
\$16.95 (CAN \$19.95) pb  
192 pages, 6 x 9

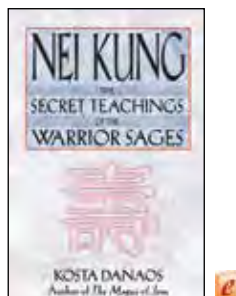
The dedication-to-perfection philosophy of the katas—specific sequences of movement in martial arts—is ubiquitous in Japanese society. This book explains how the katas transmit a profound ancient philosophy, not just technical movements.





### The Martial Arts of Ancient Greece

*Modern Fighting Techniques from the Age of Alexander*  
Kostas Dervenis and Nektarios Lykiardopoulos  
ISBN 978-1-59477-192-7  
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256 pages, 8 x 10  
423 b&w illustrations  
The ancient friezes and decorative motifs of ancient Greece contain abundant scenes of combat, one-on-one and hand-to-hand. In *The Martial Arts of Ancient Greece*, the authors offer close inspection of these depictions to reveal that they exactly correlate to the grappling and combat arts as they are practiced today.



### Nei Kung

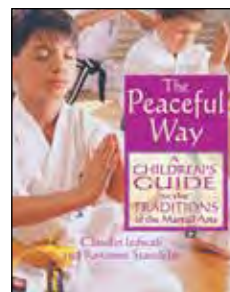
*The Secret Teachings of the Warrior Sages*  
Kosta Danaos  
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35 b&w illustrations  
Explains the science behind the practice of nei kung, the elemental nature of yin and yang energy—the two components of ch'i, and how learning to control the yang energy in our ch'i can result in the release of dynamic energy.



### Martial Arts Teaching Tales of Power and Paradox

*Freeing the Mind, Focusing Chi, and Mastering the Self*  
Pascal Fauliot

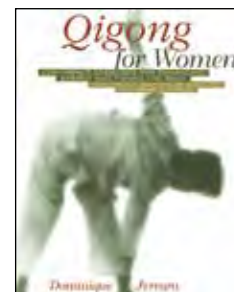
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By reading—and comprehending—the tales in this book, we can acquire the same essential knowledge that these masters had—that extraordinary forces are within the grasp of those who have achieved inner peace and self-mastery.



### The Peaceful Way

*A Children's Guide to the Traditions of the Martial Arts*

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40 b&w illustrations  
In clear, simple language the authors lead young readers into the world of martial arts. From the leaving of shoes at the door of the dojo to the mastery of black-belt skills, they emphasize that a cooperative spirit is the key to success in any martial art.



### Qigong for Women

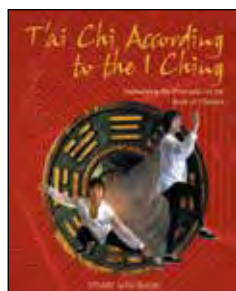
*Low-Impact Exercises for Enhancing Energy and Toning the Body*

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A qigong teacher provides comprehensive instructions for dozens of exercises specifically designed for women's health. Includes sections on sexuality, osteoporosis, pregnancy, weight control, and physical and emotional stress.  
"Qigong for Women is essential reading for both novice and experienced female practitioners of Qigong."  
The Bookwatch



### Qigong Teachings of a Taoist Immortal

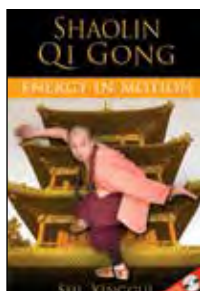
*The Eight Essential Exercises of Master Li Ching-yun*  
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192 pages, 8 x 10  
85 b&w illustrations  
Master Li Ching-yun is reliably chronicled to have lived more than 250 years, during which he practiced the Eight Brocades on a daily basis. His longevity and personal endorsements attest to the Eight Brocades as the quintessence of qigong practice.



### T'ai Chi According to the I Ching

*Embodying the Principles of the Book of Changes*

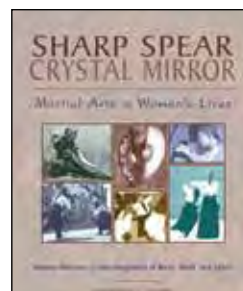
Stuart Alve Olson  
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Because the Before Heaven sequence of postures is the foundation of all T'ai Chi forms, this book provides valuable advice for all practitioners, regardless of the style they practice or the depth of their experience. An essential reference book for any serious student of Taoism.



### Shaolin Qi Gong

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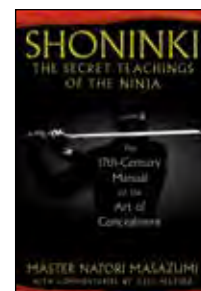
Shi Xinggui  
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82 color illustrations  
Includes a 53-minute DVD  
Shaolin Temple qi gong is founded on spiritual principles established by Bodhidharma in the 6th century C.E. This book presents short and long forms of the daily exercises and includes a DVD of techniques demonstrated by the author.



### Sharp Spear, Crystal Mirror

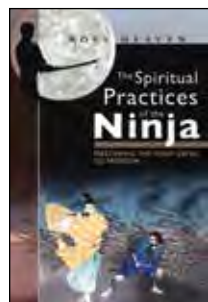
*Martial Arts in Women's Lives*

Stephanie T. Hoppe  
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57 b&w photographs  
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### Shoninki: The Secret Teachings of the Ninja

*The 17th-Century Manual on the Art of Concealment*  
Master Natori Masazumi  
With commentaries by Axel Mazuer  
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The ninja were trained in secret schools using only a few books, written in code. The *Shoninki*, is one of these coded manuals, presenting the arts of concealment, espionage, and survival. This classic text confirms the path of the ninja as an authentic spiritual discipline.



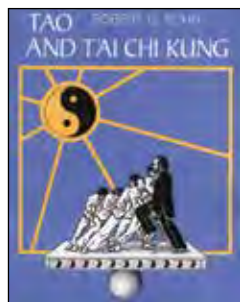
## The Spiritual Practices of the Ninja

*Mastering the Four Gates to Freedom*

Ross Heaven

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Ross Heaven reveals the training exercises and mental discipline used by the Ninja to develop their extraordinary physical, emotional, mental, and spiritual skills. By turning elemental forces into allies we can overcome the soul fatigue that is at the root of our personal and social problems in order to embrace our positive energies and realize our talents.

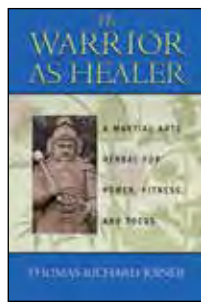


## Tao and T'ai Chi Kung

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*Tao and T'ai Chi Kung* grounds the practitioner deeply in both Taoist philosophy and the practical physiology of T'ai Chi Chuan. It delves into the more profound aspects of energy development, explaining how to use the mind to assume the correct "inner posture," ways to distinguish between intrinsic and extrinsic muscles, and how to become rooted in the tan tien.



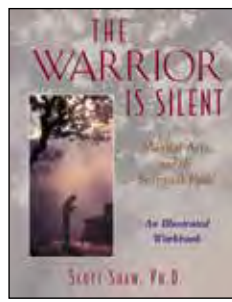
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Thomas Richard Joiner

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*The Warrior As Healer* provides more than 100 recipes that have been used for centuries to stop bleeding, speed the healing of fractured bones, as well as improve focus and calm the mind. The book also includes a guide to patent medicines available in Chinese apothecaries. The author, a Yodan fourth-degree black belt, is trained in traditional Chinese medicine.



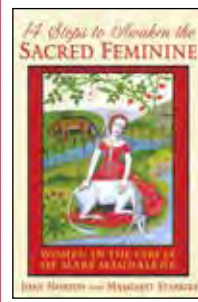
## The Warrior Is Silent

*Martial Arts and the Spiritual Path*

Scott Shaw, Ph.D.

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80 b&w photographs

This is an essential guide for anyone interested in a spiritually centered martial arts practice. The author presents a well-illustrated series of self-defense techniques that utilize ki energy in order to establish a balance between the physical and spiritual aspects of the martial arts.



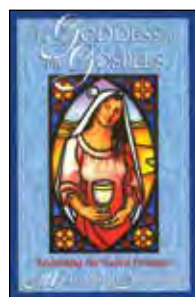
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This practical guide for inviting the wisdom of Mary Magdalene into everyday life is designed for those interested in the sacred feminine wisdom of the Goddess. Includes wisdom stories, guided meditations, journaling questions and a workbook for the spiritual pathwork of Magdalene Circles.



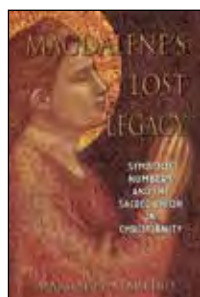
## The Goddess in the Gospels

*Reclaiming the Sacred Feminine*

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Margaret Starbird's courageous exploration of the scorned feminine in Western religious tradition created a personal crisis for this Catholic scholar. In *The Goddess in the Gospels* the author tells how she was guided by an incredible series of synchronicities that reveal the Sacred Marriage of male and female—the hieros gamos—leading to her own personal redemption.



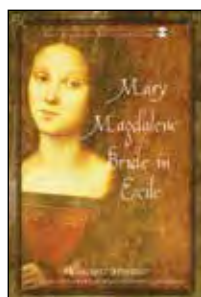
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Using New Testament *gematria*, symbolic number values encoded in the Greek phrases, the author reveals that the sacred couple was one of the essential pillars of early Christian teachings, before being denied by the architects of institutional Christianity and obscured by later Church doctrine.

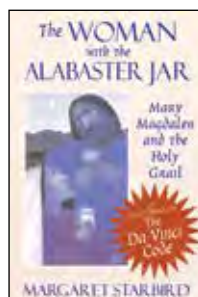


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Margaret Starbird

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Margaret Starbird examines the many faces of Mary Magdalene, from the historical woman, to the mythic and symbolic Magdalene, archetype of the Sacred Feminine. Starbird offers historical evidence that Mary was Jesus' forgotten bride, and establishes her true role as embodying the soul's own journey in its eternal quest for reunion with the Divine.



## The Woman with the Alabaster Jar

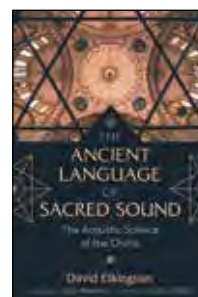
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Margaret Starbird

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Roman Catholic scholar Margaret Starbird's extensive study of history, symbolism, medieval art, mythology, psychology, and the Bible uncovers new and compelling evidence that Jesus Christ was married to Mary Magdalene. Starbird's investigation of this suppressed history calls for a restoration of the feminine principle to its intended place in the canon of Christianity.

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## The Ancient Language of Sacred Sound

*The Acoustic Science of the Divine*

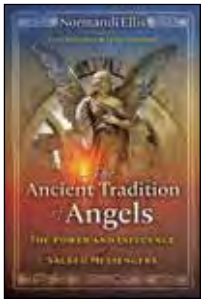
David Elkington

Forewords by Jean Houston and Robert Watts

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Exploring the acoustic connections between the Earth, the human brain, and sacred spaces, David Elkington shows how sacred sites resonate at special frequencies when activated by chanting and how human writing in its original hieroglyphic form was a direct response to the divine sound patterns of these sacred sites.





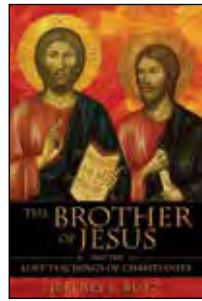
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Normandi Ellis  
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and Lynn Andrews

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Normandi Ellis looks at the angelic dimensions of spiritual traditions around the world from the ancient past to present day, showing how angels are beings of light consciousness. She explores angels from Judeo-Christian and Islamic faiths, Hinduism and Buddhism, the beliefs of ancient Egypt, Yezidism, and Zoroastrianism as well as contemporary angelic encounters, including her own.

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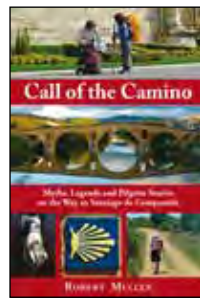


## The Brother of Jesus and the Lost Teachings of Christianity

Jeffrey J. Bütz

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While Peter is traditionally thought of as the leader of the apostles, it was James who led the disciples after the crucifixion. Jeffrey Bütz offers a vision that is sometimes at odds with Christian doctrine. He concludes that James links Christianity, Judaism, and Islam and can serve to heal centuries of enmity.

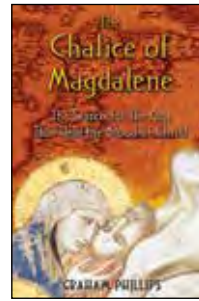


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Robert Mullen

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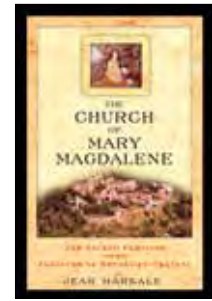


## The Chalice of Magdalene The Search for the Cup That Held the Blood of Christ

Graham Phillips

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Includes two 8-page b&w inserts  
and 10 b&w illustrations

Popular Arthurian stories of the Middle Ages depict the Holy Grail as Christ's cup from the Last Supper, believed to have been endowed with miraculous powers. Graham Phillips offers an astonishing adventure that reveals the historical King Arthur, the secret legacy of an ancient noble family, and a trail of clues hidden in the English countryside that lead to a mysterious grotto, a forgotten attic and the lost chalice.



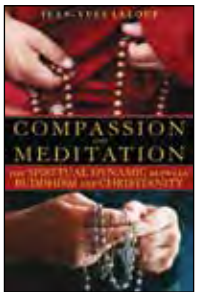
## The Church of Mary Magdalene

*The Sacred Feminine and the Treasure of Rennes-le-Château*

Jean Markale

ISBN 978-0-89281-199-1  
\$23.99 (CAN \$29.99) pb  
328 pages, 6 x 9  
8 b&w illustrations

The small church of Rennes-le-Château in France may hold proof of Mary Magdalene's marriage to Jesus. During church restorations in 1885 a mysterious discovery suggests an archaic role performed by Mary that could shake the very foundations of the Church if fully understood: that of the high priestess who anoints the priest king into his spiritual duties.



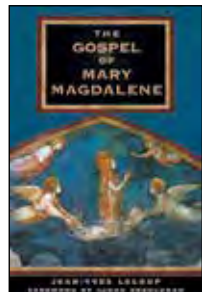
## Compassion and Meditation

*The Spiritual Dynamic between Buddhism and Christianity*

Jean-Yves Leloup

ISBN 978-1-59477-277-1  
\$14.95 (CAN \$17.95) pb  
176 pages, 6 x 9

A profound reflection on how complementary themes in Buddhism and Christianity could serve as the basis for a truly ecumenical faith, this book shows how Buddha and Jesus represent the distinct yet complementary values of meditation and compassion.



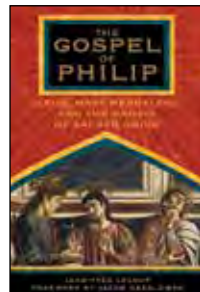
## The Gospel of Mary Magdalene

Jean-Yves Leloup  
Foreword by Jacob Needleman

ISBN 978-0-89281-911-9  
\$14.95 (CAN \$17.95) pb  
208 pages, 6 x 9

Jean-Yves Leloup's translation of the Gospel of Mary from the Coptic and his thorough and profound commentary on this text are presented here for the first time in English. The text emphasizes the eminence of the divine feminine and an abiding love of nature over the dualistic and ascetic interpretations of Christianity presented elsewhere, offering a renewal of the sacred feminine in the Western spiritual tradition.

**Audiobook available**

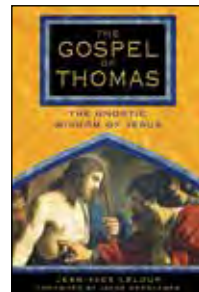


## The Gospel of Philip Jesus, Mary Magdalene, and the Gnosis of Sacred Union

Jean-Yves Leloup

Foreword by Jacob Needleman  
ISBN 978-1-59477-022-7  
\$14.95 (CAN \$17.95) pb  
192 pages, 6 x 9

Theologian Jean-Yves Leloup's translation from the Coptic and his analysis of the Gospel of Philip are presented here for the first time in English. What emerges from this important source text is an affirmation of the sacred union of the male and female principles that was once at the heart of Christianity's sacred mystery.



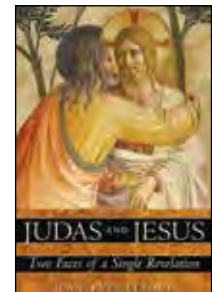
## The Gospel of Thomas The Gnostic Wisdom of Jesus

Jean-Yves Leloup

Foreword by Jacob Needleman  
ISBN 978-1-59477-046-3  
\$14.95 (CAN \$17.95) pb  
240 pages, 6 x 9

In this new translation of the Gospel of Thomas, Jean-Yves Leloup shows that the teachings of Jesus recorded by Thomas have much in common with gnostics of non-dualistic schools. Like them, Jesus preaches the coming of a new man of knowledge, moving from limited to unlimited consciousness and the self-knowledge that will make each of us, too, a Christ.

**Audiobook available**



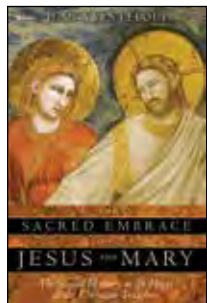
## Judas and Jesus

*Two Faces of a Single Revelation*

Jean-Yves Leloup

ISBN 978-1-59477-166-8  
\$14.95 (CAN \$17.95) pb  
192 pages, 6 x 9

The betrayal of Jesus to the Romans was Jesus's idea, explains Jean-Yves Leloup. Careful investigation of the gospels, various apocryphal texts, and the Coptic codex known as the Gospel of Judas, lead him to conclude that there is more to the story of Judas than a simple demonstration, viewed through one man, of humanity's inherent failings.



### The Sacred Embrace of Jesus and Mary

*The Sexual Mystery at the Heart of the Christian Tradition*

Jean-Yves Leloup

ISBN 978-1-59477-101-9  
\$14.95 (CAN \$17.95) pb  
160 pages, 6 x 9

Of the major religions, Christianity is the only one that has rejected sexuality as a path that can lead to enlightenment and salvation. Jean-Yves Leloup contends that the sacred nature of the embrace shared by man and woman is a true reflection of humanity made in God's image and can be, as Christ intended, a powerful path of transfiguration.



### The Discovery of the Nag Hammadi Texts

*A Firsthand Account of the Expedition That Shook the Foundations of Christianity*

Jean Doresse

ISBN 978-1-59477-045-6  
\$26.99 (CAN \$33.99) pb  
384 pages, 6 x 9  
12 b&w illustrations

Hidden for sixteen centuries, the Nag Hammadi library, the most prodigious collection of sacred gnostic texts, was discovered in the late 1940s in Egypt and is considered by many scholars to surpass the Dead Sea Scrolls in importance. Included is the original English translation of the Gospel of Thomas, first published in 1960.



### The Flowering Wand

*Rewilding the Sacred Masculine*

Sophie Strand

ISBN 978-1-64411-596-1  
\$18.99 (CAN \$23.99) pb  
208 pages, 6 x 9

Sharing her years of research, Sophie Strand explores the beautiful range of divine masculine archetypes in world mythology. Reseeding our minds with new visions of male identity, Strand shows how each of us, regardless of gender, can develop a matured ecological empathy and reinvigorate the magic of the world around us.

**Audiobook available**



### The Madonna Secret

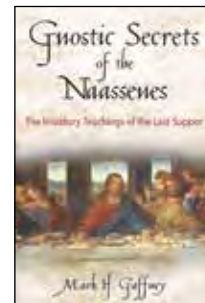
*A Novel*

Sophie Strand

ISBN 978-1-59143-467-2  
\$25.00 (CAN \$31.50) pb  
608 pages, 6 x 9

In this passionate retelling of the story of Mary Magdalene and Jesus, Sophie Strand rewinds the Gospels with the forgotten voices of defiant and oppressed women, the nature-based storytelling of oral communities, and the embodied eroticism of a lovable rabbi with appetites and desires, doubts and shame, and a playful sense of humor.

**Audiobook available**



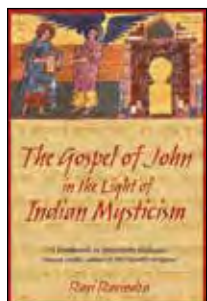
### Gnostic Secrets of the Naassenes

*The Initiatory Teachings of the Last Supper*

Mark H. Gaffney

ISBN 978-0-89281-697-2  
\$22.99 (CAN \$28.99) pb  
304 pages, 6 x 9  
12 b&w illustrations

Contrary to Church doctrine, the Naassenes were not a heretical derivative of Christianity, but the authentic foundation and purveyor of Jesus' actual teachings at the Last Supper. These teachings allow for spiritual attainment in this life by anyone, without the intermediary of Church or priest. This was the real meaning of the Last Supper and why the Naassenes believed that Jesus was the fulfillment of all the Mystery traditions.



### The Gospel of John in the Light of Indian Mysticism

Ravi Ravindra, Ph.D.

ISBN 978-1-59477-018-0  
\$16.95 (CAN \$19.95) pb  
272 pages, 6 x 9

*The Gospel of John in the Light of Indian Mysticism* presents an unusual and rewarding exploration of this Christian text from a Hindu perspective. Ravi Ravindra takes us into the heart of St. John's words, eloquently and convincingly revealing the interconnectedness of all faiths, and provides an immense and lasting spiritual vision.



### Healing Journeys with the Black Madonna

*Chants, Music, and Sacred Practices of the Great Goddess*

Alessandra Belloni

Foreword by Matthew Fox

ISBN 978-1-59143-342-2  
\$24.00 (CAN \$29.99) pb  
432 pages, 6 x 9  
Includes 16-page color insert and 90 b&w illustrations

Belloni reveals the sacred sites and practices of the living cult of the Black Madonna in the remote villages of Southern Italy and connects them to Isis, Aphrodite, Cybele, and the Orisha Yemanjá and Ochun. She details shamanic chants, rhythms, and songs for self-healing, transformation, and recovery. Includes access to 12 audio tracks.

**Audiobook available**



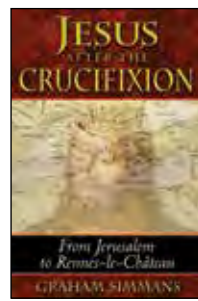
### The Healing Wisdom of Mary Magdalene

*Esoteric Secrets of the Fourth Gospel*

Jack Angelo

ISBN 978-1-59143-199-2  
\$18.00 (CAN \$22.50) pb  
256 pages, 6 x 9

Inspired by a profound experience at the cave in France where Mary Magdalene is reputed to have spent her final years, Jack Angelo posits that the Gospel of John is actually a direct transcription of Mary Magdalene's oral teachings that was recast by conservative members of the Jesus movement to hide her authorship and suppress her role as head disciple.



### Jesus after the Crucifixion

*From Jerusalem to Rennes-le-Château*

Graham Simmans

ISBN 978-1-59143-071-1  
\$20.00 (CAN \$24.00) pb  
328 pages, 6 x 9  
13 b&w illustrations

Jesus did not die on the cross. He survived and went to southern France with his wife, Mary. Graham Simmans, who spent many years on a quest to find the real beginnings of Christianity, contends that true Christianity was brought into France, Britain, and Spain from first century Egypt and Judea, not fourth- and fifth-century Rome.



### Flight into Freedom and Beyond

*The Autobiography of the Co-Founder of the Findhorn Community*

Eileen Caddy

ISBN 978-1-899171-64-4  
\$19.95 (CAN \$23.95) pb  
262 pages, 6 x 9.13  
19 b&w halftones

In this autobiography, Eileen Caddy (1917–2006), one of the three founders of the Findhorn Foundation, shares her extraordinary story of jealousy, doubt, and forgiveness on the path to becoming a powerful elderwoman who frees herself from the aura of her charismatic ex-husband Peter whom she still loves.



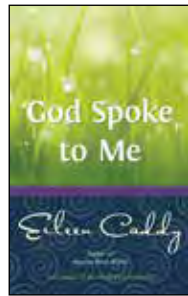


### Footprints on the Path

Eileen Caddy

ISBN 978-0-905249-80-3  
\$14.99 (CAN \$18.99) pb  
192 pages, 5.38 x 8.5

Eileen Caddy (1917–2006), co-founder of the Findhorn Foundation, received guidance from her “God within” for over 50 years. The powerful messages in this book are offered as an aid to connect with our divine source and can be used as a complete teaching in how to live a spiritual life.



### God Spoke to Me

Eileen Caddy

ISBN 978-0-905249-81-0  
\$12.95 (CAN \$14.50) pb  
144 pages, 5.37 x 8.5

For more than 50 years Eileen Caddy (1917–2006) received guidance from her “God within.” In this book she shares messages that show there is an inherent wisdom and intelligence in everything, which can be contacted by turning within. She shows how each one of us can find God’s still, small voice for ourselves.



### The Living Word

Eileen Caddy

ISBN 978-0-905249-69-8  
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112 pages, 4.25 x 5.75

Caddy offers short meditations for daily use to deepen the spiritual lives of those seeking to expand their awareness of the divine and express it in their lives. The book reflects Caddy’s lifelong service to spiritual inquiry.



### Opening Doors Within

**365 Daily Meditations from Findhorn**

Eileen Caddy

Edited by David Earl Platts, PhD

Foreword by Jonathan Caddy

ISBN 978-1-62055-863-8  
\$18.99 (CAN \$23.99) pb  
416 pages, 4 x 5.75  
12 b&w illustrations

Visionary spiritual teacher Eileen Caddy’s 365 day meditation diary offers down-to-earth inspirational messages of spiritual guidance for every day of the year. Eileen’s brief messages, from what she called “the still, small voice within,” offer love and support to all who read them.

**Audiobook available**

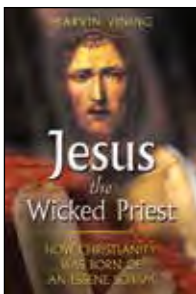


### The Spirit of Findhorn

Eileen Caddy

ISBN 978-0-905249-97-1  
\$14.99 (CAN \$18.99) pb  
144 pages, 5.38 x 8.38

For over 50 years the Findhorn Community has taught and demonstrated how spiritual realities underlie the world of form. This book shares the spiritual guidance received by Eileen Caddy during the early years of the Community, inviting you to begin a new way of living.



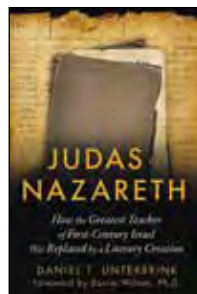
### Jesus the Wicked Priest

**How Christianity Was Born of an Essene Schism**

Marvin Vining

ISBN 978-1-59143-081-0  
\$16.00 (CAN \$19.50) pb  
256 pages, 6 x 9

*Jesus the Wicked Priest* shows how Jesus, a former Essene, was deemed the “Wicked Priest” for his liberationist politics and humanist bent. It also reopens Christian doctrinal questions such as reincarnation and the Virgin birth—even demonstrating that these two issues are related.



### Judas of Nazareth

**How the Greatest Teacher of First-Century Israel Was Replaced by a Literary Creation**

Daniel T. Unterbrink

Foreword by Barrie Wilson, Ph.D.

ISBN 978-1-59143-182-4  
\$22.00 (CAN \$26.50) pb  
384 pages, 6 x 9

Daniel Unterbrink contends that the real historical Jesus was Judas the Galilean, a messianic and Torah-observant revolutionary bent on overthrowing the Roman government. The New Testament Gospels, therefore, are not transcripts of actual history but creative works of historical fiction designed to promote Paul’s Christianity and serve the interests of the fledgling Gentile Christian communities.



### The Lost Art of Resurrection

**Initiation, Secret Chambers, and the Quest for the Otherworld**

Freddy Silva

ISBN 978-1-62055-636-8  
\$18.95 (CAN \$23.95) pb  
288 pages, 6 x 9  
134 b&w illustrations

In *The Lost Art of Resurrection*, Freddy Silva reveals the radical ancient practice of living resurrection. Exploring this hidden art, Silva shows how this personal experience of the Divine opened the path to self-empowerment and higher consciousness, leading initiates to describe it as the pinnacle of spiritual development.



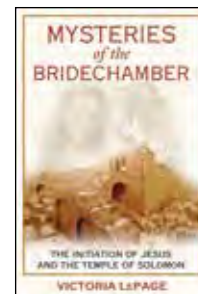
### The Mysteries of John the Baptist

**His Legacy in Gnosticism, Paganism, and Freemasonry**

Tobias Churton

ISBN 978-1-59477-474-4  
\$19.99 (CAN \$24.99) pb  
288 pages, 6 x 9  
3 b&w illustrations

This book investigates John the Baptist’s links with the Essenes and the Gnostics and exposes how the apostle Paul twisted John’s message to create the image of him as “merely” a herald. It shows that John and Jesus, as equal partners, launched an operation to overcome corruption in the Temple and re-initiate Israel.



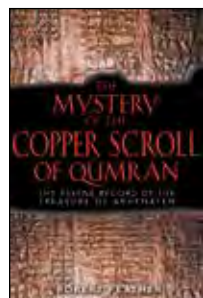
### Mysteries of the Bridechamber

**The Initiation of Jesus and the Temple of Solomon**

Victoria LePage

ISBN 978-1-59477-193-4  
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448 pages, 6 x 9  
14 b&w illustrations

Jesus reinstated the tradition of sacred consortship—the bridechamber sacrament—whereby the marriage of the masculine and feminine energies was effected. This rite was the primary focus of Jesus’ teachings, the very heart of his exhortations to love thy neighbor, and the source of his healing power.



### The Mystery of the Copper Scroll of Qumran

*The Essene Record of the Treasure of Akhenaten*

Robert Feather

ISBN 978-1-59143-014-8  
\$25.00 (CAN \$30.00) pb  
432 pages, 6 x 9  
72 b&w illustrations

The Dead Sea Scrolls comprise the oldest collection of Biblical documents ever discovered. None has baffled experts more than the 2,000-year-old Copper Scroll discovered in 1952, apparently a list of buried treasure. The author's findings reveal locations of many of the treasures.



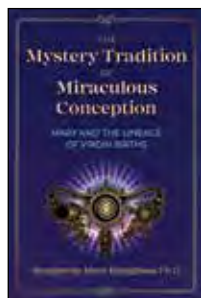
### The Secret Initiation of Jesus at Qumran

*The Essene Mysteries of John the Baptist*

Robert Feather

ISBN 978-1-59143-044-5  
\$30.00 (CAN \$37.50) pb  
496 pages, 6 x 9  
52 b&w illustrations

Robert Feather presents persuasive evidence of the strong link between the Qumran Essenes and New Testament teachings, and that John the Baptist and Jesus were intimately involved in the Qumran community. He further claims early Christianity incorporated a form of monotheism derived from the Egyptian pharaoh Akhenaten, uniquely espoused by the Essenes at Qumran.



### The Mystery Tradition of Miraculous Conception

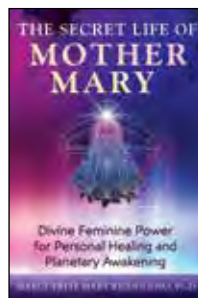
*Mary and the Lineage of Virgin Births*

Marguerite Mary Rigoglioso, Ph.D.

ISBN 978-1-59143-413-9  
\$16.00 (CAN \$19.99) pb  
192 pages, 6 x 9

Delving into one of the Virgin Mary's forgotten gospels, Marguerite Mary Rigoglioso, Ph.D., reveals how Mary and other holy women were part of an ancient sacred order of priestesses trained in divine conception. The author shows how Mary was trained and initiated and explores the esoteric techniques she used to conceive Jesus.

**Audiobook available**



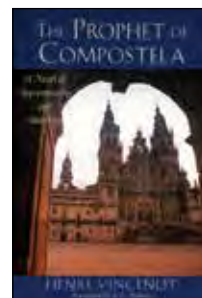
### New—July 2024 The Secret Life of Mother Mary

*Divine Feminine Power for Personal Healing and Planetary Awakening*

Marguerite Mary Rigoglioso, Ph.D.

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As Marguerite Mary Rigoglioso, Ph.D., reveals in inspiring depth, Mother Mary was not just a docile maiden chosen by God to be the mother of Jesus. She was a powerful healer, spiritual teacher, and holy priestess with profound wisdom teachings on love, compassion, and inner power.



### The Prophet of Compostela

*A Novel of Apprenticeship and Initiation*

Henri Vincenot

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An award-winning author explores the convergence of Church, Celtic mythology, and sacred architecture in this intriguing tale of a young man's spiritual journey in 12th-century Burgundy.



### The Return of Holy Russia

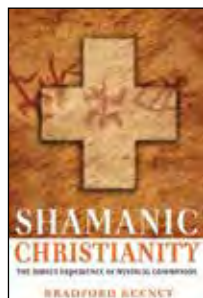
*Apocalyptic History, Mystical Awakening, and the Struggle for the Soul of the World*

Gary Lachman

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Exploring Russia's spiritual history, Gary Lachman examines Russia's unique position between East and West and its potential role in the future of the world. He discusses Russia's original Slavic paganism, its eager adoption of Eastern Orthodox Christianity, and the visionary writings of the spiritual philosophers of Russia's Silver Age, which greatly influence Putin today.

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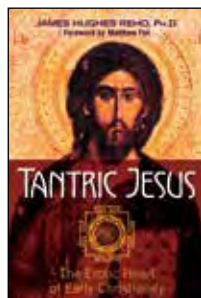
### Shamanic Christianity

*The Direct Experience of Mystical Communion*

Bradford Keeney

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\$18.99 (CAN \$23.99) pb  
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*Shamanic Christianity* offers a chance to restore direct connection to the spirit world by rekindling the shamanic practices of Christianity. This reconnection, a contemplative practice, takes the form of devotions which serve to reintroduce Jesus, Mary, and the saints as shamanic teachers of divine mysteries whose spiritual presence is available to contemporary lives.



### Tantric Jesus

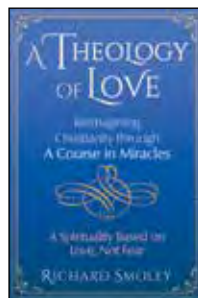
*The Erotic Heart of Early Christianity*

James Hughes Reho, Ph.D.

Foreword by Matthew Fox

ISBN 978-1-62055-561-3  
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392 pages, 6 x 9  
Includes 8-page color insert and 10 b&w illustrations

In this guide to the history and modern practice of transformative Christianity, James Reho offers a new understanding of Jesus as guru and master of left-handed Tantra, revealing the original tantric wisdom of Jesus and the early Church. Reho provides step-by-step instructions for a series of Christian tantric practices.



### A Theology of Love

*Reimagining Christianity through A Course in Miracles*

Richard Smoley

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240 pages, 6 x 9  
6 b&w illustrations

Sharing key, inspiring teachings from *A Course in Miracles* as well as Hinduism, Buddhism, Gnosticism, and ancient Kabbalistic texts, Richard Smoley reframes Christian theology in a logical, consistent, and easy-to-understand way, offering a path to help you regenerate from the "fallen" state and experience God as infinite love and light.

**Audiobook available**



### The Virgin Mary Conspiracy

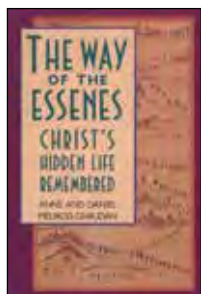
*The True Father of Christ and the Tomb of the Virgin*

Graham Phillips

ISBN 978-1-59143-043-8  
\$18.00 (CAN \$22.00) pb  
304 pages, 6 x 9  
32 b&w illustrations

The fate of the Virgin Mary is one of the greatest mysteries of the Bible. In 1950 an archaeologist of the Vatican museum found a fourth-century manuscript indicating the discovery of Mary's tomb on an island off the west coast of Britain in A.D. 597. Graham Phillips unravels the truth behind this centuries-old ecclesiastical cover-up and discovers what may be Mary's final resting place.





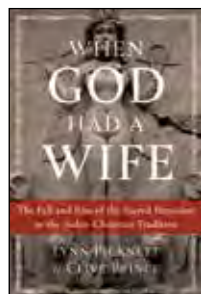
## The Way of the Essenes

*Christ's Hidden Life Remembered*

Anne and Daniel Meurois-Givaudan

ISBN 978-0-89281-322-3  
\$19.95 (CAN \$24.95) pb  
384 pages, 6 x 9

Through direct revelation, the authors received—over a two-year period—detailed knowledge of the Essene teachings and their role in preparing Christ for his mission. Their account complements the gospels, clarifying and enlarging upon mysterious parts of the record—including Christ's mystical and metaphysical teachings of Essene techniques for spiritual advancement.



## When God Had a Wife

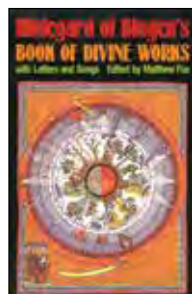
*The Fall and Rise of the Sacred Feminine in the Judeo-Christian Tradition*

Lynn Picknett and Clive Prince

ISBN 978-1-59143-370-5  
\$16.00 (CAN \$19.99) pb  
336 pages, 6 x 9

Despite what most people believe, the ancient Israelites venerated several deities besides the Old Testament god Yahweh, including goddesses such as Asherah, Yahweh's wife. The authors investigate the suppressed spiritual legacy of the Jewish goddesses and how we have been collectively craving the return of the Sacred Feminine for millennia.

**Audiobook available**



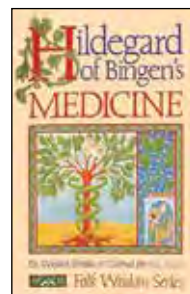
## Hildegard of Bingen's Book of Divine Works

*With Letters and Songs*

Edited by Matthew Fox

ISBN 978-0-939680-35-1  
\$24.99 (CAN \$31.50) pb  
432 pages, 5.5 x 8.5

*Hildegard of Bingen's Book of Divine Works* is a collection of mystic visions that describe a cosmology uniting religion, science, and art that are astonishingly symbiotic with contemporary physics. This volume also contains 51 letters written by Hildegard to political and religious figures of her day and translations of twelve of her songs.

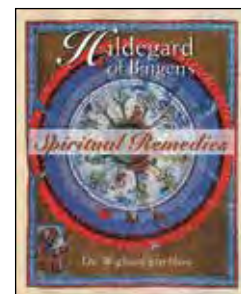


## Hildegard of Bingen's Medicine

Dr. Wighard Strehlow and Gottfried Hertzka, M.D.

ISBN 978-0-939680-44-3  
\$16.00 (CAN \$18.95) pb  
180 pages, 5.5 x 8.5

This ground-breaking contribution to medicine and healing contains translations of Hildegard text which reflect the high point of medieval, alchemical, and healing science. Commentary by the authors who have worked clinically with Hildegard's wisdom for over thirty years includes information on ways to treat nervous disorders, indigestion, heart problems, and cancer.

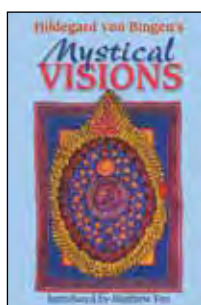


## Hildegard of Bingen's Spiritual Remedies

Dr. Wighard Strehlow

ISBN 978-0-89281-985-0  
\$22.00 (CAN \$27.50) pb  
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82 b&w illustrations

Hildegard of Bingen recognized what the holistic health movement has only recently restored to our consciousness: that full health can only be experienced in a state of spiritual balance. Dr. Strehlow gives readers practical suggestions based on the integration of 35 spiritual forces of the human soul in order to "cure the soul within," which he synthesized from five of Hildegard's books on spiritual and psychological healing principles.



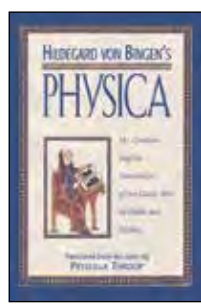
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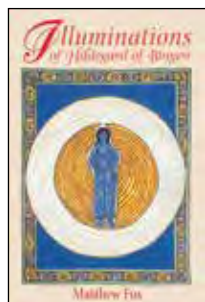


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### Illuminations of Hildegard of Bingen

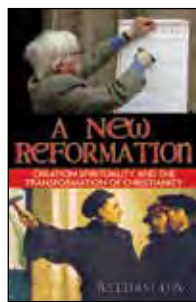
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Reveals the life and teachings of one of the greatest female artists and intellectuals of the Western Mystical Traditions.

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*The American*  
*Benedictine Review*



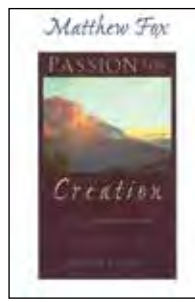
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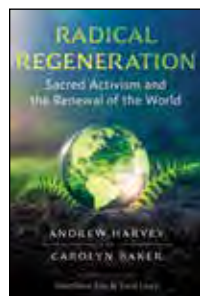
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### Radical Regeneration

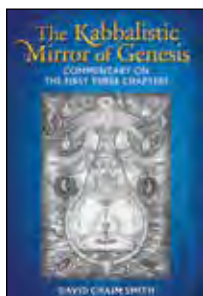
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Andrew Harvey and Carolyn Baker

Forewords by Matthew Fox and Paul Levy

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The authors explore how Sacred Activism—specifically, creative, wise, sacredly inspired action—offers an antidote to the crises facing our world. They show how the global dark night is part of an evolutionary process and how its very intensity makes it the potential seedbed of a new embodied, divine humanity.



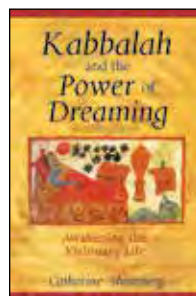
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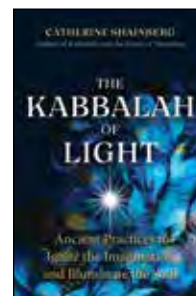
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(see page 215)

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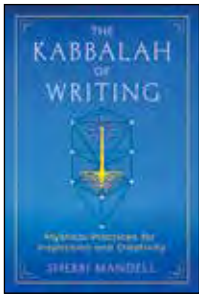
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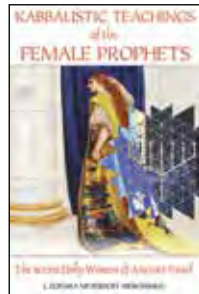
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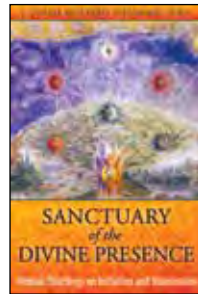
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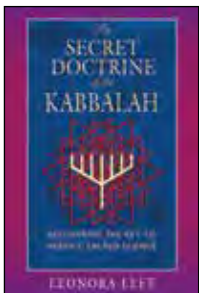
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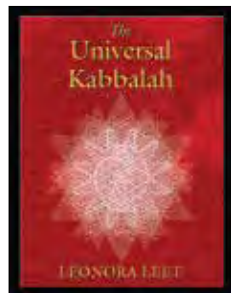
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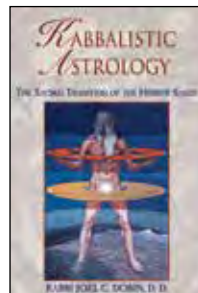


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Leonora Leet, Ph.D.

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This landmark work by an innovative modern Kabbalist develops a scientific model for kabbalistic cosmology and soul psychology. Derived from the kabbalistic diagram of the Tree of Life and the author's own Sabbath Star diagram, this universal model encodes the laws of all cosmic manifestation, giving a mathematical basis to many aspects of this mystical tradition and providing a new synthesis of science and spirituality that may well write a new chapter to the Kabbalah.



### Kabbalistic Astrology

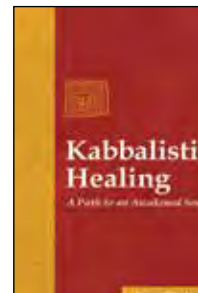
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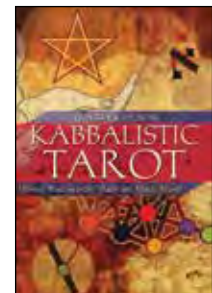
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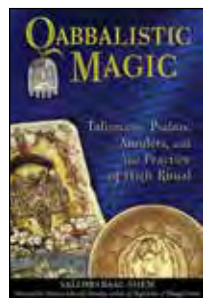
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Salomo Baal-Shem

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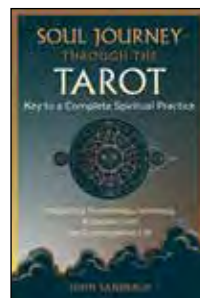
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Foreword by Bruce Greyson, M.D.

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In the Sufi tradition, healing of the sick is considered the most important of all services to humanity. For the first time in the West, the author presents the secret practices of this divine science, based on the 800-year tradition of the Chishti Order. Topics include dietary recommendations of the Prophet, and the "infallible remedy."



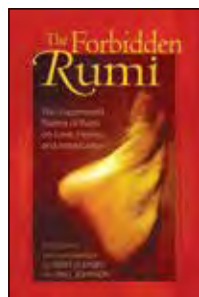
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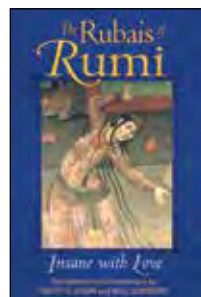
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When Nevit Ergin decided to translate Rumi's *Divan* into English, he enlisted the help of the Turkish government. They were supportive at first but refused to participate in the publication of the final volume due to its openly heretical nature. Will Johnson and Nevit Ergin present here for the first time in English Rumi's poems from this forbidden volume.



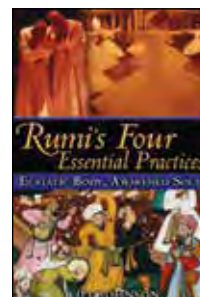
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### The Spiritual Practices of Rumi

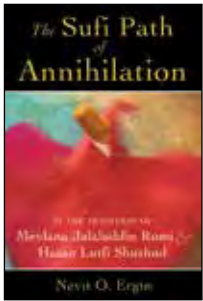
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In 1244, the Sufi poet, Jalaluddin Rumi, met a wandering seeker named Shams-i-Tabriz. Upon meeting, the two men immediately went into private retreat together and emerged 90 days later in a transformed condition. *The Spiritual Practices of Rumi* reveals the esoteric practice that Rumi and Shams were engaged in.





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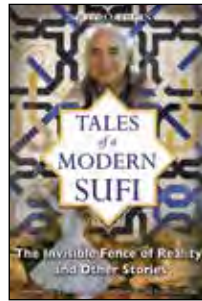
Nevit O. Ergin

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Itlak Yolu, the Sufi path of annihilation, contains three main facets: zikr or breathing exercises; fasting; and mental suffering. The author illustrates how suffering—"the searing fire of contrition"—is the most effective instrument of spiritual progress, for it is suffering that burns and purifies the Self. Through faithful practice, the Self is ultimately annihilated so that higher levels of perception take hold and one finds oneself on the path to sainthood and immortality.



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*The Invisible Fence of Reality and Other Stories*

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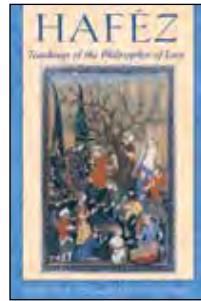
Foreword by Coleman Barks

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A collection of modern Sufi tales by renowned Rumi translator and Sufi initiate Nevit Ergin containing 24 deceptively simple stories that take readers from basic perception to states of extraordinary awareness. The stories invoke questioning while expanding the notion of reality.



### Haféz

*Teachings of the Philosopher of Love*

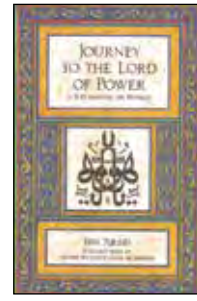
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For 600 years the Persian poet Haféz has been read, quoted, and loved by millions. Like his predecessor Rumi, he is a spiritual guide in our search for life's essence. *Haféz: Teachings of the Philosopher of Love* is the perfect introduction to the man known as a mystic philosopher and poet of the heart, whose message of spiritual transcendence is especially important to our troubled world today.



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Ibn Arabi, with commentary by Abd al-Kerim al-Jili

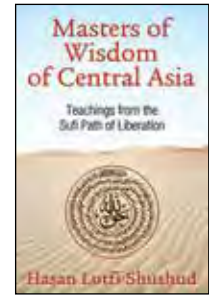
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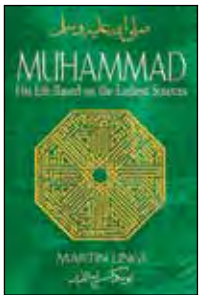
Hasan Lutfi Shushud

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*His Life Based on the Earliest Sources*

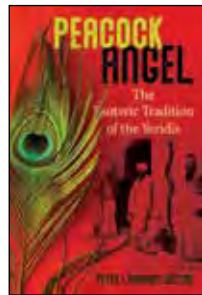
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Martin Lings' *Muhammad* is an internationally acclaimed, comprehensive, and authoritative account of the life of the prophet. This revised edition includes new sections detailing the prophet's expanding influence and his spreading of the message of Islam into Syria and its neighboring states. It represents the final updates made to the text before the author's death in 2005.



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### Sufi Rapper

*The Spiritual Journey of Abd al Malik*

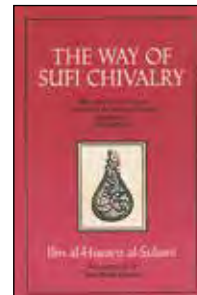
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## Aleister Crowley in America

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Tobias Churton

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Using previously unpublished diaries and letters, Tobias Churton traces Crowley's extensive travels through America, including details of his five-year stay from 1914 to 1919, his involvement with the birth of the Greenwich Village radical art scene, and his work to undermine German propaganda to keep the United States out of World War I.



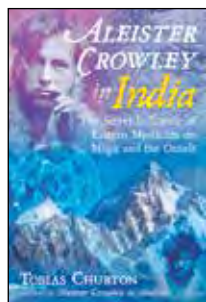
## Aleister Crowley in England

*The Return of the Great Beast*

Tobias Churton

ISBN 978-1-64411-231-1  
\$35.00 (CAN \$43.99) hardcover  
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146 b&w illustrations

After an extraordinary life of magical workings and occult fame, Aleister Crowley was forced to spend the last fifteen years of his life in his native England, nearly penniless. Churton's book examines this final period of the Beast's life, which was just as filled with sex magick, espionage, romance, and extreme behavior as his early years.



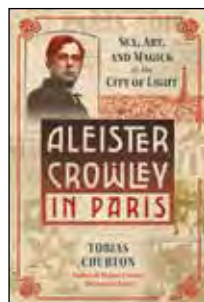
## Aleister Crowley in India

*The Secret Influence of Eastern Mysticism on Magic and the Occult*

Tobias Churton

ISBN 978-1-62055-796-9  
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Sharing excerpts from Crowley's unpublished diaries, Tobias Churton tells the true story of Crowley's mystical adventures in India from 1901 to 1906. He explores Crowley's encounters with jnana yoga, Vedantist and Advaitist philosophies, Hindu religious practices, and Mahayana and Theravada Buddhism and reveals how he incorporated what he learned into his own magical system, Thelema.



## Aleister Crowley in Paris

*Sex, Art, and Magick in the City of Light*

Tobias Churton

ISBN 978-1-64411-479-7  
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161 b&w illustrations

Using previously unpublished letters and diaries, Tobias Churton explores Aleister Crowley's activities in the City of Light, including his work with the Golden Dawn's Inner Order in 1900, his involvement in the Belle Époque with Rodin and other artists, and his five years of living full time in Paris from 1924 until 1929.



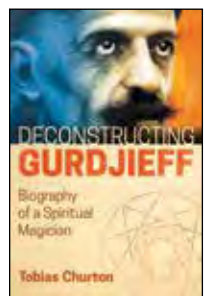
## Aleister Crowley: The Beast in Berlin

*Art, Sex, and Magick in the Weimar Republic*

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Aleister Crowley arrived in Berlin in 1930 at a time when the city played host to many of the world's outstanding artists, philosophers, and scientists, including Einstein, Brecht, Huxley, and Isherwood. Drawing on unpublished material, Tobias Churton examines Crowley's years in Weimar Berlin, revealing "The Beast" to be a man of art and thought, a Crowley long hidden from the historical record.



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In November 1949, architect Frank Lloyd Wright announced the death of "the greatest man in the world," yet few knew who he was talking about. Offering a vital understanding of the man who asked "How many of you are really alive?" the author reveals the continuing importance of Gurdjieff's philosophy for the awakening of man.



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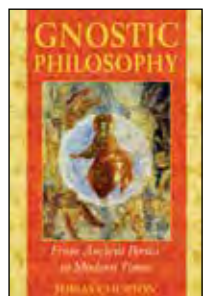
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There is a long tradition in Christianity of higher union with God through the sacrament of sex. For example, the Barbelo Gnostics practiced a spiritual sexuality known as "redemption by sin;" the mystery of Sophia can be seen in the philosophy of the Troubadours; and William Blake was influenced by a secret Renaissance sexual mysticism.



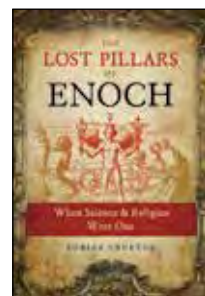
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At the dawn of human civilization there existed a unified scientific and spiritual understanding of the universe. Tobias Churton traces the fragments of this sacred knowledge as it descended through the ages into initiated circles, showing how the lost pillars stand as a twenty-first century symbol for reattaining our heritage.

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### Occult Paris

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Includes 16-page color insert  
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Historian Tobias Churton explores the magical, artistic, and intellectual world of the Belle Époque Paris. He brings into full perspective the personalities and forces that made Paris a global magnet and which allowed later cultural movements, such as the "psychedelic 60s," to rise from the ashes of post-war Europe.



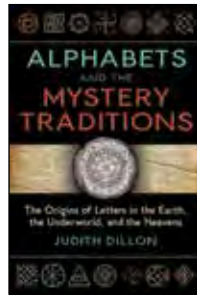
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Churton explores the origins of the spiritual principles that fueled the artistic, political, and social revolutions of the Sixties, tracing them to medieval troubadours, Gnosticism, Hindu philosophy, Renaissance hermetic magic, and the occult doctrines of Aleister Crowley. He discusses the era's most famous books, films, and music and demonstrates that spiritual values are now re-emerging.



### New—Available

A Sacred Planet Book

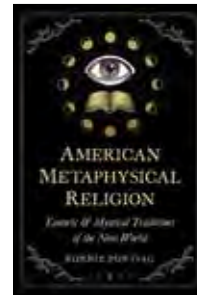
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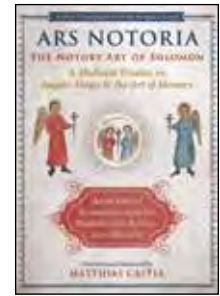
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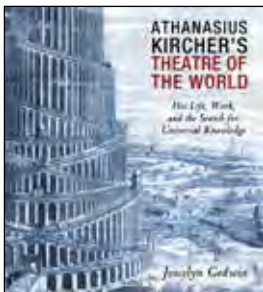
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Athanasius Kircher was the last true Renaissance man, a Christian Hermeticist whose work also examined alchemy, the Kabbalah, and the Egyptian mystery tradition. Includes hundreds of stunning engravings that were a distinguishing feature of his work.



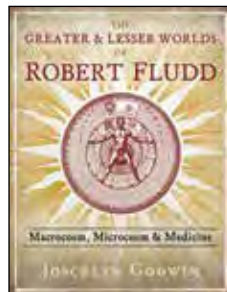
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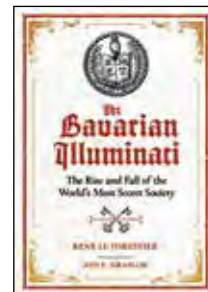
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Physician, alchemist, and inventor, Robert Fludd (1574–1637) wrote a series of books, filled with hundreds of detailed engravings, now recognized as the first fully illustrated encyclopedia. In this hardcover, highly illustrated reference, Joscelyn Godwin explains Fludd's theories on the cosmos, man, and medicine.



### The Bavarian Illuminati

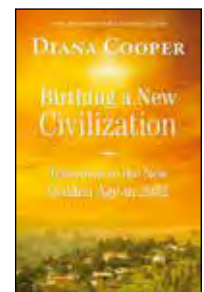
*The Rise and Fall of the World's Most Secret Society*

René Le Forestier

Translated by Jon E. Graham

ISBN 978-1-64411-377-6  
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Charting the rise and fall of this infamous Order, this book, first published in French in 1915, explains the Bavarian Illuminati's grades, rituals, and ceremonies as well as its fundamental philosophies. It also examines the leaders of the Order and includes the only surviving record of documents destroyed during the World Wars.



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*Transition to the New Golden Age in 2032*

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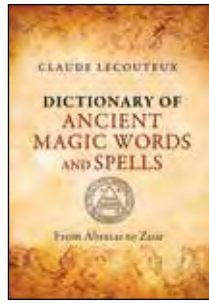
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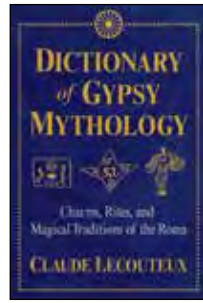
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Drawing on sources never before available outside of Eastern Europe, Claude Lecouteux reconstructs the oral traditions of the Roma to provide a comprehensive A-to-Z look at gypsy mythology, including their folktales, rites, songs, nursery rhymes, jokes, and magical traditions. He also explores the full range of supernatural beings that inhabit the gypsy world.



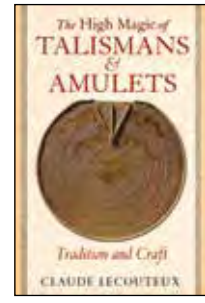
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Professor Lecouteux reveals the chains of sympathy, astrological geography, and invocations used since ancient times to activate the powers of amulets and talismans. He examines many different kinds of talismans, such as the rabbit's foot, horseshoe, and gris-gris bag, revealing the principles and symbology behind each object, and showing that their use is as widespread today as at any time in the past.



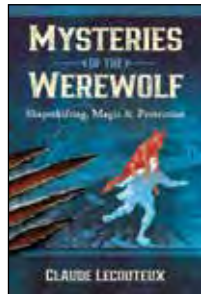
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Looking at Solomon's profound influence around the world, Claude Lecouteux explores King Solomon's magical tradition, his judgments, his literary and scientific works, and his constructions beyond the eponymous temple, such as the copper city built by the djinns. He also looks at Solomon's magical possessions, such as his famous ring and the Philosopher's Stone.



## Mysteries of the Werewolf

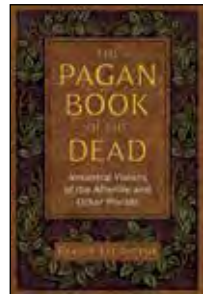
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## Travels to the Otherworld and Other Fantastic Realms

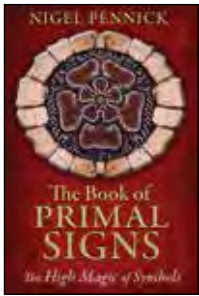
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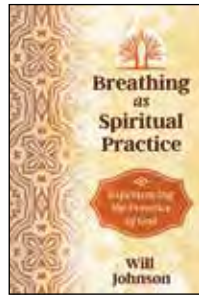


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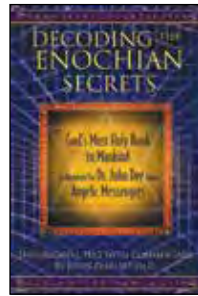
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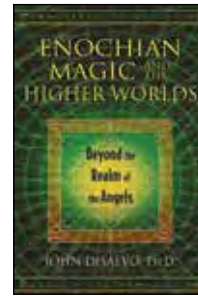
### Decoding the Enochian Secrets

*God's Most Holy Book to Mankind as Received by Dr. John Dee from Angelic Messengers*

The original text with commentary by  
John DeSalvo, Ph.D.

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In 1580, the Book of Enoch was conveyed by angels directly to Dr. John Dee. Reproduced here for the first time, this book includes the correct phonetic pronunciations of the Enochian Calls written by Dee in the margins of his record.

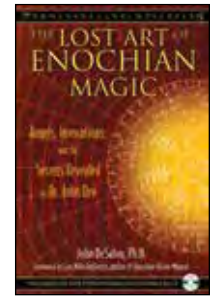


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John DeSalvo, Ph.D.

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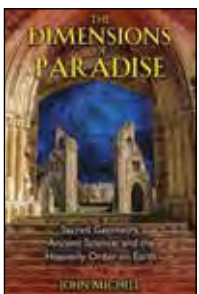
### The Lost Art of Enochian Magic

*Angels, Invocations, and the Secrets Revealed to Dr. John Dee*

John DeSalvo, Ph.D.  
Foreword by  
Lon Milo DuQuette

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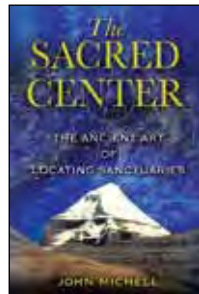


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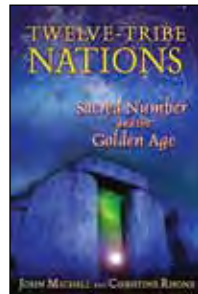


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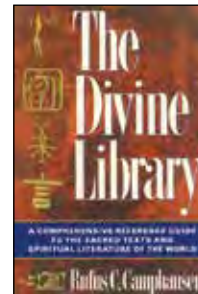


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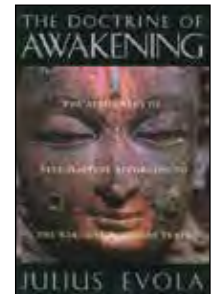


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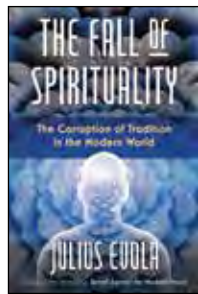


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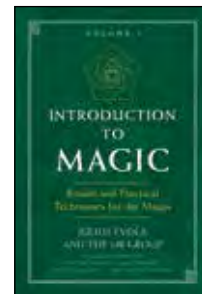


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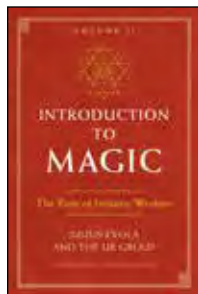


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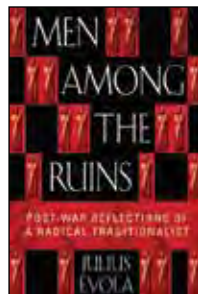


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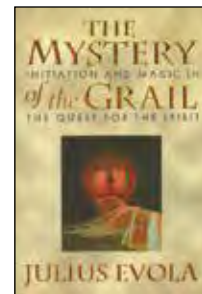


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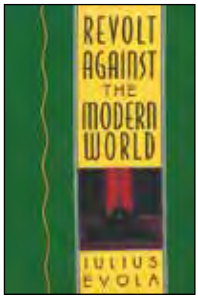
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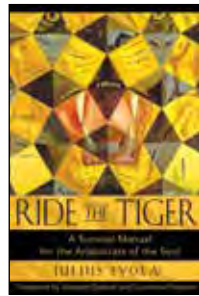
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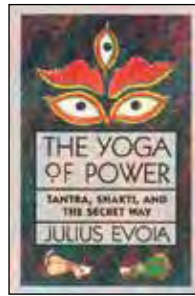
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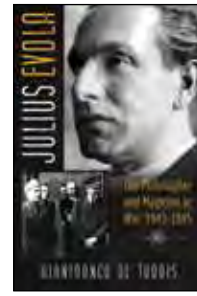
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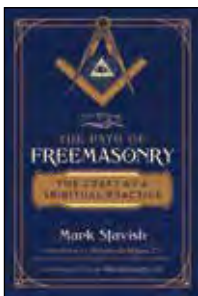
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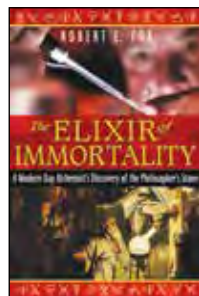
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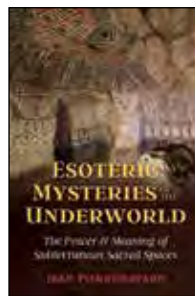
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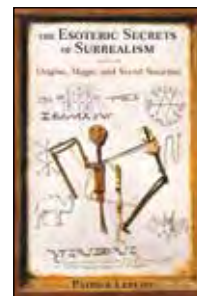
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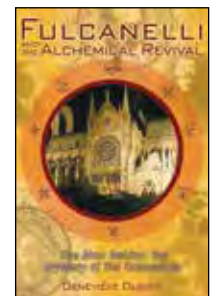
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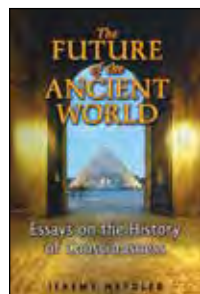
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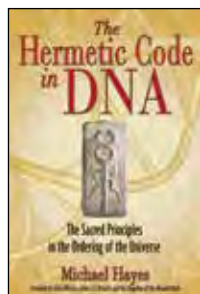
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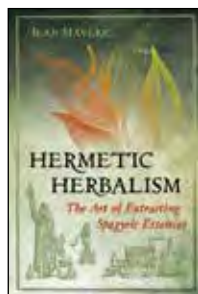
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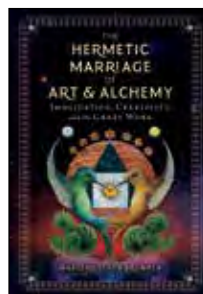
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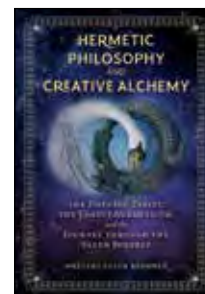
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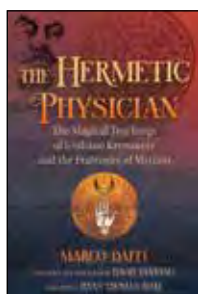
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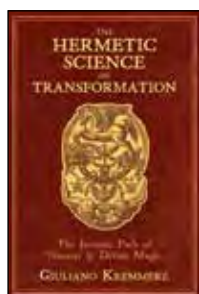
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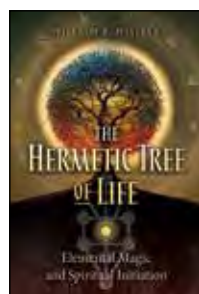
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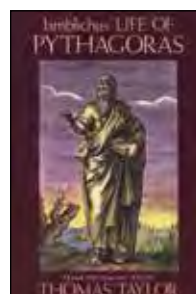
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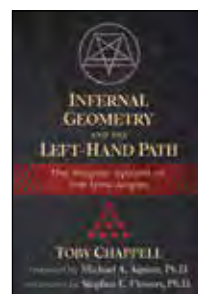


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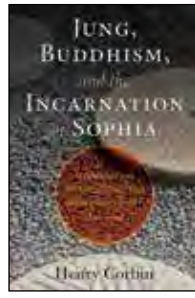
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In this collection of previously unpublished writings, Henry Corbin, one of the most important French philosophers and orientalists of the 20th century, examines the work of Carl Jung in relationship to the deep spiritual traditions of Eastern religion, the esoteric wisdom teachings of the Gnostic Sophia, the transformational symbolism of alchemy, and Sufi mysticism.



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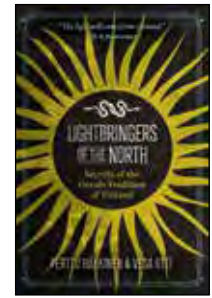
*The Magical and Occult Roots of Political Power*

John Michael Greer

ISBN 978-1-64411-258-8  
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John Michael Greer goes beyond superficial memes and extreme partisanship to reveal the magical and occult forces that spawned the unexpected presidential victory of an elderly real-estate mogul turned reality-TV star and which continue to drive the deepening divide that is now the defining characteristic of American society.

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### Lightbringers of the North

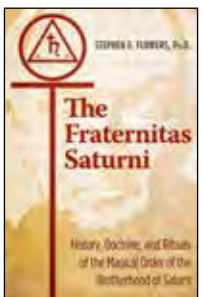
*Secrets of the Occult Tradition of Finland*

Perttu Häkkinen and Vesa Litti

ISBN 978-1-64411-463-6  
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448 pages, 6 x 9  
48 b&w illustrations

The authors examine the significant figures and groups of Finland's occult world, including their esoteric practices and the secret societies to which they were connected. They show how, because of its unique position as partially European and partially Russian, Finland's occult influence extends into the very heart of occult groups and secret societies around the world.

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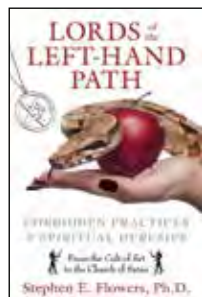
### The Fraternitas Saturni

*History, Doctrine, and Rituals of the Magical Order of the Brotherhood of Saturn*

Stephen E. Flowers, Ph.D.

ISBN 978-1-62055-721-1  
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35 b&w illustrations

The most influential magical group in Germany during the 20th century, the Fraternitas Saturni, or Brotherhood of Saturn, was almost entirely secret until 1970. Stephen Flowers examines the history of the Order, its path of initiation, secret doctrines, ritual practices, and magical formulas. He also offers biographies of the Order's most prominent members.



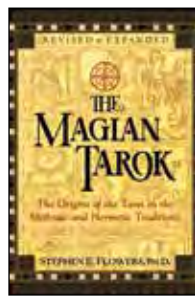
### Lords of the Left-Hand Path

*Forbidden Practices and Spiritual Heresies*

Stephen E. Flowers, Ph.D.

ISBN 978-1-59477-467-6  
\$26.99 (CAN \$32.50) pb  
512 pages, 6 x 9  
17 b&w illustrations

This book examines the practices of many occult groups, including the Cult of Set, the Yezidi Devil Worshipers, the Assassins, the Hell-Fire Club, the occult Nazis, and several heretical Sufi, Zoroastrian, Christian, and Muslim sects.



### The Magian Tarok

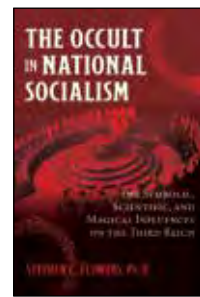
*The Origins of the Tarot in the Mithraic and Hermetic Traditions*

Stephen E. Flowers, Ph.D.

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98 b&w illustrations

Exploring the historical roots and mythology of the Tarot, the author reveals the genesis of the Tarot's symbolism in the great Hermetic tradition and in the initiatory rituals of Mithraism. He explains the original meanings of the Major Arcana using Mithraic symbolism and how the Tarot relates to the magical alphabet of the *Stoeicheia*.

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### The Occult in National Socialism

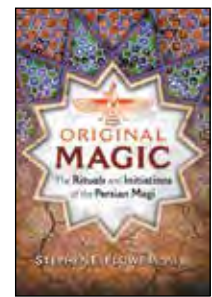
*The Symbolic, Scientific, and Magical Influences on the Third Reich*

Stephen E. Flowers, Ph.D.

ISBN 978-1-64411-574-9  
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In this comprehensive examination of Nazi occultism, Stephen E. Flowers, Ph.D., analyzes the occult and esoteric streams of thought active in the Third Reich and the growth of occult Nazism at work today. He also explores occult influences on major Nazi figures and the foundations of the movement laid in the 19th century.

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Stephen Flowers explores the history, theory, practice, rituals, and initiations of the Mazdan magical system practiced by the Magi of ancient Persia. He details a complete curriculum of magical study and initiation based on exercises keyed to the sacred Zoroastrian calendar and also offers advanced magical rituals based on archaic Persian formulas.



## Revival of the Runes

*The Modern Rediscovery and Reinvention of the Germanic Runes*

Stephen E. Flowers, Ph.D.

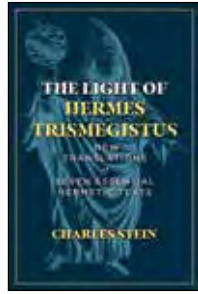
ISBN 978-1-64411-178-9

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35 b&w illustrations

In this exploration of the history of the runes from 1500 CE to the present day, Stephen Edred Flowers examines the five periods of runic revival: the Renaissance, the Enlightenment, the Romantic period, the early 20th century, and the late 20th century, including the use of runes by the foremost magicians and scholars of each era.



A Sacred Planet Book

## The Light of Hermes Trismegistus

*New Translations of Seven Essential Hermetic Texts*

Charles Stein

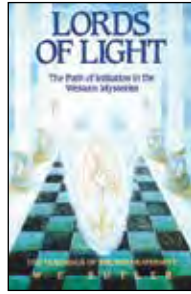
ISBN 978-1-64411-461-2

\$50.00 (CAN \$62.50) hardcover

352 pages, 6 x 9

Offering new translations from the earliest source languages, Charles Stein presents seven essential Hermetic texts alongside introductions and interpretive commentary, revealing their hidden gems of insight, suggesting directions for practice, as well as progressively weaving the texts together historically, poetically, hermeneutically, and magically.

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## Lords of Light

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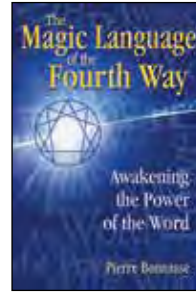
W. E. Butler

ISBN 978-0-89281-308-7

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With humility, humor, and conviction, Butler conveys an extensive knowledge of the occult mysteries, including ritual and ceremonial magic, the awakening of kundalini energy, and the path of the qabalistic tree of life. The overriding theme of his lectures concerns regeneration of the personality and the relinquishing of the false ego through control of one's mental and emotional reactions.



## The Magic Language of the Fourth Way

*Awakening the Power of the Word*

Pierre Bonness

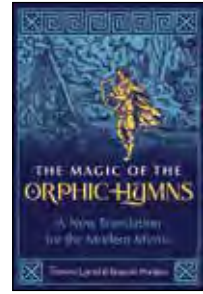
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Words possessed magical powers in the first days of humanity when they created the reality of what they described. Pierre Bonness applies the esoteric teachings of G. I. Gurdjieff and René Daumal to show how the power given to words by the notes of the scale can lead to spiritual advancement.



## The Magic of the Orphic Hymns

*A New Translation for the Modern Mystic*

Tamra Lucid and  
Ronnie Pontiac

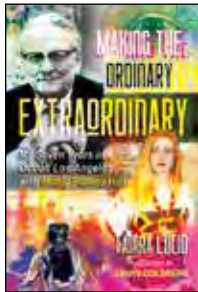
ISBN 978-1-64411-720-0

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Revealing the power of the Orphic Hymns to attune the reader to the sacred presence of the Orphic Mysteries and the higher order of nature, Tamra Lucid and Ronnie Pontiac present new literary translations of the *teletai* that restore important esoteric details and correspondences about the being or deity to which each hymn is addressed.



## Making the Ordinary Extraordinary

*My Seven Years in Occult Los Angeles with Manly Palmer Hall*

Tamra Lucid

Foreword by Danny Goldberg

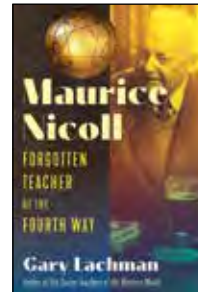
ISBN 978-1-64411-375-2

\$16.99 (CAN \$21.50) pb

160 pages, 6 x 9

In the early 1980s, LA-based underground musician Tamra Lucid discovered the book *The Secret Teachings of All Ages* by metaphysical scholar Manly Palmer Hall and soon found that Hall lived in LA too. After visiting Hall's mystery school, Tamra began an improbable 7-year friendship with him, learning all she could about metaphysics and the occult.

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## New—June 2024 Maurice Nicoll

*Forgotten Teacher of the Fourth Way*

Gary Lachman

ISBN 978-1-64411-991-4

\$35.00 (CAN \$43.99) hardcover

464 pages, 6 x 9

Gary Lachman draws on recently uncovered diaries to explore the unusual, syncretic approach Maurice Nicoll (1884–1953) brought to his teaching of the Fourth Way. He shows how Nicoll is unique in having Jung, Gurdjieff, and Ouspensky as teachers and incorporated Jungian psychology and Swedenborg-inspired mysticism into his sharing of Gurdjieff's and Ouspensky's ideas.



## Meditations on the Soul

*Selected Letters of Marsilio Ficino*

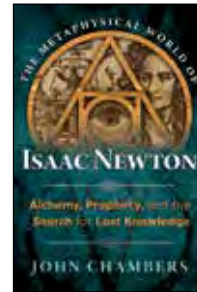
Edited by Clement Salaman

ISBN 978-0-89281-658-3

\$19.95 (CAN \$23.95) pb

304 pages, 6 x 9

This collection of letters between Marsilio Ficino and the influential figures of European history mixes philosophy and humor, compassion and advice. Praised as one of the most profound thinkers in Western culture, Ficino (1433–1499) was the leader of the Platonic Academy in Florence, and has been a guiding light to spiritual seekers for centuries.



## The Metaphysical World of Isaac Newton

*Alchemy, Prophecy, and the Search for Lost Knowledge*

John Chambers

ISBN 978-1-62055-204-9

\$35.00 (CAN \$43.95) hardcover

480 pages, 6 x 9

At the same time Newton was writing *Principia Mathematica*, he was writing a twin volume on theology. This book explores Newton's secret masterpiece, including his essays on alchemy, spirituality, Atlantis, metaphysics, "corrupted texts" in the Bible, and his prediction of an Apocalypse in the year 2060.



## Deluxe Collector's Edition The Mirror of Magic

*A History of Magic in the Western World*

Kurt Seligmann

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512 pages, 7 x 10

255 b&w illustrations

This collector's edition of the classic, comprehensive history of magic and the occult by renowned surrealist and magic scholar Kurt Seligmann includes all 250 illustrations from the original 1948 edition and explores magical practices and beliefs from their origins in the ancient world through the secret societies of the 18th century.





### Mirror of the Marvelous

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Foreword by André Breton

ISBN 978-1-62055-733-4

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5 b&w illustrations

One of the most significant surrealist books, this classic explains how “the marvelous” is more than a synonym for “the fantastic” because it engages the entire emotional realm. Drawing on sacred and modern texts, the author defines “the marvelous” by showing its presence in those works where it burns the brightest.



### The Mysteries of Mithras

*The Pagan Belief That Shaped the Christian World*

Payam Nabarz

Foreword by Caitlin Matthews

ISBN 978-1-59477-027-2

\$16.95 (CAN \$19.95) pb

240 pages, 6 x 9

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*The Mysteries of Mithras* presents a revival of this ancient Roman mystery religion, popular from the late second century BCE. Payam Nabarz reveals the history and tenets of Mithraism, its connections to Christianity, Islam, and Freemasonry, and the modern neo-pagan practice of Mithraism today. Included are seven of its initiatory rituals.



### Occult Botany

*Sédir's Concise Guide to Magical Plants*

Paul Sédir

Translated, Edited, and Annotated by R. Bailey

ISBN 978-1-64411-260-1

\$50.00 (CAN \$62.50)

hardcover deluxe edition

448 pages, 7 x 10

284 b&w illustrations

Merging the scientific discipline of botany with ancient, medieval, and Renaissance traditions of occult herbalism, this seminal guide first published in French in 1902 includes a dictionary of nearly 300 magical plants with descriptions of each plant's scientific name, common names, elemental qualities, ruling planets, and zodiacal signatures, with commentary on medico-magical properties and uses.



### New—April 2024

### Occult Germany

*Old Gods, Mystics, and Magicians*

Christopher McIntosh

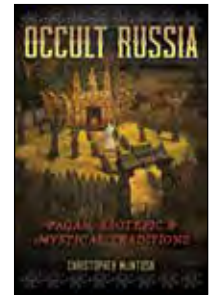
ISBN 978-1-64411-734-7

\$24.99 (CAN \$31.50) pb

264 pages, 6 x 9

Includes 8-page color insert and 29 b&w illustrations

No country is richer in occult and esoteric traditions than Germany. In this magical journey through the inner history of Deutschland, Christopher McIntosh explores evidence of many of these traditions, including prehistoric sacred sites, ancient shamanic traditions, Rosicrucianism, and the survival and revival of the old pre-Christian gods.



### Occult Russia

*Pagan, Esoteric, and Mystical Traditions*

Christopher McIntosh

ISBN 978-1-64411-418-6

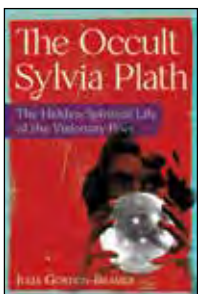
\$24.99 (CAN \$31.50) pb

280 pages, 6 x 9

Includes 8-page color insert and 24 b&w illustrations

Examining occult and esoteric traditions in Russia, Christopher McIntosh explores the currents of mysticism, myth, magic, and the spiritual to which the Russian soul has always been attuned. He reveals the survival of ancient Slavic deities and pagan practices in modern Russia and examines the precursors to modern spiritual movements in the Silver Age.

[Audiobook available](#)



### New—May 2024

### The Occult Sylvia Plath

*The Hidden Spiritual Life of the Visionary Poet*

Julia Gordon-Bramer

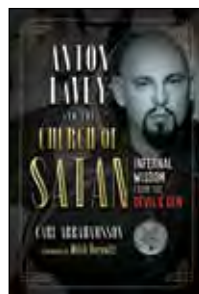
ISBN 978-1-64411-862-7

\$35.00 (CAN \$43.99) pb

416 pages, 6 x 9

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Examining Sylvia Plath's life and writings, Plath scholar Julia Gordon-Bramer shares her more than 15 years of compelling research into Plath's occult influences, including analysis of Sylvia Plath's unpublished calendars, notebooks, scrapbooks, book annotations, and underlinings, as well as published memoirs, biographies, letters, journals, and interviews with Plath and her husband, friends, and family.



### Anton LaVey and the Church of Satan

*Infernal Wisdom from the Devil's Den*

Carl Abrahamsson

Foreword by Mitch Horowitz

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Includes 8-page b&w insert

With his creation of the infamous Church of Satan in 1966 and his bestselling book *The Satanic Bible* in 1969, Anton Szandor LaVey (1930-1997) became a controversial celebrity who basked in the attention and even made a successful career out of it. But who was Anton LaVey behind the public persona?

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### Occulture

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Carl Abrahamsson

Foreword by Gary Lachman

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Art, magic, and the occult have been intimately linked since the time of our ancestors. Blending magical history and esoteric philosophy, Carl Abrahamsson reveals the integral role played by magic and occultism in the development of culture throughout history, including deep looks at major figures such as Carl Jung and Aleister Crowley.

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### Source Magic

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Carl Abrahamsson

Foreword by

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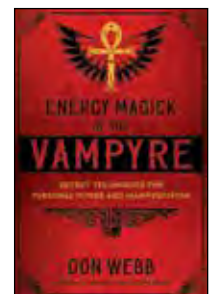
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Exploring the source magic that flows beneath the surface of culture and occulture, Carl Abrahamsson offers a “magical-anthropological” journey from ancient Norse shamanism to the modern magick of occultists like Genesis P-Orridge. He examines the consequences of magical practice and how the attraction to magic can be corrupted by both religious organizations and occult societies.

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### Energy Magick of the Vampyre

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In this initiatory guide, Don Webb explains how a Vampyre is someone adept at gathering, using, and storing energy for magical power, manifestation, and personal liberation. He shares a 9-month process of introspection, magical techniques, and practices that will awaken and initiate you as a Vampyre and allow you to actualize your hidden potential.

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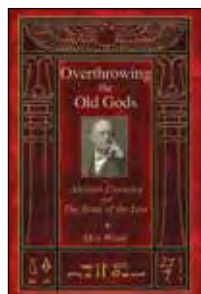
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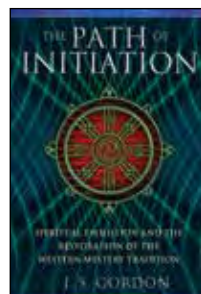
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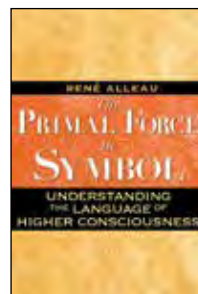
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This book investigates initiatic practices from the ancient Mystery schools to the works of H. P. Blavatsky and Alice Bailey. It reveals that the Adepts are preparing humanity for the Age of Aquarius, creating the ideal preconditions for spiritual evolution and an eventual restoration of the Mysteries in the modern era.



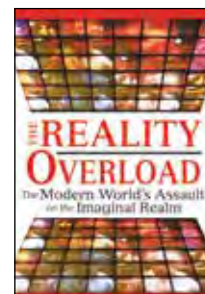
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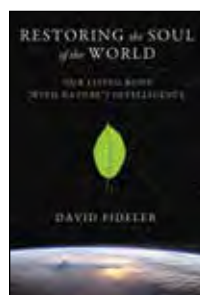
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The secret writings of this mystical order—some published here for the first time—are essential reading for beginners as well as advanced practitioners of magical techniques. The texts reveal secrets of astral projection, clairvoyance, exorcism, alchemy, and other magical practices and occult philosophy.



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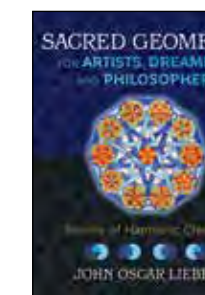
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Descended from a matrilineal line of witches, Natasha Helvin offers a rare look into the secret practices of Russian black magic. She examines practical rituals and spells, the demonic pantheon, the creation of Hell Icons, places of power, offerings, and sacrifices, as well as providing instructions for cemetery magic.



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### The Secret History of the Hell-Fire Clubs

*From Rabelais and John Dee to Anton LaVey and Timothy Leary*

Geoffrey Ashe

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Providing a history of the infamous Hell-Fire Clubs, Geoffrey Ashe reveals their origins in the work of François Rabelais and the activities of John Dee. He looks at the very first Hell-Fire Club, founded in 1720, and also explores other clubs the movement inspired from the 1700s through the 1970s.

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### Shakespeare's Window into the Soul

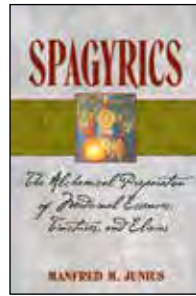
*The Mystical Wisdom in Shakespeare's Characters*

Martin Lings

Foreword by  
H.R.H. The Prince of Wales

ISBN 978-1-59477-120-0  
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Shakespeare's plays, argues author Martin Lings, concern far more than the workings of the human psyche; they are sacred, visionary works that, through the use of esoteric symbol and form, mirror the passage the soul must make to reach its final sacred union with the divine.



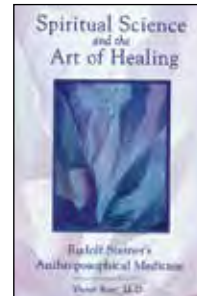
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*The Alchemical Preparation of Medicinal Essences, Tinctures, and Elixirs*

Manfred M. Junius

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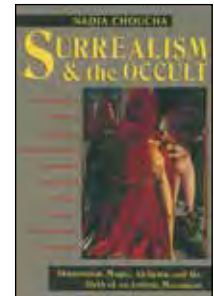
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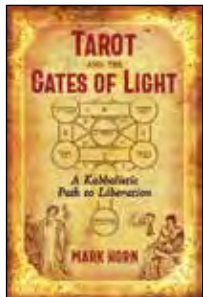
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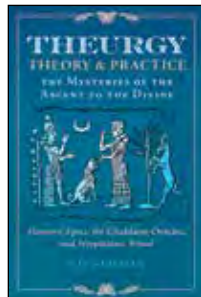
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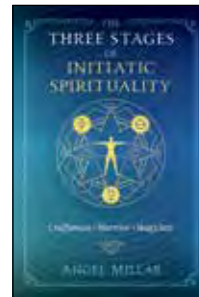
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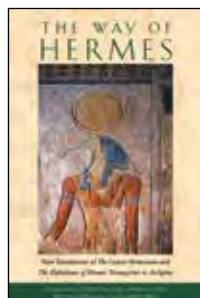
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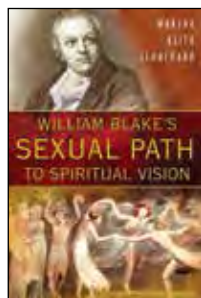
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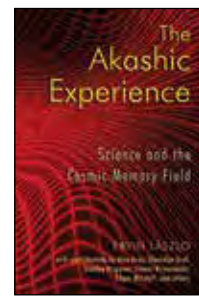
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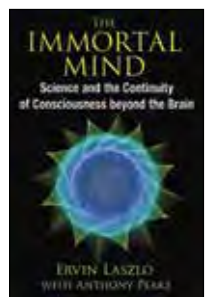
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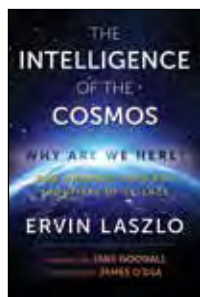
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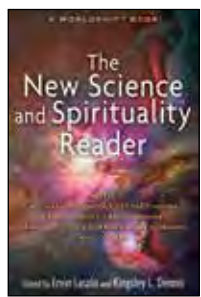
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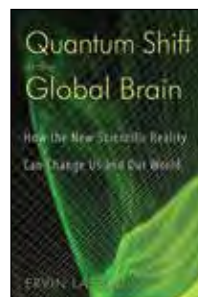


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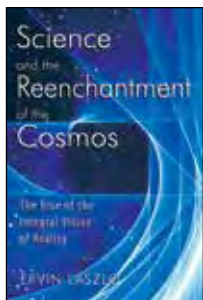
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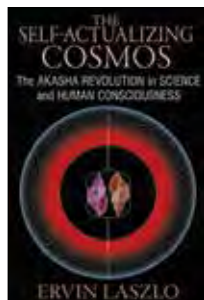
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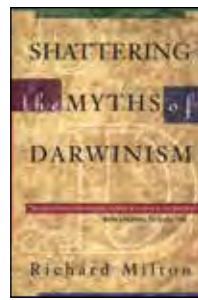
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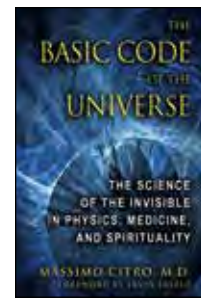
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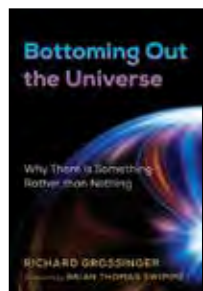
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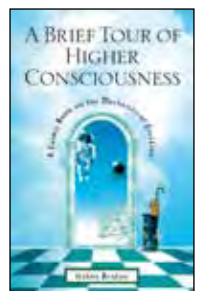
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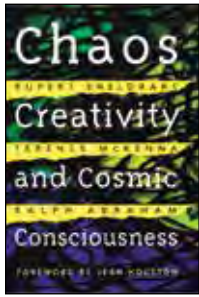
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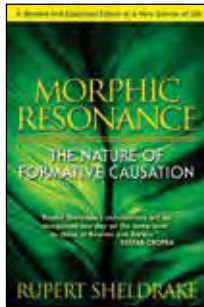


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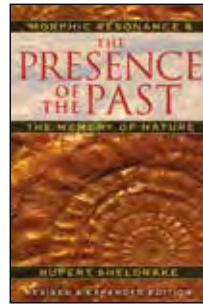


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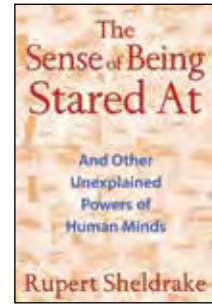
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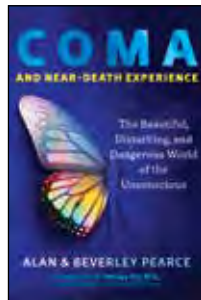
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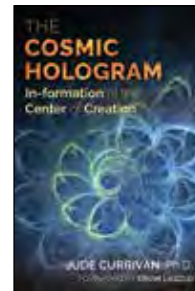
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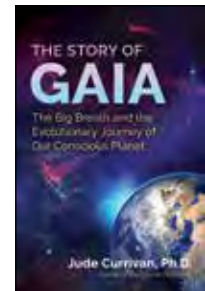
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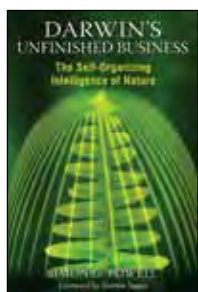
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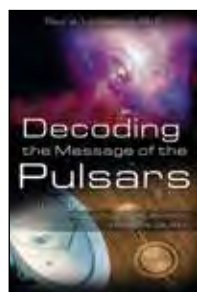
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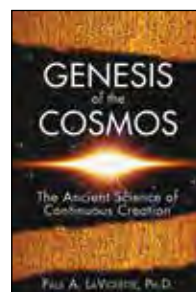
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\$26.00 (CAN \$32.50) pb

384 pages, 6 x 9

160 b&w illustrations

Paul LaViolette reveals astonishing parallels between cutting edge scientific thought and early creation myths, and how these myths encode a theory of cosmology in which matter is continually growing from seeds of order that emerge spontaneously from chaos. Exposing the contradictions of the Big Bang theory, LaViolette leads us beyond the restrictive metaphors of modern science and into a new science for the 21st century.



### Secrets of Antigravity Propulsion

*Tesla, UFOs, and Classified Aerospace Technology*

Paul A. LaViolette, Ph.D.

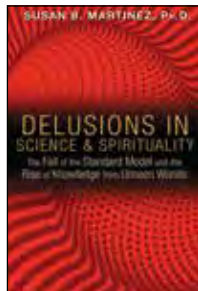
ISBN 978-1-59143-078-0

\$26.00 (CAN \$32.50) pb

512 pages, 6 x 9

130 b&w illustrations

In *Secrets of Antigravity Propulsion*, physicist Paul LaViolette offers a complete investigation of the development and suppression of antigravity and field propulsion technologies, including those capable of revolutionizing energy production and air travel, and those used in Area 51.



### Delusions in Science and Spirituality

*The Fall of the Standard Model and the Rise of Knowledge from Unseen Worlds*

Susan B. Martinez, Ph.D.

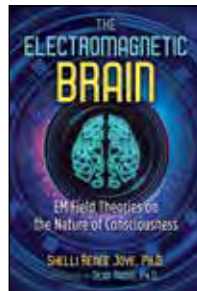
ISBN 978-1-59143-198-5

\$29.99 (CAN \$37.50) pb

448 pages, 6 x 9

97 b&w illustrations

This primer in deprogramming reveals the disinformation at the root of mainstream consensus thinking, punching gaping holes in the cherished theories of the Big Bang, Darwinian evolution, ice ages, and global warming. Drawing on the Oahspe Bible as well as the most advanced thinkers in astrophysics, it offers a new "Theory of Everything" to replace the standard model.



### The Electromagnetic Brain

*EM Field Theories on the Nature of Consciousness*

Shelli Renée Joye, Ph.D.

Foreword by Dean Radin, Ph.D.

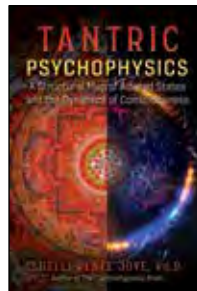
ISBN 978-1-64411-091-1

\$18.99 (CAN \$23.99) pb

320 pages, 6 x 9

50 b&w illustrations

In this scientific exploration of the origin of consciousness, Shelli Renée Joye, Ph.D., explores 12 credible theories, each published by prominent professionals with extensive scientific credentials, that describe how electricity in the form of electromagnetic fields is the living consciousness that runs through the brain.



### Tantric Psychophysics

*A Structural Map of Altered States and the Dynamics of Consciousness*

Shelli Renée Joye, Ph.D.

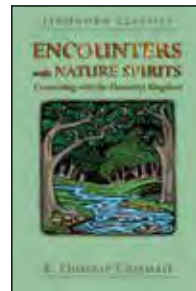
ISBN 978-1-64411-368-4

\$24.99 (CAN \$31.50) pb

352 pages, 6 x 9

65 b&w illustrations

Exploring Tantric teachings from India and Tibet, Shelli Renée Joye, Ph.D., presents a wide-ranging collection of practical techniques to induce altered states of consciousness for the exploration of heightened mystical states. She also shows how these theories and techniques are fully supported by modern biophysics, brain science, and quantum physics.



### Encounters with Nature Spirits

*Co-creating with the Elemental Kingdom*

R. Ogilvie Crombie

ISBN 978-1-62055-837-9

\$16.99 (CAN \$21.50)

Paper with French flaps

232 pages, 5 x 7.75

10 b&w illustrations

In this first-hand account of the vast powers and true nature of the Elemental Kingdom, R. Ogilvie Crombie shares his encounters with the great God Pan, elemental beings, elves, and other nature spirits. He reveals how the elemental realm is profoundly powerful and possesses an ability to create far beyond our human means.



### Ecovillages around the World

*20 Regenerative Designs for Sustainable Communities*

Edited by Frederica Miller

ISBN 978-1-84409-743-2

\$26.99 (CAN \$32.99)

Paper with French flaps

176 pages, 7.88 x 10.63

Full-color throughout

Including more than 300 full-color photographs and diagrams, this beautiful book highlights 20 best practice designs from ecovillages around the world to show how we can live lightly on the planet no matter where on earth we live. Features Findhorn in Scotland, Auroville in India, and 18 others.



### New—August 2024

A Sacred Planet Book  
Revised Edition of  
*Geoeengineered Transhumanism*

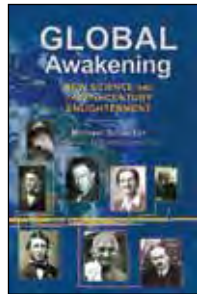
## The Geoengineered Transhuman

*The Hidden Technologies of HAARP, Chemtrails, 5G/6G, Nanotechnology, Synthetic Biology, and the Scientific Effort to Transform Humanity*

Elana Freeland

ISBN 978-1-59143-512-9  
\$30.00 (CAN \$37.50) pb  
464 pages, 6 x 9  
54 b&w illustrations

Freeland offers an exposé of the transhumanist agenda—the transformation of humanity into a slave class by means of biotechnology, genetic engineering, and molecular nanotechnology.



## Global Awakening

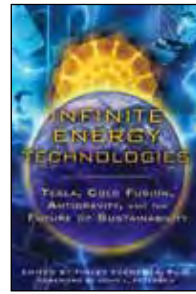
*New Science and the 21st-Century Enlightenment*

Michael Schacker

Introduction by  
Stephen Larsen, Ph.D.

ISBN 978-1-59477-482-9  
\$29.95 (CAN \$35.95) hardcover  
480 pages, 6 x 9  
40 b&w illustrations

*Global Awakening* profiles the creative geniuses behind many paradigm shifts in history, from Galileo to Gandhi. It details the stages through which every shift progresses and shows how we can contribute to global regeneration today.



## Infinite Energy Technologies

*Tesla, Cold Fusion, Antigravity, and the Future of Sustainability*

Ed. by Finley Eversole, Ph.D.

Foreword by John L. Petersen  
ISBN 978-1-59477-380-8  
\$18.95 (CAN \$22.95) pb  
400 pages, 6 x 9, 74 b&w illustrations

This book gathers together the research of five geniuses—John Worrell Keely, Nikola Tesla, Viktor Schauberger, Royal Raymond Rife, and T. Townsend Brown—who made revolutionary discoveries about free energy, electricity, water vortex motion, electric ray technology, and antigravity. These suppressed scientists developed technologies that, if fully implemented, could establish truly sustainable energy systems.



## Invasive Plant Medicine

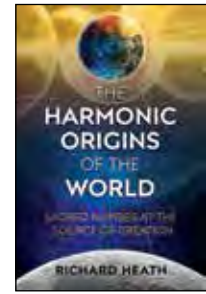
*The Ecological Benefits and Healing Abilities of Invasives*

Timothy Lee Scott

Foreword by  
Stephen Harrod Buhner

ISBN 978-1-59477-305-1  
\$22.95 (CAN \$27.95) pb  
384 pages, 6 x 9  
Includes 25 color and 35 b&w illustrations

Timothy Scott shows how invasive plants—mostly originating in Asia where they are used in traditional healing—perform an essential ecological function and are far less a threat to the environment than the cocktails of toxic pesticides used to control them.



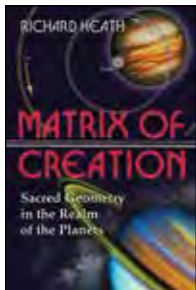
## The Harmonic Origins of the World

*Sacred Number at the Source of Creation*

Richard Heath

ISBN 978-1-62055-612-2  
\$18.99 (CAN \$23.99) pb  
272 pages, 6 x 9  
100 b&w illustrations

Exploring the simple mathematical relationships that underlie the cycles of the solar system and the music of Earth, Richard Heath reveals how Neolithic astronomers discovered these ratios using megalithic monuments like Stonehenge and the Carnac stones. He shows how this harmonic knowledge inspired the earliest religious systems and spread around the world.



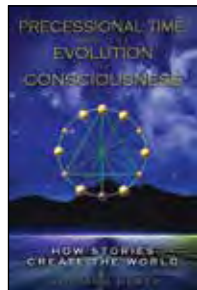
## Matrix of Creation

*Sacred Geometry in the Realm of the Planets*

Richard Heath

ISBN 978-0-89281-194-6  
\$16.99 (CAN \$21.50) pb  
160 pages, 6 x 9  
64 b&w illustrations

Sacred numbers arose from ancient man's observation of the heavens, and represent the secrets of cosmic proportion and alignment. The ancients understood that the ripeness of the natural world is the perfection of ratio and that the planetary system—and time itself—is a creation of number. We have forgotten what our ancestors once knew: that numbers and their properties create the forms of the world.



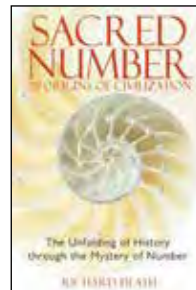
## Precessional Time and the Evolution of Consciousness

*How Stories Create the World*

Richard Heath

ISBN 978-1-59477-363-1  
\$16.95 (CAN \$19.95) pb  
208 pages, 6 x 9  
30 b&w illustrations

Exploring how ancient myths are shaped by sacred proportion, this book shows how stories enable us to identify the spiritual aspects within our material world and to participate in the evolution of human consciousness.



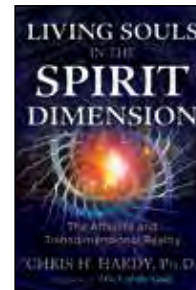
## Sacred Number and the Origins of Civilization

*The Unfolding of History through the Mystery of Number*

Richard Heath

ISBN 978-1-59477-131-6  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9  
122 b&w illustrations

Sacred numbers and ratios can be found throughout history, influencing everything from art and architecture to the development of religion and secret societies. From Solomon's Key to the Templar design for Washington, D.C., as New Jerusalem, Richard Heath reveals the origins, influences, and deeper meaning of these synchronous numerical occurrences.



## Living Souls in the Spirit Dimension

*The Afterlife and Transdimensional Reality*

Chris H. Hardy, Ph.D.

ISBN 978-1-59143-372-9  
\$24.00 (CAN \$29.99) pb  
352 pages, 6 x 9  
Includes 16-page color insert and 61 b&w illustrations

This exploration of consciousness, after-death communication, and near-death and out-of-body experiences reveals that all beings exist simultaneously in the material dimension and in the soul hyperdimension. It offers tested methods for accessing the soul dimension and explores what can be accomplished there, including communicating with those who exist beyond our material world.

**Audiobook available**



A Sacred Planet Book

## The Luminous Landscape of the Afterlife

*Jordan's Message to the Living on What to Expect after Death*

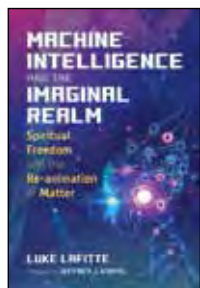
Matthew McKay, Ph.D.

ISBN 978-1-64411-284-7  
\$14.99 (CAN \$18.99) pb  
144 pages, 6 x 9

There is no better source of information on death and the afterlife than someone who has died and lives in spirit. Channeling his late son, Jordan, psychologist Matthew McKay offers a post-death guide for the living, revealing in vivid detail what to expect when we die and how to prepare for the wonders of the afterlife.

**Audiobook available**





A Sacred Planet Book

## Machine Intelligence and the Imaginal Realm

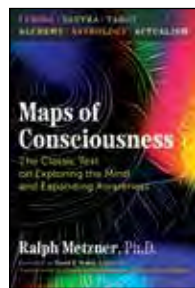
*Spiritual Freedom and the Re-animation of Matter*

Luke Lafitte

Foreword by Jeffrey J. Kripal

ISBN 978-1-64411-406-3  
\$24.99 (CAN \$31.50) pb  
480 pages, 6 x 9

Lafitte interprets the messages, archetypes, and language of the unconscious in early stories related to mechanical men and demonstrates a direct connection between consciousness and the history of machines, specifically between the inventors of these machines and the awakening of our imaginations and our powers of manifestation.



New—Available  
New Edition

## Maps of Consciousness

*The Classic Text on Exploring the Mind and Expanding Awareness*

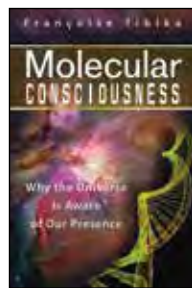
Ralph Metzner, Ph.D.

Foreword by David E. Presti

ISBN 978-1-64411-621-0  
\$29.99 (CAN \$37.50) pb  
320 pages, 6 x 9  
79 b&w illustrations

In this highly acclaimed classic, Ralph Metzner presents a guide to six ancient systems to expand awareness and free your consciousness from exterior limitations and cultural conditioning. He explores the I Ching, Tantra, Tarot, astrology, alchemy, and the yoga philosophy of Actualism.

**Audiobook available**



## Molecular Consciousness

*Why the Universe Is Aware of Our Presence*

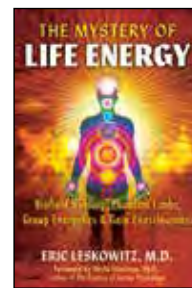
Françoise Tibika

ISBN 978-1-59477-484-3

\$14.95 (CAN \$17.95) pb

144 pages, 6 x 9  
16 b&w illustrations

The molecules of living organisms are in constant communication, storing and transmitting information both at the intracellular level as well as across vast distances. Each imperishable atom of the universe is intrinsically linked with all other atoms. Thus, by effecting conscious change our actions have significance in a universe that is not blind to our presence.



New—April 2024

## The Mystery of Life Energy

*Biofield Healing, Phantom Limbs, Group Energetics, and Gaia Consciousness*

Eric Leskowitz, M.D.

Foreword by David Feinstein, Ph.D.

ISBN 978-1-59143-486-3  
\$24.00 (CAN \$29.99) pb  
320 pages, 6 x 9  
79 b&w illustrations

Revealing irrefutable proof of the effectiveness of energy-based therapies, Eric Leskowitz, M.D., explores the many manifestations of life energy at the individual, group, and global levels. He offers a detailed exploration of the phenomena of phantom limb pain as well as the energetics of crop circles and global consciousness.



A Sacred Planet Book

## A New Science of the Afterlife

*Space, Time, and the Consciousness Code*

Daniel Drasin

ISBN 978-1-64411-681-4  
\$16.99 (CAN \$21.50) pb  
128 pages, 6 x 9

Sharing his more than three decades of research into the afterlife and paranormal phenomena, Daniel Drasin shows that human consciousness continues after death and constitutes a legitimate area of scientific inquiry with convincing evidence. He shares 15 promising avenues of post-materialist scientific investigation currently underway and explores what the "next life" is like.

**Audiobook available**



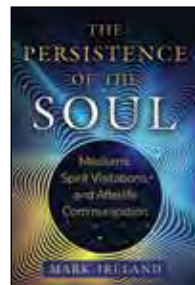
## Permaculture

*A Spiritual Approach*

Craig Gibsons and Jan Martin Bang

ISBN 978-1-84409-657-2  
\$19.99 (CAN \$24.99) pb  
176 pages, 6 x 9  
64 b&w photos and  
12 b&w illustrations

Permaculture looks for patterns embedded in our natural world as inspiration for designing solutions. It is a philosophical, spiritual, and practical approach to the use of land, integrating microclimate, functional plants, animals, soils, water management, and human needs into an intricately connected, highly productive system.



New—Available

A Sacred Planet Book  
New Edition of Messages from the Afterlife

## The Persistence of the Soul

*Mediums, Spirit Visitations, and Afterlife Communication*

Mark Ireland

ISBN 978-1-64411-718-7  
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288 pages, 6 x 9  
3 b&w illustrations

After the passing of his son, Mark Ireland began a search for messages from the afterlife and discovered remarkable proof of life after death. Interweaving profound personal experience and scientific evidence, he explores psychic-medium phenomena, spirit visitations, afterlife communication, reincarnation, and near-death experiences, pointing to the survival of consciousness.



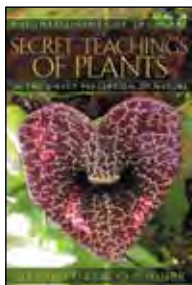
## Plant Intelligence and the Imaginal Realm

*Beyond the Doors of Perception into the Dreaming of Earth*

Stephen Harrod Buhner

ISBN 978-1-59143-135-0  
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576 pages, 6 x 9  
10 b&w illustrations

All life forms on Earth possess intelligence, language, and the ability to dream. The capacity for depth connection and meaning-filled communication with the living world is inherent in every human being. By consciously opening the doors of perception, we may directly experience the meanings that flow through each living form, not least of all through the plant world.



## The Secret Teachings of Plants

*The Intelligence of the Heart in the Direct Perception of Nature*

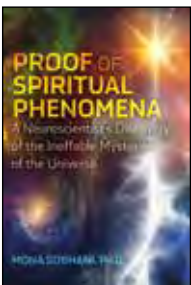
Stephen Harrod Buhner

ISBN 978-1-59143-035-3  
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336 pages, 6 x 9  
4 b&w illustrations

Also available in Spanish  
(see page 218)

Ancient and indigenous peoples have insisted their knowledge of plant medicines came from the plants themselves, perceived through a heart-centered mode of perception, not trial-and-error experimentation. Author Stephen Harrod Buhner explores this heart-centered mode of perception, helping readers to learn about the medicinal uses of plants.

**Audiobook available**



## Proof of Spiritual Phenomena

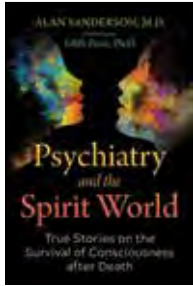
*A Neuroscientist's Discovery of the Ineffable Mysteries of the Universe*

Mona Sobhani, Ph.D.

ISBN 978-1-64411-499-5  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9  
18 b&w illustrations

Fully indoctrinated into the cult of science, neuroscientist Mona Sobhani, Ph.D., aggressively defended the dogma of scientific beliefs—until a series of life-altering events caused her to reconsider spirituality and psi concepts and launched her into a two-year investigation into the ineffable mysteries of our world.

**Audiobook available**

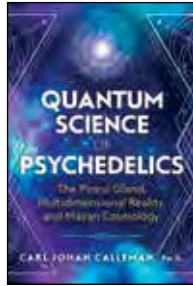


**A Sacred Planet Book**  
**Psychiatry and the Spirit World**

*True Stories on the Survival of Consciousness after Death*

Alan Sanderson, M.D.,  
M.R.C.P., M.R.C.Psych.  
Foreword by Edith Fiore, Ph.D.  
ISBN 978-1-64411-576-3  
\$22.99 (CAN \$28.99) pb  
256 pages, 6 x 9

After making the revolutionary discovery that many of his patients were plagued by troublesome spirits, Dr. Alan Sanderson found remarkable treatment success by talking with the attached spirits and persuading them to leave their hosts. Sharing his extensive research, he examines the practice of psychiatric spirit release and the survival of consciousness.



**Quantum Science of the Psychedelics**

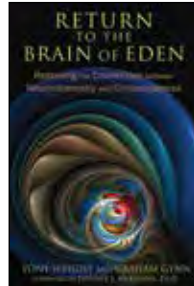
*The Pineal Gland, Multidimensional Reality, and Mayan Cosmology*

Carl Johan Calleman, Ph.D.

ISBN 978-1-59143-362-0  
\$24.00 (CAN \$29.99) pb  
352 pages, 6 x 9  
118 b&w illustrations

Carl Calleman reveals the quantum science of the Maya, a lost science that explains the phenomenology of psychedelics and altered states of consciousness. Explaining why altered states exist and how they work, he describes how psychedelics interact with the human mind to further the evolution of consciousness.

**Audiobook available**



**Return to the Brain of Eden**

*Restoring the Connection between Neurochemistry and Consciousness*

Tony Wright and Graham Gynn

Foreword by  
Dennis J. McKenna, Ph.D.  
ISBN 978-1-62055-251-3  
\$18.99 (CAN \$22.95) pb  
304 pages, 6 x 9  
14 b&w illustrations

For over a million years the human brain expanded at a rapid rate, and then 200,000 years ago the expansion abruptly stopped. Why? The move away from the diet of early humans led to aggressive behavior and the suppression of higher capabilities. This book offers protocols that can reverse this degeneration and help us regain the brain of Eden.



**Science and the Afterlife Experience**

*Evidence for the Immortality of Consciousness*

Chris Carter

ISBN 978-1-59477-452-2  
\$24.99 (CAN \$31.50) pb  
384 pages, 6 x 9

Evidence of life beyond death exists and has been around for millennia, predating any organized religion. Chris Carter examines 125 years of scientific studies that rule out hoaxes, fraud, and hallucinations and prove that afterlife phenomena are real, findings that are ignored and denied because they are incompatible with the prevailing doctrine of materialism.



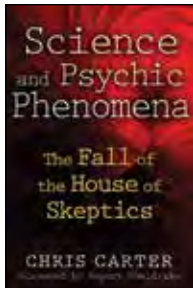
**Science and the Near-Death Experience**

*How Consciousness Survives Death*

Chris Carter

ISBN 978-1-59477-356-3  
\$21.99 (CAN \$27.50) pb  
320 pages, 6 x 9  
4 b&w illustrations

Materialistic thinking suggests that perceptions of life after death are a creation of the brain. Using evidence from scientific studies, Chris Carter shows that consciousness does not depend on the brain, and that near-death experiences may truly provide a glimpse of an awaiting afterlife.



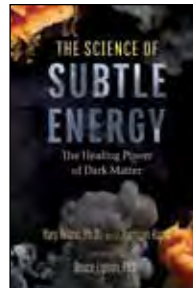
**Science and Psychic Phenomena**

*The Fall of the House of Skeptics*

Chris Carter

Foreword by  
Rupert Sheldrake  
ISBN 978-1-59477-451-5  
\$18.95 (CAN \$22.95) pb  
320 pages, 6 x 9  
11 b&w illustrations

Parapsychology is routinely attacked in the mainstream because its very existence challenges doctrinaire materialism. Chris Carter calls us to disregard this church of skepticism and to reach our own conclusions by looking at the vast body of psi evidence.



**The Science of Subtle Energy**

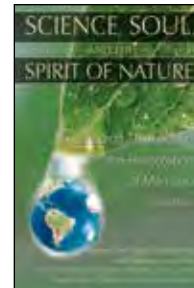
*The Healing Power of Dark Matter*

Yury Kronn, Ph.D.,  
with Jurriaan Kamp

Foreword by Bruce Lipton, Ph.D.  
ISBN 978-1-64411-452-0  
\$18.99 (CAN \$23.99) pb  
224 pages, 6 x 9  
48 b&w illustrations

Sharing the results of his profound experiments with subtle energy, also known as dark matter, the author shows how the mind interacts with matter by means of subtle energy. Kronn demonstrates how it's possible to harness subtle energy with modern technology to generate specific subtle energy formulations for practical applications.

**Audiobook available**



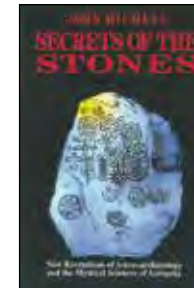
**Science, Soul, and the Spirit of Nature**

*Leading Thinkers on the Restoration of Man and Creation*

Irene van Lippe-Biesterfeld  
with Jessica van Tijn

ISBN 978-1-59143-055-1  
\$18.00 (CAN \$22.00) pb  
320 pages, 6 x 9  
12 b&w photographs

Irene van Lippe-Biesterfeld interviews 12 respected visionary thinkers about their deep connection with the earth and their views on the relationship between humanity and nature. Each contributor adds insights into the urgent change in consciousness that we must adopt in order to heal and restore our holistic relationship with the earth.



**Secrets of the Stones**

*New Revelations of Astro-Archaeology and the Mystical Sciences of Antiquity*

John Michell

ISBN 978-0-89281-337-7  
\$14.95 (CAN \$17.95) pb  
128 pages, 6 x 9

From the temples of Egypt to the stone circles of Britain, Michell traces the development of the science of astro-archaeology.



**New—August 2024**  
**The Tao of Cosmos**

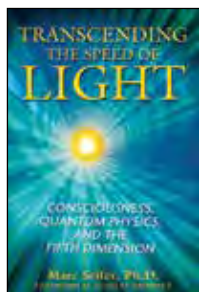
*The Holographic Unity of Heaven, Earth, and Humankind*

Zhen G. Ma, Ph.D.

ISBN 978-1-64411-776-7  
\$29.99 (CAN \$37.50) pb  
256 pages, 6 x 9  
Full-color throughout

Exploring the connections between the universe and consciousness, physicist Zhen G. Ma, Ph.D., offers a quantitative "theory of everything" that beautifully integrates ancient I Ching philosophy, Eastern Taoism, recent advances in cosmology, and the quantum brain dynamics of consciousness to show how humanity is inextricably and holistically blended into the cosmic fabric of the universe.





## Transcending the Speed of Light

*Consciousness, Quantum Physics, and the Fifth Dimension*

Marc Seifer, Ph.D.

Foreword by Stanley Krippner

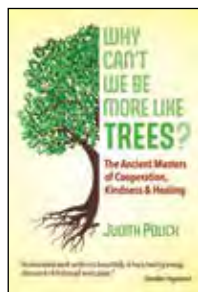
ISBN 978-1-59477-229-0

\$22.95 (CAN \$28.95) pb

368 pages, 6 x 9

80 b&w illustrations

The space-time continuum of physics ignores the realm of the mind. But consciousness is unconfined by space or time and represents a higher organizing principle, a fifth dimension, that transcends the speed of light. Marc Seifer examines relativity, ether theory, precognition, telepathy, and synchronicity, all from the perspective of the conscious universe.



## New—Available Why Can't We Be More Like Trees?

*The Ancient Masters of Cooperation, Kindness, and Healing*

Judith Bluestone Polich

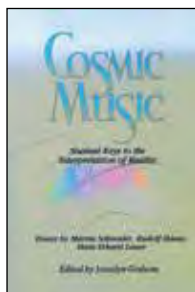
ISBN 978-1-59143-504-4

\$18.00 (CAN \$22.50) pb

192 pages, 6 x 9

Sharing breakthrough research on how tree and plant groups function, the author examines the attributes we share with trees and plants and how the behaviors of altruism, cooperation, and community are genetically coded in our beings. She explores the healing powers offered by the plant kingdom and how to see and think with holistic eco-centric awareness.

**Audiobook available**



## Cosmic Music

*Musical Keys to the Interpretation of Reality*

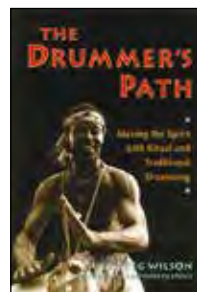
Edited by Joscelyn Godwin

ISBN 978-0-89281-070-3

\$16.95 (CAN \$19.95) pb

256 pages, 6 x 9

While every music lover senses the power and truth that reside in music, very few actually approach music as a path to cosmic knowledge. But the idea that the universe is created out of sound is an ancient one. This book brings together three contemporary German thinkers who exemplify this tradition: Marius Schneider, Rudolf Haase, and Hans Erhard Lauer.



## The Drummer's Path

*Moving the Spirit with Ritual and Traditional Drumming*

Sule Greg Wilson

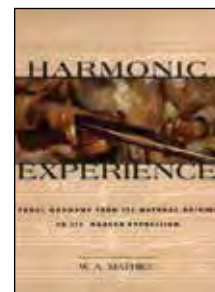
Foreword by Babatunde Olatunji

ISBN 978-0-89281-359-9

\$16.95 (CAN \$19.95) pb

160 pages, 6 x 9

Drummer, dancer, and folklorist Sule Greg Wilson introduces the principles behind African and Diaspora music, including breath, posture, and orchestration.



## Harmonic Experience

*Tonal Harmony from Its Natural Origins to Its Modern Expression*

W. A. Mathieu

ISBN 978-0-89281-560-9

\$50.00 (CAN \$60.00) hardcover

576 pages, 8.5 x 11

An accomplished recording artist, author, and teacher presents an in-depth look at the way we experience musical harmony.

**"Mathieu's books are worth reading for anyone in any field of music—jazz, classical, gospel, or any other. He's found the words to tell the power of music."**

Pete Seeger, folksinger



## Harmonies of Heaven and Earth

*Mysticism in Music from Antiquity to the Avant-Garde*

Joscelyn Godwin

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208 pages, 6 x 9

All those who have ever reflected on music's inner reality have felt its universal and mystical aspects. Joscelyn Godwin turns to the metaphysical accounts of the higher worlds that are the birthplace of Harmony, following the path of musical inspiration on its descent to Earth, and illuminating the archetypal currents that lie beneath Western musical history.



## The Harmony of the Spheres

*The Pythagorean Tradition in Music*

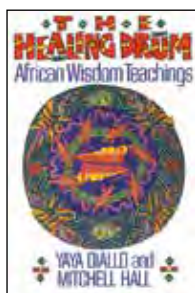
Joscelyn Godwin

ISBN 978-0-89281-265-3

\$40.00 (CAN \$48.00) hardcover

512 pages, 6 x 9

*Harmony of the Spheres* traces the history of the idea that the whole cosmos, with its circling planets and stars, is in some way a harmonious or musical entity. This rich anthology shows how the concept of cosmic harmony has inspired philosophers, astronomers, and mystics from antiquity to the present day.



## The Healing Drum

*African Wisdom Teachings*

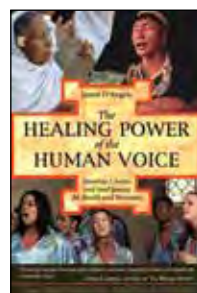
Yaya Diallo and Mitchell Hall

ISBN 978-0-89281-256-1

\$16.95 (CAN \$19.95) pb

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In the personal story of internationally acclaimed drummer Yaya Diallo we see the power of music as a sacred, healing force in West African culture.



## The Healing Power of the Human Voice

*Mantras, Chants, and Seed Sounds for Health and Harmony*

James D'Angelo

ISBN 978-1-59477-050-0

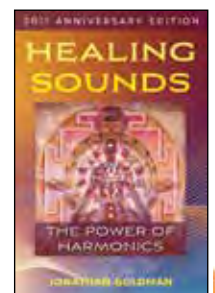
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72-minute instructional audio tracks included

James D'Angelo introduces the concepts behind sound healing and the ways in which group singing can contribute to physical and mental health. Authentic chants and mantras from around the world, techniques for producing overtones, and simple movements disposing the body to inner harmony, health, and peace are included.



## 30th Anniversary Edition Healing Sounds

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Jonathan Goldman

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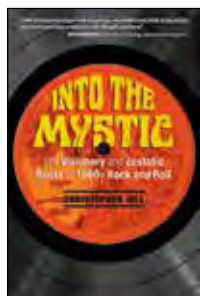
\$19.99 (CAN \$24.99) pb

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10 b&w illustrations

In this 30th anniversary edition of *Healing Sounds*, master teacher Jonathan Goldman shares many easy-to-follow sound healing exercises and explains in detail how to perform vocal harmonics—a form of overtone chanting. The new edition includes more than 100 minutes of exclusive audio downloads featuring recordings of sound healing exercises and guided meditations.

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## Into the Mystic

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Christopher Hill

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23 b&w illustrations

Music critic Christopher Hill examines the visionary, spiritual, and mystical influences on the Beatles, the Rolling Stones, the Grateful Dead, Bob Dylan, Van Morrison, the Incredible String Band, the Velvet Underground, and others to show how 1960s rock and roll music transformed consciousness on both the individual and collective levels.

**Audiobook available**



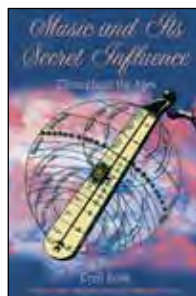
## The Magic Flute Unveiled

*Esoteric Symbolism in Mozart's Masonic Opera*

Jacques Chailley

ISBN 978-0-89281-358-2  
\$19.95 (CAN \$23.95) pb  
368 pages, 5.38 x 8.25

Chailley, a professor of music history at the Sorbonne, reveals the coherence of the opera and the hidden significance of its characters and situations. The author relates each of these elements to the esoteric tradition from which they emanate and to Mozart's own involvement with the Masonic brotherhood.



## Music and Its Secret Influence

*Throughout the Ages*

Cyril Scott

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\$18.99 (CAN \$23.99)  
Paper with French flaps  
224 pages, 6 x 9

The works of Bach, Handel, Beethoven, Mendelssohn, Schumann, Chopin, Wagner, and others were actively influenced by a hierarchy of initiates and evolved spiritual intelligences. The author explains how humans are composed not only of a physical, emotional, and mental body but also a sensation body that acts as the bridge between the physical and higher realms.



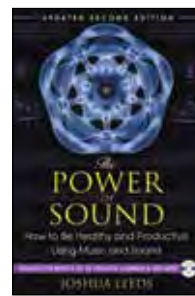
## Music and the Power of Sound

*The Influence of Tuning and Interval on Consciousness*

Alain Daniélou

ISBN 978-0-89281-336-0  
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192 pages, 6 x 9

Music has always been esteemed for its power to speak directly to our higher consciousness. Alain Daniélou traces the development of musical scales and tuning from their origins in both China and India, through their merging in ancient Greece, and on to the development of the Western traditions of modal and polyphonic music.



## The Power of Sound

*How to Be Healthy and Productive Using Music and Sound*

Joshua Leeds

ISBN 978-1-59477-350-1  
\$19.95 (CAN \$23.95) pb  
320 pages, 6 x 9  
Includes 75-minute CD

We are surrounded by sound, and what we hear can either energize or deplete us. Joshua Leeds shows how sound can be a powerful ally. It includes a CD of psychoacoustically designed classical music for a direct experience of the effect of simplified sound.



## The Secret Lore of Music

*The Hidden Power of Orpheus*

Fabre d'Olivet

Translated by  
Joscelyn Godwin

ISBN 978-0-89281-660-6  
\$14.99 (CAN \$17.99) pb  
184 pages, 5.38 x 8.25

Written by Fabre d'Olivet (1767–1825), this classic study of music was the first to revive Pythagoras' ideas of the sacred nature of music and its profound effect on the soul. Godwin also provides a fascinating biography of d'Olivet.



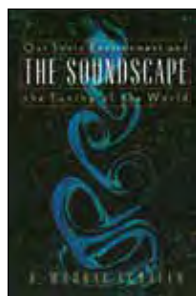
## The Secret Power of Music

*The Transformation of Self and Society through Musical Energy*

David Tame

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This study of the hidden side of music and its subtle effects is one of the most detailed books ever written on the subject.



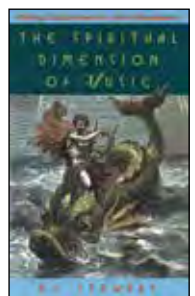
## The Soundscape

*Our Sonic Environment and the Tuning of the World*

R. Murray Schafer

ISBN 978-0-89281-455-8  
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Schafer contends that we suffer from an overabundance of acoustic information and explores ways to restore our ability to hear the nuances of sounds around us. This book is a pioneering exploration of our acoustic environment, past and present, and an attempt to imagine what it might become.



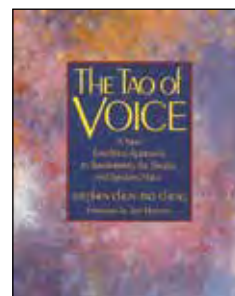
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Stephen Chun-Tao Cheng

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144 pages, 8 x 10

*The Tao of Voice* is the first book to combine the best of Western vocal technique and modern psychophysical exercises with ancient Chinese practices. This simple but powerful vocal method will help you to develop your vocal identity and increase vocal range and power, while improving memorization and overcoming stage fright.





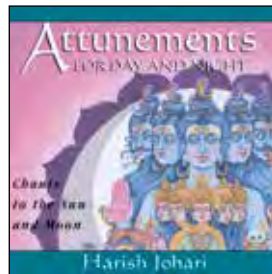
## The World Is Sound: Nada Brahma

*Music and the Landscape of Consciousness*

Joachim-Ernst Berendt

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One of Europe's foremost jazz producers takes us through a world of musical traditions and explores the effects of sound on consciousness.



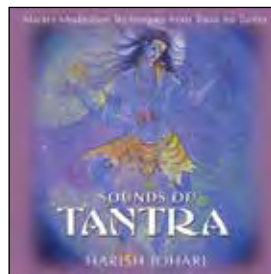
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Harish Johari

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Japa—the repeated chanting of a mantra—is an age-old Hindu technique to help you become attuned with the planets and their ruling deities and thereby create peace and prosperity in your life. Noted Tantric scholar Harish Johari chants the mantras associated with the Sun and the Moon.



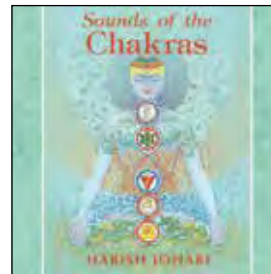
## Sounds of Tantra

*Mantra Meditation Techniques from Tools for Tantra*

Harish Johari

ISBN 978-1-59477-003-6  
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Two 60-minute CDs

In *Sounds of Tantra*, Harish Johari demonstrates the correct intonation of mantras, the words of power used when meditating on the beautiful geometric paintings of yantras. Regular chanting or listening to these mantras is considered a potent means of surmounting obstacles, attaining wealth, love, health, and freedom from fear. This two-CD set is a useful companion to Johari's book *Tools for Tantra* and can also be used as a background for meditation.

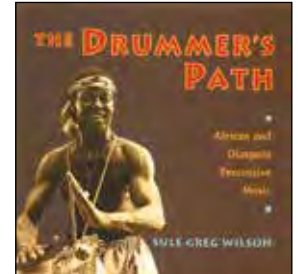


## Sounds of the Chakras

Harish Johari

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\$14.99 (CAN \$17.99)  
60-minute CD

A companion to Harish Johari's book *Chakras: Energy Centers of Transformation*, this CD provides the authentic sounds for meditation on each of the chakras. In *Sounds of the Chakras*, Johari presents the entire intonation cycle that should be practiced with each chakra meditation in a manner that students can follow with ease.



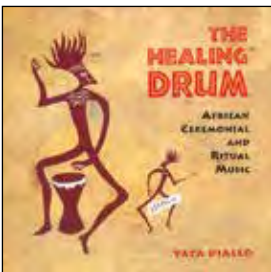
## The Drummer's Path

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ISBN 978-0-89281-502-9  
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Following the great diaspora out of Africa to the Caribbean and the Americas, percussionist Sule Greg Wilson draws from rhythms of the world on this eclectic recording. He brings the power of traditional drumming alive and plays classic rhythms from the diverse cultures of Puerto Rico, Brazil, Africa, and India. Companion audio to the book *The Drummer's Path*.



## The Healing Drum

*African Ceremonial and Ritual Music*

Yaya Diallo

ISBN 978-0-89281-505-0  
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42-minute CD

Traces the extraordinary cultural legacy of the Minianka tribe of West Africa, for whom music serves a sacred, healing function for the individual and society. This authentic, traditional chanting and singing expresses the full potential for the sacred and the magical in music. Companion audio to the book *The Healing Drum*.



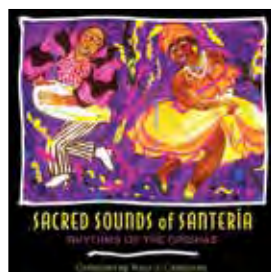
## Sacred Sounds of the Female Orishas

*Rhythms of the Goddess*

Collected by  
Raul J. Canizares

ISBN 978-1-59477-071-5  
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Contains songs praising different aspects of the Goddess in the form of Oyá, Yemayá, Oshún, Yewa, and Obba. Collected by Raul Canizares (1955–2002), head of the Santería Temple Orisha Consciousness Movement in Manhattan and author of *Cuban Santería and Shango: An African-American Titan*, the CD presents songs that evoke the powers of these female orishas.



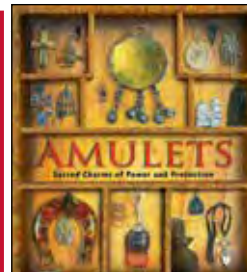
## Sacred Sounds of Santería

*Rhythms of the Orishas*

Collected by  
Raul J. Canizares

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\$14.95 (CAN \$17.95)  
60-minute CD

Practitioners of the Afro-Cuban religion Santería believe that powerful spirit forces—*orishas*—provide guidance and inspiration in the form of song. Listening intently creates a bridge between God and humankind that releases the orisha's healing power. *Sacred Sounds of Santería* includes rare field recordings made in Cuba in the 1950s during actual Santería rituals, and studio recordings of songs featuring 40 of the most gifted soloists, choral singers, and drummers on the island.



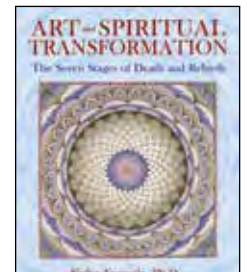
## Amulets

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All over the world amulets have offered protection against accidents, enemies, and sickness. Worn as necklaces, sewn to clothing, or painted on buildings, amulets guard babies and brides; warriors, and travelers; crops and homes. With over 400 lavish color photographs, this book explores amulets and their symbolism, the diverse materials used to craft them, and the people and objects they protect.



## Art and Spiritual Transformation

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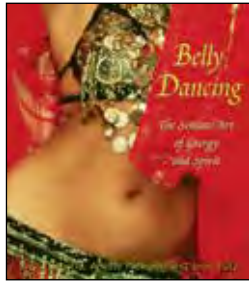


### The Ayahuasca Visions of Pablo Amaringo

Howard G. Charing,  
Peter Cloudsley,  
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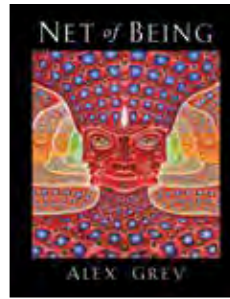
### Belly Dancing

*The Sensual Art of Energy and Spirit*

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Anette Paffrath,  
and Jean Pütz

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Belly dancing is pure sensuousness and has enchanted people since ancient times. Yet beyond its erotic aspects, belly dancing offers many physical and emotional benefits. *Belly Dancing* covers all aspects of this ancient art, beginning with its origins and mythical connections to the moon goddess. Practical instructions with photographs and guidance in costuming are included.



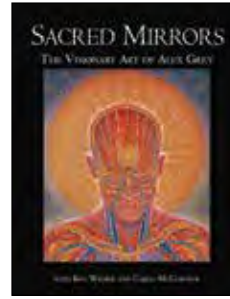
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(see page 217)

This new collection of Alex Grey's art presents over 200 images, including the masterworks *St. Albert and the LSD Revelation Revolution* and *Godself*. Grey's art progresses through a successive expansion of identity—from the self, to self and beloved, to self and community, world spirit, and cosmic consciousness, where bodies are transparent to galactic energies.



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Alex Grey sees in the human anatomy a microcosm of the many levels of order in nature. His paintings in *Sacred Mirrors* take the viewer on an extraordinary visionary journey through the physical, metaphysical, and spiritual anatomy of the self.



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Alex Grey

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### Transfigurations

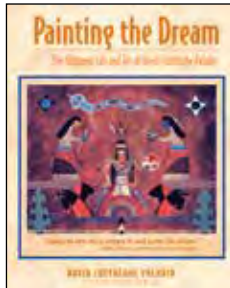
Alex Grey

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202 color and 93 b&w images

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(see page 217)

*Transfigurations* is the eagerly awaited follow-up to *Sacred Mirrors*, one of the most successful art books of the 1990s. Grey's luminous paintings of human beings blend scientific detail with the visionary depictions of universal life energy, leading us on the soul's journey from the material world to a vision of our divine self.



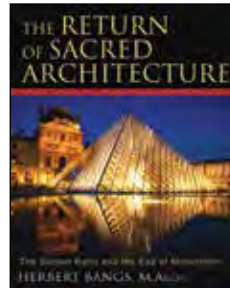
### Painting the Dream

*The Shamanic Life and Art of David Chethlahe Paladin*

David Chethlahe Paladin  
Foreword by Matthew Fox

ISBN 978-1-59143-013-1  
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120 pages, 8.5 x 11  
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A shaman as well as the leading Navajo modern artist, Paladin was one of the first Native American painters to move beyond traditional themes and styles. Praised by the renowned artist Marc Chagall, Paladin's brilliant and evocative paintings are admired for their exuberance, eclecticism, spirituality, and original use of symbols.



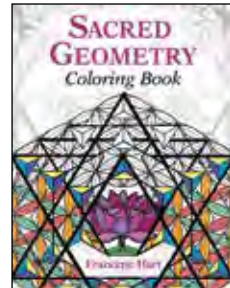
### The Return of Sacred Architecture

*The Golden Ratio and the End of Modernism*

Herbert Bangs, M.Arch.

ISBN 978-1-59477-132-3  
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240 pages, 8 x 10  
201 b&w illustrations

In early times, the architect worked within a sacred and esoteric tradition, incorporating ancient laws of proportion and number that expressed the harmonious relationship between man and the cosmos. Today, that tradition has been abandoned in favor of efficiency and economy. Architect Herbert Bangs urges a return to the sacred principles built into the temples of the past.

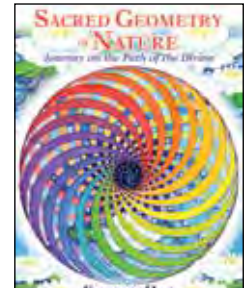


### Sacred Geometry Coloring Book

Francene Hart

ISBN 978-1-62055-652-8  
\$14.95 (CAN \$18.95) pb  
96 pages, 8.5 x 11  
45 b&w illustrations and  
2 color images

This coloring book includes 45 beautiful line-art depictions of the intricate paintings of visionary artist Francene Hart. Each piece is accompanied by brief, insightful commentary about the symbols and animals shown. Hart's art intertwines the complex forms of Sacred Geometry with the beauty of Nature, including dolphins, dragonflies, trees, and many other forms and symbols.



### Sacred Geometry of Nature

*Journey on the Path of the Divine*

Francene Hart

ISBN 978-1-59143-273-9  
\$35.00 (CAN \$43.95) hardcover  
224 pages, 8.5 x 11  
Full-color throughout

Francene Hart, whose artwork is featured in the *Sacred Geometry Oracle Deck* and *Sacred Geometry Cards for the Visionary Path*, recounts the evolution of her art from her formative influences to her masterful integrations of Nature, Spirit, and Sacred Geometry in this lavishly illustrated memoir.





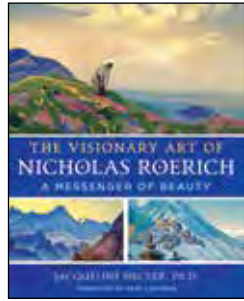
## Sacred Woman, Sacred Dance

*Awakening Spirituality Through Movement and Ritual*

Iris J. Stewart

ISBN 978-1-62055-250-6  
\$22.99 (CAN \$28.99) pb  
256 pages, 8 x 10  
151 b&w illustrations and photographs

There was a time when dance was practiced as communion with the divine. It was most valued in goddess-worshipping cultures where women served as priestesses. This book investigates how dance came to be excluded from worship and how it is once again being integrated into spiritual practice, allowing women to integrate the movements of faith, healing, and power into their daily life.



## The Visionary Art of Nicholas Roerich

*A Messenger of Beauty*

Jacqueline Decter, Ph.D.

Foreword by Gary Lachman

ISBN 978-1-64411-797-2  
\$60.00 (CAN \$75.00) hardcover  
224 pages, 8 x 10  
Full-color throughout

Revealing the mystical world of Nicholas Roerich in stunning full color, Jacqueline Decter invites us to witness Roerich's far-reaching vision and dedication to beauty across the full scope of his inspiring life and artistic career. This hardcover edition features Decter's translations of many Russian texts as well as 88 color plates showcasing Roerich's artistic talent.

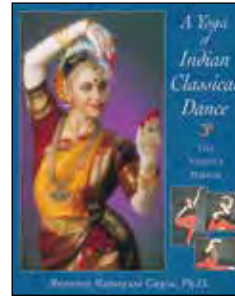


## Women of Visionary Art

David Jay Brown and Rebecca Ann Hill

ISBN 978-1-62055-693-1  
\$50.00 (CAN \$62.50) hardcover  
384 pages, 8.5 x 11  
Full-color throughout

In this full-color illustrated book, the authors examine the work of 18 female visionary artists, including Josephine Wall, Allyson Grey, Amanda Sage, Martina Hoffmann, Penny Slinger, and Carolyn Mary Kleefeld. They explore the role that dreaming, psychedelic experiences, shamanic trance, sexuality, and divine guidance play in their work.



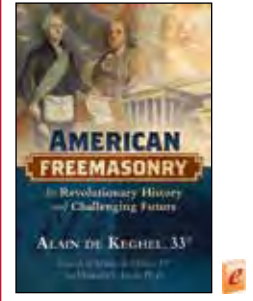
## A Yoga of Indian Classical Dance

*The Yogini's Mirror*

Roxanne Kamayani Gupta, Ph.D.

ISBN 978-0-89281-765-8  
\$25.00 (CAN \$30.00) pb  
216 pages, 8 x 10  
429 b&w photographs

Here is a complete program for developing a personal yoga practice based on the author's 25-year study of sacred Indian dance and traditional hatha yoga. In the first book on the union of these two disciplines, 60 illustrated dance routines are provided, all drawing upon the sacred feminine energy of the *yogini*, who dances with one foot in nature and the other in the realm of the gods.



## American Freemasonry

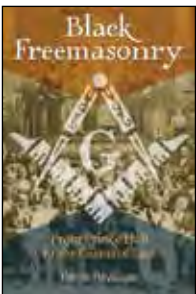
*Its Revolutionary History and Challenging Future*

Alain de Keghel

Forewords by Arturo de Hoyos and Margaret C. Jacob, Ph.D.

ISBN 978-1-62055-605-4  
\$30.00 (CAN \$36.00) hardcover  
216 pages, 6 x 9  
Includes 8-page color insert and 10 b&w line illustrations

A lifetime member of the Scottish Rite Research Society examines the history of Freemasonry in the United States from the colonial era to the present offering an unobstructed view of the strengths and failings of the American system.



## Black Freemasonry

*From Prince Hall to the Giants of Jazz*

Cécile Révauger

ISBN 978-1-62055-487-6  
\$29.95 (CAN \$35.95) hardcover  
320 pages, 6 x 9  
29 b&w photographs

Cécile Révauger traces the history of black Freemasonry from the late 1700s through the 1960s. Black lodges were instrumental in helping American blacks transcend the horrors of slavery and prejudice, achieve higher social status, and create their own spiritually-based social structure, which in some cities arose prior to the establishment of black churches.



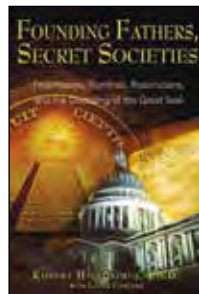
## First Templar Nation

*How Eleven Knights Created a New Country and a Refuge for the Grail*

Freddy Silva

ISBN 978-1-62055-654-2  
\$19.95 (CAN \$24.95) pb  
448 pages, 6 x 9  
139 b&w illustrations

Revealing Portugal, not Jerusalem, as the first Templar stronghold, Freddy Silva shows how the Knights Templar existed a decade prior to their established founding date, how they formed Europe's first nation-state with the Cistercian monks and the Order of Sion, and how the Grail remains hidden in plain sight to this day.



## Founding Fathers, Secret Societies

*Freemasons, Illuminati, Rosicrucians, and the Decoding of the Great Seal*

Robert Hieronimus, Ph.D. with Laura Cortner

ISBN 978-1-59477-087-6  
\$18.99 (CAN \$23.99) pb  
256 pages, 6 x 9  
57 b&w illustrations

All children growing up in America learn who the Founding Fathers were. Most, however, never learn of the founders' connections to the Freemasons, the Rosicrucians, and other esoteric orders. In *Founding Fathers, Secret Societies*, Robert Hieronimus investigates these important connections and how their influence can be traced throughout our most significant national documents and symbols.



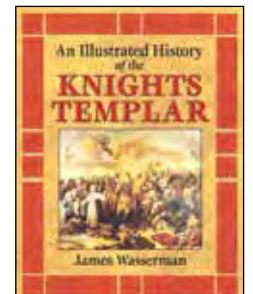
## The Healing Practices of the Knights Templar and Hospitaller

*Plants, Charms, and Amulets of the Healers of the Crusades*

Jon G. Hughes

ISBN 978-1-64411-330-1  
\$24.99 (CAN \$31.50) pb  
416 pages, 6 x 9

Presenting a traditional "cure-all" or leechbook of the Crusader physicians, the author shares a comprehensive encyclopedia of the ailments the Crusading knights would have encountered and the remedies their mediciners would have employed. He also includes a comprehensive herbal, listing all the medicinal plants and materials needed to make the remedies of the cure-all.

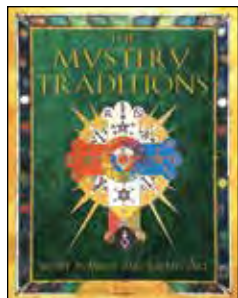


## An Illustrated History of the Knights Templar

James Wasserman

ISBN 978-1-59477-117-0  
\$29.99 (CAN \$35.99) pb  
192 pages, 8.5 x 11  
175 color illustrations

With period illustrations and manuscripts from the Crusades, interpretive romantic paintings from the 18th and 19th centuries, and contemporary photos by Steven Brooke and others of former Templar strongholds in Europe and Jerusalem, James Wasserman provides a fascinating history of the Order and the many mysteries and legends that surround it.



## The Mystery Traditions

*Secret Symbols and Sacred Art*

James Wasserman

ISBN 978-1-59477-088-3  
\$19.95 (CAN \$26.95) pb  
160 pages, 9 x 11.5  
135 color and 36 b&w illustrations

In *The Mystery Traditions*, James Wasserman offers a full-color lexicon of occult imagery accompanied by commentary on each image's significance and the wisdom teachings from which it derives. This new edition also looks at the pivotal role played by secret societies in safeguarding and transmitting these teachings.



## The Secrets of Masonic Washington

*A Guidebook to Signs, Symbols, and Ceremonies at the Origin of America's Capital*

James Wasserman

ISBN 978-1-59477-266-5  
\$16.95 (CAN \$19.95) pb  
192 pages, 6 x 9  
100 color and b&w illustrations

Esoteric symbols abound in Washington D.C. This illustrated guidebook provides a walking tour of the Masonic sites and symbols of the national capital and will be welcomed by students of esoteric symbolism as well as fans of Dan Brown's novels and the *National Treasure* movies.



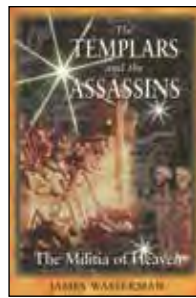
## Templar Heresy

*A Story of Gnostic Illumination*

James Wasserman  
with Keith Stump and  
Harvey Rochman

ISBN 978-1-62055-658-0  
\$16.95 (CAN \$21.50) pb  
224 pages, 6 x 9

Set within the dramatic tableau of the medieval Crusades, this story of initiation, adventure, and romance follows members of the Knights Templar and Assassins as they discover a mystical tradition with the potential to unify, protect, and liberate humankind—the very heresy for which the Knights Templar were later condemned.



## The Templars and the Assassins

*The Militia of Heaven*

James Wasserman

ISBN 978-0-89281-859-4  
\$16.95 (CAN \$19.95) pb  
320 pages, 6 x 9

This book provides compelling evidence that the interaction of the Knights Templar and the Assassins in the Holy Land transformed the Templars into a true occult society, from which they would sow the seeds of the Renaissance and the Western Mystery Tradition. Both orders were destroyed as heretical some seven hundred years ago, but survivors have carried on the secret teachings to this day.



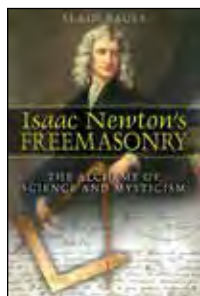
## The Temple of Solomon

*From Ancient Israel to Secret Societies*

James Wasserman

ISBN 978-1-59477-220-7  
\$29.95 (CAN \$33.50) pb  
384 pages, 8.5 x 11  
Full-color throughout

Richly illustrated, with many rare images, this book explains why the Temple of Solomon was built, the magical forces Solomon may have used in its creation, what its destruction meant for Jews and Christians alike, and why secret societies named their orders after it.



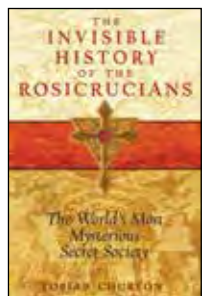
## Isaac Newton's Freemasonry

*The Alchemy of Science and Mysticism*

Alain Bauer

ISBN 978-1-59477-172-9  
\$14.95 (CAN \$17.95) pb  
160 pages, 6 x 9

Isaac Newton was a key figure in the "invention" of Freemasonry, a fraternal order of scientists and philosophers that sought to move England beyond the civil wars generated by its religious conflicts to a society with scientific progress as its foundation. This book reveals Newton's role in 17th-century Freemasonry and opens unexplored trails into the history of the order in Europe.



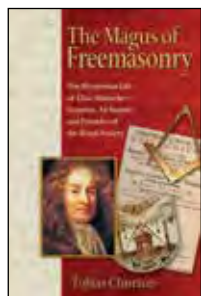
## The Invisible History of the Rosicrucians

*The World's Most Mysterious Secret Society*

Tobias Churton

ISBN 978-1-59477-255-9  
\$24.95 (CAN \$29.95) pb  
576 pages, 6 x 9  
74 b&w illustrations

This first complete historical and philosophical investigation into the "invisible fraternity" of the Rosicrucians reveals ties to Freemasonry and the Templars. Tobias Churton explains how this secret society has shaped our mythology and spiritual consciousness and reveals the Rosicrucian fraternities that are active today.



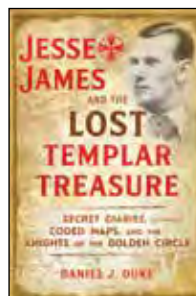
## The Magus of Freemasonry

*The Mysterious Life of Elias Ashmole—Scientist, Alchemist, and Founder of the Royal Society*

Tobias Churton

ISBN 978-1-59477-122-4  
\$19.99 (CAN \$24.99) pb  
320 pages, 6 x 9  
155 b&w illustrations

Tobias Churton's portrait of Elias Ashmole (1617–1692) offers a perfect illustration of the true Renaissance figure—the magus. Ashmole was a key figure in the birth of modern science, a missing link between operative and symbolic Freemasonry, and a vital transmitter of esoteric thought when the laws of science were first taking hold.



## Jesse James and the Lost Templar Treasure

*Secret Diaries, Coded Maps, and the Knights of the Golden Circle*

Daniel J. Duke

ISBN 978-1-62055-820-1  
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54 b&w illustrations

Jesse James left behind secret diaries and coded treasure maps. Working to decrypt these maps, Daniel J. Duke—the great-great grandson of Jesse James—reveals hidden treasures yet to be recovered as well as connections between the infamous train robber and Freemasonry, the Knights Templar, the Founding Fathers, and Jewish mysticism.

**Audiobook available**



## Secret History of the Wild, Wild West

*Outlaws, Secret Societies, and the Hidden Agenda of the Elites*

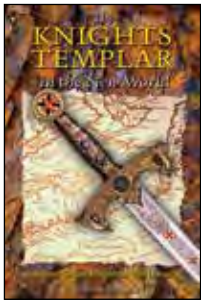
Daniel J. Duke

ISBN 978-1-64411-229-8  
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208 pages, 6 x 9  
13 b&w illustrations

Drawing on his great-great-grandfather Jesse James's secret diaries, Duke unravels the hidden history of the Wild West to expose the outlaws, politicians, and secret societies who were pulling strings behind the scenes. He reveals how James and other infamous outlaws were part of a larger organization that has affected U.S. history for centuries.

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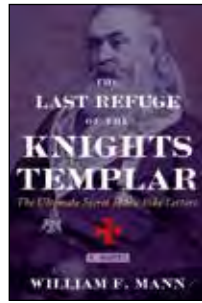
## The Knights Templar in the New World

*How Henry Sinclair Brought the Grail to Acadia*

William F. Mann

ISBN 978-0-89281-185-4  
\$16.95 (CAN \$19.95) pb  
320 pages, 6 x 9  
64 b&w illustrations

Nearly 100 years before Columbus arrived in the New World, Scottish prince Henry Sinclair, Earl of Orkney, sailed to what is now Nova Scotia, where his presence was recorded by Micmac Indians. With evidence from archaeological sites and legends handed down by the Templar order to the Freemasons, the author rediscovered the site of the settlement established by Sinclair and his Templar followers, where they found a safe refuge for the Grail in the New World.



## The Last Refuge of the Knights Templar

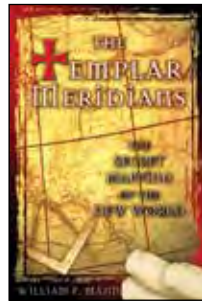
*The Ultimate Secret of the Pike Letters*

William F. Mann

ISBN 978-1-62055-991-8  
\$19.99 (CAN \$24.99) pb  
288 pages, 6 x 9

Centered on authenticated correspondence between two famous 19th-century Masonic leaders, Albert Pike and Colonel J. W. B. MacLeod Moore, this modern-day thriller follows Thomas, a direct descendant of Moore, and Janet Rose, a direct descendant of the Merovingian Kings, as they risk their lives to protect the letters and the secrets encoded within them.

**Audiobook available**



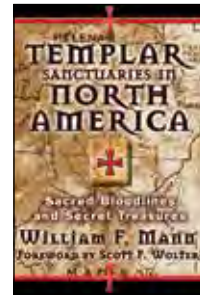
## The Templar Meridians

*The Secret Mapping of the New World*

William F. Mann

ISBN 978-1-59477-076-0  
\$18.95 (CAN \$22.95) pb  
336 pages, 6 x 9  
87 b&w illustrations

Mann shows that the great treasure of the Templars consists of knowledge they discovered in the Holy Land during the Crusades that enabled them to establish accurate latitudinal and longitudinal positions long before the foundations of the current science were laid. This allowed them to reach the New World, where they established secret settlements and mining operations that gave them a limitless supply of precious metals and a military edge over their opponents.



## Templar Sanctuaries in North America

*Sacred Bloodlines and Secret Treasures*

William F. Mann

Foreword by Scott F. Wolter

ISBN 978-1-62055-527-9  
\$19.95 (CAN \$23.95) pb  
416 pages, 6 x 9  
88 b&w illustrations

William Mann examines new evidence of the Knights Templar in the New World long before Columbus and their mission to protect the Holy Bloodline of Jesus and Mary Magdalene. He reveals the secret settlements they built as they moved westward across North America along with other related theories.



## The Knights Templar in the Golden Age of Spain

*Their Hidden History on the Iberian Peninsula*

Juan García Atienza

ISBN 978-1-59477-098-2  
\$19.99 (CAN \$24.99) pb  
304 pages, 6 x 9  
35 b&w illustrations

The rise and fall of the Templar Order was a decisive episode in medieval history. While much is known about the history of the Templar Order in France, and in the Latin States of the Middle East, their contribution to events on the Iberian peninsula has until now remained obscure and unexplored.



## The Lost Colony of the Templars

*Verrazano's Secret Mission to America*

Steven Sora

ISBN 978-1-59477-019-7  
\$19.99 (CAN \$23.99) pb  
288 pages, 6 x 9

In 1524 the Italian explorer Giovanni da Verrazano was sent by the French king Francis I to find a shorter route to China. His true mission, Steven Sora suggests, was to contact a Templar colony established in Newport, Rhode Island by Henry Sinclair nearly a century before Columbus' expedition.



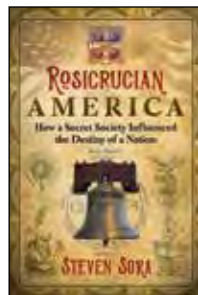
## The Lost Treasure of the Knights Templar

*Solving the Oak Island Mystery*

Steven Sora

ISBN 978-0-89281-710-8  
\$19.99 (CAN \$24.99) pb  
304 pages, 6 x 9  
6 b&w illustrations

Sora offers a compelling argument that the lost treasure of the Knights Templar is connected to the mysterious money pit on Oak Island, Nova Scotia, that has baffled treasure hunters for two centuries.



## Rosicrucian America

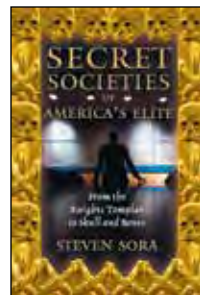
*How a Secret Society Influenced the Destiny of a Nation*

Steven Sora

ISBN 978-1-62055-906-2  
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As Steven Sora reveals, Dr. John Dee and Sir Francis Bacon were key members of the Rosicrucians and the driving force behind England's colonization of the New World and the eventual establishment of the United States. Sora explores the Rosicrucian influence on the Founding Fathers and on cities such as Philadelphia and Williamsburg.

**Audiobook available**



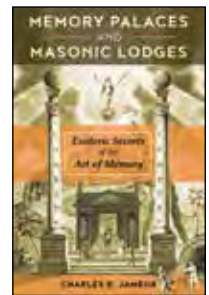
## Secret Societies of America's Elite

*From the Knights Templar to Skull and Bones*

Steven Sora

ISBN 978-0-89281-959-1  
\$20.00 (CAN \$24.00) pb  
336 pages, 6 x 9

Secret societies have played critical roles in building the fortunes of America's elite. They continue to wield power even today as organizations such as Yale's Skull & Bones unite America's modern ruling families as strongly as Masonic Lodges once connected the Astors, Livingstons, and Roosevelts.



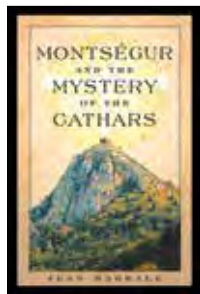
## Memory Palaces and Masonic Lodges

*Esoteric Secrets of the Art of Memory*

Charles B. Jameux

ISBN 978-1-62055-788-4  
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128 pages, 6 x 9  
9 b&w illustrations

Charles B. Jameux reveals how the hermetic reworking of the classical art of memory during the Renaissance provided the origin of the Masonic method. He shows that speculative Freemasonry can be traced to 1637, when the first recorded use of the Mason's Word appeared and with it, the first appearance of the symbolic Temple of Solomon.



## Montségur and the Mystery of the Cathars

Jean Markale

ISBN 978-0-89281-090-1  
\$18.95 (CAN \$22.95) pb  
312 pages, 6 x 9  
Includes 8-page b&w insert

Celtic and medieval scholar Jean Markale meticulously searches the obscure history of the Cathars of ancient Persia. He explores their doctrine, their secret pact with the Knights Templar, and why they earned the ruthless persecution of Church and state. Using all available documentation, Markale reveals the nature of the mysterious treasure spirited away from the fortress at Montségur the night before its surrender to French troops.



## The Morning of the Magicians

*Secret Societies, Conspiracies, and Vanished Civilizations*

Louis Pauwels and Jacques Bergier

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448 pages, 6 x 9

This groundbreaking, international bestseller popularized occultism, alchemy, and paranormal phenomena in the 1960s. It provides insights into our perceptions of reality, telepathy, mutants, and parallel universes, reveals occult influences on the Nazis and introduces the alchemist Fulcanelli.



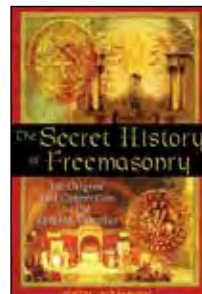
## Mozart the Freemason

*The Masonic Influence on His Musical Genius*

Jacques Henry

ISBN 978-1-59477-128-6  
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Mozart's understanding of the use of symbol allowed him to create music that would lead the listener into a harmony that transcended earthly existence. Jacques Henry provides a rigorous and original analysis of Mozart's works that reveals their inner meaning as shaped by the composer's profound embrace of the spiritual principles of Freemasonry.



## The Secret History of Freemasonry

*Its Origins and Connection to the Knights Templar*

Paul Naudon

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Historian Paul Naudon reveals the intimate connection between the Masons and the Knights Templar, origins of Freemasonry in ancient Rome, and the traditions of the brotherhoods of builders. These traditions are the source of Masonic symbolism, providing the missing link between the Masonry of the medieval cathedral builders to the spiritual principles of modern speculative Masonry.



## The Secret Legacy of Jesus

*The Judaic Teachings That Passed from James the Just to the Founding Fathers*

Jeffrey J. Bütz

Foreword by James D. Tabor, Ph.D.  
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43 b&w illustrations

The true teachings of Jesus are thought to have been expunged by the Church of Paul. But an underground stream of Christ's original teachings survived, surfacing eventually in America where the Founding Fathers used these principles to establish a "New Jerusalem."



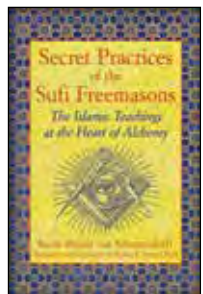
## The Secret Message of Jules Verne

*Decoding His Masonic, Rosicrucian, and Occult Writings*

Michel Lamy

ISBN 978-1-59477-161-3  
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Includes 4-page collection of line illustrations

Lamy investigates Jules Verne's connections to the prominent secret societies of his time—Freemasons, Golden Dawn, Angelic Society, and Rosicrucians—and explains how Verne used his writings to encrypt the secrets and sacred symbolism of these orders. Verne's work reveals itself to be rich with teachings on esoteric traditions, sacred geography, and the secret history of humanity.



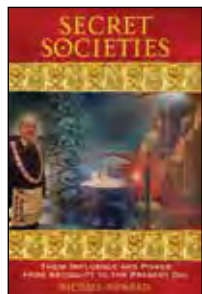
## Secret Practices of the Sufi Freemasons

*The Islamic Teachings at the Heart of Alchemy*

Baron Rudolf von Sebottendorf, founder of the Thule Society  
Translation and introduction by Stephen E. Flowers, Ph.D.

ISBN 978-1-59477-468-3  
\$14.95 (CAN \$17.95) pb  
144 pages, 6 x 9

Originally published in 1924, this rare book reveals the secret spiritual exercises of the Bektashi Order of Sufis. The order, known as Oriental Freemasonry, has preserved ancient spiritual doctrines forgotten by modern Freemasons. The book explains how to draw spiritual power into the body and transform the soul from its base state into a noble, godlike state.



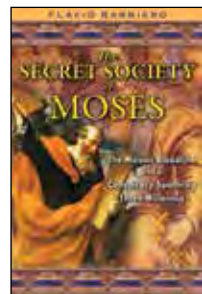
## Secret Societies

*Their Influence and Power from Antiquity to the Present Day*

Michael Howard

ISBN 978-1-59477-203-0  
\$18.99 (CAN \$22.99) pb  
272 pages, 6 x 9  
Includes 8 b&w plates and 14 b&w illustrations

For thousands of years secret societies and occult groups have exercised a strong and often crucial sway on the destiny of nations, and have influenced many well-known figures, including Frederick the Great, Benjamin Franklin, and Woodrow Wilson. Reading *Secret Societies*, we are left with little doubt that they continue to operate powerfully in world affairs today.



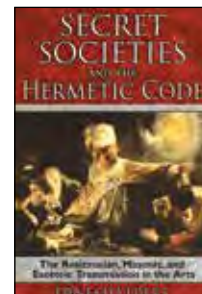
## The Secret Society of Moses

*The Mosaic Bloodline and a Conspiracy Spanning Three Millennia*

Flavio Barbiero

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The descendants of Moses all mysteriously vanish from the Bible. But surviving members of Moses's lineage wielded significant influence in ancient Rome and subsequently reemerged in the aristocracy of medieval Europe influencing secret societies like the Freemasons.



## Secret Societies and the Hermetic Code

*The Rosicrucian, Masonic, and Esoteric Transmission in the Arts*

Ernesto Frers

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\$18.99 (CAN \$22.99) pb  
240 pages, 6 x 9  
108 b&w illustrations

Frers brings to light the symbols and cryptic messages hidden in music, painting, sculpture and architecture. His research covers paintings from Byzantine icons to Salvador Dali, music from Mozart to Satanic Rock, and mystery sites from the Pyramids to Andrea Palladio's Villa Cornaro.





### The Templar Pirates

*The Secret Alliance to Build the New Jerusalem*

Ernesto Frers

ISBN 978-1-59477-146-0

\$14.95 (CAN \$17.95) pb

192 pages, 6 x 9

56 b&w illustrations

When the Vatican condemned the Templars in 1312, many of those who escaped took to the sea. Their immediate objective was to take revenge on the Church. *The Templar Pirates* is the story of the birth and actual conduct of piracy on the seas of the New World and of the influence the Templars had on the governments of nations old and new.



### The Templar Treasure at Gisors

Jean Markale

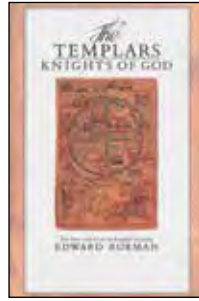
ISBN 978-0-89281-972-0

\$18.00 (CAN \$25.95) pb

288 pages, 6 x 9

Includes 8-page b&w insert

A comprehensive examination of the enigma of the Templars and the unsolved mystery of their lost treasure. Celtic and medieval scholar Jean Markale goes back to original source documents to shine new light on the mysteries of the Templars and evidence that the treasure may be hidden within the medieval castle of Gisors.



### The Templars Knights of God

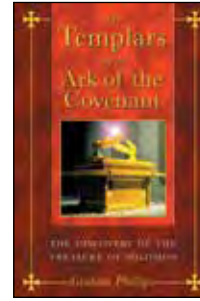
Edward Burman

ISBN 978-0-89281-221-9

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224 pages, 5.25 x 8.38

The author tells of the extraordinary organization of warrior-monks who came to power during the Crusades: their wealth and power, the reasons for their downfall, and their passage into myth and legend.



### The Templars and the Ark of the Covenant

*The Discovery of the Treasure of Solomon*

Graham Phillips

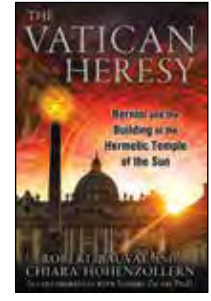
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At the ancient ruins of Petra in southern Jordan, Graham Phillips uncovered evidence that 13th-century Templars found the Ark of the Covenant and the Stones of Fire, and brought these treasures to England when they fled the persecution of French king Philip the Fair a century later. The author provides compelling evidence that the Ark may now be located in England.



### The Vatican Heresy

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The design of St. Peter's Square was influenced by both the Hermetic Movement—a form of natural magic—and the Heliocentric Movement, launched by Copernicus. Despite the Church's rejection of these movements St. Peter's Square in fact became the largest Sun Temple in the world, built according to Hermetic principles.



### The 8 Calendars of the Maya

*The Pleiadian Cycle and the Key to Destiny*

Hunbatz Men

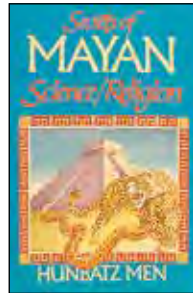
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Maya daykeeper Hunbatz Men reveals for the first time a calendar that charts the revolution of our solar system around the central star of the Pleiades. He also shows the role of pyramids in transforming energy in accordance with cosmic cycles.



### Secrets of Mayan Science/Religion

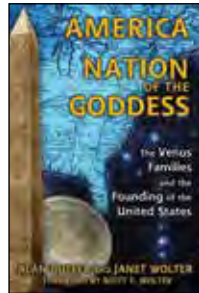
Hunbatz Men

ISBN 978-0-939680-63-4

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Through symbolic and linguistic analysis, Hunbatz Men's *Secrets of Mayan Science/Religion* links indigenous Mayan thought to the present moment. In this spiritual text, the author explores sacred teachings hidden by the Mayan priesthood shortly after the Spanish Conquistadors arrived in Mexico in 1519. He concludes with an explanation of the metaphysics of ancient Mayan glyphs, and the secret path to illumined consciousness of the feathered serpent, Quetzalcoatl.



### America: Nation of the Goddess

*The Venus Families and the Founding of the United States*

Alan Butler and Janet Wolter

Foreword by Scott F. Wolter

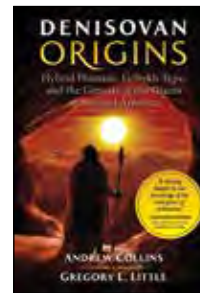
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This book reveals how a secret cabal of influential "Venus" families, working through the Freemasons and later the Grange, planned the American Revolution and set the stage for the layout of Washington, D.C. according to the principles of sacred geometry.



### Denisovan Origins

*Hybrid Humans, Göbekli Tepe, and the Genesis of the Giants of Ancient America*

Andrew Collins and Gregory L. Little, Ed.D.

ISBN 978-1-59143-263-0

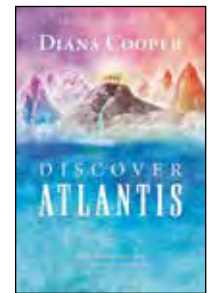
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The authors trace the migrations of the Denisovan giants throughout the world, their cultural and technological influences, and their interbreeding with Neanderthals and early human populations in Asia, Europe, Australia, and the Americas more than 40,000 years ago. They show that, without this early hybridization, the modern world as we know it would not exist.

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### Discover Atlantis

*A Guide to Reclaiming the Wisdom of the Ancients*

Diana Cooper

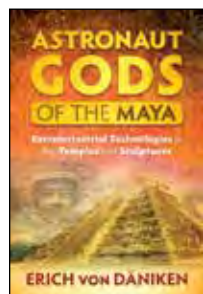
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This guide to one of the world's most mysterious civilizations enables readers to tap into and harness the spiritual wisdom and power of Atlantis. It explains how to understand the profound truths of the Atlantean culture from their social structures, beliefs, and practices to their extraordinary technological knowledge.



## Astronaut Gods of the Maya

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Sharing more than 200 full-color photographs from his personal archives, bestselling author Erich von Däniken provides clear evidence of ancient alien contact and technology among the archaeological sites of the Maya as well as Aztec and the Hindu and other ancient cultures.



## The Mayan Factor

*Path Beyond Technology*

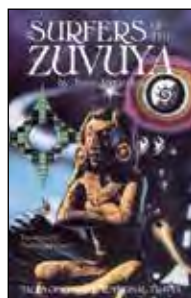
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Visionary historian Argüelles unravels the harmonic code of the ancient Maya, providing valuable keys to understanding human evolution.

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Barbara Hand Clow, author of *The Pleiadian Agenda*



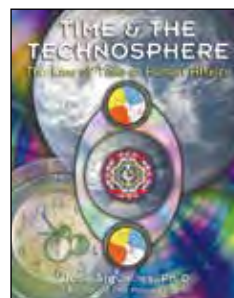
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This long awaited sequel to the author's bestselling book *The Mayan Factor* is a groundbreaking study that distinguishes the natural time of the cosmos from artificial mechanistic time.



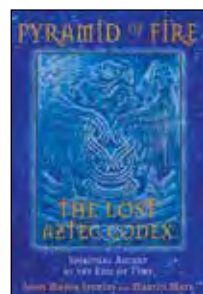
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John Major Jenkins

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The Galactic Alignment is a rare astronomical event that brings the solstice sun into alignment with the center of the Milky Way galaxy every 12,960 years. Building on the discoveries of his book *Maya Cosmogenesis 2012*, Jenkins demonstrates that the end-date of 2012 does not signal the end of time but rather the beginning of a new stage in the development of human consciousness.



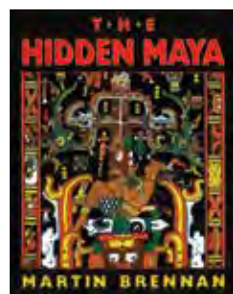
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In 1961 an unknown Aztec codex was revealed to Beat poet and explorer Marty Matz by a Mazatec shaman in the mountains of Oaxaca, Mexico. Passed down in secret since the Spanish Conquest, the codex reveals a profound metaphysical teaching describing how man is transported to the stellar realm after death.



## The Hidden Maya

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Martin Brennan

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Brennan uses Plains Indian handsigns and other communication symbols to decipher Maya inscriptions, revealing hidden messages that have not been understood for hundreds of years.



## Manitou

*The Sacred Landscape of New England's Native Civilization*

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Coauthors Mavor and Dix tell the fascinating story of the discovery of what is believed to be ancient Native American ritual sites and the exploration of these many stone structures and standing stones, whose placement in the surrounding landscape suggests that they played an important role in celestial observation and shamanic ritual.



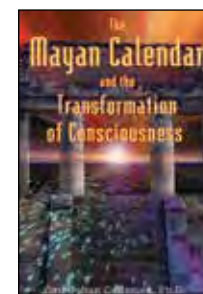
## The Global Mind and the Rise of Civilization

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Carl Johan Calleman, Ph.D.

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Outlining the historical, psychological, geophysical, and neurological roots of the modern human mind, Calleman shows how studying early civilizations offers a means of understanding the evolution of consciousness.



## The Mayan Calendar and the Transformation of Consciousness

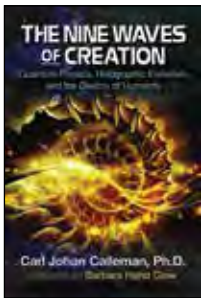
Carl Johan Calleman, Ph.D.

ISBN 978-1-59143-028-5  
\$18.00 (CAN \$22.00) pb  
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93 b&w illustrations

Also available in Spanish (see page 215)

The prophetic Mayan calendar is not keyed to the movement of planetary bodies. Instead, it functions as a metaphysical map of the evolution of consciousness and records how spiritual time flows—providing a new science of time. Author Carl Johan Calleman reveals concrete steps we can take to align ourselves with this growth toward enlightenment.



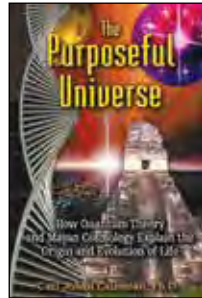


### The Nine Waves of Creation

*Quantum Physics, Holographic Evolution, and the Destiny of Humanity*

Carl Johan Calleman, Ph.D.  
Foreword by Barbara Hand Clow  
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Carl Calleman explains the quantum physics behind the Waves of the Mayan Calendar system and how these Waves allow us to understand the shifting eras on Earth as well as the possibilities of the future. Calleman reveals how we can consciously work to deactivate the negative patterns of the Sixth Wave and manifest the unity consciousness of the Ninth Wave.

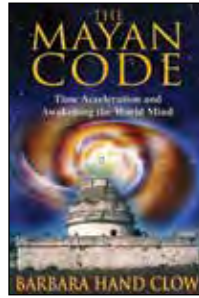


### The Purposeful Universe

*How Quantum Theory and Mayan Cosmology Explain the Origin and Evolution of Life*

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Carl Johan Calleman shows how the central axis of the universe correlates with the ancient Tree of Life. He presents an alternative to Darwin's theory of biological evolution suggesting that life arises as part of a hierarchy of interrelated systems evolving in a synchronized way.

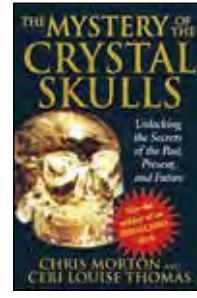


### The Mayan Code

*Time Acceleration and Awakening the World Mind*

Barbara Hand Clow  
Foreword by Carl Johan Calleman, Ph.D.  
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43 b&w illustrations  
Also available in Spanish (see page 216)

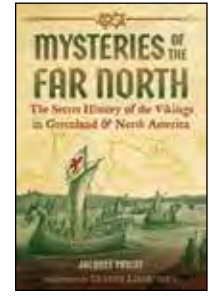
Barbara Hand Clow explores how, with the end of the Mayan Calendar, time and consciousness have been accelerating. Using Carl Johan Calleman's research, as well as the ideas of other scholars, Clow examines 16.4 billion years of evolution to decode the creative patterns of Earth and reveal the awakening of the World Mind.



### The Mystery of the Crystal Skulls

*Unlocking the Secrets of the Past, Present, and Future*

Chris Morton and Ceri Louise Thomas  
ISBN 978-1-879181-80-9  
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424 pages, 6 x 9  
Includes a 16-page color insert, 8-page b&w insert, and 26 b&w illustrations  
Native American and Maya legends tell of thirteen life-size crystal skulls containing information crucial to humankind's true purpose and destiny. Crystal skulls are featured in the action movie *Indiana Jones and the Kingdom of the Crystal Skull*.



### Mysteries of the Far North

*The Secret History of the Vikings in Greenland and North America*

Jacques Privat  
Foreword by Claude Lecouteux  
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Includes 8-page color insert and 36 b&w illustrations  
Sharing his extensive research, Jacques Privat reveals that the Vikings were in Greenland and Canada long before Columbus. Drawing on the still-living indigenous oral tradition of the Far North, he shows how the Norsemen and the Inuit formed a harmonious community—until the Norse colonies mysteriously disappeared.

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### Return of the Children of Light

*Incan and Mayan Prophecies for a New World*  
Judith Bluestone Polich

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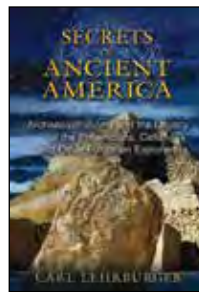
The Incan and Mayan cultures saw themselves as "children of light"—descended from celestial realms—and their prophecies foretell a time of great spiritual awakening. As the ancients predicted, the human god-seed is beginning to awaken, and modern civilization is finally beginning to perceive human potential in ways that the ancient cultures accepted as truth. Polich introduces techniques for awakening our own human potential.



### The Secret Life of Lady Liberty

*Goddess in the New World*

Robert Hieronimus, Ph.D., and Laura E. Cortner  
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448 pages, 6 x 9  
103 b&w illustrations  
Authors Bob Hieronimus and Laura Cortner explain the forgotten lineage of the Statue of Liberty, including how she is based on a female symbol representing America on the earliest maps of the continent—a Native American "Queen." They further reveal how Lady Liberty has become the conscience of our nation.

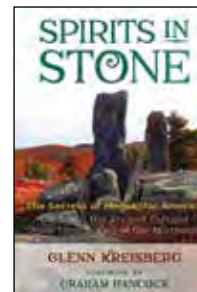


### Secrets of Ancient America

*Archaeoastronomy and the Legacy of the Phoenicians, Celts, and Other Forgotten Explorers*

Carl Lehrburger  
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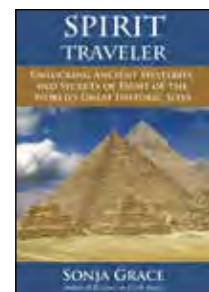
This book provides more than 300 photographs and drawings of sites, relics, and rock art as evidence that trans-Atlantic and trans-Pacific explorers, miners, and settlers made it to the Americas long before 1492. Expanding upon the work of diffusionists such as Barry Fell and Gunnar Thompson, it exposes as myth the narrative that Columbus discovered America.



### Spirits in Stone

*The Secrets of Megalithic America*

Glenn Kreisberg  
Foreword by Graham Hancock  
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\$25.00 (CAN \$31.50) pb  
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376 b&w illustrations  
In this comprehensive field guide to hundreds of lost, forgotten, and misidentified megalithic stone structures in northeastern America, Glenn Kreisberg documents many enigmatic formations still standing across the Catskill Mountain and Hudson Valley region, complete with functioning solstice and equinox alignments. Sites include the Wall of Manitou, Devil's Tombstone, and Overlook Mountain.



### Spirit Traveler

*Unlocking Ancient Mysteries and Secrets of Eight of the World's Great Historic Sites*

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17 b&w illustrations  
Sonja Grace travels back through the realms to reveal history as it happened and answers questions about Stonehenge, the Great Pyramids, and other sites that have puzzled historians for hundreds of years. Her discoveries shine a new light on our historical understanding of these places and their relationship to Earth.



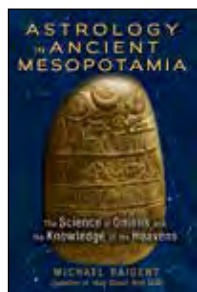
### Time of the Quickening

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Susan B. Martinez, Ph.D.

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This book reveals a 12,000-year-old Egyptian system of prediction based not on the planets but on Earth's magnetic rhythms. It shows that our current "time of troubles" is the embryonic stage of a Utopian Age—the "Quickening" of the human race.



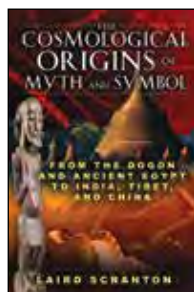
### Astrology in Ancient Mesopotamia

*The Science of Omens and the Knowledge of the Heavens*

Michael Baigent

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Among the many artifacts excavated from King Ashurbanipal's library in Nineveh were tablets documenting the development of Mesopotamian astrology, now recognized as the earliest astrological science. Michael Baigent (Holy Blood, Holy Grail) traces the transmission of this knowledge over the centuries from Mesopotamia, through Egypt and Florence, to modern times.



### The Cosmological Origins of Myth and Symbol

*From the Dogon and Ancient Egypt to India, Tibet, and China*

Laird Scranton

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Do ancient systems of myth and symbol descend from one common cosmological plan? Laird Scranton identifies the signature attributes of a theoretic ancient parent cosmology and makes the case that cosmology may have engendered civilization, not the other way around.



### Sacred Symbols of the Dogon

*The Key to Advanced Science in the Ancient Egyptian Hieroglyphs*

Laird Scranton

Foreword by John Anthony West  
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Using Dogon symbols as a "Rosetta stone," Laird Scranton reveals references within the ancient Egyptian language that correlate to a wide range of modern scientific components of matter. The author's findings provide an entirely new understanding of Egyptian hieroglyphs—that they were scientific symbols based on Dogon cosmological drawings.



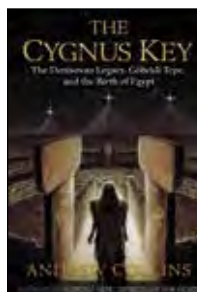
### The Science of the Dogon

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Laird Scranton

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The myths of the Dogon people of Mali, West Africa, bear a striking resemblance to modern scientific definitions of matter. Scranton's case-by-case comparison of Dogon descriptions and drawings to corresponding scientific models and diagrams from authors like Stephen Hawking and Brian Greene, also reveals the similarities between Dogon symbols and those of the Egyptian and Hebrew religions.



### The Cygnus Key

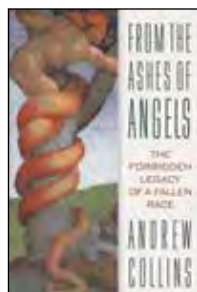
*The Denisovan Legacy, Göbekli Tepe, and the Birth of Egypt*

Andrew Collins

ISBN 978-1-59143-299-9  
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464 pages, 6.63 x 9.5  
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Built around 9600 BCE, Göbekli Tepe was designed to align with the constellation of the celestial swan, Cygnus. The Giza pyramids in Egypt also align with Cygnus. Andrew Collins explores this connection and traces it to the Altai-Baikal region of Russian Siberia and the extinct advanced human population known as the Denisovans.

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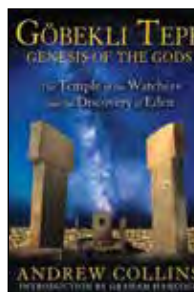
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Mythology describes how beings of great beauty and intelligence, who served as messengers of gods, fell from grace through pride. These angels, also known as Watchers, lusted after human women, lay with them, and fathered giant offspring called the Nephilim. Andrew Collins reveals that these angels were flesh-and-blood members of a race who lived in Egypt (prior to the ancient Egyptians), before leaving the region for what is now eastern Turkey.



### Göbekli Tepe: Genesis of the Gods

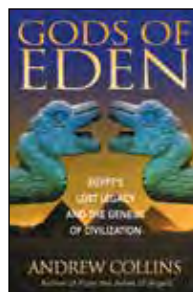
*The Temple of the Watchers and the Discovery of Eden*

Andrew Collins

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The stone temple complex of Göbekli Tepe in Turkey, built at the end of the last ice age with stones weighing from 10 to 15 tons, shows a level of sophistication that was unmatched until the much later rise of Sumer, Egypt, and Babylon. Was it built in response to the Great Flood, and were the Watchers of the Book of Enoch and the Anunnaki gods of Sumerian tradition behind its construction?

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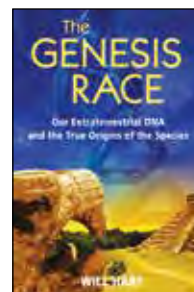


### Gods of Eden

*Egypt's Lost Legacy and the Genesis of Civilization*

Andrew Collins

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The ancient Egyptians claimed they inherited their advanced culture from a race of Elder gods who lived during a previous age. *Gods of Eden* describes how the Egyptians mastered acoustic technology, using sound to raise heavy objects and pierce holes through solid rock.



### The Genesis Race

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Will Hart

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For millennia the development of humanity showed a consistent pattern. Then suddenly, around 3000 BCE, great civilizations sprang up around the globe. Creation myths of these civilizations tell of gods who came to Earth, teaching the arts of civilized life. Now, Will Hart shows that these gods were actually visitors from other worlds who genetically engineered modern humanity from the beings that then inhabited the planet.



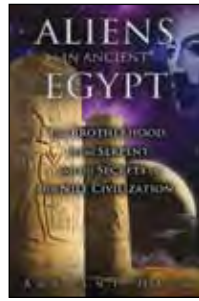


### The Lost Treasure of King Juba

*The Evidence of Africans in America before Columbus*  
Frank Joseph

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Compels us to consider the possibility that Africans arrived in North America a millennium before Columbus. Contains over 100 photographs of ancient artifacts, discovered in 1982 in a southern Illinois cave. Explains the mystery of the Washtaws, a tribal group of African origin, encountered by the Lewis and Clark Expedition. Suggests that King Juba actually sailed to America to rebuild his kingdom in the New World.

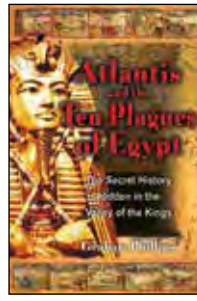


### Aliens in Ancient Egypt

*The Brotherhood of the Serpent and the Secrets of the Nile Civilization*

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320 pages, 6 x 9  
Includes 58 color and 170 b&w illustrations

Egyptian civilization arose seemingly overnight, complete with advanced levels of art, agriculture, astronomy, and physics. Xaviant Haze examines evidence of a prior Golden Age and finds that knowledge of stargates, free energy, and antigravity technologies were handed down from an advanced interstellar race in the remote past.

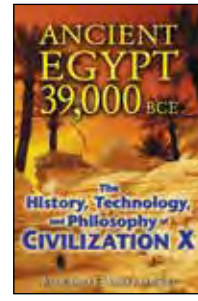


### Atlantis and the Ten Plagues of Egypt

*The Secret History Hidden in the Valley of the Kings*  
Graham Phillips

ISBN 978-1-59143-009-4  
\$20.00 pb  
392 pages, 6 x 9  
61 b&w illustrations

In *Atlantis and the Ten Plagues of Egypt*, Graham Phillips explores the excavation of a mysterious tomb in the Valley of the Kings, Tomb 55, which he contends holds the key to the true history of the destruction of Atlantis. Forensic findings from this tomb and compelling new evidence from the polar ice caps provide evidence that the parting of the Red Sea and the plagues that afflicted Egypt were actual historical events.

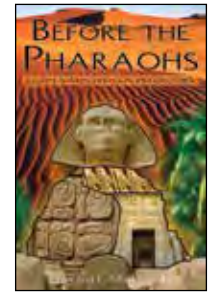


### Ancient Egypt 39,000 BCE

*The History, Technology, and Philosophy of Civilization X*

Edward F. Malkowski  
ISBN 978-1-59143-109-1  
\$24.00 (CAN \$29.00) pb  
344 pages, 6 x 9  
188 b&w illustrations

This book reveals that some Egyptian ruins show markings of a sophisticated machining process. This astonishing discovery, along with new studies of the Great Pyramid's chambers, suggests that the civilization responsible for such magnificent monuments is much older than presently believed.



### Before the Pharaohs

*Egypt's Mysterious Prehistory*

Edward F. Malkowski

ISBN 978-1-59143-048-3  
\$24.00 (CAN \$29.99) pb  
336 pages, 6 x 9  
58 b&w illustrations

Using hard scientific evidence from the fields of archaeology, genetics, engineering, and geology, as well as sacred and religious texts, Malkowski shows that a highly sophisticated civilization existed prior to those of Egypt and Sumer. Tying its cataclysmic fall to the mysterious disappearance of Cro-Magnon culture, *Before the Pharaohs* offers a compelling new view of humanity's past.



### Return of the Golden Age

*Ancient History and the Key to Our Collective Future*

Edward F. Malkowski

Foreword by  
Barbara Hand Clow  
ISBN 978-1-62055-197-4  
\$19.95 (CAN \$23.95) pb  
320 pages, 6 x 9

Malkowski explores the hidden meaning behind stories such as the Epic of Gilgamesh, Plato's Atlantis, and myths of a new sky and a new sun, of great floods and the death of the gods, and of the preceding Golden Age. He connects these myths to a real extinction event that occurred 12,000 years ago.



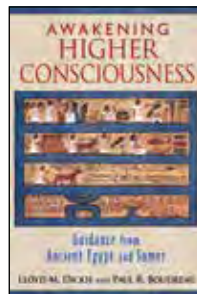
### The Spiritual Technology of Ancient Egypt

*Sacred Science and the Mystery of Consciousness*

Edward F. Malkowski

Foreword by  
Christopher Dunn  
ISBN 978-1-59477-186-6  
\$24.95 (CAN \$29.95) pb  
448 pages, 6 x 9  
33 b&w illustrations

Building on René A. Schwaller de Lubicz's systematic study of Luxor's Temple of Amun-Mut-Khonsu during the 1940s and '50s, Edward Malkowski shows that the ancient Egyptians' worldview was not based on superstition or the invention of myth but was the result of direct observation using critical faculties attuned to the quantum manifestation of the universe.



### Awakening Higher Consciousness

*Guidance from Ancient Egypt and Sumer*

Lloyd M. Dickie and  
Paul R. Boudreau

ISBN 978-1-62055-394-7  
\$18.95 (CAN \$22.95) pb  
256 pages, 6 x 9  
40 b&w illustrations

The ancient storytellers used myths as a vehicle for esoteric teachings because story has a seed-like capacity to implant itself in the unconscious. Thus, many classic myths are not merely morality tales but actual delineations of how a higher order can arise within each of us. This book reveals the guidance for awakening higher consciousness embedded in these ancient tales.



### Becoming Osiris

*The Ancient Egyptian Death Experience*

Stéphane Rossini and  
Ruth Schumann Antelme

ISBN 978-0-89281-652-1  
\$16.95 (CAN \$19.95) pb  
144 pages, 8 x 10  
90 b&w illustrations

In their Book of the Dead, the ancient Egyptians left humanity a comprehensive understanding of the death experience and the afterlife. *Becoming Osiris* is an accessible account of the initiatic stages of the immortalization process and the techniques necessary for the soul to achieve its objective of becoming a solarized being after death.



### Black Genesis

*The Prehistoric Origins of Ancient Egypt*

Robert Bauval and  
Thomas Brophy, Ph.D.

ISBN 978-1-59143-114-5  
\$20.00 (CAN \$24.00) pb  
384 pages, 6 x 9  
Includes 16-page color insert and 47 b&w illustrations

The theory that an advanced civilization of black Africans preceded the Pharaohs has been dismissed by Egyptologists. Uncovering compelling new evidence, this book places black Africa in its rightful place at the center of mankind's origins.

**Audiobook available**



## Secret Chamber Revisited

*The Quest for the Lost Knowledge of Ancient Egypt*

Robert Bauval

ISBN 978-1-59143-192-3  
\$25.00 (CAN \$29.95) pb  
592 pages, 6 x 9  
Includes 16-page color insert  
and 105 b&w illustrations

In this updated edition of *Secret Chamber*, Robert Bauval continues his investigation of clandestine events at Giza since the 1980s. The strange but true story implicates American business moguls, the National Geographic Society, several Ivy League universities, and the Egyptian government, and raises important questions about the meaning of Egypt's ancient structures and the very origins of civilization.



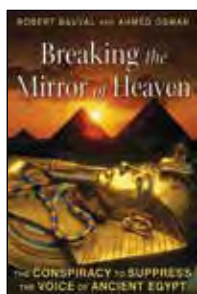
## The Soul of Ancient Egypt

*Restoring the Spiritual Engine of the World*

Robert Bauval and  
Ahmed Osman

ISBN 978-1-59143-186-2  
\$18.00 (CAN \$21.95) pb  
256 pages, 6 x 9  
Includes 16-page color insert and  
50 b&w illustrations

In ancient times, Egyptian civilization lived in a state of spiritual balance and harmony known as "living in *Maat*." Sadly, this golden civilization gave way to many waves of conquest and destruction. This book examines each phase of Egyptian history, and sounds the call for a return to the original tenets of Egyptian civilization.



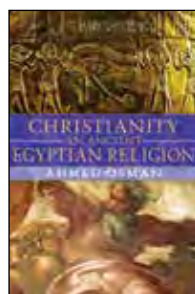
## Breaking the Mirror of Heaven

*The Conspiracy to Suppress the Voice of Ancient Egypt*

Robert Bauval and  
Ahmed Osman

ISBN 978-1-59143-156-5  
\$25.00 (CAN \$31.50) pb  
384 pages, 6 x 9  
88 b&w illustrations

Egypt, the "Mirror of Heaven" and birthplace of civilization, has suffered considerable destruction over the centuries. This book reveals how the degradation of monuments, theft of relics, and censorship of ancient teachings continue to this day, and exposes crimes and cover-ups during the tenure of Antiquities Minister Zahi Hawass.

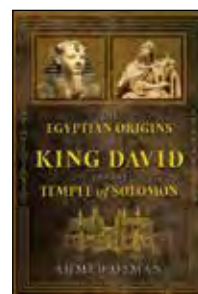


## Christianity: An Ancient Egyptian Religion

Ahmed Osman

ISBN 978-1-59143-046-9  
\$20.00 (CAN \$24.00) pb  
304 pages, 6 x 9  
Includes 16-page b&w insert  
and 12 b&w illustrations

Author Ahmed Osman contends that the roots of Christian belief spring not from Judaea but from Egypt. Comparing the Old Testament with ancient Egyptian records, he shows that major characters of the Hebrew scriptures and major tenets of Christianity—the One God and the Trinity—are Egyptian in origin.



## The Egyptian Origins of King David and the Temple of Solomon

Ahmed Osman

ISBN 978-1-59143-301-9  
\$18.00 (CAN \$22.50) pb  
224 pages, 6 x 9  
11 b&w illustrations

Drawing on recent archaeological, historical, and biblical evidence from Egypt, Osman identifies King David as Pharaoh Tuthmosis III. He shows how David was not a descendant of Isaac, but was Isaac's father and that King Solomon was Pharaoh Amenhotep, successor of Tuthmosis III and the builder of the Temple of Luxor.



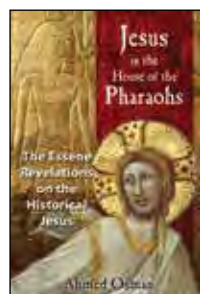
## The Hebrew Pharaohs of Egypt

*The Secret Lineage of the Patriarch Joseph*

Ahmed Osman

ISBN 978-1-59143-022-3  
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208 pages, 6 x 9  
Includes four 8-page b&w inserts

The idea that Joseph and Yuya may be one and the same person sheds a whole new light on the sudden rise of monotheism in Egypt. The author provides detailed evidence from Egyptian, biblical, and Koranic sources to explain the deliberate obliteration of references to the "heretic" king and his successors by the last eighteenth dynasty pharaoh, Horemheb, whom the author believes was the oppressor king in the Book of Exodus.



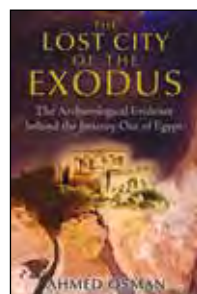
## Jesus in the House of the Pharaohs

*The Essene Revelations on the Historical Jesus*

Ahmed Osman

ISBN 978-1-59143-027-8  
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296 pages, 6 x 9  
20 b&w illustrations

Although it is commonly believed that Jesus lived during the first century C.E., there is no concrete evidence to support this. Citing archaeological evidence, the Dead Sea Scrolls, the Koran, the Talmud, and biblical sources, Ahmed Osman provides a compelling case that Jesus and Joshua were one and the same and that this person was likewise the pharaoh Tutankhamun, who ruled Egypt between 1361 and 1352 B.C.E.



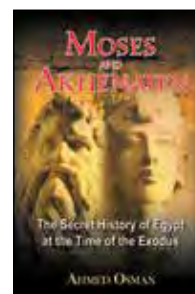
## The Lost City of the Exodus

*The Archaeological Evidence behind the Journey Out of Egypt*

Ahmed Osman

ISBN 978-1-59143-189-3  
\$20.00 (CAN \$25.00) pb  
224 pages, 6 x 9  
15 b&w illustrations

Many scholars have dismissed the Exodus narrative as a myth because archeologists have been unable to find the ancient city where the Road to Canaan would have begun. But if the Exodus took place not during the reign of Ramses II but during that of his grandfather Ramses I, this lost city would be located at Tell Heboua at the ruins of the fortified city of Zarw.



## Moses and Akhenaten

*The Secret History of Egypt at the Time of the Exodus*

Ahmed Osman

ISBN 978-1-59143-004-9  
\$20.00 (CAN \$75.00) pb  
280 pages, 6 x 9  
Includes 8-page b&w insert

Ahmed Osman's recent archaeological discoveries and historical documents contend that Akhenaten and Moses were one and the same man.

In a stunning retelling of the Exodus story, Osman details the events of Moses/Akhenaten's life: how he was brought up by Israelite relatives and ruled Egypt for seventeen years before he was forced to abdicate the throne.



## New—Available Dendera, Temple of Time

*The Celestial Wisdom of Ancient Egypt*

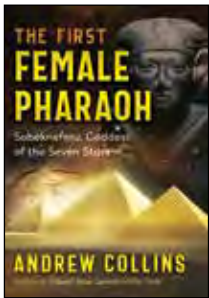
José María Barrera

Foreword by Bob Brier, Ph.D.

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Full-color throughout

Drawing on more than 5,000 high-resolution photographs he has taken at the Temple of Dendera in Egypt, photographer and computer scientist José María Barrera presents a complete full-color photographic reconstruction of the ceiling of the portico at Dendera and reveals in detail how each panel represents the sophisticated astronomical knowledge of ancient Egypt.





### The First Female Pharaoh

*Sobekneferu, Goddess of the Seven Stars*

Andrew Collins

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Piecing together the lost history of the first female pharaoh, Andrew Collins presents the first comprehensive biography of Sobekneferu. Using every text and monument that concerns Sobekneferu and her time in power, he reveals her achievements, the temples and ruins associated with her, her magical beliefs and practices, and her modern-day resurrection in novels and movies.

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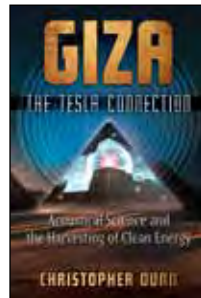
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Sharing extensive new evidence and cutting-edge research that the Great Pyramid at Giza was built as an energy-harvesting machine, Christopher Dunn details how the ancient Egyptians were generating clean power for their civilization and reveals how the pyramid builders and the great inventor Nikola Tesla were drawing from the same universal knowledge.

**Audiobook available**



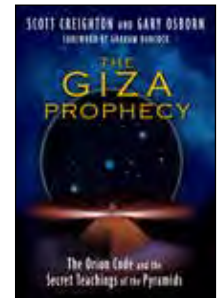
### Lost Technologies of Ancient Egypt

*Advanced Engineering in the Temples of the Pharaohs*

Christopher Dunn

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Using modern digital photography, computer-aided design software, and metrology instruments, engineer Christopher Dunn reveals that highly refined tools, techniques, and even mega-machines must have been used in ancient Egypt.



### The Giza Prophecy

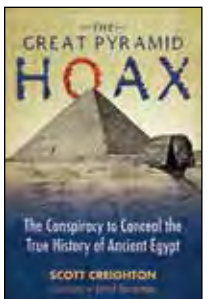
*The Orion Code and the Secret Teachings of the Pyramids*

Scott Creighton and Gary Osborn

Foreword by Graham Hancock

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147 b&w illustrations

The structures at Giza were not created as tombs, but as "recovery vaults" to ensure the rebirth of the kingdom after global disaster, and the pyramids are encoded with records of catastrophic events both in the past and in the future.



### The Great Pyramid Hoax

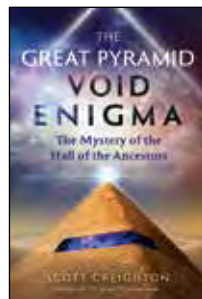
*The Conspiracy to Conceal the True History of Ancient Egypt*

Scott Creighton

Foreword by Laird Scranton

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Scott Creighton reveals how the only hard evidence that dates the Great Pyramid—the quarry marks discovered by Colonel Vyse in 1837—was forged. Creighton's study strikes down one of the most fundamental assertions of orthodox Egyptologists and reopens long-standing questions about the Great Pyramid's true age, who really built it, and why.



### The Great Pyramid Void Enigma

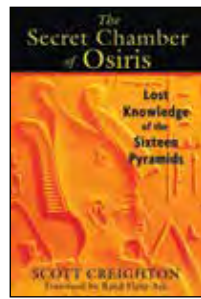
*The Mystery of the Hall of the Ancestors*

Scott Creighton

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Analyzing ancient Coptic-Egyptian texts and evidence from astronomy and archaeology, Scott Creighton shows how the newly discovered "Big Void" within the Great Pyramid of Giza may be a grand "Hall of Ancestors." He also explores the controversy surrounding the discovery of the Big Void and debunks many theories regarding its purpose.

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Scott Creighton

Foreword by Rand Flem-Ath

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A growing body of evidence suggests the first sixteen pyramids of ancient Egypt were not royal tombs but recovery vaults designed to revive civilization after an anticipated major catastrophe. The pyramids acted as storehouses for seeds and tools, but the treasures necessary to restore the culture of ancient Egypt were secured in a secret chamber, and the three great pyramids of Giza "point" to this secret location.



### Hathor Rising

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Drawing from temple art, myths, rituals, and poetry, Dr. Roberts examines the female aspect of the complex Egyptian pantheon, particularly the goddess Hathor-Sekhmet, providing a powerful new perspective on women's theology.



### Her-Bak

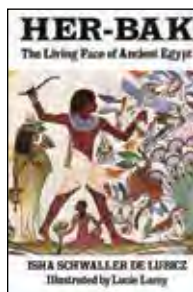
*Egyptian Initiate*

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Illustrated by Lucie Lamy

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This second volume presents Her-Bak's initiation into the Inner Temple and his progressive penetration of the esoteric aspects of the Egyptian Mystery teachings.



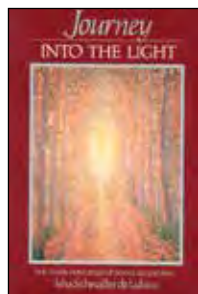
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In these fictional accounts, the wisdom of Ancient Egypt is revealed through the eyes of young Her-Bak, a candidate for initiation into the Inner Temple. The events related take place between the XX and XXI dynasties. In this volume Her-Bak's training in the living school of Nature and in the Outer Temple unfolds.



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This novel portrays the transformative encounter of the modern, scientific and rational mentality with the suprarational, spiritual intelligence that guides us on the Path of the Mysteries. Through dramatic dialogue and interplay between master and student, we are initiated into the realm of the spirit.



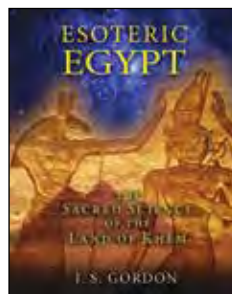
## The Opening of the Way

*A Practical Guide to the Wisdom Teachings of Ancient Egypt*

Isha Schwaller de Lubicz

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Here, the author of the two *Her-Bak* novels provides specific tools that instruct in the comprehension and application of those teachings, and help us recognize that it is by the path of silence and meditation that we are guided to the intelligence of the heart, which is our key to self-mastery and our connection to higher consciousness.



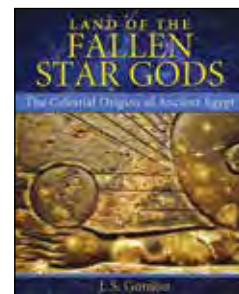
## Esoteric Egypt

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J. S. Gordon

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*Esoteric Egypt* reveals how the sacred science and wisdom tradition of ancient Egypt—the Land of Khem—stems from an advanced prehistoric worldwide civilization. The author investigates the people who colonized greater Egypt 100,000 years ago, the progenitors of Egyptian civilization descended from the 4th- and 5th-Root Race Atlanteans.



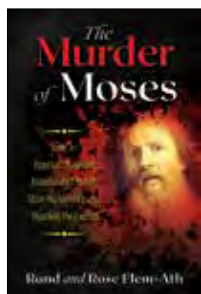
## Land of the Fallen Star Gods

*The Celestial Origins of Ancient Egypt*

J. S. Gordon

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The "spontaneous" fully-fledged appearance of Egyptian and Sumerian civilizations 5,000 years ago was not in fact the birth of civilization on Earth but the remnants of a prior ancient and sophisticated worldwide culture left to the ancient Egyptians by "star gods," celestial beings who came to Earth long before.



## The Murder of Moses

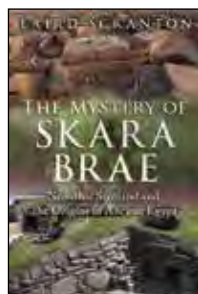
*How an Egyptian Magician Assassinated Moses, Stole His Identity, and Hijacked the Exodus*

Rand and Rose Flem-Ath

ISBN 978-1-59143-336-1  
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256 pages, 6 x 9

This book, the result of a decade-long investigation, reveals that Moses was deceived and murdered by his father-in-law, Reuel, a skilled magician who then assumed Moses' identity. It also explores how early scribes edited the Exodus story to cover Moses' assassination and replacement and how they fabricated Moses' origin story.

**Audiobook available**



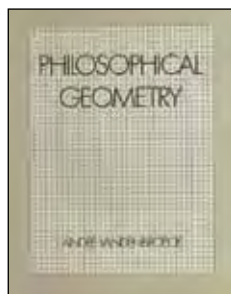
## The Mystery of Skara Brae

*Neolithic Scotland and the Origins of Ancient Egypt*

Laird Scranton

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Laird Scranton reveals the striking similarities between Skara Brae, a Neolithic farming village on Orkney Island and the traditions of pre-dynastic ancient Egypt as preserved by the Dogon people of Mali. He examines the similarities between Skara Brae and Göbekli Tepe and how Skara Brae may have been a secondary center of learning for the ancient world.



## Philosophical Geometry

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Geometric drawings throughout

The ancient Egyptians and Greeks saw in plane geometry much more than land-surveying. For them man was the measure of the cosmos and geometry was the discipline through which one studied the unity of cosmic necessity and human thought. Andre VandenBroeck, who worked closely with R. A. Schwaller de Lubicz in Grasse, France during the early 60s, expands upon de Lubicz's Pythagorean synthesis, and especially examines the problem of foundations.



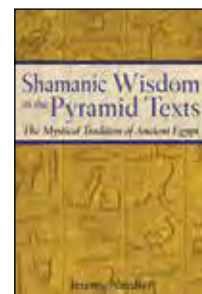
## Rebel in the Soul

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Bika Reed

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This controversial text speaks to us with intriguing relevance to the problems of today. Taking the form of a dialogue between a man and his soul, this sacred text explores the inner discourse between doubt and mystical knowledge and deals with the rebellion and despair of the intellect at a crucial stage of spiritual development.



## Shamanic Wisdom in the Pyramid Texts

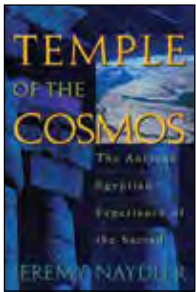
*The Mystical Tradition of Ancient Egypt*

Jeremy Naydler

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135 b&w illustrations

Jeremy Naydler's radical reinterpretation of the Pyramid Texts—the earliest body of religious literature from ancient Egypt—now places these documents into the ritual context in which they belong. It is the shamanic spiritual tradition, argues Naydler, that is the undercurrent of the Pyramid Texts and holds the key to ancient Egyptian mysticism.





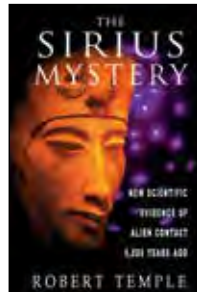
### Temple of the Cosmos

*The Ancient Egyptian Experience of the Sacred*

Jeremy Naydler

ISBN 978-0-89281-555-5  
\$19.95 (CAN \$23.95) pb  
320 pages, 6 x 9

In this guide to the cosmology of ancient Egypt, Jeremy Naydler recreates the experience of living in another time and place. *Temple of the Cosmos* explores Egypt's sacred geography and mythology, revealing with unprecedented clarity an ancient consciousness in tune with the rhythms of the earth. It also breaks new ground by placing the work of other Egyptologists in a magical context.



### The Sirius Mystery

*New Scientific Evidence of Alien Contact 5,000 Years Ago*

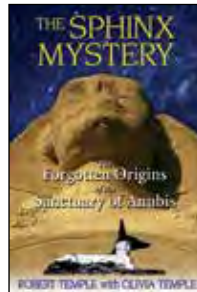
Robert Temple

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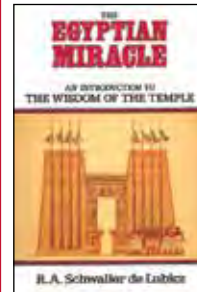
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### The Egyptian Miracle

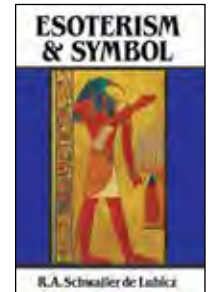
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Illustrated by Lucie Lamy

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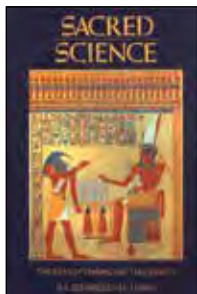


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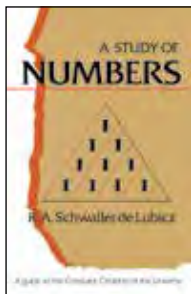
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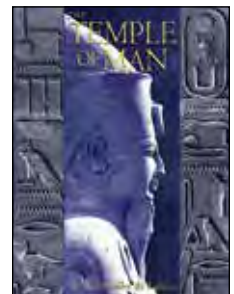
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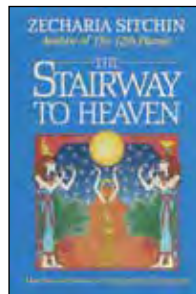
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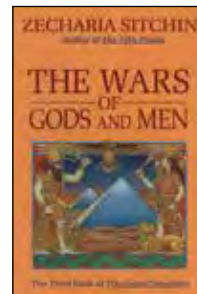
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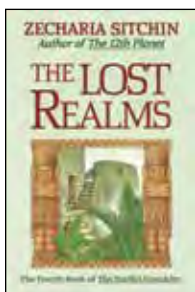
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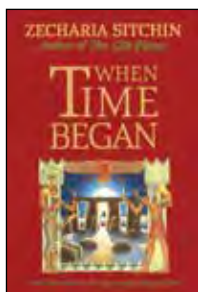
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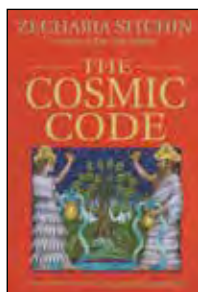
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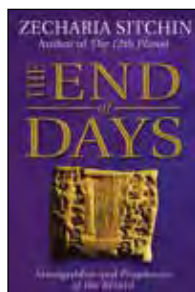
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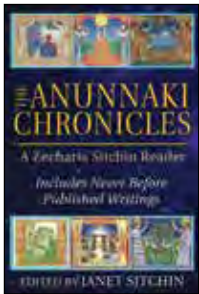
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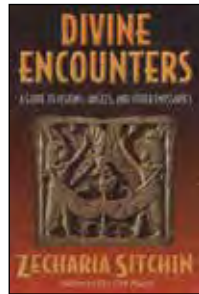
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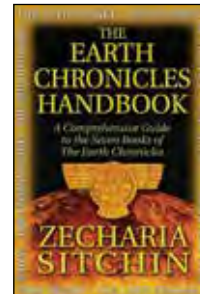


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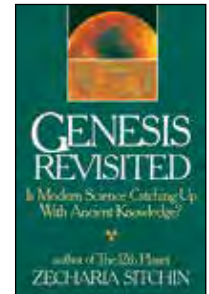
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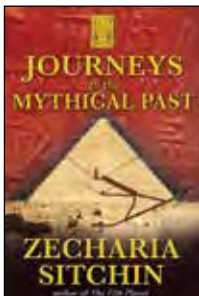
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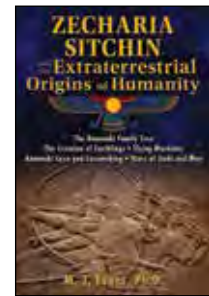
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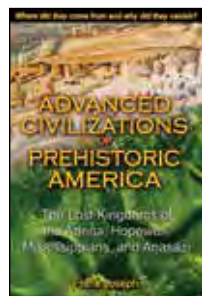
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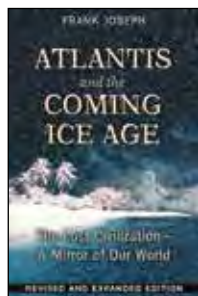
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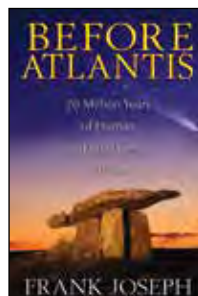
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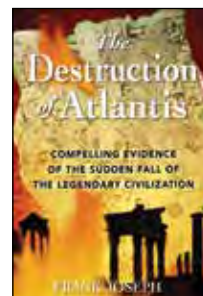
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## The Destruction of Atlantis

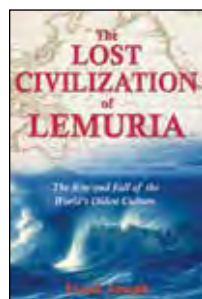
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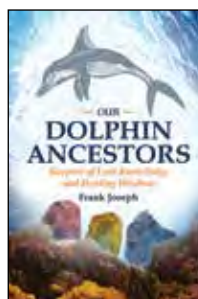
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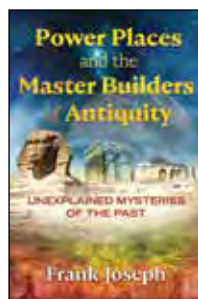
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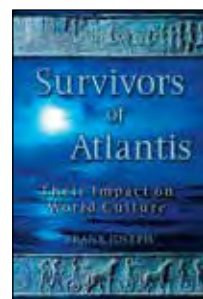
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## Survivors of Atlantis

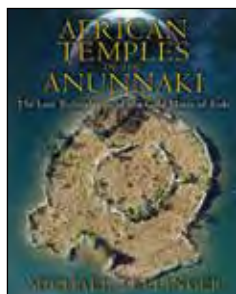
*Their Impact on World Culture*

Frank Joseph

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Archaeologists have long puzzled over evidence suggesting sophisticated copper mining activities in the Great Lakes area some 5,000 years ago. Menomonee Indian tradition speaks of fair skinned mariners from the past who came to "dig out the shiny bones" of the Earth Mother. In this sequel to *The Destruction of Atlantis*, Frank Joseph contends that the mariners described by the North American Menomonee Indians were Atlanteans.





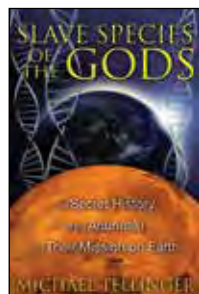
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*The Lost Technologies of the Gold Mines of Enki*

Michael Tellinger

ISBN 978-1-59143-150-3  
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240 pages, 8 x 10  
Full-color throughout

This book provides the physical proof of Zecharia Sitchin's theories on the Anunnaki origins of humanity. Michael Tellinger documents prehistoric ruins in South Africa that contain the remains of Tesla-like technology that was used to generate energy and carve immensely long tunnels straight into the Earth in search of gold—tunnels that still exist and whose origins have until now been a mystery.



### Slave Species of the Gods

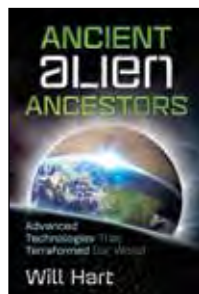
*The Secret History of the Anunnaki and Their Mission on Earth*

Michael Tellinger

ISBN 978-1-59143-151-0  
\$25.00 (CAN \$30.00) pb  
576 pages, 6.63 x 9.5  
104 b&w illustrations

Michael Tellinger proposes that the earliest civilization began in southern Africa with the arrival of the Anunnaki 200,000 years ago. Sent to Earth in search of gold, these ancient Anunnaki created the first humans as a slave race setting in place our traditions of gold obsession, slavery, and the notion of a dominating god.

**Audiobook available**



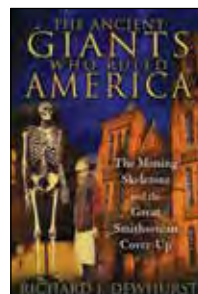
### Ancient Alien Ancestors

*Advanced Technologies That Terraformed Our World*

Will Hart

ISBN 978-1-59143-253-1  
\$20.00 (CAN \$24.95) pb  
384 pages, 6 x 9  
30 b&w illustrations

Sharing scientific evidence of alien involvement with life on our planet, author Will Hart refines the theory of directed panspermia—that life was intentionally seeded on Earth by extraterrestrials—and shows that advanced ETs are our ancestors and as human as we are.



### The Ancient Giants Who Ruled America

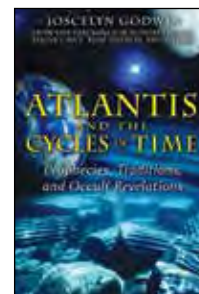
*The Missing Skeletons and the Great Smithsonian Cover-Up*

Richard J. Dewhurst

ISBN 978-1-59143-171-8  
\$22.00 (CAN \$27.50) pb  
368 pages, 6 x 9  
92 b&w illustrations

Drawing on 400 years of evidence, Dewhurst reveals that North America was once ruled by an advanced race of giants and that the Smithsonian has been actively suppressing the physical evidence for nearly 150 years. This suppression began after the Civil War and became a cover-up in 1879 when John Wesley Powell, as Smithsonian director, launched a strict pro-evolution, pro-Manifest Destiny agenda.

**Audiobook available**



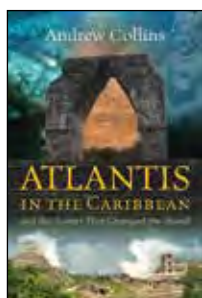
### Atlantis and the Cycles of Time

*Prophecies, Traditions, and Occult Revelations*

Joscelyn Godwin

ISBN 978-1-59477-262-7  
\$29.99 (CAN \$37.50) pb  
448 pages, 6 x 9

Professor Godwin shows how the legends of Atlantis go hand-in-hand with the concept of cyclical history, such as the Vedic system of Yugas and the Mayan calendar. He examines the kindred myths of Lemuria and Mu along with the writings of Gurdjieff, Guénon, Cayce, and many others.



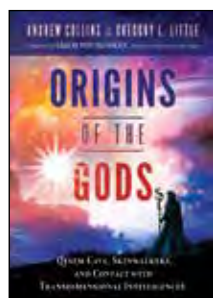
### Atlantis in the Caribbean

*And the Comet That Changed the World*

Andrew Collins

ISBN 978-1-59143-265-4  
\$20.00 (CAN \$24.00) pb  
528 pages, 6 x 9  
Includes two 8-page b&w inserts and 19 b&w illustrations

In this new edition of *Gateway to Atlantis*, noted author Andrew Collins provides evidence that at the end of the last Ice Age 13,000 years ago, a comet devastated the island of Cuba and submerged part of the Bahaman landmass destroying the Caribbean Atlantis. He further identifies Plato's "opposite continent" as none other than ancient America.



### Origins of the Gods

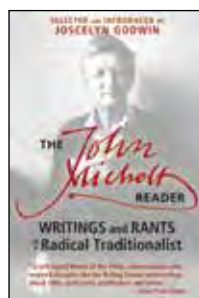
*Qesem Cave, Skinwalkers, and Contact with Transdimensional Intelligences*

Andrew Collins and Gregory L. Little, Ed.D.

Foreword by Erich von Däniken  
ISBN 978-1-59143-409-2  
\$24.00 (CAN \$29.99) pb  
400 pages, 6.63 x 9.5  
Includes a 16-page color insert and 63 b&w illustrations

The authors explain how shamanic rituals and altered states of consciousness combine with the natural forces of the earth to create portals for contact with otherworldly realms—in other words, the gods of our ancestors were the result of an interaction between human consciousness and transdimensional intelligence.

**Audiobook available**



### The John Michell Reader

*Writings and Rants of a Radical Traditionalist*

John Michell

Introduction by Joscelyn Godwin  
ISBN 978-1-62055-415-9  
\$19.95 (CAN \$23.95) pb  
320 pages, 6 x 9

John Michell (1933–2009) was beloved and reviled for his heretical views. In this collection of essays he takes on Darwinism, superstition, Jesus, the Grail legend, agribusiness, the madness of modernity, and much more. Michell always took the larger view, reminding us that the "paradise of the philosophers" is still within reach for those with the vision to see it.



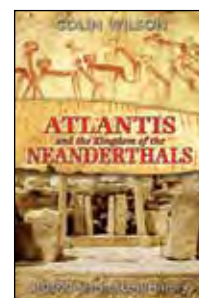
### Atlantis beneath the Ice

*The Fate of the Lost Continent*

Rand Flem-Ath and Rose Flem-Ath

ISBN 978-1-59143-137-4  
\$18.00 (CAN \$22.50) pb  
256 pages, 6 x 9  
42 b&w illustrations

Expanding on Charles Hapgood's theories, the authors show how the earth's crust shifted in 9600 BCE, dragging Atlantis into the polar zone where it now lies beneath miles of Antarctic ice. Includes rare material from the archives of Hapgood and Albert Einstein.



### Atlantis and the Kingdom of the Neanderthals

*100,000 Years of Lost History*

Colin Wilson

ISBN 978-1-59143-059-9  
\$25.00 (CAN \$31.50) pb  
336 pages, 6 x 9  
25 b&w illustrations

Colin Wilson examines remarkable archaeological discoveries that suggest civilization on Earth is far older than we have previously realized, and that not only did Atlantis exist but that the civilizing force behind it was the Neanderthals, a sophisticated race markedly dissimilar to the violent brutes of their traditional reputation.



## Atlantis in the Amazon

*Lost Technologies and the Secrets of the Crespi Treasure*

Richard Wingate

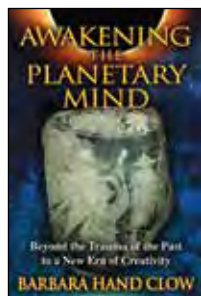
ISBN 978-1-59143-120-6

\$16.00 (CAN \$18.95) pb

184 pages, 6 x 9

Includes 8-page color insert and 56 b&w photos

In 1923, Father Carlo Crespi learned of a treasure hidden in Ecuador that contained ancient Egyptian and Phoenician artifacts, including technologically advanced machines. The evidence suggests that the civilization responsible for these extraordinary artifacts was Atlantis.



## Awakening the Planetary Mind

*Beyond the Trauma of the Past to a New Era of Creativity*

Barbara Hand Clow

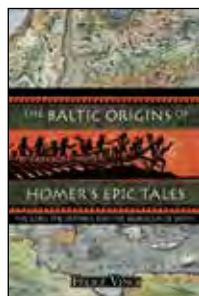
ISBN 978-1-59143-134-3

\$18.00 (CAN \$22.00) pb

352 pages, 6 x 9

76 b&w illustrations

Barbara Hand Clow explains how legendary cataclysms were actual events that have left humanity's collective psyche deeply scarred. But we are entering into a period of collective healing where these unprocessed fears are being released.



## The Baltic Origins of Homer's Epic Tales

*The Iliad, the Odyssey, and the Migration of Myth*

Felice Vinci

ISBN 978-1-59477-052-4

\$24.99 (CAN \$29.99) pb

384 pages, 6 x 9

16 b&w illustrations

For years scholars have debated the geographical incongruities in Homer's *Iliad* and *Odyssey*. Using meticulous analysis, Felice Vinci convincingly argues that Homer's epic tales originated not in the Mediterranean, but in the northern Baltic Sea, allowing us to reconsider the age-old question of Indo-European diaspora and the origin of the Greek civilization from a new perspective.



## The Body of Myth

*Mythology, Shamanic Trance, and the Sacred Geography of the Body*

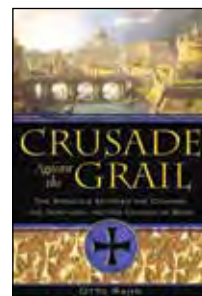
J. Nigro Sansonese

ISBN 978-0-89281-409-1

\$34.99 (CAN \$41.99) pb

384 pages, 8.5 x 11

This book carries on from the works of Carl Jung and Joseph Campbell to show how the portrayal of consciousness embodied in myth can be extended to a reappraisal of the laws of physics; before they are descriptions of the world, these laws—like myths—are descriptions of the human nervous system.



## Crusade Against the Grail

*The Struggle between the Cathars, the Templars, and the Church of Rome*

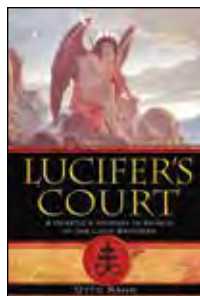
Otto Rahn

ISBN 978-1-59477-135-4

\$16.95 (CAN \$19.95) pb

256 pages, 6 x 9

This is the daring book that popularized the legend of the Cathars and the Holy Grail. It presents the history of the Papal persecution of the Cathars that lies hidden in the medieval epic Parzival and in the poetry of the troubadours. *Crusade Against the Grail* has never appeared in English until now.



## Lucifer's Court

*A Heretic's Journey in Search of the Light Bringers*

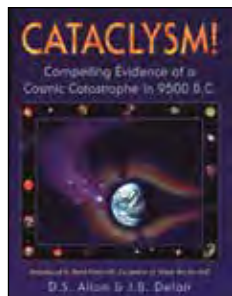
Otto Rahn

ISBN 978-1-59477-197-2

\$16.95 (CAN \$19.95) pb

256 pages, 6 x 9

This English translation of Otto Rahn's travel diaries in search of a Nordic equivalent to Mt. Sinai reveals his work as an occult investigator for the Third Reich. It paints Lucifer, the Light Bringer, in a positive light, and reveals Rahn's own journey of self-discovery as a Cathar.



## Cataclysm!

*Compelling Evidence of a Cosmic Catastrophe in 9500 B.C.*

D. S. Allan and J. B. Delair

ISBN 978-1-879181-42-7

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384 pages, 7 x 9.25

Abundant evidence points to a great global catastrophe that occurred 11,500 years ago, indicating that a fateful cosmic visitor must have occurred, and calling into question established geological theories about this moment in our not-so-distant past.



## Cosmic Womb

*The Seeding of Planet Earth*

Chandra Wickramasinghe, Ph.D. and Robert Bauval

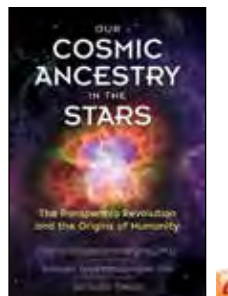
ISBN 978-1-59143-307-1

\$20.00 (CAN \$24.95) pb

408 pages, 6 x 9

Includes 8-page color insert and 137 b&w illustrations

Exploring the latest findings in support of a cosmic origin for humanity, the authors expand on Sir Fred Hoyle's theory of panspermia: that the building blocks of life arrived on Earth via comets in the distant past. They also reveal new discoveries about the dimensions of the Great Pyramid of Giza.



## Our Cosmic Ancestry in the Stars

*The Panspermia Revolution and the Origins of Humanity*

Chandra Wickramasinghe, Ph.D., Kamala Wickramasinghe, MA, and Gensuke Tokoro

ISBN 978-1-59143-328-6

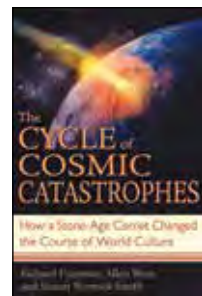
\$14.00 (CAN \$17.50) pb

144 pages, 6 x 9

24 b&w illustrations

The authors show, with extensive scientific evidence, that life came from space, arriving via comets and interstellar dust—a concept known as panspermia. The authors explore the philosophical, psychological, cultural, and religious ramifications of this new scientific worldview and how it offers answers to questions about the origins of life.

**Audiobook available**



## The Cycle of Cosmic Catastrophes

*How a Stone-Age Comet Changed the Course of World Culture*

Richard Firestone, Allen West, and Simon Warwick-Smith

ISBN 978-1-59143-061-2

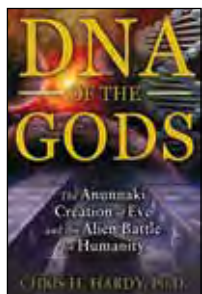
\$26.00 (CAN \$32.50) pb

416 pages, 6 x 9

206 b&w illustrations

Here is new scientific evidence about a series of prehistoric cataclysmic events that not only validates the ubiquitous legends and myths of natural disasters passed down by our ancestors, but shows how these events suggest that we are entering a thousand-year cycle of increasing danger and possibly a new cycle of extinctions.





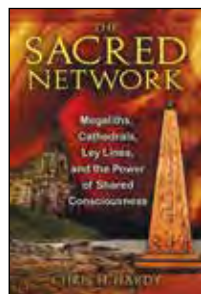
### DNA of the Gods

*The Anunnaki Creation of Eve and the Alien Battle for Humanity*

Chris H. Hardy, Ph.D.

ISBN 978-1-59143-185-5  
\$18.00 (CAN \$22.00) pb  
264 pages, 6 x 9, Includes 8-page color insert and 27 b&w illustrations

In this book, Chris Hardy describes the genetic engineering of humanity by Anunnaki scientist Nimmah whose first female human creation, Tiamat/Eve, contained more alien DNA than the earlier male one, Adamu. She shows that the concepts of sin and the inferiority of women were born out of Enlil's attempts to enslave humanity, but that despite this ongoing history of conflict, we can begin to steer our own planetary destiny.



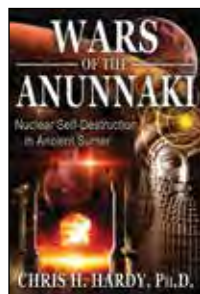
### The Sacred Network

*Megaliths, Cathedrals, Ley Lines, and the Power of Shared Consciousness*

Chris H. Hardy, Ph.D.

ISBN 978-1-59477-381-5  
\$24.99 (CAN \$29.99) pb  
392 pages 6 x 9  
Includes 8-page color insert and 8 b&w illustrations

Chris Hardy shows how the world's sacred sites—via their megaliths and temples—act as antennae for the energies of the cosmos. This sacred network is fueling an 8,000-year evolutionary cycle that will soon culminate in a new state of shared consciousness.



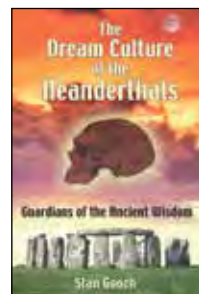
### Wars of the Anunnaki

*Nuclear Self-Destruction in Ancient Sumer*

Chris H. Hardy, Ph.D.

ISBN 978-1-59143-259-3  
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296 pages, 6 x 9  
Includes 8-page color insert and 15 b&w illustrations

Drawing upon the work of Zecharia Sitchin, the Book of Genesis, Sumerian clay tablets, and archaeological evidence such as ancient radioactive skeletons, Chris Hardy reveals the ancient nuclear event that destroyed the Sumerian civilization and the power struggles of the "gods" that led up to it.



### The Dream Culture of the Neanderthals

*Guardians of the Ancient Wisdom*

Stan Gooch

ISBN 978-1-59477-093-7  
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272 pages, 6 x 9  
27 b&w illustrations

Author Stan Gooch presents evidence that direct descendants of the moon-worshipping, dream-cultivating Neanderthal race are still living in Central Asia today. While their physical descendants may be almost extinct, the influence of Neanderthal occult wisdom remains strong and can be found throughout history among witches, kabbalists, the Knights Templar, Rosicrucians, and even in Christianity.



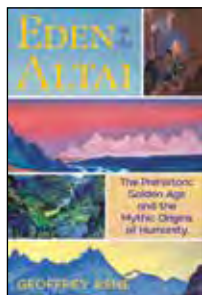
### The Neanderthal Legacy

*Reawakening Our Genetic and Cultural Origins*

Stan Gooch

ISBN 978-1-59477-185-9  
\$18.99 (CAN \$23.99) pb  
192 pages, 6 x 9  
14 b&w illustrations

Gooch reveals the need for reconnecting with our Neanderthal heritage, examining the genetic evidence of Neanderthal/Cro-Magnon crossbreeding and the dual-nature it has produced in modern man. He explains the influence of the enlarged Neanderthal cerebellum on our brain function and psychic abilities.



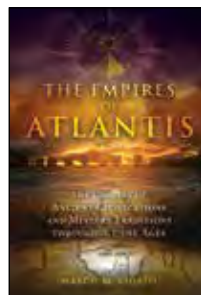
### Eden in the Altai

*The Prehistoric Golden Age and the Mythic Origins of Humanity*

Geoffrey Ashe

ISBN 978-1-59143-321-7  
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368 pages, 6 x 9  
15 b&w illustrations

Historian Geoffrey Ashe reveals how humanity's first advanced culture originated in the Altai-Baikal region of southern Siberia. He explores how this prehistoric culture is the source of the mythic symbolism of the number 7 and shows how it influenced Indian, Middle Eastern, Native American, and European society, culture, and religion.



### The Empires of Atlantis

*The Origins of Ancient Civilizations and Mystery Traditions throughout the Ages*

Marco M. Vigato

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Includes 32-page color insert and 51 b&w illustrations

Combining recent discoveries in the fields of archaeology, geology, anthropology, and genetics with the mystery teachings of antiquity, Marco Vigato traces the course of Atlantean civilization through its three empires as well as the colonies and outposts formed by its survivors in Egypt, Göbekli Tepe, India, Mesopotamia, the Mediterranean, and North and South America.

**Audiobook available**



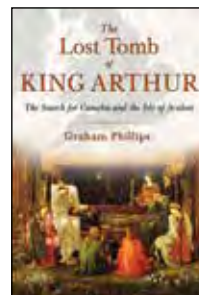
### The End of Eden

*The Comet That Changed Civilization*

Graham Phillips

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39 b&w illustrations

In 1500 B.C., following Earth's passage through the tail of the comet 12P/Pons-Brooks, civilizations worldwide suddenly abandoned their peaceful ways and devoted themselves with uncharacteristic fervor to making war on their neighbors and fighting among themselves. Graham Phillips chronicles the sudden shifts in social demeanor and religious philosophy that swept the world in the comet's wake.



### The Lost Tomb of King Arthur

*The Search for Camelot and the Isle of Avalon*

Graham Phillips

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304 pages, 6 x 9  
46 b&w illustrations

Many scholars regard King Arthur and his fabled city of Camelot simply as myth. Graham Phillips shows through a wealth of literary and scientific evidence, King Arthur was a real man, Camelot a real place, and the legendary Excalibur a real sword—and Phillips has located them all.



### The Mystery of Doggerland

*Atlantis in the North Sea*

Graham Phillips

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224 pages, 6 x 9  
Includes 16-page color insert and 24 b&w illustrations

Exploring the latest archaeological findings and recent scientific analysis of Doggerland's underwater remains in the North Sea, Graham Phillips shows that this ancient culture had sophisticated technology and advanced medical knowledge. He also reveals how the survivors of the destruction of Doggerland sailed to the British Isles and established the megalithic culture that built Stonehenge.

**Audiobook available**



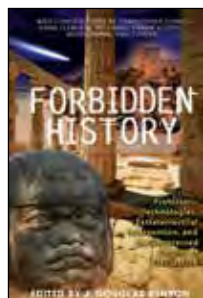
## Wisdomkeepers of Stonehenge

*The Living Libraries and Healers of Megalithic Culture*  
Graham Phillips

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\$20.00 (CAN \$24.99) pb  
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Includes 16-page color insert and 30 b&w illustrations

Phillips argues that Stonehenge and thousands of other stone circles erected throughout Britain and Ireland are evidence of an astonishing system of ancient medical knowledge. He explains how the megalithic priesthood possessed phenomenal memory techniques and how the alignments of stone circles enabled the precise timings necessary for the cultivation of medicinal plants.

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## Forbidden History

*Prehistoric Technologies, Extraterrestrial Intervention, and the Suppressed Origins of Civilization*

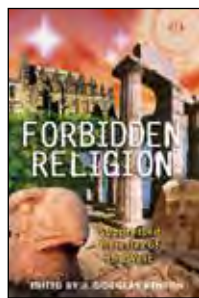
Edited by J. Douglas Kenyon

ISBN 978-1-59143-045-2  
\$20.00 (CAN \$24.00) pb  
344 pages, 6 x 9  
Includes 8-page color insert and 108 b&w illustrations

Also available in Spanish (see page 218)

Here are 42 essays from the archives of *Atlantis Rising*, providing an excellent introduction to alternative accounts of history including Earth Changes, Civilization's Greater Antiquity, Darwinism Under Fire, Ancestors from Space, Ancient High Tech, and The Search for Lost Origins.

**Audiobook available**



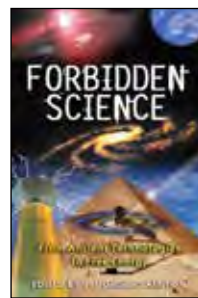
## Forbidden Religion

*Suppressed Heresies of the West*

Edited by J. Douglas Kenyon

ISBN 978-1-59143-067-4  
\$24.00 (CAN \$29.99) pb  
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This book is a compelling introduction to the heretical religious traditions, whose role in society was as vital as that of the established faiths that continuously tried to suppress them. Born in the same religious ferment that gave birth to Christianity, these spiritual paths survived in the "heresies" of the Middle Ages. Their influence is still with us today.



## Forbidden Science

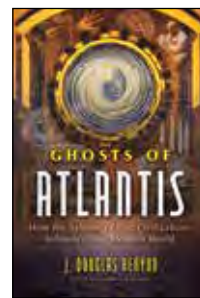
*From Ancient Technologies to Free Energy*

Edited by J. Douglas Kenyon

ISBN 978-1-59143-082-7  
\$22.00 (CAN \$27.50) pb  
336 pages, 6 x 9  
Includes 16-page b&w insert and 81 b&w illustrations

There is a war going on between the established scientific community and those who would explore new theories, realities, energy, and dynamics. J. Douglas Kenyon explains the reasons for this conflict and presents the cutting-edge research of 19 scientists who challenge the status quo.

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## Ghosts of Atlantis

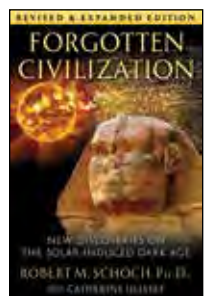
*How the Echoes of Lost Civilizations Influence Our Modern World*

J. Douglas Kenyon

ISBN 978-1-59143-391-0  
\$25.00 (CAN \$31.50) pb  
456 pages, 6 x 9  
Includes 8-page color insert and 272 b&w illustrations

Revealing evidence of advanced ancient technology, anomalous ancient maps, extraterrestrial influence, time travel, crystal science, and Atlantis in the Bible, J. Douglas Kenyon presents extensive physical and spiritual confirmation of a lost great culture, the collective amnesia that wiped it from planetary memory, and the countless ways ancient catastrophes still haunt modern civilization.

**Audiobook available**



## Forgotten Civilization

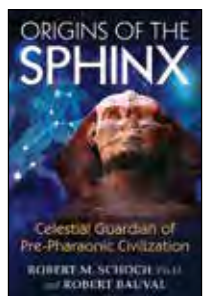
*New Discoveries on the Solar-Induced Dark Age*

Robert M. Schoch, Ph.D., with Catherine Ulissey

ISBN 978-1-64411-292-2  
\$24.99 (CAN \$31.50) pb  
560 pages, 6 x 9  
Includes 16-page color insert and 38 b&w illustrations

Robert Schoch shows that the last ice age ended abruptly in 9700 BCE due to coronal mass ejections from the Sun, eradicating the advanced civilization of the time. Schoch's theory explains many megalithic monuments and ancient legends including the Easter Island rongorongo texts and the intentional burial of Göbekli Tepe in Turkey.

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## Origins of the Sphinx

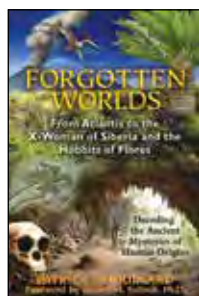
*Celestial Guardian of Pre-Pharaonic Civilization*

Robert M. Schoch, Ph.D., and Robert Bauval

ISBN 978-1-62055-525-5  
\$24.99 (CAN \$31.50) pb  
528 pages, 6 x 9  
Includes 16-page color insert and 247 b&w illustrations

According to orthodox Egyptology, the Sphinx was built around 2500 BCE as a memorial to the pharaoh Khafre. In this provocative collaboration from two Egyptology outsiders, Robert M. Schoch, Ph.D., and Robert Bauval combine their decades of research to show how the Sphinx is thousands of years older than the conventional Egyptological timeline.

**Audiobook available**



## Forgotten Worlds

*From Atlantis to the X-Woman of Siberia and the Hobbits of Flores*

Patrick Chouinard

Foreword by Robert M. Schoch, Ph.D.  
ISBN 978-1-59143-138-1  
\$20.00 (CAN \$24.00) pb  
288 pages, 6 x 9

*Forgotten Worlds* offers a new chronology of the emergence of civilization. Mysteries such as Caucasian mummies in China and the pyramids of Caral in Peru speak of great empires that existed prior to the rise of the Sumerian city states and pharaonic Egypt.



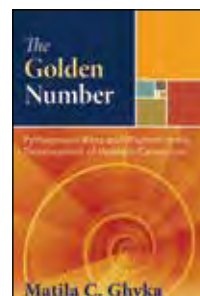
## Lost Race of the Giants

*The Mystery of Their Culture, Influence, and Decline throughout the World*

Patrick Chouinard

Foreword by Paul Von Ward  
ISBN 978-1-59143-148-0  
\$18.00 (CAN \$22.00) pb  
224 pages, 6 x 9

Archaeological discoveries of 10- and 12-foot skeletons—many of which have been suppressed—confirm the existence of an age of giants before recorded history. This book examines the many corresponding giant mythologies throughout the world and finds that giants engaged in conflict with the extraterrestrial gods who created humanity for forced labor.



## The Golden Number

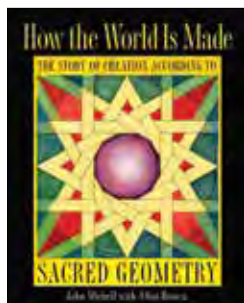
*Pythagorean Rites and Rhythms in the Development of Western Civilization*

Matila C. Ghyka

Introduction by Paul Valéry  
ISBN 978-1-59477-100-2  
\$50.00 (CAN \$60.00) hardcover  
448 pages, 6 x 9  
66 full-page b&w illustrations

Commonly symbolized by the Fibonacci sequence, the Golden Number, or Phi, is the geometric ratio 1.618. Matila Ghyka's classic reveals how understanding of the divine proportion is seen as a portal to discovering the hidden harmonies of the cosmos.





### How the World Is Made

*The Story of Creation according to Sacred Geometry*

John Michell  
with Allan Brown

ISBN 978-1-59477-477-5  
\$35.00 (CAN \$42.00) pb  
288 pages, 8 x 10  
Full-color throughout  
ISBN 978-1-59477-324-2  
\$40.00 (CAN \$48.00) hardcover

*How the World Is Made* explains how ancient societies grasped the timeless principles of sacred geometry and created flourishing societies. Over 300 full-color illustrations reveal the secret codes and spiritual meanings within geometrical figures and key numbers.



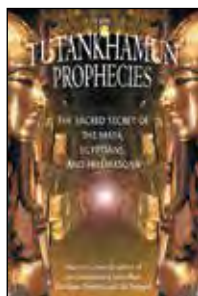
### The Lost Tomb of Viracocha

*Unlocking the Secrets of the Peruvian Pyramids*

Maurice Cotterell

ISBN 978-1-59143-005-6  
\$20.00 (CAN \$29.95) pb  
256 pages, 6 x 9  
Includes 32 color plates  
and 143 b&w illustrations  
and photographs

Maurice Cotterell, who cracked the codes hidden in both ancient Maya carvings and the treasures of Tutankhamun, unlocks the secrets concealed within the treasure-filled tombs of Viracocha Pachamac and Viracocha. The two Viracocha sun-kings left the secrets of a super solar science encoded in their treasures.



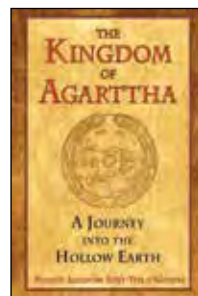
### The Tutankhamun Prophecies

*The Sacred Secret of the Maya, Egyptians, and Freemasons*

Maurice Cotterell

ISBN 978-1-879181-70-0  
\$20.00 pb  
368 pages, 6 x 9  
Includes two 16-page color inserts  
and 166 line drawings

Knowledge of the connections between solar patterns and human destiny allowed the Egyptians and Maya to harness the energy generated by the sun to achieve spiritual enlightenment and soul growth. This book reveals the link between reincarnation and solar energy encoded in the tombs of Tutankhamun and the Mayan Lord Pacal.



### The Kingdom of Agartha

*A Journey into the Hollow Earth*

Marquis Alexandre  
Saint-Yves d'Alveydre

Introduction by  
Joscelyn Godwin

ISBN 978-1-59477-268-9  
\$14.95 (CAN \$16.95) pb  
176 pages, 6 x 9  
10 b&w illustrations

The legend of Hollow Earth was introduced to the West in 1886 in *Mission de l'Inde*, translated here into English for the first time. Known as Agartha or Shambhala, this kingdom beneath the Himalayas is governed by advanced spiritual laws and is home to libraries containing humanity's collective wisdom.



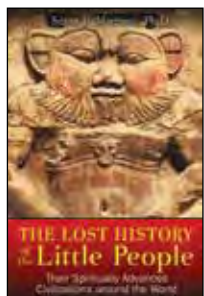
### The Lost Continent of Pan

*The Oceanic Civilization at the Origin of World Culture*

Susan B. Martinez, Ph.D.

ISBN 978-1-59143-267-8  
\$24.00 (CAN \$29.95) pb  
512 pages, 6 x 9  
284 b&w illustrations

In this book, Susan B. Martinez reveals the Pacific Ur-culture that seeded the ancient civilizations of China, Egypt, India, Mexico, and Peru. The author shows how the Pan diaspora explains the mound builders on each continent, the presence of "white" humans in Native American legend, the red-haired mummies found in China, and the Ainu of Japan.



### The Lost History of the Little People

*Their Spiritually Advanced Civilizations around the World*

Susan B. Martinez, Ph.D.

ISBN 978-1-59143-145-9  
\$20.00 (CAN \$22.95) pb  
400 pages, 6 x 9  
187 b&w illustrations

All cultures have legends about prehistoric forebears of short stature who survived the Great Flood and initiated the first sacred traditions. From the squat "gods" of Mexico and Peru to the fairy kingdom of Europe and the blond pygmies of Madagascar, these little people are remembered as masters of stone carving, agriculture, navigation, writing, and shamanic healing.



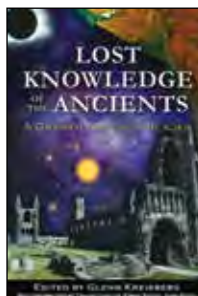
### The Mysterious Origins of Hybrid Man

*Crossbreeding and the Unexpected Family Tree of Humanity*

Susan B. Martinez, Ph.D.

ISBN 978-1-59143-176-3  
\$24.00 (CAN \$27.50) pb  
576 pages, 6 x 9  
147 b&w illustrations

This provocative book posits that modern humanity did not evolve but is a mosaic of mixed ancestry, the result of eons of cross-breeding and retro-breeding among different groups, including Cro-Magnon, Neanderthal, hobbits, and giants. Thus there were multiple "Gardens of Eden" and each continent had its own blend of races prior to the Great Flood.



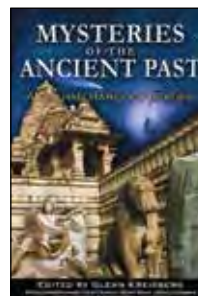
### Lost Knowledge of the Ancients

*A Graham Hancock Reader*

Edited by Glenn Kreisberg

ISBN 978-1-59143-117-6  
\$18.00 (CAN \$21.95) pb  
256 pages, 6 x 9  
50 b&w illustrations

This anthology, selected by Graham Hancock, presents alternative theories on history, the origins of civilization, ancient technology, and the nature of consciousness. Topics range from the effect of cosmic rays on human evolution to NASA's cover-up of ancient Martian civilizations.



### Mysteries of the Ancient Past

*A Graham Hancock Reader*

Edited by Glenn Kreisberg

ISBN 978-1-59143-155-8  
\$23.99 (CAN \$29.99) pb  
328 pages, 6 x 9  
Includes 8-page color insert and  
109 b&w illustrations

This anthology presents the latest controversial findings in alternative science, history, archaeology, and consciousness research. With contributions by David Frawley, Daniel Pinchbeck, Jonathan Talat Phillips, and others, this book shows that by recovering our lost history we too can experience the higher consciousness and advanced wisdom of the ancients.



### The Mysterious Life and Faked Death of Jesse James

*Based on Family Records, Forensic Evidence, and His Personal Journals*

Daniel J. Duke and  
Teresa F. Duke

ISBN 978-1-62055-966-6  
\$16.99 (CAN \$21.50) pb  
208 pages, 6 x 9  
24 b&w illustrations

Notorious outlaw Jesse James's great-great-grandchildren present the results of more than 20 years of exhaustive research into state and federal records, photographs, newspaper reports, diaries, and DNA tests to confirm their family's oral tradition that James faked his own death in 1882 and lived out his remaining days in Texas.

**Audiobook available**



## The Mystery of Spring-Heeled Jack

*From Victorian Legend to Steampunk Hero*

John Matthews

ISBN 978-1-62055-496-8  
\$19.95 (CAN \$23.95) pb  
360 pages, 6 x 9  
Includes 8-page color insert and 34 b&w illustrations

Spring-Heeled Jack—a tall, thin, bounding figure with bat-like wings, clawed hands, and wheels of fire for eyes—first leaped to public attention in Victorian London. Author John Matthews provides an extensive look at Spring-Heeled Jack from his ancient beginnings to the present.



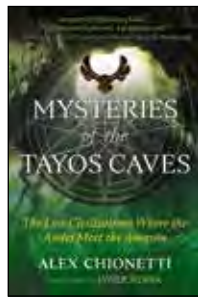
## The Mysteries of the Great Cross of Hendaye

*Alchemy and the End of Time*

Jay Weidner and Vincent Bridges

ISBN 978-0-89281-084-0  
\$29.99 (CAN \$37.50) pb  
528 pages, 6 x 9  
146 b&w illustrations

Reveals that the alchemical transformation of base metal into gold symbolizes the transformation of the current Iron Age into the Golden Age, and that the greatest secret of alchemy, the imminent date of the apocalypse, is coded into an obscure monument in southwestern France.



## Mysteries of the Tayos Caves

*The Lost Civilizations Where the Andes Meet the Amazon*

Alex Chionetti

Foreword by Javier Sierra  
ISBN 978-1-59143-356-9  
\$20.00 (CAN \$24.99) pb  
272 pages, 6 x 9  
Includes 16-page color insert and 18 b&w illustrations

In this examination of the Tayos Cave complex in Ecuador, the people and myths connected with it, and the treasures glimpsed in its depths, Alex Chionetti shares his more than 30 years of research and personal explorations into the Tayos Caves, along with detailed reconstructions of the controversial expeditions from the 1960s and '70s.

**Audiobook available**



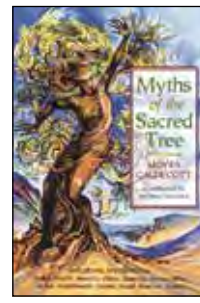
## The Mythic Imagination

*The Quest for Meaning Through Personal Mythology*

Stephen Larsen

ISBN 978-0-89281-574-6  
\$24.99 (CAN \$29.99) pb  
432 pages, 5.38 x 8.25

Mythology is the universal tongue of human imagination and all of us are engaged in creating personal mythologies that reflect the larger myths of the culture and our own deepest desires. This book is a guide for bringing the deeper mythic structures of experience into awareness, and for learning to recognize the archetypal content embedded in our behavior.



## Myths of the Sacred Tree

Moyra Caldecott

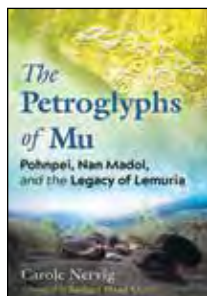
Illustrated by Anthea Toorchen

ISBN 978-0-89281-414-5  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9  
15 b&w illustrations

A reverence for nature is found throughout this illustrated collection of enchanting myths from around the world that celebrate the symbolism of trees.

**"After reading this text you will know why shamans have treated trees as wise old oracles with much to teach us."**

*Values & Vision*



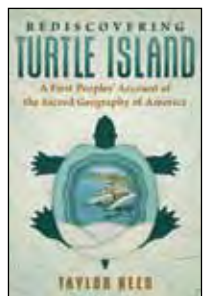
## The Petroglyphs of Mu

*Pohnpei, Nan Madol, and the Legacy of Lemuria*

Carole Nervig

Foreword by Barbara Hand Clow  
ISBN 978-1-59143-447-4  
\$25.00 (CAN \$31.50) pb  
368 pages, 6 x 9  
Includes 16-page color insert and 350 b&w illustrations

Documenting her discoveries on Pohnpei, Nervig reveals how the archetypal symbols of the Pohnpaid petroglyphs have exact counterparts in other ancient cultures and universal motifs throughout the world. She provides evidence that Pohnpaid is closely related to—yet predates—neighboring Nan Madol and was an outpost of the now-vanished civilization of Mu, or Lemuria.



## New—June 2024

A Sacred Planet Book

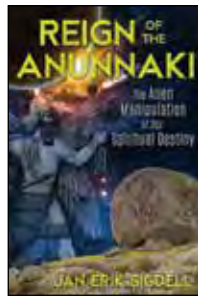
## Rediscovering Turtle Island

*A First Peoples' Account of the Sacred Geography of America*

Taylor Keen

ISBN 978-1-59143-520-4  
\$20.00 (CAN \$24.99) pb  
208 pages, 6 x 9  
70 b&w illustrations

Drawing on firsthand Indigenous accounts, oral traditions, historical writings, and his own experience, Taylor Keen presents a comprehensive re-imagining of the history of North America. Helping to give renewed voice to the immemorial cultures of Turtle Island, he reveals an alternative vision of the continent's geography and the significance of our past and future presence here.



## Reign of the Anunnaki

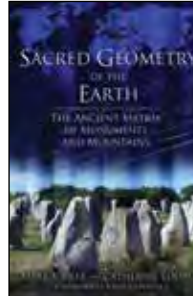
*The Alien Manipulation of Our Spiritual Destiny*

Jan Erik Sigdell

ISBN 978-1-59143-303-3  
\$16.00 (CAN \$19.99) pb  
160 pages, 6 x 9  
2 b&w illustrations

Sigdell reveals how, although the Anunnaki left our planet millennia ago, their influence and control over humanity is still pervasive and significant. He exposes their political influence and explains how they established religions as tools for control. He shows how Gnostic Christianity may offer a way to release us from their reign.

**Audiobook available**



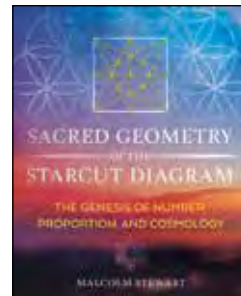
## Sacred Geometry of the Earth

*The Ancient Matrix of Monuments and Mountains*

Mark Vidler and Catherine Young

Foreword by Rand Flem-Ath  
ISBN 978-1-62055-468-5  
\$18.95 (CAN \$22.95) pb  
288 pages, 6 x 9  
170 b&w illustrations

From continent to continent across the globe there exists a hidden order in nature—natural topographic patterns related to pi, the golden ratio, and right-triangle geometry, and this hidden order has determined the location of ancient monuments. For example, the locations of the Giza pyramids, Stonehenge, and Machu Picchu are all integrated into the natural design on Earth.



## Sacred Geometry of the Starcut Diagram

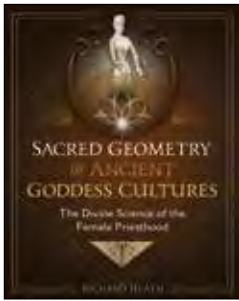
*The Genesis of Number, Proportion, and Cosmology*

Malcolm Stewart

ISBN 978-1-64411-430-8  
\$40.00 (CAN \$49.99) hardcover  
320 pages, 8 x 10  
Full-color throughout

Sharing his extensive research, along with hundreds of detailed diagrams and technical illustrations, Malcolm Stewart shows how the Starcut diagram was the key to the building of humanity's first cities and how it underlies many significant patterns and proportions around the world.





New—April 2024

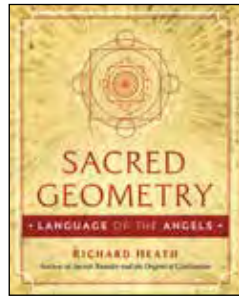
### Sacred Geometry in Ancient Goddess Cultures

*The Divine Science of the Female Priesthood*

Richard Heath

ISBN 978-1-64411-655-5  
\$48.00 (CAN \$59.99) hardcover  
256 pages, 8 x 10  
Full-color throughout

Long before Pythagoras and Plato, there existed matrilineal societies around the Mediterranean, led by women with a sophisticated understanding of astronomy and sacred science. In this detailed exploration, Richard Heath decodes the cosmological secrets hidden by ancient goddess-centered cultures on the islands of Malta and Crete and at Göbekli Tepe in Turkey.

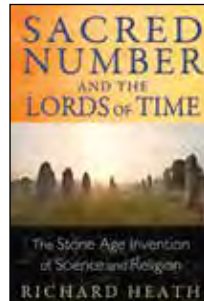


### Sacred Geometry: Language of the Angels

Richard Heath

ISBN 978-1-64411-118-5  
\$40.00 (CAN \$49.99) hardcover  
288 pages, 8 x 10  
Full-color throughout

Examining the angelic science of number, Richard Heath reveals how the development of human consciousness was no accident. The beauty and elegance we see in sacred geometry and in structures built according to those proportions are the language of the angels still speaking to us.



### Sacred Number and the Lords of Time

*The Stone Age Invention of Science and Religion*

Richard Heath

ISBN 978-1-62055-244-5  
\$19.99 (CAN \$24.99) pb  
288 pages, 6 x 9  
152 b&w illustrations

Richard Heath identifies four megalithic ages during which our Stone Age ancestors created an exact science of measures. The first age used only counted lengths and simple geometries; the second successfully measured the Earth using metrological ratios; the third saw a perfecting of monumental architecture; and in the fourth, the pyramids spread to Mexico and the Far East.



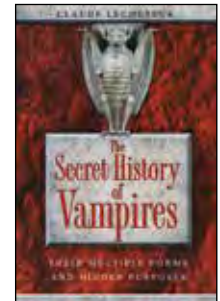
### The Sacred Science of Ancient Japan

*Lost Chronicles of the Age of the Gods*

Avery Morrow

ISBN 978-1-59143-170-1  
\$16.00 (CAN \$19.50) pb  
224 pages, 6 x 9  
22 b&w illustrations

In Japan there are roughly two dozen secret manuscripts originally dating back to the paleolithic era, the age of heroes and gods, that have been handed down by the ruling families for centuries. Rejected by orthodox Japanese scholars and never before translated into English, these documents speak of primeval alphabets, lost languages, forgotten technologies, and the sacred spiritual science. Some even refer to UFOs, Atlantis, and Jesus coming to Japan.



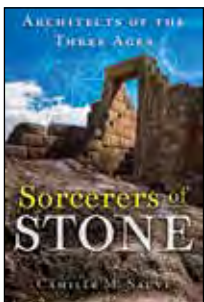
### The Secret History of Vampires

*Their Multiple Forms and Hidden Purposes*

Claude Lecouteux

ISBN 978-1-59477-325-9  
\$16.95 (CAN \$19.95) pb  
200 pages, 6 x 9  
Includes 8-page b&w insert

Anciently, not all vampires were blood suckers. They included shroud-eaters, nightmares, stirges, and ghouls. Claude Lecouteux looks back to a time when vampires were understood differently from the child of the night depicted in modern movies and books.



New—May 2024

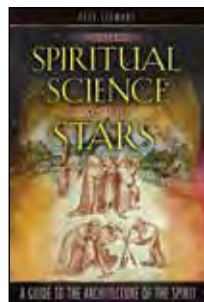
### Sorcerers of Stone

*Architects of the Three Ages*

Camille M. Sauvé

ISBN 978-1-59143-508-2  
\$26.00 (CAN \$32.50) pb  
304 pages, 6 x 9  
Includes 16-page color insert and 134 b&w illustrations

Camille M. Sauvé examines sacred sites in Peru and their counterparts around the world, revealing how they share specific architectural characteristics that point to their creation by the same ancient culture. She explains the three architectural styles found at the majority of sacred sites and the sophisticated science behind their construction.



### The Spiritual Science of the Stars

*A Guide to the Architecture of the Spirit*

Pete Stewart

ISBN 978-1-59477-196-5  
\$16.95 (CAN \$19.95) pb  
272 pages, 6 x 9  
32 b&w illustrations

Contrary to the popular belief that creation myths were meant to explain the origins of the universe, Pete Stewart shows that they were actually designed to create a harmony and order in the lives of humans that reflected, in their society and architecture, the ordered patterns they observed in the sky.



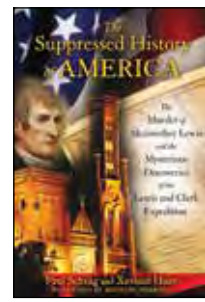
### Ancient Giants

*History, Myth, and Scientific Evidence from around the World*

Xaviant Haze

ISBN 978-1-59143-293-7  
\$16.00 (CAN \$19.99) pb  
192 pages, 6 x 9  
97 b&w illustrations

Examining global myths, historical records, megalithic ruins, and archaeological findings, Xaviant Haze provides evidence for a lost race of giants in Earth's prehistory. He explores legends and finds from throughout Europe, the Middle East, Africa, Australia, New Zealand, Russia, and China, including stories of giant bones unearthed by Allied soldiers during World War II.



### The Suppressed History of America

*The Murder of Meriwether Lewis and the Mysterious Discoveries of the Lewis and Clark Expedition*

Paul Schrag and Xaviant Haze

Foreword by Michael Tsarion  
ISBN 978-1-59143-122-0  
\$15.00 (CAN \$18.00) pb  
176 pages, 6 x 9

Lewis and Clark found evidence that the American continent was visited and settled long before Columbus. The authors reveal that these discoveries threatened powerful interests in Washington—including the Smithsonian Institution—and culminated in Lewis's murder.

**Audiobook available**



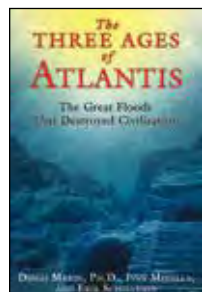
### The Suppressed History of American Banking

*How Big Banks Fought Jackson, Killed Lincoln, and Caused the Civil War*

Xaviant Haze

ISBN 978-1-59143-233-3  
\$16.00 (CAN \$19.50) pb  
240 pages, 6 x 9  
79 b&w illustrations

Author Xaviant Haze reveals how the powerful Rothschild banking family and the Central Banking System, now known as the Federal Reserve Bank, provide a continuous thread of connection between the War of 1812, the Civil War, the financial crises of the 1800s, and assassination attempts on Presidents Jackson and Lincoln.

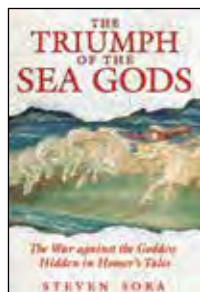


### The Three Ages of Atlantis

*The Great Floods That Destroyed Civilization*

Diego Marin, Ph.D.,  
Ivan Minella, and  
Erik Schievenin

ISBN 978-1-59143-179-4  
\$25.00 (CAN \$28.95) pb  
528 pages, 6 x 9, Includes 16-page  
color insert and 60 b&w illustrations  
There were three worldwide  
super-floods, 15,000, 11,600, and  
8,700 years ago, periods marked  
respectively by the freezing of  
Antarctica, the arrival of Cro-  
Magnon man in Europe, and the  
destruction of Atlantis according  
to Plato. This book posits  
that the first flood caused the  
original Atlantean diaspora out of  
Antarctica, leading to migrations  
to South America and Europe,  
both of which suffered their own  
subsequent inundation.



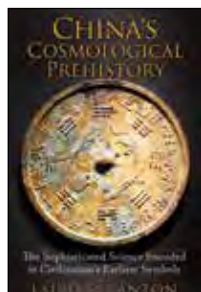
### The Triumph of the Sea Gods

*The War against the Goddess Hidden in Homer's Tales*

Steven Sora

ISBN 978-1-59477-143-9  
\$18.95 (CAN \$22.95) pb  
260 pages, 6 x 9  
12 b&w illustrations

Steven Sora argues that Homer's  
tales do not describe adventures  
in the Mediterranean, but are  
adaptations of Celtic myths that  
chronicle an Atlantic coastal war  
that took place off the Iberian  
Peninsula around 1200 B.C. The  
war led to the rapid decline of the  
region's goddess-worshipping  
culture that had reigned there  
since Neolithic times.



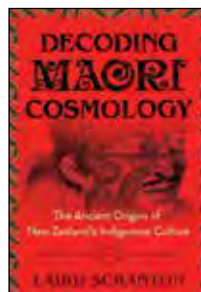
### China's Cosmological Prehistory

*The Sophisticated Science Encoded in Civilization's Earliest Symbols*

Laird Scranton

ISBN 978-1-62055-329-9  
\$16.95 (CAN \$20.50) pb  
192 pages, 6 x 9  
32 b&w illustrations

Laird Scranton investigates the  
myths, symbols, and traditions  
of prehistoric China, finding  
fundamental similarities between  
Chinese cosmology and that of  
other creation traditions. These  
cultural symbols reveal that there  
was a sophisticated scientific  
understanding in ancient times  
that has a direct correlation to our  
modern scientific discoveries, and  
suggests that the cosmology of  
all ancient cultures arose from a  
single now-lost source.



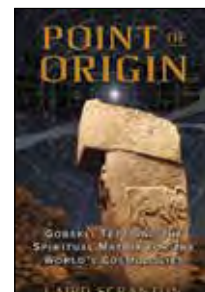
### Decoding Maori Cosmology

*The Ancient Origins of New Zealand's Indigenous Culture*

Laird Scranton

ISBN 978-1-62055-705-1  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
5 b&w illustrations

Revealing Maori culture as  
centuries older than generally  
accepted, Laird Scranton shows  
how the same cosmological  
concepts and linguistic roots  
that began at Gobekli Tepe are  
also evident in Maori cosmology  
and language, with similarities to  
Dogan and Egyptian languages  
and biblical and Hindu traditions.



### Point of Origin

*Gobekli Tepe and the Spiritual Matrix for the World's Cosmologies*

Laird Scranton

ISBN 978-1-62055-444-9  
\$16.95 (CAN \$20.50) pb  
224 pages, 6 x 9  
35 b&w illustrations

Why do the Dogon of Africa  
and the cultures of ancient  
Egypt, India, Tibet, and China  
share strikingly similar myths  
and sacred symbols? Laird  
Scranton makes the case that  
the archaeological complex at  
Gobekli Tepe is the definitive  
point of origin from which all  
the great civilizations of the  
past inherited their cosmology,  
esoteric teachings, and civilizing  
skills.



### Primal Wisdom of the Ancients

*The Cosmological Plan for Humanity*

Laird Scranton

ISBN 978-1-64411-028-7  
\$16.99 (CAN \$21.50) pb  
208 pages, 6 x 9  
9 b&w illustrations

Exploring the mystery of why  
so many ancient cultures share  
remarkably similar cosmological  
philosophies and religious  
symbolism, Laird Scranton  
analyzes dozens of examples  
of shared ancient wisdom and  
symbols and reveals how this  
knowledge came from the  
original instructions that led to  
the birth of the great civilizations.

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### The Velikovsky Heresies

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Laird Scranton

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*Worlds in Collision* introduced  
the theory that Venus began  
as a brilliant comet ejected by  
Jupiter around 1600 BCE. Laird  
Scranton presents evidence from  
recent space probe missions  
and ancient texts that uphold  
Velikovsky's controversial  
theories.



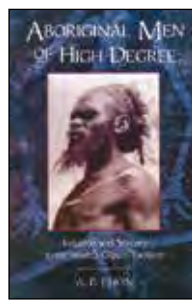
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Since its discovery in 1912, this  
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with its unidentifiable script and  
bizarre illustrations. The authors  
examine the many theories about  
its possible authors and the  
information it may contain. This  
manuscript remains one of the  
most enigmatic documents ever  
to have come to light.



### Aboriginal Men of High Degree

*Initiation and Sorcery in the World's Oldest Tradition*

A. P. Elkin

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One of Australia's most eminent  
anthropologists details the  
secret and sacred practices of  
Australian Aboriginal shamans,  
documenting a rapidly vanishing  
indigenous culture.



### The Cry of the Huna

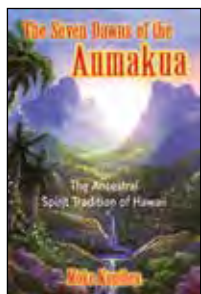
*The Ancestral Voices of Hawaii*

Moke Kupihea

ISBN 978-0-89281-127-4  
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208 pages, 6 x 9

A sense of alienation and the loss  
of Hawaiians' spiritual birthright  
has resulted due to colonization,  
and the consequent loss of  
connection to the aumakua, the  
ancestry connecting this people  
to the earth and the gods. *The  
Cry of the Huna* shares a vision  
of reconnection to the aumakua,  
releasing revenge so that  
healing can take its place.





## The Seven Dawns of the Aumakua

*The Ancestral Spirit Tradition of Hawaii*

Moke Kupihea

ISBN 978-0-89281-144-1  
\$16.95 (CAN \$19.95) pb  
272 pages, 6 x 9

In *The Seven Dawns of the Aumakua*, author Moke Kupihea discovers his Hawaiian spiritual tradition. As a young boy he seeks out his *kupuna*, the old men of the mountains, who become his *kahu*—his ancestral guardians—and teach him to understand that the world of ancestral voices still speaks, if only in a whisper, and that learning to hear these voices is the key for returning Hawaii to its proud spiritual path.



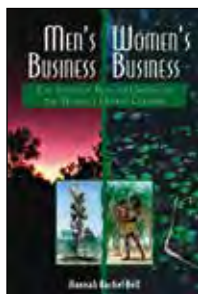
## The Sacred Power of Huna

*Spirituality and Shamanism in Hawai'i*

Rima A. Morrell, Ph.D.

ISBN 978-1-59477-009-8  
\$18.95 (CAN \$22.95) pb  
288 pages, 6 x 9  
5 b&w illustrations

In *The Sacred Power of Huna*, author Rima Morrell reveals knowledge that has not previously been available about this sacred tradition: the role of emotion in gaining true wisdom, the magical elements of Hawaiian language, the sophisticated system of lunar astrology, and the hula as a system of shamanism.



## Men's Business, Women's Business

*The Spiritual Role of Gender in the World's Oldest Culture*

Hannah Rachel Bell

ISBN 978-0-89281-655-2  
\$16.95 (CAN \$19.95) pb  
208 pages, 6 x 9

In Aboriginal culture, an almost total division of responsibility between genders enables both men and women to respect the power, wisdom, and essentiality of the other. Hannah Rachel Bell presents the experience of 25 years living in this society, in which every action is governed by the laws of nature and myth, rather than those of commerce and politics.



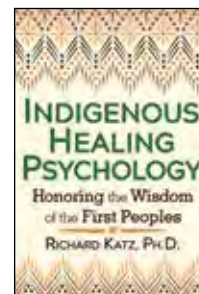
## The Speaking Land

*Myth and Story in Aboriginal Australia*

Ronald M. Berndt  
and Catherine H. Berndt

ISBN 978-0-89281-518-0  
\$24.99 (CAN \$29.99) pb  
480 pages, 6 x 9

This is the first anthology of Aboriginal myth, collected by anthropologists Ronald and Catherine Berndt during fifty years of work among the Aboriginal peoples.



## Indigenous Healing Psychology

*Honoring the Wisdom of the First Peoples*

Richard Katz, Ph.D.

ISBN 978-1-62055-267-4  
\$29.95 (CAN \$37.50) pb  
480 pages, 6 x 9  
6 b&w maps

Reconnecting psychology to its ancient roots, Richard Katz, Ph.D., sensitively shares the healing wisdom of Indigenous peoples he has worked with. He explains how the Indigenous approach offers a way to treat mental illness at its source as well as help create a more effective model of best practices in psychology.



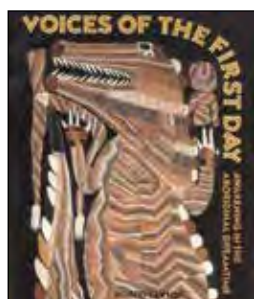
## The Straight Path of the Spirit

*Ancestral Wisdom and Healing Traditions in Fiji*

Richard Katz, Ph.D.

ISBN 978-0-89281-767-2  
\$24.99 (CAN \$29.99) pb  
432 pages, 6 x 9  
48 b&w photographs

*The Straight Path of the Spirit* is both an engrossing story of indigenous healers and a dramatic account of cultures in collision. Through the process of his own self-transformation, Katz learned not only those aspects of life essential for the Fijians as they struggle to hold onto their identity, but also what is of importance to all of us who seek to retain our humanity.



## Voices of the First Day

*Awakening in the Aboriginal Dreamtime*

Robert Lawlor

ISBN 978-0-89281-355-1  
\$39.99 (CAN \$49.99) pb  
432 pages, 8 x 10  
200 color and duotone illustrations

In this widely praised work, you enter the nearly vanished world of the Australian Aborigines and discover a remarkable people who offer us a new perspective on our own lives and the future of our planet.

*"A remarkably comprehensive and fascinating account . . . truly worthwhile."*

*Kirkus Reviews*



## Wise Women of the Dreamtime

*Aboriginal Tales of the Ancestral Powers*

K. Langloh Parker

Edited by Johanna Lambert  
ISBN 978-0-89281-477-0  
\$14.95 (CAN \$18.95) pb  
160 pages, 6 x 9

This collection of women's stories was compiled one hundred years ago by an Australian befriended by Aboriginal women who shared with her their ceremonies, relationships, and traditions.



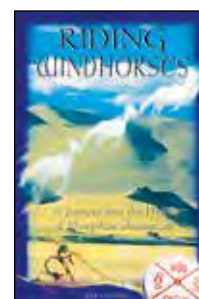
## Chosen by the Spirits

*Following Your Shamanic Calling*

Sarangerel

ISBN 978-0-89281-861-7  
\$18.95 (CAN \$22.95) pb  
312 pages, 6 x 9  
24 b&w illustrations

Mongolian shamanic tradition maintains that all true shamans are called by the spirits. *Chosen by the Spirits* delves deeply into the personal relationship between the shamanic student and his or her "spirit family." The author provides the serious student with practical advice and techniques for recognizing and acknowledging a shamanic calling, welcoming the spirits, journeying to the spirit world, and healing both people and places.



## Riding Windhorses

*A Journey into the Heart of Mongolian Shamanism*

Sarangerel

ISBN 978-0-89281-808-2  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9  
25 b&w illustrations and photographs

*Riding Windhorses* is the first book written on Mongolian and Siberian shamanism by a shaman trained in that tradition. It includes an introduction to the basic rituals and numerous healing and divination techniques, many of which have never been published and are the direct teachings of the author's own shaman mentors.



## **The Magus of Java** *Teachings of an Authentic Taoist Immortal*

Kosta Danaos

ISBN 978-0-89281-813-6  
\$16.99 (CAN \$19.95) pb  
224 pages, 5.88 x 9  
20 b&w photographs

Written by one of his students, this is the remarkable story of John Chang, the magus of Java, documenting his life; his Taoist *Mo-Pai* discipline; and his amazing powers of pyrokinesis, telekinesis, levitation, and telepathy.



## **The Nepalese Shamanic Path** *Practices for Negotiating the Spirit World*

Evelyn C. Rysdyk  
With Bhola Nath Banstola  
Foreword by Sandra Ingerman

ISBN 978-1-62055-794-5  
\$19.99 (CAN \$24.99) pb  
360 pages, 6 x 9  
Includes 8-page color insert and 43 b&w illustrations

Following the devastating earthquake in 2015, Rysdyk and 27th-generation Nepalese shaman Banstola decided to safeguard the ancient spiritual traditions of Nepal with this guide. They include authentic Himalayan techniques for physical and spiritual healing, shamanic journeys, advanced ceremonies, exercises to meet your ancestors, and practices for negotiating the spirit world safely.

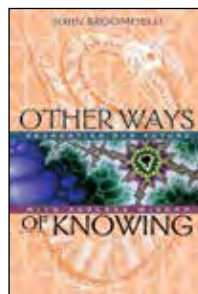


## **Original Wisdom** *Stories of an Ancient Way of Knowing*

Robert Wolff

ISBN 978-0-89281-866-2  
\$14.95 (CAN \$17.95) pb  
208 pages, 5.25 x 8.5

Deep in the mountainous jungle of Malaysia, the aboriginal Sng'oi exist on the edge of extinction. Psychologist Robert Wolff lived with the Sng'oi, and came to love and admire these people. They respect silence, trust time to reveal and heal, and live entirely in the present with a sense of joy; they also recognize the depth of our alienation from these basic qualities of life. *Original Wisdom* holds a mirror to our own existence, and challenges us, in our fragmented world, to rediscover this humanity within ourselves.

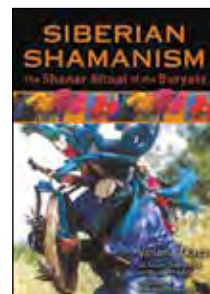


## **Other Ways of Knowing** *Recharting Our Future with Ageless Wisdom*

John Broomfield

ISBN 978-0-89281-614-9  
\$18.95 (CAN \$21.95) pb  
272 pages, 6 x 9

Our environment and our civilization are in crisis. But the wisdom to chart a new course is available to us from unexpected sources, including the sacred traditions of our ancestors. From the Polynesian technique of remote viewing to the formative causation theory of Rupert Sheldrake, *Other Ways of Knowing* examines perceptions and practices that challenge the narrow perspective of the West.



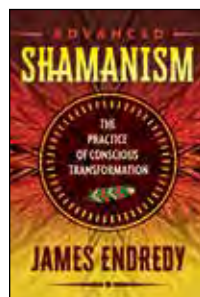
## **Siberian Shamanism** *The Shanar Ritual of the Buryats*

Virlana Tkacz with  
Sayan Zhambalov and  
Wanda Phipps

Photographs by  
Alexander Khantaev  
Foreword by Itzhak Beery

ISBN 978-1-62055-431-9  
\$19.95 (CAN \$23.95) pb  
208 pages, 7 x 10  
Full-color throughout

East of Lake Baikal in Siberia live the Buryats, an indigenous people who practice a unique blend of Tibetan Buddhism and shamanism. This book documents a complete Buryat *Shanar*, the ceremony in which a new shaman first contacts his ancestral spirits and receives his power. Includes dozens of full-color photographs.

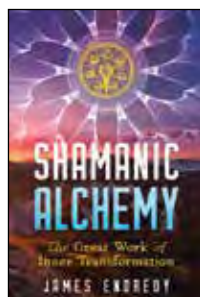


## **Advanced Shamanism** *The Practice of Conscious Transformation*

James Endredy

ISBN 978-1-59143-283-8  
\$18.00 (CAN \$22.50) pb  
272 pages, 6 x 9  
4 b&w illustrations

In this step-by-step guide, James Endredy offers hands-on instructions for more than 30 advanced shamanic practices, including sacred Fire ceremonies, direct shamanic viewing, shamanic death and rebirth, working with healing stones, shamanic lucid dreaming, acquiring an animal spirit guide, and using your guide's power responsibly for healing.



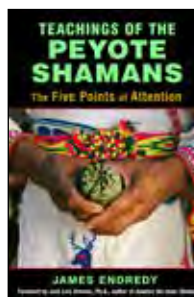
## **Shamanic Alchemy** *The Great Work of Inner Transformation*

James Endredy

ISBN 978-1-59143-317-0  
\$18.00 (CAN \$22.50) pb  
288 pages, 6 x 9  
40 b&w illustrations

Revealing the connections between shamanism and alchemy, Endredy recasts the 7 stages of the alchemical "Great Work" as a transformative shamanic journey and initiatic experience. He provides instructions for 18 shamanic alchemical practices for inner transformation and explores the healing art of spagyrics as well as recipes for basic tinctures and "plant-stones."

**Audiobook available**



## **Teachings of the Peyote Shamans** *The Five Points of Attention*

James Endredy

Foreword by José Stevens, Ph.D.  
ISBN 978-1-62055-461-6  
\$16.95 (CAN \$20.50) pb  
192 pages, 6 x 9

This book offers a rare look at the inner workings of Huichol shamanism, which is permeated with the use of the sacred peyote cactus. It reveals the key tenants of the Huichol worldview, their beliefs in the afterlife, and their spiritual work on behalf of all of humanity.

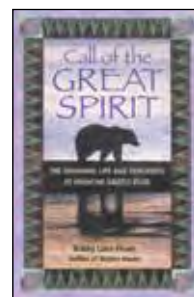


## **Bird Medicine** *The Sacred Power of Bird Shamanism*

Evan T. Pritchard

ISBN 978-1-59143-158-9  
\$26.00 (CAN \$32.50) pb  
320 pages, 6 x 9  
Includes 16-page color insert and 2 b&w illustrations

In Native American spirituality, birds are powerful allies in the natural world. Evan Pritchard presents the gatekeepers of the four directions—Eagle, Hawk, Crow, and Owl—explaining their roles in legends and the use of their feathers in rituals. He provides examples of interpretations that can be applied in our own encounters with birds, along with ways we can encourage them to communicate with us.



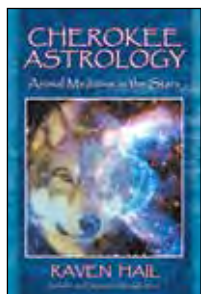
## **Call of the Great Spirit** *The Shamanic Life and Teachings of Medicine Grizzly Bear*

Bobby Lake-Thom

ISBN 978-1-879181-66-3  
\$15.00 (CAN \$17.95) pb  
256 pages, 6 x 9

A traditional Native American healer from the Karuk tribe shares his personal story of reconnection to the Great Spirit in contemporary America. This redemption story of Native American healer Bobby Lake-Thom invites the reader to enter a world of authentic indigenous traditions and ceremonies. By the author of the bestseller *Native Healer*.





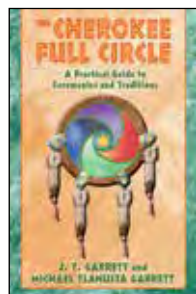
### Cherokee Astrology

*Animal Medicine in the Stars*

Raven Hail

ISBN 978-1-59143-087-2  
\$15.00 (CAN \$18.00) pb  
176 pages, 6 x 9  
1 b&w illustration

The sacred Cherokee astrological system is based on a 260-day calendar with 20 day signs and 13 numbers. Raven Hail translates the traditional ephemeris into an easy-to-use format so readers can determine which signs and numbers rule the day of their birth.



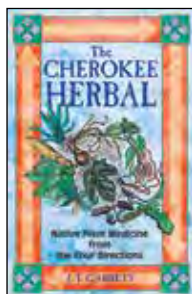
### The Cherokee Full Circle

*A Practical Guide to Ceremonies and Traditions*

J. T. Garrett and  
Michael Tlanusta Garrett

ISBN 978-1-879181-95-3  
\$15.00 (CAN \$18.00) pb  
200 pages, 5.38 x 8.25

The authors provide a comprehensive overview of Native American spiritual principles and traditions and demonstrate how these ideas and methods can be applied universally to deal with life's situations—from depression and grieving to finding purpose and establishing positive relationships.



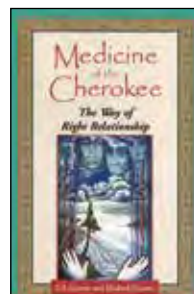
### The Cherokee Herbal

*Native Plant Medicine from the Four Directions*

J. T. Garrett

ISBN 978-1-879181-96-0  
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288 pages, 5.38 x 8.25  
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Readers will learn how Native American healers utilize the gifts of nature for ceremonial purposes and to treat over 120 ailments, from the common cold to a bruised heart. This is a practical guide to the medicinal uses of over 450 plants and herbs as applied in the traditional practices of the Cherokee.



### Medicine of the Cherokee

*The Way of Right Relationship*

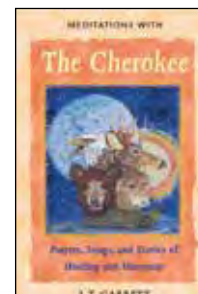
J. T. Garrett and  
Michael Garrett

ISBN 978-1-879181-37-3  
\$14.00 (CAN \$16.95) pb  
240 pages, 5.5 x 8.5

Discover the holistic experience and beauty of human life from the elder teachers of Cherokee Medicine.

*"The truth, beauty, and simplicity of this book are almost overwhelming. The Garretts have captured the essence of mind, body, soul, and spirit healing through harmony and balance."*

Oh Shinnah Fast Wolf,  
Native American  
ceremonial teacher and  
author of *Goddess as the Weaver of Life*



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J. T. Garrett

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As a boy, J. T. Garrett sat beside his grandfather and the other medicine men of his tribe as they chanted and drummed the stories of his ancestry. From those stories comes this collection of active meditations for reconnecting with the natural intelligence that is our birthright.



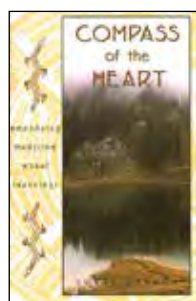
### Walking on the Wind

*Cherokee Teachings for Harmony and Balance*

Michael Garrett

ISBN 978-1-879181-49-6  
\$14.00 (CAN \$16.95) pb  
204 pages, 5.5 x 8.5

Using storytelling, Michael Garrett inspires us to discover our own unique Medicine. These traditional Cherokee teachings passed down by Michael's great-grandfather instruct us that all things are connected, have purpose, and are worthy of respect and reverence.



### Compass of the Heart

*Embodying Medicine Wheel Teachings*

Loren Cruden

ISBN 978-0-89281-600-2  
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224 pages, 6 x 9

For those who feel a desire for a natural spirituality in their lives, *Compass of the Heart* offers insights and suggestions based on Loren Cruden's lifetime of work with Native American and other Earth-oriented traditions. Further develops the ideas and practices set forth in the author's previous work, *The Spirit of Place*.



### Coyote Healing

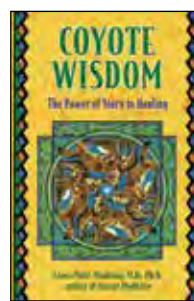
*Miracles in Native Medicine*

Lewis Mehl-Madrona, M.D., Ph.D.

Foreword by Larry Dossey, M.D.

ISBN 978-1-59143-010-0  
\$18.00 (CAN \$22.00) pb  
256 pages, 6 x 9

Native American healers expect miracles and prepare in all possible ways for them to occur. In modern medicine, miraculous recoveries are discarded from studies as anomalous cases that will taint the otherwise orderly results. Yet this small group of "miracle" patients has much to teach us about healing and survival.



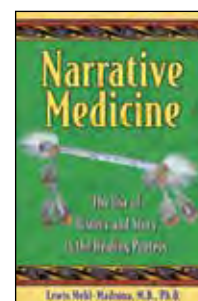
### Coyote Wisdom

*The Power of Story in Healing*

Lewis Mehl-Madrona, M.D., Ph.D.

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240 pages, 6 x 9

Lewis Mehl-Madrona explores the use of stories for healing and personal transformation. By introducing new characters and plots in the stories we tell, we can perceive ourselves in new ways. The author draws upon indigenous cultures of North America, Maori, East Africa, Mongolia, Australia, and Lapland to illustrate the healing use of stories throughout the world.



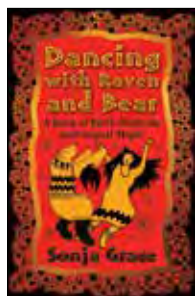
### Narrative Medicine

*The Use of History and Story in the Healing Process*

Lewis Mehl-Madrona, M.D., Ph.D.

ISBN 978-1-59143-065-0  
\$22.00 (CAN \$25.95) pb  
336 pages, 6 x 9

Lewis Mehl-Madrona's examination of the indigenous use of story as a healing modality points the way to a new model of medicine—a health care system that draws its effectiveness from listening to the healing wisdom of the past and also to the present-day voices of its patients.



## Dancing with Raven and Bear

*A Book of Earth Medicine and Animal Magic*

Sonja Grace

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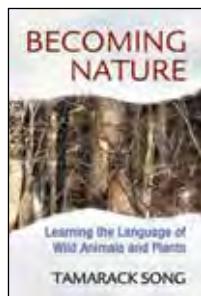
\$12.99 (CAN \$16.50) Paper with French flaps

144 pages, 5.38 x 8.25

b&w illustrations throughout

Inspired by her Native American heritage and Norwegian upbringing, Sonja Grace shares original wisdom tales that connect us to Earth Medicine and animal magic. Illustrated with the author's original art, these tales also include energy exercises, dream interpretations, Earth Medicine prayers and meditations, and plant work techniques.

**Audiobook available**



## Becoming Nature

*Learning the Language of Wild Animals and Plants*

Tamarack Song

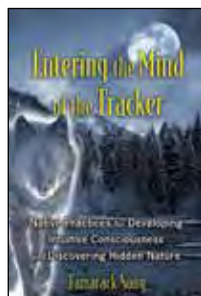
ISBN 978-1-59143-211-1

\$18.00 (CAN \$21.95) pb

304 pages, 6 x 9

60 b&w illustrations

Through exercises and experiential stories, the author guides us to immerse ourselves in Nature at the deepest levels of perception, which allows us to sense the surrounding world and the living beings in it as extensions of our own awareness.



## Entering the Mind of the Tracker

*Native Practices for Developing Intuitive Consciousness and Discovering Hidden Nature*

Tamarack Song

ISBN 978-1-59143-160-2

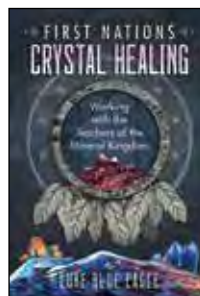
\$22.00 (CAN \$27.50) pb

304 pages, 6 x 9

41 b&w illustrations

This book shows how to achieve a level of perception like that of an indigenous tracker. The art of tracking is not merely a skill for hunters or naturalists but a doorway into conscious living and higher awareness. By becoming one with the animal we are tracking, we can become attuned to all life, and help restore humanity's place in the Great Hoop of Life.

**Audiobook available**



## First Nations Crystal Healing

*Working with the Teachers of the Mineral Kingdom*

Luke Blue Eagle

ISBN 978-1-59143-427-6

\$20.00 (CAN \$24.99) pb

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Includes 8-page color insert

With the permission of his elders and teachers, Luke Blue Eagle explores the healing uses of 40 important crystals and stones. He also details safe and effective healing techniques, including how to make crystal essences, how to program a crystal, and how to purify the energy centers or perform a healing treatment with clear quartz crystal.



## Gift of Power

*The Life and Teachings of a Lakota Medicine Man*

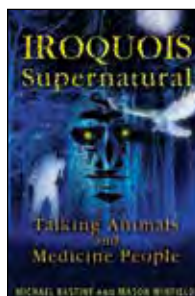
Archie Fire-Lame Deer and Richard Erdoes

ISBN 978-1-879181-12-0

\$20.00 (CAN \$24.00) pb

304 pages, 6 x 9

Archie Lame Deer gives sweat lodges for his friend the Dalai Lama, discusses religion with the pope, and more, in this account of his passage from boyhood with the Rosebud Sioux under the tutelage of his medicine-man grandfather, to his checkered career through the bottomland of American culture, and finally, his return to the world of his ancestors, the world of the spirit.



## Iroquois Supernatural

*Talking Animals and Medicine People*

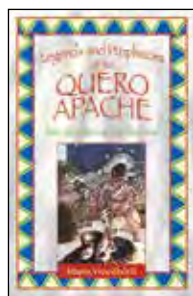
Michael Bastine and Mason Winfield

ISBN 978-1-59143-127-5

\$24.00 (CAN \$29.99) pb

384 pages, 6 x 9

Here are stories of encounters with beings of Iroquois legend: shapeshifting witches, strange forest creatures, ethereal lights, vampire zombies, talking animals, and haunted battlefields, along with accounts of miraculous healings by medicine people.



## Legends and Prophecies of the Quero Apache

*Tales for Healing and Renewal*

Maria Yracébûrû

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192 pages, 5.38 x 8.25

14 b&w illustrations

In a small canyon in the White Mountains of Arizona a young girl sits and listens to her grandfather's stories. They tell of a people known as the *Tlîsh Diyan*, or Snake Clan, and how they came to be. She learns the story of her parents and grandparents, uncles and aunts, and an entire lineage that weaves between four leggeds, two leggeds, spirits, ancestors, ritual, adventure, and the creation of the world.



## Prayers and Meditations of the Quero Apache

Maria Yracébûrû

Foreword by Alberto Villoldo

Afterword by Brooke Medicine Eagle

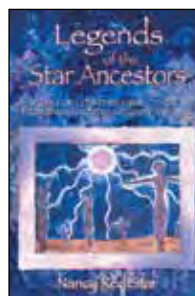
ISBN 978-1-59143-024-7

\$15.00 (CAN \$18.00) pb

192 pages, 5.38 x 8.25

37 b&w photographs and illustrations

Learn how to establish a personal spiritual practice based on the philosophies of the Quero Apache. In addition to 24 prayer wheels, easy-to-follow instructions for the ritual, and accompanying pieces of inspirational artwork, the author shares her essays and stories of wisdom gained as daughter of the *Tlîsh Diyan*, granddaughter and apprentice of Apache holy man Ten Bears.



## Legends of the Star Ancestors

*Stories of Extraterrestrial Contact from Wisdomkeepers around the World*

Nancy Red Star

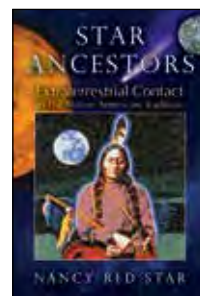
ISBN 978-1-879181-79-3

\$20.00 (CAN \$24.00) pb

224 pages, 6 x 9

Includes two 8-page color inserts and 40 b&w photographs

In *Legends of the Star Ancestors* traditional wisdomkeepers from diverse cultures share their insights into how Earth's current crisis is part of a larger cosmic plan for the planet's transition into an enlightened age, as prophesized by the Star Ancestors.



## Star Ancestors

*Extraterrestrial Contact in the Native American Tradition*

Nancy Red Star

ISBN 978-1-59143-143-5

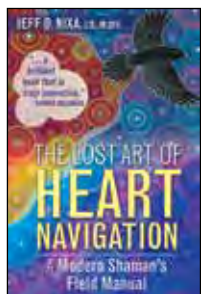
\$20.00 (CAN \$24.00) pb

208 pages, 6 x 9

Full-color throughout

Stories of "Sky Elders" are found in virtually every Indian culture, embedded in art, stories, and artifacts. Nancy Red Star interviews wisdomkeepers who confirm that these original instructions can guide us back into balance with natural laws.





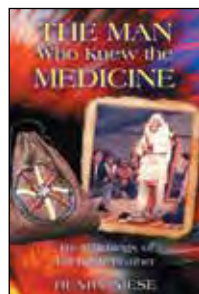
## The Lost Art of Heart Navigation

*A Modern Shaman's Field Manual*

Jeff D. Nixa, J.D., M.Div.

ISBN 978-1-59143-285-2  
\$16.00 (CAN \$19.95) pb  
288 pages, 6 x 9  
13 b&w illustrations

Blending earth-honoring shamanic practices and modern depth psychology, Jeff Nixa explains how to practice the lost art of heart navigation to help you find your life purpose and spiritual identity, conquer the emotional obstacles that stand in the way of that vision, and learn to shapeshift your life. Includes access to 4 guided audio journeys.



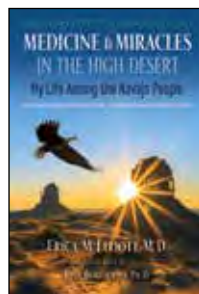
## The Man Who Knew the Medicine

*The Teachings of Bill Eagle Feather*

Henry Niese

ISBN 978-1-879181-98-4  
\$16.00 (CAN \$19.50) pb  
216 pages, 6 x 9  
Includes 16-page b&w insert

Niese's firsthand accounts provide a portal into a sacred reality as well as insight into the struggles of the Indian community to perpetuate its values and religious truths in the context of contemporary America.



## Medicine and Miracles in the High Desert

*My Life among the Navajo People*

Erica M. Elliott, M.D.

Foreword by Joan Borysenko, Ph.D.

ISBN 978-1-59143-419-1  
\$14.99 (CAN \$18.99) pb  
208 pages, 6 x 9  
Includes 16-page b&w insert

In this compelling memoir, the author details her time living with the Navajo as a teacher, shepherd, and doctor and her profound experiences with their enchanting land, healing ceremonies, and rich traditions.



## Meditations with Animals

*A Native American Bestiary*

Gerald Hausman

ISBN 978-0-939680-26-9  
\$12.99 (CAN \$15.99) pb  
144 pages, 5.5 x 8.5

This first bestiary ever compiled from the Native American tradition brings forth sacred animal spirits and reminds us of our deep connection to Mother Earth. Powerful poems and meditations, legends and stories, show the helping and healing roles animals have played since the beginning.

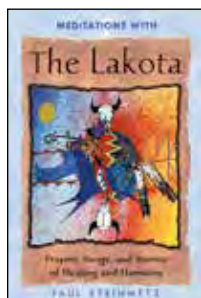


## Meditations with the Hopi

Robert Boissiere

ISBN 978-0-939680-27-6  
\$12.95 (CAN \$15.95) pb  
144 pages, 5.38 x 8.5

*Meditations with the Hopi* is a collection of songs and rituals that impart the essence of the Hopi world view. It is a narrative of creation and change, of prophecy and fulfillment in the midst of koyaanisqatsi, or "world out of balance." Here is a heartfelt view of the Hopi Way as seen by one of the few white men to have lived within this ancient culture.



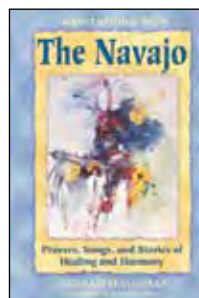
## Meditations with the Lakota

*Prayers, Songs, and Stories of Healing and Harmony*

Paul Steinmetz

ISBN 978-1-879181-57-1  
\$12.95 (CAN \$14.95) pb  
144 pages, 5.38 x 8.25  
11 b&w illustrations

Gathered over decades of living with the Oglala Sioux, Paul Steinmetz has compiled a book of Lakota meditations that offer a prayerful focus for finding spirit in everyday life. These "prayers" reveal the Lakotas' profound interconnectedness with all matter, a weaving of psyche and spirit that is a call to consciousness.



## Meditations with the Navajo

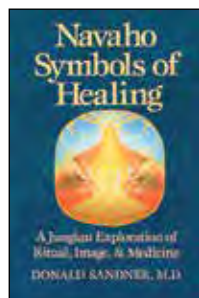
*Prayers, Songs, and Stories of Healing and Harmony*

Gerald Hausman

Foreword by Richard Erdoes  
ISBN 978-1-879181-67-0  
\$12.95 (CAN \$15.95) pb  
144 pages, 5.38 x 8.25  
6 line drawings

For the Navajo, who call themselves the Diné (literally, "the People"), the story of emergence—their creation myth—lies at the heart of their beliefs. Gerald Hausman collects this and other stories with meditations that together capture the essence of the Navajo people's way of life and their understanding of the world—a world that thrives only on harmony and balance.

**Audioobook available**



## Navaho Symbols of Healing

*A Jungian Exploration of Ritual, Image, and Medicine*

Donald Sandner, M.D.

ISBN 978-0-89281-434-3  
\$19.99 (CAN \$23.99) pb  
304 pages, 5.38 x 8.25  
8 color plates

A Jungian-trained psychiatrist explores ancient Navaho methods of healing that use vibrant imagery to bring the psyche into harmony with natural forces.



## Sacred Earth

*The Spiritual Landscape of Native America*

Arthur Versluis

ISBN 978-0-89281-352-0  
\$16.95 (CAN \$19.95) pb  
176 pages, 6 x 9

Placing Native American spirituality in the context of the world's great religions, *Sacred Earth* contrasts contemporary society's arrogant belief in its own power with native traditions of reverence for the earth. This eye-opening journey through the terrain of Native American spirituality is an urgent call to rediscover and become firmly grounded on the sacred earth again.



## Sacred Plant Medicine

*The Wisdom in Native American Herbalism*

Stephen Harrod Buhner

Foreword by Brooke Medicine Eagle  
ISBN 978-1-59143-058-2  
\$16.00 (CAN \$20.00) pb  
240 pages, 6 x 9  
27 b&w illustrations

**Also available in Spanish**  
(see page 218)

Indigenous peoples the world over have been able to gather knowledge of plant uses by communicating directly with plants and honoring this sacred relationship. Stephen Harrod Buhner examines the techniques and states of mind these cultures use to explore the dimension of plant and human interactions and the territory where plants are an expression of Spirit.



**New—April 2024**

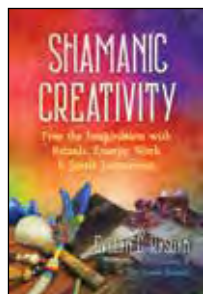
## **Seidr Magic**

*The Norse Tradition of Divination and Trance*

Dean Kirkland, Ph.D.

ISBN 978-1-64411-944-0  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9  
3 b&w illustrations

While Norse rune work is well known, there is another major ancient Norse magical practice: seidr, a form of trance spirit work and divination. Reconstructing the magical techniques of the seidr priest or priestess, Dean Kirkland, Ph.D., discusses how to achieve trance in seidr, journey in the Nine Realms, and create the tools of seidr.



## **Shamanic Creativity**

*Free the Imagination with Rituals, Energy Work, and Spirit Journeying*

Evelyn C. Rysdyk

ISBN 978-1-64411-354-7  
\$18.99 (CAN \$23.99) pb  
256 pages, 6 x 9  
40 b&w illustrations

Evelyn Rysdyk explores how to use the shamanic technologies of spirit journeying and ceremony alongside experiential shamanic exercises to release creativity-blocking patterns, reprogram the subconscious, engage the "right brain," boost imagination, overcome anxiety and destructive emotions, and become much more creative in daily life.

**Audiobook available**



**New—May 2024**

## **Shamanic Teachings of the Condor**

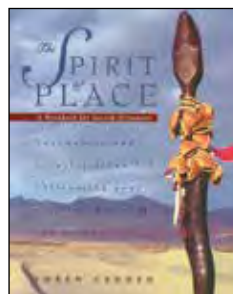
*Encounters with the Mystical Traditions of the Andes*

Martha Winona Travers, Ph.D.

Foreword by Julia Plevin Oliansky

ISBN 978-1-59143-506-8  
\$20.00 (CAN \$24.99) pb  
192 pages, 6 x 9  
1 b&w illustration

In this deep dive into South American shamanism, Martha Winona Travers shares the teachings and practices she learned during her 22 years as an apprentice to revered Ecuadorian Kichwa elder, Taita Alberto Taxo. Presenting Taita Alberto's teachings as vivid, experiential journeys, Travers allows you to immerse yourself in his direct, heart-centered wisdom.



## **The Spirit of Place**

*A Workbook for Sacred Alignment*

Loren Cruden

ISBN 978-0-89281-511-1  
\$19.95 (CAN \$23.95) pb  
232 pages, 8 x 10

All of Earth's life is interconnected and sacred. An awareness of that sacred relationship opens a direct path to spiritual understanding. These powerful techniques join mind, will, spirit, and intuition to the plants, animals, and minerals sharing our world, aligning the practitioner in a deeper relationship with life's sacred matrix.



## **Sun Dancing**

*A Spiritual Journey on the Red Road*

Michael Hull

ISBN 978-0-89281-850-1  
\$16.95 (CAN \$19.95) pb  
232 pages, 6 x 9  
8 b&w photographs

*Sun Dancing* presents a profound look at the elements of traditional Lakota ceremonial practice and the ways in which ceremony is regarded as life-giving by the Lakota. Through his commitment to following the Red Road, Michael Hull gradually won acceptance in a community that had rejected other attempts by white America to absorb its spiritual practices, leading to the extraordinary step of his confirmation as a Sun Dance Chief by Leonard Crow Dog and other Lakota spiritual leaders.



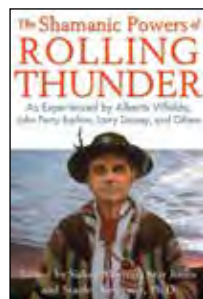
## **Two Ravens**

*The Life and Teachings of a Spiritual Warrior*

Louis Two Ravens Irwin and Robert Liebert

ISBN 978-0-89281-571-5  
\$12.95 (CAN \$15.95) pb  
176 pages, 5.38 x 8.25  
22 b&w photographs

Two Ravens joined Leonard Peltier, Leonard Crow Dog, and others in their struggle against discrimination. But these efforts left him censured both by white law enforcement and fellow Native Americans who supported a more conservative agenda, and he fell into alcoholism and despair. Only when he returned to the traditional ways he learned from his grandfather did he discover how to unite the warrior and the healer.



## **The Shamanic Powers of Rolling Thunder**

*As Experienced by Alberto Villoldo, John Perry Barlow, Larry Dossey, and Others*

Edited by Sidian Morning Star Jones and Stanley Krippner, Ph.D.

ISBN 978-1-59143-227-2  
\$16.00 (CAN \$19.95) pb  
232 pages, 6 x 9  
Includes 8-page color insert and 10 b&w illustrations

In this book, edited by Rolling Thunder's grandson Sidian Morning Star Jones and longtime friend Stanley Krippner, we learn of the celebrated and controversial Native American medicine man's legendary interactions with animals and the forces of Nature.



## **The Voice of Rolling Thunder**

*A Medicine Man's Wisdom for Walking the Red Road*

Sidian Morning Star Jones and Stanley Krippner, Ph.D.

ISBN 978-1-59143-133-6  
\$22.00 (CAN \$26.50) pb  
392 pages, 6 x 9  
14 b&w illustrations

Intertribal medicine man Rolling Thunder (1916–1997) was a healer, teacher, visionary, and activist who became well known in the 1970s as the inspiration for the *Billy Jack* films. Containing never-before-released talks preserved by the Grateful Dead's Mickey Hart, this book shares the teachings of Rolling Thunder in his own words.



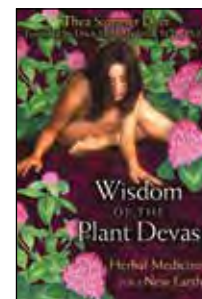
## **White Spirit Animals**

*Prophets of Change*

J. Zohara Meyerhoff Hieronimus, D.H.L.

ISBN 978-1-59143-247-0  
\$18.00 (CAN \$22.50) pb  
368 pages, 6 x 9  
Includes 16-page color insert and 29 b&w illustrations

All-white animals are held sacred by many indigenous cultures and offer deep wisdom to all who will listen. Exploring the major White Spirit Animals—White Buffalo, White Lion, White Elephant, White Wolf, and White Spirit Bear—the author explains how to use shamanic dreaming and telepathy to communicate with these spiritual teachers.



## **Wisdom of the Plant Devas**

*Herbal Medicine for a New Earth*

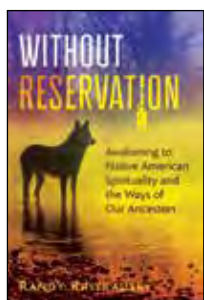
Thea Summer Deer

Foreword by Lewis Mehl-Madrona, M.D., Ph.D.

ISBN 978-1-59143-085-8  
\$18.00 (CAN \$22.50) pb  
224 pages, 6 x 9  
26 b&w illustrations

This book reveals a new dimension of herbal medicine in which we can call on the physical, psychological, and spiritual medicine of a plant's spirit for guidance, without ingesting it or even being in its presence.





## Without Reservation

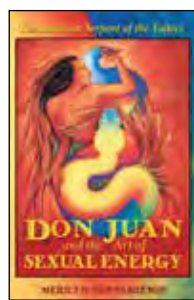
*Awakening to Native American Spirituality and the Ways of Our Ancestors*

Randy Kritek

ISBN 978-1-59143-384-2  
\$20.00 (CAN \$24.99) pb  
288 pages, 6 x 9  
11 b&w illustrations

In this powerful story of spiritual awakening, Randy Kritek shares his journey into the realm of ancestral Native American connections and intimate encounters with Mother Earth. Detailing his encounters with ancestral spirits, the natural world, and animal teachers, such as Coy-Wolf, he shows how anyone can spiritually reconnect with their ancestors and Nature.

**Audiobook available**



## Don Juan and the Art of Sexual Energy

*The Rainbow Serpent of the Toltecs*

Marilyn Tunneshende

ISBN 978-1-879181-63-2  
\$15.00 (CAN \$18.00) pb  
240 pages, 5.38 x 8.25

*Don Juan and the Art of Sexual Energy* recounts Tunneshende's initiation into the ancient sexual energy practices of the Toltec-Mayan tradition. The author shares ancient lessons for empowering sexual energy, enhancing orgasm, balancing polarities, and healing past wounds.



## Don Juan and the Power of Medicine Dreaming

*A Nagual Woman's Journey of Healing*

Marilyn Tunneshende

ISBN 978-1-879181-93-9  
\$15.00 (CAN \$18.00) pb  
232 pages, 5.38 x 8.25

Marilyn Tunneshende learned the secrets of Dream Power, energetic healing, and sorcery from don Juan Matus, the Toltec shaman who mentored Carlos Castaneda. For years she pursued her career as a teacher and linguist—all but dismissing her former mystical experiences as madness. When diagnosed with AIDS, Marilyn returned to the world of nagual training in order to heal her own body.



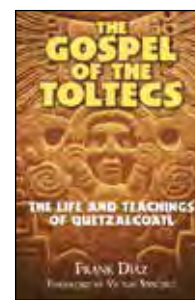
## Twilight Language of the Nagual

*The Spiritual Power of Shamanic Dreaming*

Marilyn Tunneshende

ISBN 978-1-59143-041-4  
\$16.00 (CAN \$19.99) pb  
192 pages, 5.38 x 8.25

*Twilight Language of the Nagual* recounts the author's experiences under the tutelage of don Juan Matus, the Toltec shaman who mentored Carlos Castaneda, and the sorceress doña Celestina. Tunneshende learns the Twilight Language of Dreaming, a means for understanding the energetic gateways of human existence, enabling communication between beings of the upper and lower realms.



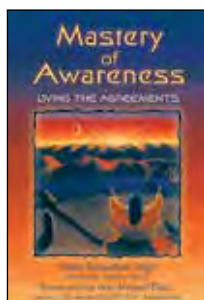
## The Gospel of the Toltecs

*The Life and Teachings of Quetzalcoatl*

Frank Díaz

Foreword by Victor Sanchez  
ISBN 978-1-879181-86-1  
\$16.00 (CAN \$19.00) pb  
248 pages, 6 x 9  
86 b&w illustrations

The author has gathered Nahua and Maya codexes, Spanish chronicles of conquest, and native oral tradition to recount the life of Quetzalcoatl: his temptation and fall; his initiation with sacred mushrooms; his long journey in search of spiritual enlightenment; his triumphant return to the Toltec land; and his subsequent teaching, self-immolation, ascension, and promise of return.



## Mastery of Awareness

*Living the Agreements*

Doña Bernadette Vigil with Arlene Broska, Ph.D.

ISBN 978-1-879181-61-8  
\$15.00 (CAN \$18.00) pb  
176 pages, 5.38 x 8.25  
21 b&w line illustrations

**Also available in Spanish (see page 217)**

Drawing on the authentic tradition of the Toltec, Doña Bernadette guides you toward the changes that will transform your life:

- Discover old patterns that keep you enslaved to the past
- Create new agreements with yourself
- Speak your truth and embrace true freedom
- Live life in each moment



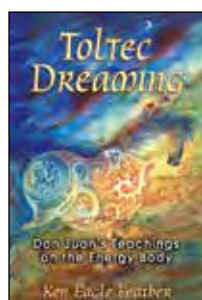
## On the Toltec Path

*A Practical Guide to the Teachings of don Juan Matus, Carlos Castaneda, and Other Toltec Seers*

Ken Eagle Feather

ISBN 978-1-59143-049-0  
\$20.00 (CAN \$24.00) pb  
304 pages, 6 x 9  
8 b&w illustrations

*On the Toltec Path* is an overview of the theory, discipline, and practice of the Toltec Way, a philosophy and heightened way of perceiving taught by the Indian seer don Juan Matus. Ken Eagle Feather provides a complete and accessible explanation of the technical aspects of the Toltec spiritual and mystical practices.



## Toltec Dreaming

*Don Juan's Teachings on the Energy Body*

Ken Eagle Feather

ISBN 978-1-59143-072-8  
\$18.00 (CAN \$22.00) pb  
272 pages, 6 x 9  
9 b&w illustrations

*Toltec Dreaming* explores the many aspects and levels of the dream-state, distinguishing ordinary dreaming from "dreaming awake," a condition of heightened awareness through which the active dreamer ascends to the Dream of Transcendence. Filled with techniques that stimulate dreaming and the development of the dreaming body, this book will guide practitioners along the Toltec Way of the Dream.



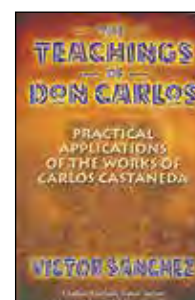
## Primal Awareness

*A True Story of Survival, Transformation, and Awakening with the Rarámuri Shamans of Mexico*

Don Trent Jacobs

ISBN 978-0-89281-669-9  
\$23.99 (CAN \$29.99) pb  
288 pages, 6 x 9  
20 b&w photographs

The remarkable story of one man's amazing journey to rediscover the innate knowledge that exists within us all—a "primal awareness" that can help us to live in harmony with our world.



## The Teachings of Don Carlos

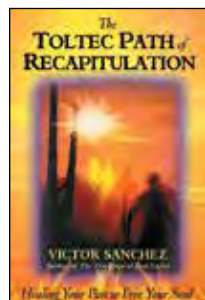
*Practical Applications of the Works of Carlos Castaneda*

Victor Sanchez

ISBN 978-1-879181-23-6  
\$14.00 (CAN \$18.00) pb  
276 pages, 5.5 x 8.5

Millions of readers of Carlos Castaneda books have long enjoyed the fantastic teachings of don Juan Matus, the Yaqui shaman from northern Mexico. Now, thanks to the practical techniques offered here, you can apply these teachings to your everyday life.

**Audiobook available**



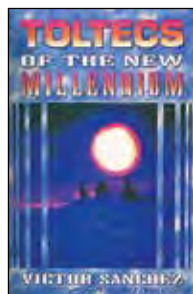
## The Toltec Path of Recapitulation

*Healing Your Past to Free Your Soul*

Victor Sanchez

ISBN 978-1-879181-60-1  
\$15.00 (CAN \$18.00) pb  
208 pages, 6 x 9

In this clear and straight-forward workbook, the author guides readers through the ten steps of Recapitulation and invites them to experience the powerful and positive new energy that results from healing the wounds of the past.



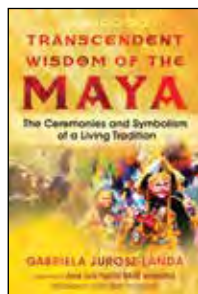
## Toltecs of the New Millennium

Victor Sanchez

ISBN 978-1-879181-35-9  
\$14.00 (CAN \$17.00) pb  
228 pages, 5.5 x 8.5

The Toltec tradition is a living one, surviving in the practice of contemporary indigenous people of Mexico. Sanchez explains how this wisdom, so crucial in today's world, is available to sincere seekers. Learn how these spiritual warriors of the new millennium encourage our renewed commitment to a better way of life, one in harmony with spirit and nature.

**Audiobook available**



## Transcendent Wisdom of the Maya

*The Ceremonies and Symbolism of a Living Tradition*

Gabriela Jurosz-Landa

Foreword by José Luis Tigüilá NABÉ kaxbaltzij, Maya Spokesperson

ISBN 978-1-59143-334-7  
\$18.00 (CAN \$22.50) pb  
224 pages, 6 x 9  
Includes 16-page color insert  
Offering an insider's experiential account of ancient Maya spiritual wisdom and practices, an anthropologist details the initiation process she went through to become a Maya shaman-priestess, including ceremonies, prayers, ritual dance, divination, and the transmission of ancient knowledge.

**Audiobook available**



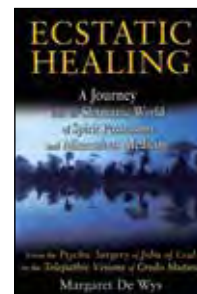
## Black Smoke

*Healing and Ayahuasca Shamanism in the Amazon*

Margaret De Wys

ISBN 978-1-59477-462-1  
\$14.95 (CAN \$17.95) pb  
224 pages, 6 x 9

Diagnosed with breast cancer, Margaret De Wys journeyed deep into the Amazon to work with Carlos, a charismatic Shuar shaman and master of medicina milenaria, an ancient tradition with a precise technology of healing. Carlos guided her into a world of visionary plants, ritual purification, and miraculous healings, including the complete disappearance of her cancer. De Wys's story provides an inside look at the ayahuasca ceremonies and the ways this spiritual medicine can heal the emotional origins of disease.



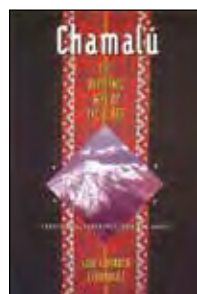
## Ecstatic Healing

*A Journey into the Shamanic World of Spirit Possession and Miraculous Medicine*

Margaret De Wys

ISBN 978-1-59477-456-0  
\$14.95 (CAN \$17.50) pb  
192 pages, 6 x 9

Margaret De Wys journeys to Brazil to work with John of God (João de Deus), where she witnesses hundreds of miraculous healings. Later, she begins to attend rituals held by Pai Lázaro, an Umbanda priest, and finds she is a natural medium to the African gods. Called through her dreams to work with Credo Mutwa, she ultimately awakens to her own gift as an ecstatic healer.



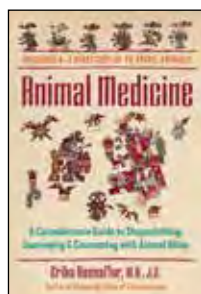
## Chamalú: The Shamanic Way of the Heart

*Traditional Teachings from the Andes*

Luis Espinoza (Chamalú)

ISBN 978-0-89281-551-7  
\$12.99 (CAN \$15.95) pb  
112 pages, 5.38 x 8.25

Simply told in language that appeals directly to the heart, Chamalú allows the reader to experience Andean shamanic teachings based on the ancient Inca heritage of wisdom, inner power, simplicity, and joy.



## Animal Medicine

*A Curanderismo Guide to Shapeshifting, Journeying, and Connecting with Animal Allies*

Erika Buenaflor, M.A., J.D.

ISBN 978-1-59143-411-5  
\$18.00 (CAN \$22.50) pb  
216 pages, 6 x 9  
Includes 8-page color insert

In this guide, Erika Buenaflor explores the animal mythologies, spirit journeying techniques, and shapeshifting practices of ancient shamanic traditions and modern-day curanderismo. She includes an alphabetical guide to 76 animals, explaining each animal's spiritual gifts, shapeshifting medicine, the realm they are associated with, and their symbolic meaning when they appear in a dream or vision.

**Audiobook available**



## Cleansing Rites of Curanderismo

*Limpías Espirituales of Ancient Mesoamerican Shamans*

Erika Buenaflor, M.A., J.D.

ISBN 978-1-59143-311-8  
\$18.00 (CAN \$22.50) pb  
200 pages, 6 x 9  
Includes 8-page color insert and 15 b&w illustrations

Exploring the tools and practices of Mesoamerican shamans and curanderos, Erika Buenaflor provides a step-by-step guide for conducting the most common practice within curanderismo: limpias. These practical and effective shamanic cleanses work holistically to purify the body, mind, and spirit as well as heal acute and chronic illnesses.

**Audiobook available**



## Curanderismo Soul Retrieval

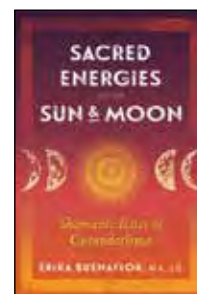
*Ancient Shamanic Wisdom to Restore the Sacred Energy of the Soul*

Erika Buenaflor, M.A., J.D.

ISBN 978-1-59143-340-8  
\$18.00 (CAN \$22.50) pb  
216 pages, 6 x 9  
Includes an 8-page color insert and 17 b&w illustrations

In this step-by-step guide based on the ancient shamanic healing traditions of the Mexica and Maya, Buenaflor describes how to use the 5 cardinal directions to connect with lost soul fragments that have escaped during trauma or stressful situations, create the ideal place for them to return, and ensure a lasting soul retrieval.

**Audiobook available**



## Sacred Energies of the Sun and Moon

*Shamanic Rites of Curanderismo*

Erika Buenaflor, M.A., J.D.

ISBN 978-1-59143-378-1  
\$18.00 (CAN \$22.50) pb  
200 pages, 6 x 9  
Includes 8-page color insert and 3 b&w illustrations

Mesoamerican shamans and practitioners of curanderismo divide each day and night into distinct periods based on the sacred rhythms of the sun and moon. In this hands-on guide, Buenaflor details shamanic rituals and practices for each part of the day and explains the energies and opportunities for healing and transformation offered by each time period.

**Audiobook available**





**New—Available**

## Veneration Rites of Curanderismo

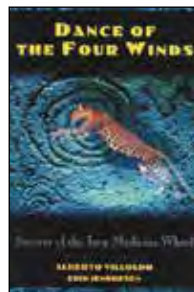
*Invoking the Sacred Energy of Our Ancestors*

Erika Buenaflor, M.A., J.D.  
Foreword by Luis J. Rodriguez  
ISBN 978-1-59143-496-2  
\$20.00 (CAN \$24.99) pb  
216 pages, 6 x 9

Includes an 8-page color insert and 12 b&w illustrations

Exploring ancestral veneration rites of ancient Mesoamerica and contemporary curanderismo, Erika Buenaflor shows how we can reconnect with our ancestors and shape our lives. She shares altar-making practices, limpia rites, trance journeys, and energy work, as well as ways to invite your ancestors to take an active role in intervening on your behalf.

**Audiobook available**



## Dance of the Four Winds

*Secrets of the Inca Medicine Wheel*

Alberto Villoldo and Erik Jendresen  
ISBN 978-0-89281-514-2  
\$18.95 (CAN \$21.95) pb  
288 pages, 6 x 9

A psychologist learns the ways of native Quechua shamans of Peru and confronts the hidden powers of his own mind.

*"The stuff of anthropological bestsellers . . . a flight of serious fancy, confounding our categories of fiction and nonfiction."*

*New York Times*

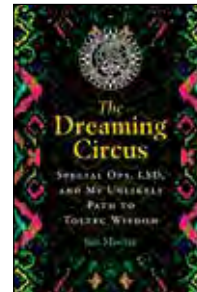


## Island of the Sun

*Mastering the Inca Medicine Wheel*

Alberto Villoldo and Erik Jendresen  
ISBN 978-0-89281-520-3  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9

Following his spiritual journeys to the South and West described in *Dance of the Four Winds*, Villoldo prepares for the journey to the North, where lies the wisdom of the ancient Inca shamans. At the "Island of the Sun," a sacred site in Bolivia, Villoldo uncovers a profound secret about the journey to the East—the journey home.

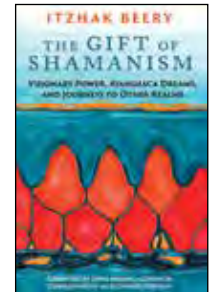


## The Dreaming Circus

*Special Ops, LSD, and My Unlikely Path to Toltec Wisdom*

Jim Morris  
ISBN 978-1-59143-453-5  
\$20.00 (CAN \$24.99) pb  
288 pages, 6 x 9

Written from a deep understanding of Toltec techniques, this book reveals the essentially magic nature of reality. The author shows in a heartfelt and resonant way what a spiritual path can give you, especially those whose lives have been derailed by trauma and those whose lives have been continuously unsatisfying and confusing.

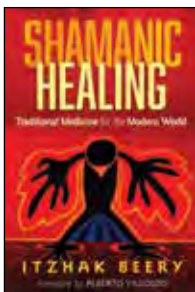


## The Gift of Shamanism

*Visionary Power, Ayahuasca Dreams, and Journeys to Other Realms*

Itzhak Beery  
Foreword by John Perkins  
ISBN 978-1-62055-372-5  
\$16.95 (CAN \$20.50) pb  
256 pages, 6 x 9  
14 b&w illustrations

Each of us has shamanic powers, glimpses of which arise as intuitive dreams, déjà vu, spontaneous visions, and out-of-body experiences. Many dismiss these experiences, but by embracing them as gifts we can unlock our shamanic potential to change ourselves and the world around us.

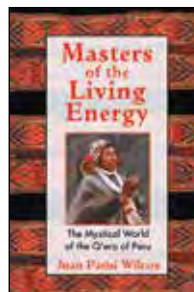


## Shamanic Healing

*Traditional Medicine for the Modern World*

Itzhak Beery  
Foreword by Alberto Villoldo  
ISBN 978-1-62055-376-3  
\$16.95 (CAN \$21.50) pb  
240 pages, 6 x 9  
3 b&w illustrations

This guide to shamanic healing clearly explains who a shaman is and how he or she works, demystifying the shamanic healing worldview. By sharing these healing methods, the author reveals the importance of shamanic practices in resolving our 21st-century emotional and physical problems and their importance to the future of humanity and the planet.

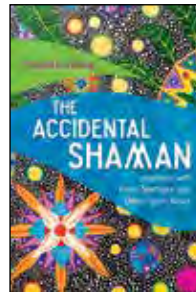


## Masters of the Living Energy

*The Mystical World of the Q'ero of Peru*

Joan Parisi Wilcox  
ISBN 978-1-59477-012-8  
\$22.99 (CAN \$28.99) pb  
368 pages, 6 x 9  
Includes 16-page b&w insert and 5 b&w illustrations

In 1996 Joan Parisi Wilcox recorded extensive interviews with six Q'ero paqos, masters of the ancient spiritual traditions of Peru, known as the "keepers of the ancient knowledge." In this newly revised edition, Wilcox provides practical exercises showing how we can use the power of the Andean spiritual tradition in our own lives.



## The Accidental Shaman

*Journeys with Plant Teachers and Other Spirit Allies*

Howard G. Charing  
Foreword by Stephan V. Beyer  
ISBN 978-1-62055-609-2  
\$16.95 (CAN \$21.50) pb  
232 pages, 6 x 9  
Includes 8-page color insert and 10 b&w illustrations

Howard Charing explains the surprising way he accidentally became a shaman and how it completely changed the course of his life. Charing's story will empower readers to begin exploring the realms of consciousness and energy that surround us and welcome the dissolution of the boundary between the physical and the spiritual.

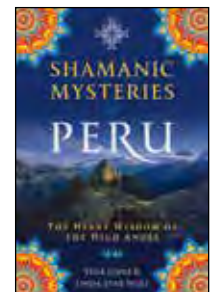


## Plant Spirit Shamanism

*Traditional Techniques for Healing the Soul*

Ross Heaven and Howard G. Charing  
Foreword by Pablo Amaringo  
ISBN 978-1-59477-118-7  
\$18.99 (CAN \$23.99) pb  
280 pages, 6 x 9  
Includes 16 color photographs

The authors explain the techniques that shamans use to establish connections to plant spirits. Practical exercises are provided using traditional Amazonian and Caribbean healing plants and their common North American equivalents, so that readers can explore the world of plant spirits and make allies of their own.

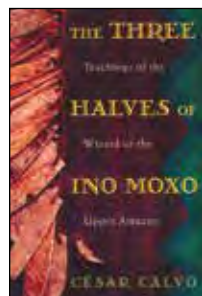


## Shamanic Mysteries of Peru

*The Heart Wisdom of the High Andes*

Vera Lopez and Linda Star Wolf, Ph.D.  
ISBN 978-1-59143-374-3  
\$18.00 (CAN \$22.50) pb  
240 pages, 6 x 9  
Includes 16-page color insert

This experiential guide takes readers on an intimate journey through the sacred sites and power places of Peru. The authors explore the cosmology and shamanic beliefs of the Andean people. Initiatory rites and journeying practices are included to allow readers to personally embody the wisdom of these sacred places.



## The Three Halves of Ino Moxo

*Teachings of the Wizard of the Upper Amazon*

César Calvo

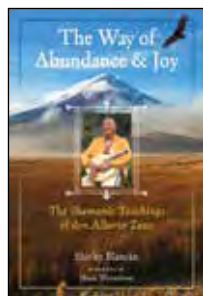
Translated by  
Kenneth Symington

ISBN 978-0-89281-519-7  
\$14.95 (CAN \$17.95) pb  
272 pages, 6 x 9

Award-winning Peruvian author César Calvo takes us on a quest through the mysterious, dreamlike world of powerful Amazonian sorcerers.

**"Folklore, the iconography of the subconscious and cultural history all converge in this skillful translation."**

*Publishers Weekly*



## The Way of Abundance and Joy

*The Shamanic Teachings of don Alberto Taxo*

Shirley Blanche

Foreword by  
Hank Wesselman, Ph.D.

ISBN 978-1-64411-216-8  
\$19.99 (CAN \$24.99) pb  
272 pages, 6 x 9

Recognized as a master yachak, don Alberto Taxo is a celebrated spiritual elder, shaman, and healer of the pre-Inca Atik (Kichwa) people from the Andes Mountains of Ecuador. Centered on Sumak Kausay, the way of joy and abundance, this book shares don Alberto's teachings and his simple approaches for building a reciprocal relationship with nature.

**Audiobook available**



## Cuban Santería

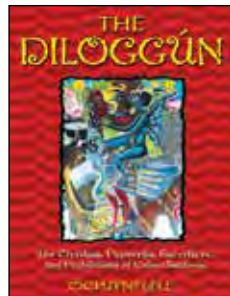
*Walking with the Night*

Raul J. Canizares

ISBN 978-0-89281-762-7  
\$16.95 (CAN \$19.95) pb  
176 pages, 6 x 9  
Includes 8-page b&w insert

Also available in Spanish  
(see page 220)

Initiated into Santería at the age of seven, Raul Canizares unveils the secret world of this rapidly growing Afro-Cuban religion. With the knowledge of an insider and the insight of a scholar, Canizares examines the practice of Santería, revealing its hidden dimensions and unique mix of African, Cuban, and Catholic traditions.



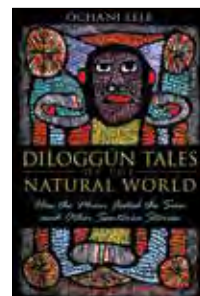
## The Diloggún

*The Orishas, Proverbs, Sacrifices, and Prohibitions of Cuban Santería*

Ócha'ni Lele

ISBN 978-0-89281-912-6  
\$49.95 (CAN \$59.95) hardcover  
624 pages, 8.5 x 11

The first book on Santería's holiest divination system, the Diloggún. Explores the lore surrounding this mysterious oracle, the living Bible of one of the world's fastest growing faiths. Examines each family of *odu* and how their actions affect the spiritual development of the individual. An indispensable guide to the mysteries of the orishas.



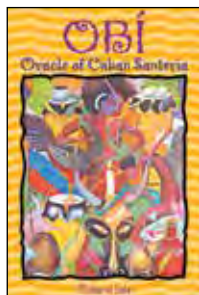
## Diloggún Tales of the Natural World

*How the Moon Fooled the Sun and Other Santería Stories*

Ócha'ni Lele

ISBN 978-1-59477-419-5  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9

*Diloggún Tales of the Natural World* presents more than 40 stories from the Santería religion that are centered on the spiritual principles in nature and reveal the metaphysics and philosophy of the Yoruba people.



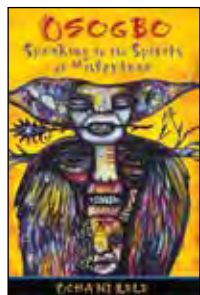
## Obí

*Oracle of Cuban Santería*

Ócha'ni Lele

ISBN 978-0-89281-864-8  
\$14.95 (CAN \$17.95) pb  
192 pages, 6 x 9  
10 b&w illustrations

*Obí* is the first book to fully explore the sacred body of lore surrounding the orisha Obí, as well as his particular rituals and customs, including opening considerations, casting and interpreting the oracle, and employing advanced methods of divination.



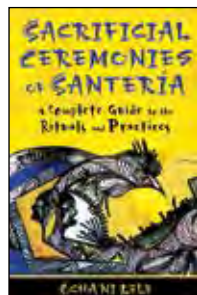
## Osogbo

*Speaking to the Spirits of Misfortune*

Ócha'ni Lele

ISBN 978-1-62055-098-4  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9

Osogbo are the spirits of misfortune in the Santería and Lucumí faith, spirits who seem to be trying to bring us down. But rightly understood, these spirits do not stand against what is good but confront us with conditions that can strengthen us, motivate us, and bring great evolution to the world. Without misfortune we would never know what it means to be blessed. If we follow the prescriptions of the orishas we can overcome misfortune and bring ourselves back to balance.



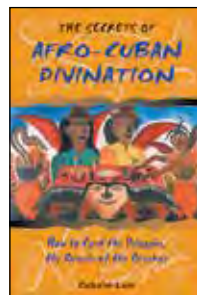
## Sacrificial Ceremonies of Santería

*A Complete Guide to the Rituals and Practices*

Ócha'ni Lele

ISBN 978-1-59477-455-3  
\$18.99 (CAN \$23.99) pb  
256 pages, 6 x 9

Ócha'ni Lele explains the practice and importance of animal sacrifice in Santería. He describes the ceremonies in step-by-step detail and reveals the deep connections to the *odu* of the diloggún. The book also chronicles the struggle for legal recognition of Santería, shedding light on the extraordinary growth of the faith over the past 50 years.



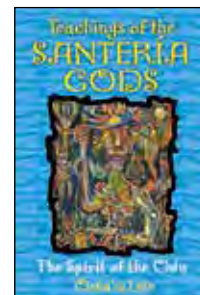
## The Secrets of Afro-Cuban Divination

*How to Cast the Diloggún, the Oracle of the Orishas*

Ócha'ni Lele

ISBN 978-0-89281-810-5  
\$28.99 (CAN \$36.50) pb  
424 pages, 6 x 9

This is the first book to provide complete information on how to cast the Diloggún, including instructions for opening, reading, and closing the oracle, as well as everything necessary for giving a comprehensive reading.



## Teachings of the Santería Gods

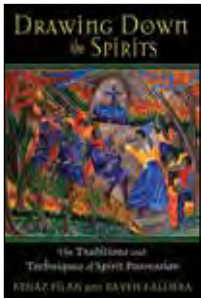
*The Spirit of the Odu*

Ócha'ni Lele

ISBN 978-1-59477-332-7  
\$19.99 (CAN \$24.99) pb  
288 pages, 6 x 9

At the core of the diloggún are the sacred stories known as the *ptakís*. This book recounts more than one hundred of these sacred parables, including many stories collected from the oral tradition of the African diaspora.



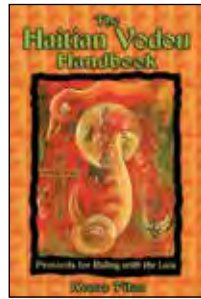


### Drawing Down the Spirits

*The Traditions and Techniques of Spirit Possession*

Kenaz Filan  
and Raven Kaldera  
ISBN 978-1-59477-269-6  
\$18.95 (CAN \$22.95) pb  
352 pages, 6 x 9

*Drawing Down the Spirits* presents an insider's view of the inner workings, and sacred traditions of spirit possession—an integral part of shamanism and many neo-pagan forms of worship. Includes the practical guidance needed to participate in ritual possession.

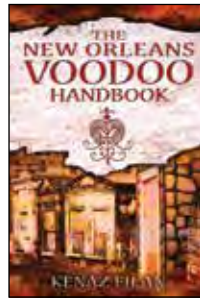


### The Haitian Vodou Handbook

*Protocols for Riding with the Lwa*

Kenaz Filan  
ISBN 978-1-59477-125-5  
\$18.95 (CAN \$22.95) pb  
304 pages, 6 x 9  
18 b&w illustrations

Kenaz Filan, an initiate of the Société la Belle Venus, explains how to build respectful relationships with the lwa of the Vodou pantheon and how to transform the fear that often surrounds the Vodou religion. Filan offers extensive background information on the lwa and instructions on how to honor and interact fruitfully with those that make themselves accessible.



### The New Orleans Voodoo Handbook

Kenaz Filan

ISBN 978-1-59477-435-5  
\$22.99 (CAN \$28.99) pb  
320 pages, 6 x 9  
Includes 16-page color insert

Kenaz Filan examines firsthand documents and historical records to shine light on the little-understood practices of the root doctors, Voodoo queens, and spiritual figures unique to the Crescent City.

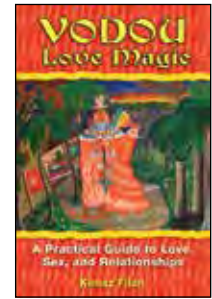


### Talking to the Spirits

*Personal Gnosis in Pagan Religion*

Kenaz Filan and  
Raven Kaldera  
ISBN 978-1-62055-083-0  
\$18.95 (CAN \$21.95) pb  
320 pages, 6 x 9

For our ancestors the whole world was alive with spirits—not just spirits in some other dimension, but spirits who could be spoken to and allied with. This practical guide explores how to identify and communicate with the spirits that animate all things, explaining what to do (and not do) with the messages you receive.

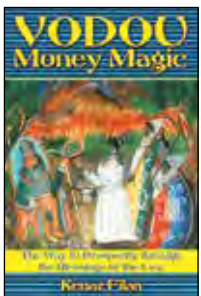


### Vodou Love Magic

*A Practical Guide to Love, Sex, and Relationships*

Kenaz Filan  
ISBN 978-1-59477-248-1  
\$19.99 (CAN \$23.99) pb  
200 pages, 6 x 9  
14 color and 9 b&w illustrations

The first book on love magic by an actual Vodou initiate, *Vodou Love Magic* provides a working guide to finding love and sexual fulfillment by working with the lwa, the spirits of Haitian Vodou. Includes detailed, easy-to-follow spells and spirit work.

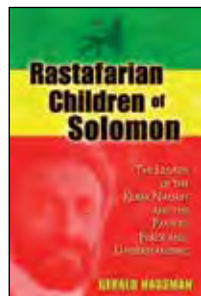


### Vodou Money Magic

*The Way to Prosperity through the Blessings of the Lwa*

Kenaz Filan  
ISBN 978-1-59477-331-0  
\$16.95 (CAN \$19.95) pb  
232 pages, 6 x 9  
Includes 8-page color insert and 11 b&w illustrations

*Vodou Money Magic* reveals how to change your financial situation through pleasing the spirits who govern financial matters, explaining what services each can provide in attaining wealth or finding a fulfilling career.



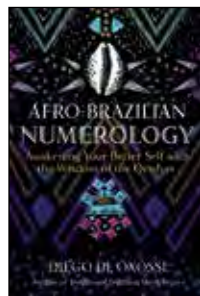
### Rastafarian Children of Solomon

*The Legacy of the Kebr Nagast and the Path to Peace and Understanding*

Gerald Hausman  
ISBN 978-1-59143-154-1  
\$16.99 (CAN \$19.99) pb  
152 pages, 6 x 9  
17 b&w illustrations

Tracing their lineage back to King Solomon, Rastafarians follow a spiritual tradition based on the Kebr Nagast—the African gospel excised from the King James Bible. This book sets out to reveal the wisdom that underlies the “old ways” of the Rastafarians including their view on the medicinal and meditative powers of cannabis.

**Audiobook available**



### Afro-Brazilian Numerology

*Awakening Your Better Self with the Wisdom of the Orishas*

Diego de Oxóssi  
ISBN 978-1-64411-594-7  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
28 b&w illustrations

Explaining the Afro-Brazilian concept of numerology and its relationship with the 16 Odus and their related Orishas, Diego de Oxóssi details step by step how to calculate and interpret your Birth Odus and your full Orisha Birth Chart. He also shares self-transformation techniques to help improve the positive qualities of your chart and integrate negative energies.



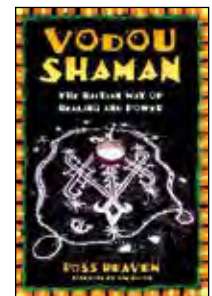
### Traditional Brazilian Black Magic

*The Secrets of the Kimbando Magicians*

Diego de Oxóssi  
Foreword by Hendrix Silveira  
ISBN 978-1-64411-226-7  
\$16.99 (CAN \$21.50) pb  
128 pages, 6 x 9  
26 b&w illustrations

The spiritual tradition of Kimbando embraces both the light and dark aspects of life through worship of the entities known as Eshu and Pombajira. The author discusses Kimbando's history, magical practices, initiation rites, sacred knives, and sacrificial offerings as well as the seven realms and the entities that inhabit and govern each of them.

**Audiobook available**

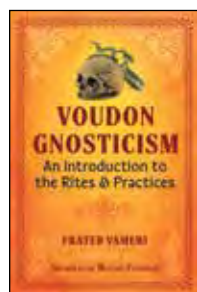


### Vodou Shaman

*The Haitian Way of Healing and Power*

Ross Heaven  
Foreword by Tim Booth  
ISBN 978-0-89281-134-2  
\$19.99 (CAN \$24.99) pb  
296 pages, 6 x 9  
8 b&w illustrations

Written by an initiate of Haitian Vodou, this book reveals Vodou as one of the most powerful shamanic traditions. The author explains why Vodou practices are relevant to the modern world and how these techniques can be used by anyone as a safe and effective means of spiritual healing and personal development.



**New—July 2024**

## **Voudon Gnosticism**

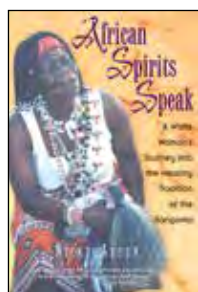
*An Introduction to the Rites and Practices*

Frater Vameri

Foreword by  
Nicholaj de Mattos Frisvold

ISBN 978-1-64411-927-3  
\$18.99 (CAN \$23.99) pb  
152 pages, 6 x 9  
Includes 8-page color insert and  
18 b&w illustrations

Frater Vameri explores in depth the history and practices of Voudon Gnosticism, a unique melding of Haitian Vodou with Gnosticism, Martinism, and other traditions. He explains how to build an altar and establish enduring relationships with the spirits as well as other magical techniques.



## **African Spirits Speak**

*A White Woman's Journey into the Healing Tradition of the Sangoma*

Nicky Arden

ISBN 978-0-89281-752-8  
\$17.99 (CAN \$21.99) pb  
272 pages, 6 x 9

Set against the stirring backdrop of the crumbling South African apartheid regime, *African Spirits Speak* is the lyrical account of a white South African woman's journey into the world of the sangomas, the indigenous diviners and priests of South Africa, and a mystical journey that changed her life.



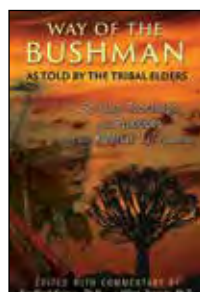
## **Bushman Shaman**

*Awakening the Spirit through Ecstatic Dance*

Bradford Keeney

ISBN 978-0-89281-698-9  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9

Bradford Keeney details his initiation into the shamanic tradition of the Kalahari Bushmen. He was drawn to this tradition, wherein dancers' bodies shake uncontrollably during healing ceremonies, with hopes that it might explain his own ecstatic "shaking," which he first experienced at the age of 19. Keeney went on to dance with the Bushmen for more than a dozen years.



## **Way of the Bushman**

*Spiritual Teachings and Practices of the Kalahari Ju/'hoansi*

Edited by  
Bradford Keeney, Ph.D., and  
Hillary Keeney, Ph.D.

ISBN 978-1-59143-205-0  
\$18.00 (CAN \$21.50) pb  
256 pages, 6 x 9

This book presents the core spiritual teachings of Kalahari Bushmen. It reveals how they are able to receive direct transmissions of the universal life force, experience a vision of "God's egg," and awaken to deep spiritual wisdom and healing gifts. Those who "own the egg" enjoy direct communication with the Divine.



## **Healing Makes Our Hearts Happy**

*Spirituality and Cultural Transformation among the Kalahari Ju/'hoansi*

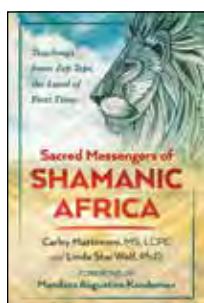
Richard Katz, Ph.D., Megan Bieseles, and Verna St. Denis

ISBN 978-0-89281-557-9  
\$29.95 (CAN \$35.95) pb  
240 pages, 8 x 10  
130 b&w illustrations

These Bushmen show us how to look beyond the false promises of modern technology in search of the spiritual healing that is so needed in our own culture and within ourselves.

*"A breathtaking view of the Ju/'hoan culture . . . a rare treasure of integrity and knowledge preserved for all time."*

Joan Borysenko, Ph.D.



## **Sacred Messengers of Shamanic Africa**

*Teachings from Zep Tepi, the Land of First Time*

Carley Mattimore, MS, LCPC, and Linda Star Wolf, Ph.D.

Foreword by  
Mandaza Augustine Kandemwa

ISBN 978-1-59143-291-3  
\$20.00 (CAN \$24.99) pb

336 pages, 6 x 9  
Includes 16-page color insert  
Offering a spiritual path to connect with our original roots in Africa, the authors share shamanic journeys and teachings to connect with the strengths of Africa's spirit animals, such as Lion and Elephant, experience the power of African shamanic sacred sites, and reopen the heart of humanity to heal the world around us.



## **Zulu Shaman**

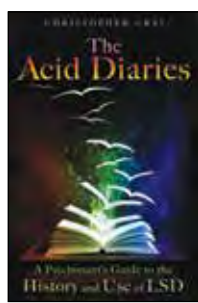
*Dreams, Prophecies, and Mysteries*

Vusamazulu Credo Mutwa

Edited by Stephen Larsen  
Foreword by Luisah Teish

ISBN 978-0-89281-129-8  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9  
12 b&w illustrations

In this rare window into Zulu mysticism, Vusamazulu Credo Mutwa breaks the bonds of traditional silence to share his personal experience as a Zulu shaman. Set against the backdrop of post-colonial South Africa, *Zulu Shaman* relays the first-person accounts of an African healer and reveals the cosmology of the Zulu.



## **The Acid Diaries**

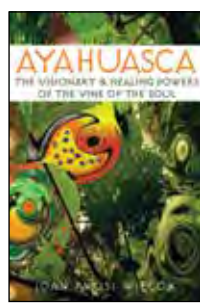
*A Psychonaut's Guide to the History and Use of LSD*

Christopher Gray

ISBN 978-1-59477-383-9  
\$21.99 (CAN \$27.50) pb  
288 pages, 6 x 9

Also available in Spanish  
(see page 216)

Christopher Gray's numerous LSD trips over a three-year period progressed through three distinct stages, weaving an ongoing story from trip to trip. *The Acid Diaries* reveals the immense potential of LSD for transpersonal growth and spiritual development.



## **Ayahuasca**

*The Visionary and Healing Powers of the Vine of the Soul*

Joan Parisi Wilcox

ISBN 978-0-89281-131-1  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9

*Ayahuasca: The Visionary and Healing Powers of the Vine of the Soul* is an autobiographical account of the author's experience with ayahuasca, the potent and sacred plant brew of the Amazon known for its extraordinary visionary and healing powers. This book describes the ayahuasca ritual, and the sacred songs that are sung while receiving the gifts of the plant.



## **The Ayahuasca Experience**

*A Sourcebook on the Sacred Vine of Spirits*

Edited by  
Ralph Metzner, Ph.D.

ISBN 978-1-62055-262-9  
\$16.95 (CAN \$19.95) pb  
272 pages, 6 x 9  
13 b&w illustrations

Ayahuasca has been used by native Indian and mestizo shamans for thousands of years. Made from the vine *Banisteriopsis caapi* and the DMT-laden leaf of *Psychotria viridis*, it is regarded as the embodiment of intelligent plant beings who offer spiritual teachings and healing to those who respectfully engage with them. With contributions from Dennis J. McKenna, Charles S. Grob, and J. C. Calloway, among others.





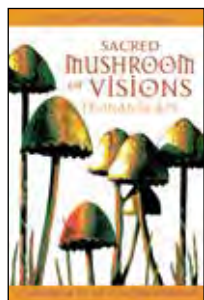
## Overtones and Undercurrents

*Spirituality, Reincarnation, and Ancestor Influence in Entheogenic Psychotherapy*

Ralph Metzner, Ph.D.

ISBN 978-1-62055-689-4  
\$16.95 (CAN \$21.50) pb  
192 pages, 6 x 9

Pioneering transpersonal psychotherapist Ralph Metzner shares case histories from more than 50 years of practice. They include a wide spectrum of practices, such as the use of quiet meditative retreat, guided regressions, as well as imagery visualizations amplified by entheogens.



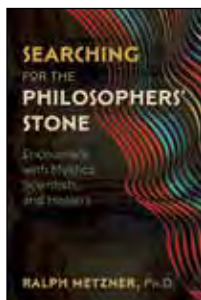
## Sacred Mushroom of Visions: Teonanácatl

*A Sourcebook on the Psilocybin Mushroom*

Edited by Ralph Metzner

ISBN 978-1-59477-044-9  
\$19.99 (CAN \$24.99) pb  
304 pages, 6 x 9  
33 b&w illustrations

*Sacred Mushroom of Visions: Teonanácatl* describes the experiences of psychoactive mushroom users and how the use of the psilocybe mushroom spread from Mexico to North America, Asia, and Europe. Firsthand accounts of the controversial Harvard Psilocybin Project, the use of psilocybin in psychotherapy, and current studies on the treatment of obsessive compulsive disorder (OCD) are provided.



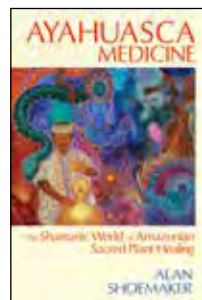
## Searching for the Philosophers' Stone

*Encounters with Mystics, Scientists, and Healers*

Ralph Metzner, Ph.D.

ISBN 978-1-62055-776-1  
\$16.99 (CAN \$21.50) pb  
224 pages, 6 x 9  
38 b&w illustrations

Through captivating stories, respected psychedelic elder Ralph Metzner, Ph.D., shares his encounters from the 1960s onward with mystics, animal guides, plant spirits like iboga and ayahuasca, genius scientists, and shamanic healers, including Albert Hofmann, Alexander Shulgin, the McKenna brothers, Myron Stolaroff, Leo Zeff, and Hawaiian healer Mornah Simeona.



## Ayahuasca Medicine

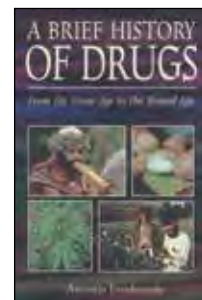
*The Shamanic World of Amazonian Sacred Plant Healing*

Alan Shoemaker

ISBN 978-1-62055-193-6  
\$14.95 (CAN \$16.95) pb  
168 pages, 6 x 9  
Includes 8-page color insert

Also available in Spanish (see page 219)

For more than 20 years American-born Alan Shoemaker has apprenticed and worked with shamans in Ecuador and Peru, learning the traditional methods of ayahuasca preparation, the ceremonial rituals for its use, and how to commune with the healing spirit of this sacred plant as well as the spirit of the San Pedro cactus and other sacred plant allies.



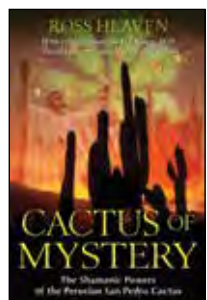
## A Brief History of Drugs

*From the Stone Age to the Stoned Age*

Antonio Escohotado

ISBN 978-0-89281-826-6  
\$14.95 (CAN \$17.95) pb  
176 pages, 5.38 x 8.25

From remotest antiquity to the present era of designer drugs and interdiction, drugs have played a prominent role in the cultural, spiritual, and social development of civilizations. Antonio Escohotado demonstrates how the history of drugs illuminates the history of humanity as he explores the long relationship between mankind and mind-altering substances.



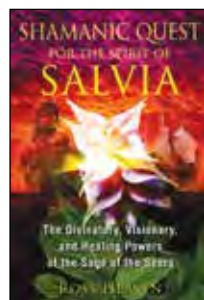
## Cactus of Mystery

*The Shamanic Powers of the Peruvian San Pedro Cactus*

Ross Heaven

ISBN 978-1-59477-491-1  
\$19.95 (CAN \$22.95) pb  
392 pages, 6 x 9  
Includes 8-page color insert

Named for St. Peter who holds the keys to heaven, the San Pedro cactus has the power to open the gates between the visible and invisible worlds. Ross Heaven interviews practicing shamans about their rituals using San Pedro, how they prepare the visionary brew, and how the cactus works on the mind, body, and illness.



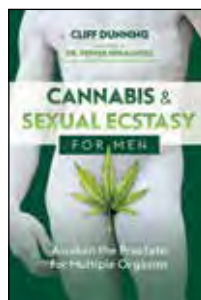
## Shamanic Quest for the Spirit of Salvia

*The Divinatory, Visionary, and Healing Powers of the Sage of the Seers*

Ross Heaven

ISBN 978-1-62055-000-7  
\$24.99 (CAN \$31.50) pb  
264 pages, 6 x 9  
Includes 8-page color insert

*Salvia divinorum* has been used since ancient times by the Mazatec shamans of Mexico for divination, vision quests, and healing. Ross Heaven describes his quest to connect with the spirit of this plant teacher and finds that, beyond numerous health benefits, salvia's greatest strength may be its ability to connect us with our higher purpose.



## Cannabis and Sexual Ecstasy for Men

*Awaken the Prostate for Multiple Orgasms*

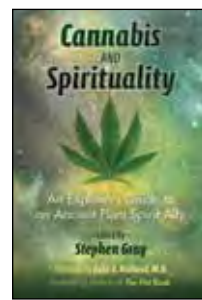
Cliff Dunning

Foreword by Dr. Pepper Hernandez, N.D., Ph.D.

ISBN 978-1-64411-400-1  
\$16.99 (CAN \$21.50) pb  
160 pages, 6 x 9  
15 b&w illustrations

Revealing the importance of the prostate as a sex organ, Dunning details how to awaken the prostate using internal massage, intention, and microdosing with cannabis. He also explores the ability of particular strains of cannabis to increase sexual pleasure, sensitize the genitals, and trigger powerful multiple orgasms.

[Audiobook available](#)



## Cannabis and Spirituality

*An Explorer's Guide to an Ancient Plant Spirit Ally*

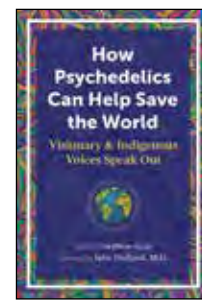
Edited by Stephen Gray

Foreword by Julie Holland, M.D.

ISBN 978-1-62055-583-5  
\$16.95 (CAN \$21.50) pb  
288 pages, 6 x 9

In this guide, editor Stephen Gray and 17 other influential voices of the modern cannabis movement reveal the potential of "the people's plant" to enhance a wide range of spiritual practices. Gray shows how cannabis is an effective ally on the awakening journey, unlocking the receptive energy in us all.

[Audiobook available](#)



## How Psychedelics Can Help Save the World

*Visionary and Indigenous Voices Speak Out*

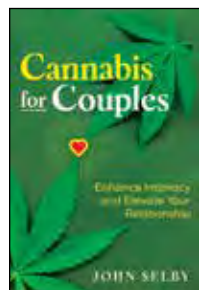
Edited by Stephen Gray

Foreword by Julie Holland, M.D.

ISBN 978-1-64411-490-2  
\$19.99 (CAN \$24.99) pb  
304 pages, 6 x 9  
4 b&w illustrations

Exploring the way forward for humanity, more than 25 contributors show how the wisdom of Indigenous peoples and the power of psychedelics can help us enact the radical shift in consciousness necessary to navigate the collapse of the old world order and the birth of a new consciousness centered on awakened-heart interconnectedness.

[Audiobook available](#)



## Cannabis for Couples

*Enhance Intimacy and Elevate Your Relationship*

John Selby

ISBN 978-1-64411-041-6  
\$14.99 (CAN \$18.99) pb  
224 pages, 6 x 9

In this guide to harnessing the benefits of getting high together, psychologist John Selby explores how to use cannabis as a powerful and effective path to strengthen your relationship and nurture your intimate life. He offers techniques to facilitate bonding, resolve relationship issues, and use cannabis as an aphrodisiac.

**Audiobook available**



## Cannabis Healing

*A Guide to the Therapeutic Use of CBD, THC, and Other Cannabinoids*

Franjo Grotenhermen, M.D.

ISBN 978-1-62055-831-7  
\$19.99 (CAN \$24.99) pb  
240 pages, 6 x 9  
24 b&w illustrations

In this authoritative yet practical guide to the healing properties of cannabis and cannabinoids such as THC and CBD, Franjo Grotenhermen, M.D., explores how to use these substances safely and effectively to treat a wide range of physical and emotional conditions, including a complete discussion of possible side effects, contraindications, and precautions.



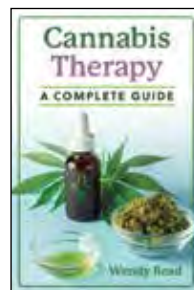
## Cannabis in Spiritual Practice

*The Ecstasy of Shiva, the Calm of Buddha*

Will Johnson

ISBN 978-1-62055-685-6  
\$16.99 (CAN \$21.50) pb  
144 pages, 6 x 9

Drawing upon his decades of experience as a teacher of Buddhism, breathing, yoga, and embodied spirituality, Will Johnson examines Eastern spiritual perspectives on marijuana and offers specific guidelines and exercises for integrating cannabis into spiritual practice, such as using marijuana as a sacrament and in the Buddhist practice of calming the mind. Includes access to 9 audio meditations.



## New—May 2024

A Sacred Planet Book

## Cannabis Therapy

*A Complete Guide*

Wendy Read

ISBN 978-1-64411-850-4  
\$22.99 (CAN \$28.99) pb  
304 pages, 6 x 9

In this in-depth guide to cannabis therapy, written for both health practitioners and those looking for self-care methods, herbalist and holistic healer Wendy Read provides a complete look at why marijuana medicine works, its medical and spiritual uses throughout history, and how to develop a personalized healing plan.



## DMT Dialogues

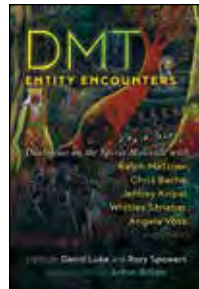
*Encounters with the Spirit Molecule*

Edited by David Luke and Rory Spowers

Introduction by Anton Bilton

ISBN 978-1-62055-747-1  
\$18.99 (CAN \$23.99) pb  
352 pages, 6 x 9  
1 b&w illustration

This book includes cutting-edge explorations and discussions of DMT experiences from leading luminaries in the fields of psychedelic research and plant sentience, such as Rick Strassman, Rupert Sheldrake, Dennis McKenna, Graham Hancock, and many others. Topics covered include DMT entities, the pineal gland, the Amazonian shamanic perspective, and the science behind hallucinations.



## DMT Entity Encounters

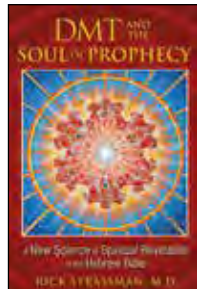
*Dialogues on the Spirit Molecule with Ralph Metzner, Chris Bache, Jeffrey Kripal, Whitley Strieber, Angela Voss, and Others*

Edited by David Luke and Rory Spowers

ISBN 978-1-64411-233-5  
\$18.99 (CAN \$23.99) pb  
384 pages, 6 x 9  
7 b&w illustrations

Sharing talks on DMT beings, neuroscientific DMT research, and the nature of mind and reality, this book includes contributions from the late Ralph Metzner, Chris Bache, Whitley Strieber, Jeffrey Kripal, Angela Voss, and others.

**Audiobook available**



## DMT and the Soul of Prophecy

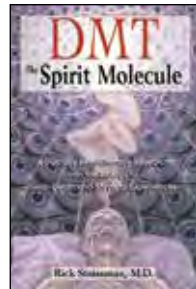
*A New Science of Spiritual Revelation in the Hebrew Bible*

Rick Strassman, M.D.

ISBN 978-1-59477-342-6  
\$21.99 (CAN \$27.50) pb  
352 pages, 6 x 9

Rick Strassman observed that the visions of the ancient Hebrew prophets were strikingly similar to those of the volunteers in his DMT studies. In this book, he introduces "Theoneurology," a model proposing that the Divine communicates with us through the chemistry of DMT present in the human brain.

**Audiobook available**



## DMT: The Spirit Molecule

*A Doctor's Revolutionary Research into the Biology of Near-Death and Mystical Experiences*

Rick Strassman, M.D.

ISBN 978-0-89281-927-0  
\$16.95 (CAN \$19.95) pb  
384 pages, 6 x 9  
14 b&w illustrations

**Also available in Spanish (page 217)**

Strassman's research connects DMT with the pineal gland, considered by Hindus to be the site of the seventh chakra and by René Descartes to be the seat of the soul. *DMT: The Spirit Molecule* makes the bold case that DMT, naturally released by the pineal gland, facilitates the soul's movement in and out of the body and is an integral part of the birth and death experiences.

**Audiobook available**



## Drugs of the Dreaming

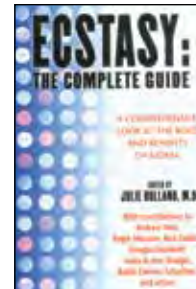
*Oneirogens: Salvia divinorum and Other Dream-Enhancing Plants*

Gianluca Toro and Benjamin Thomas

Foreword by Jonathan Ott

ISBN 978-1-59477-174-3  
\$12.95 (CAN \$15.95) pb  
160 pages, 6 x 9

This first comprehensive guide to oneirogens—naturally occurring substances that induce and enhance dreaming—details the properties and actions of these dream allies, establishing ethnobotanical profiles for 35 oneirogens, explaining the historical use of each, its method of action, and what light it sheds on the scientific mechanism of dreaming.



## Ecstasy: The Complete Guide

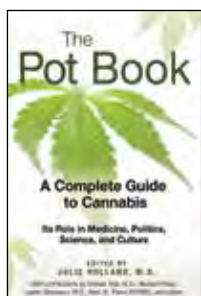
*A Comprehensive Look at the Risks and Benefits of MDMA*

Edited by Julie Holland, M.D.

ISBN 978-0-89281-857-0  
\$29.99 (CAN \$37.50) pb  
464 pages, 6 x 9

Use of the drug ecstasy, once confined to the teen rave scene, and college campuses, is exploding across America. *Ecstasy: The Complete Guide* takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorders, and other mental illnesses; and how to minimize the risks of use.





### The Pot Book

*A Complete Guide to Cannabis*

Edited by Julie Holland, M.D.

ISBN 978-1-59477-368-6  
\$24.99 (CAN \$29.99) pb  
576 pages, 6 x 9  
7 b&w illustrations

As the legalization of cannabis becomes a reality, *The Pot Book* candidly offers facts and authoritative opinions in a society full of marijuana myths and stereotypes. Includes contributions and interviews with leading experts including Rick Doblin, Ph.D., Michael Pollan, Andrew Weil, M.D., and Tommy Chong.



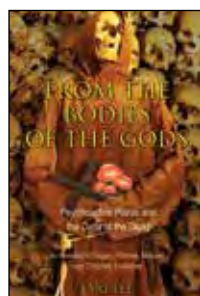
### LSD, Spirituality, and the Creative Process

*Based on the Groundbreaking Research of Oscar Janiger, M.D.*

Marlene Dobkin de Rios, Ph.D., and Oscar Janiger, M.D.  
Foreword by Rick Strassman, M.D.

ISBN 978-0-89281-973-7  
\$19.99 (CAN \$24.99) pb  
264 pages, 6 x 9  
16 b&w illustrations

Between 1954 and 1962 Dr. Oscar Janiger administered LSD to more than 950 people from all walks of life. The data collected from those trials, and from follow-up studies 40 years later, is now available for the first time.

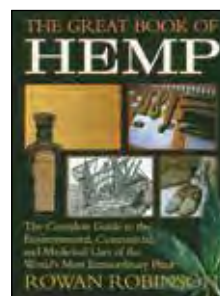


### From the Bodies of the Gods

*Psychoactive Plants and the Cults of the Dead*  
Earl Lee

ISBN 978-1-59477-458-4  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9  
13 b&w illustrations

This book documents the history of sacrificial and psychoactive practices from the Minoans onward through Christian sects, showing how ancient acts of ritual cannibalism and visionary intoxication remain deeply embedded in the theology and sacraments of modern religion.



### The Great Book of Hemp

*The Complete Guide to the Environmental, Commercial, and Medicinal Uses of the World's Most Extraordinary Plant*

Rowan Robinson

ISBN 978-0-89281-541-8  
\$22.95 (CAN \$26.95) pb  
256 pages, 8 x 10  
92 b&w illustrations

Also available in Spanish (see page 218)

This handsomely illustrated and entertaining book is the most complete guide yet written on cannabis sativa. Here you will find history, current uses, organizations involved in legalization, product suppliers, bibliography, and much more.



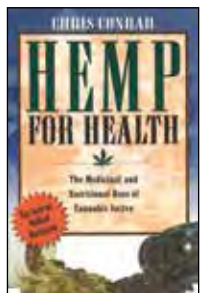
### The Hemp Manifesto

*101 Ways That Hemp Can Save Our World*

Rowan Robinson

ISBN 978-0-89281-728-3  
\$8.95 (CAN \$10.95) pb  
112 pages, 4 x 6

The hemp revolution is happening. All around the globe this miracle plant is creating industries for food, fuel, clothing, housing, and paper. Designed to fit into the back pocket of your hemp jeans, *The Hemp Manifesto* offers 101 ways that hemp is making a positive impact on society, and explains why in brief summaries simple enough for even congressional representatives to understand.



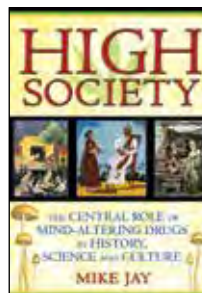
### Hemp for Health

*The Medicinal and Nutritional Uses of Cannabis Sativa*

Chris Conrad

ISBN 978-0-89281-539-5  
\$16.95 (CAN \$19.95) pb  
272 pages, 6 x 9  
25 b&w illustrations

*Hemp for Health* examines the botanical characteristics, history and current uses of marijuana. Author Chris Conrad addresses the distinctions between recreational and medical use and explains the pain-killing effects of marijuana when medically employed. After decades of suppression, the health benefits of one of the world's oldest sources of food and medicine are being rediscovered.



### High Society

*The Central Role of Mind-Altering Drugs in History, Science, and Culture*

Mike Jay

ISBN 978-1-59477-393-8  
\$19.95 (CAN \$23.50) pb  
192 pages, 6.75 x 9.5  
150 color and b&w illustrations

Exploring the spectrum of drug use throughout history, *High Society* paints vivid portraits of the roles drugs play in different cultures as medicines, religious sacraments, status symbols, and trade goods. Includes 150 illustrations.



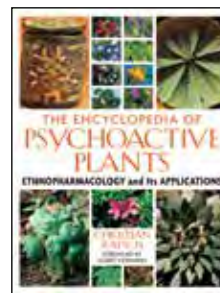
### Intoxication

*The Universal Drive for Mind-Altering Substances*

Ronald K. Siegel, Ph.D.

ISBN 978-1-59477-069-2  
\$19.95 (CAN \$24.95) pb  
384 pages, 6 x 9

Psychopharmacologist Ronald K. Siegel draws on 20 years of groundbreaking research to provide countless examples of the intoxication urge in humans and animals. Presenting his conclusions on the biological and cultural reasons for the pursuit of intoxication, Siegel offers recommendations for curbing the negative effects of drug use in Western culture by designing safe intoxicants.



### The Encyclopedia of Psychoactive Plants

*Ethnopharmacology and Its Applications*

Christian Rätsch

Foreword by Albert Hofmann

ISBN 978-0-89281-978-2  
\$125.00 (CAN \$150.00) hardcover  
944 pages, 8.5 x 11  
797 color photographs and 645 b&w illustrations

In the traditions of every culture, psychoactive plants—those known to transport the mind to other dimensions of consciousness—have been regarded as sacred. This book details the history, botany, and use of psychoactive plants and is lavishly illustrated with color photographs of the people, ceremonies, and art related to the ritual use of the world's sacred psychoactive plants.



### Marijuana Medicine

*A World Tour of the Healing and Visionary Powers of Cannabis*

Christian Rätsch

ISBN 978-0-89281-933-1  
\$29.99 (CAN \$35.99) pb  
224 pages, 8 x 10  
Includes 16-page color insert and 150 b&w illustrations

Cannabis has accompanied the development of human culture from its very beginnings. Christian Ratsch profiles the medicinal, historical, and cultural uses of cannabis throughout the world and includes remedies and recipes for using cannabis to treat specific conditions.



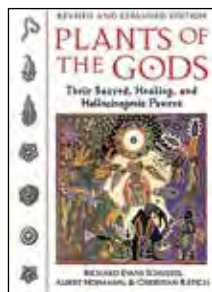
## Pagan Christmas

*The Plants, Spirits, and Rituals at the Origins of Yuletide*

Christian Rätsch  
and Claudia Müller-Ebeling

ISBN 978-1-59477-092-0  
\$29.95 (CAN \$34.95) pb  
224 pages, 8 x 10  
156 color and 40 b&w illustrations

The day on which many commemorate the birth of Christ has its origins in pagan rituals that center on tree worship, agriculture, magic, and social exchange. The botanical elements of Christmas provide a unique view of the religion that existed in Europe before the introduction of Christianity.



## Plants of the Gods

*Their Sacred, Healing, and Hallucinogenic Powers*

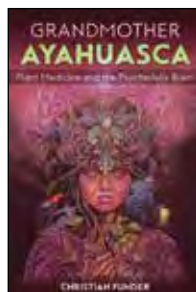
Richard Evans Schultes,  
Albert Hofmann, and  
Christian Rätsch

ISBN 978-0-89281-979-9  
\$29.95 (CAN \$35.95) pb  
208 pages, 7.75 x 10.5  
400 color and b&w illustrations

The authoritative text on the use of hallucinogens in the healing rites of indigenous cultures.

**"A visual, spiritual, and intellectual feast . . . the best book ever written on hallucinogenic plants."**

Dr. Mark Plotkin,  
Smithsonian Institution



## Grandmother Ayahuasca

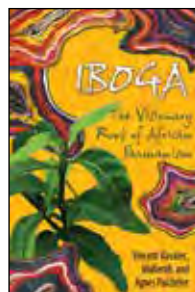
*Plant Medicine and the Psychedelic Brain*

Christian Funder

ISBN 978-1-64411-235-9  
\$19.99 (CAN \$24.99) pb  
264 pages, 6 x 9  
Includes 8-page color insert

Revealing how Grandmother Ayahuasca is a profound healer, wise teacher, and life-changing guide, Funder examines how ayahuasca affects the brain from a neuroscientific perspective. Exploring ayahuasca's immense therapeutic potential, he shares interviews with people who have experienced ayahuasca's powerful "spirit doctor" effects and also details his own revolutionary ayahuasca healing journey.

**Audiobook available**



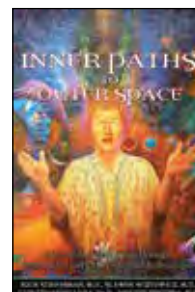
## Iboga

*The Visionary Root of African Shamanism*

Vincent Ravalec, Mallendi,  
and Agnès Paicheler

ISBN 978-1-59477-176-7  
\$18.95 (CAN \$23.95) pb  
240 pages, 6 x 9  
4 b&w illustrations

Iboga, the sacred root, a spiritual ally of African shamans since antiquity, yields ibogaine, a powerful psychotropic substance. To the followers of the Bwiti religion of Gabon and Cameroon, ibogaine is the indispensable means by which humans can communicate with the deepest reaches of their soul and with the spirits of their ancestors.



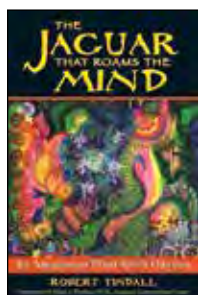
## Inner Paths to Outer Space

*Journeys to Alien Worlds through Psychedelics and Other Spiritual Technologies*

Rick Strassman, M.D.,  
Slawek Wojtowicz, M.D.,  
Luis Eduardo Luna, Ph.D.,  
and Ede Frecska, M.D.

ISBN 978-1-59477-224-5  
\$24.99 (CAN \$29.99) pb  
376 pages, 6 x 9  
Includes three 8-page color inserts and 11 b&w illustrations

The worlds experienced through consciousness-altering technologies are often as real as those perceived with our five senses. This book examines how we can contact otherworldly beings and other realms using the inner dimensions of our minds.



## The Jaguar that Roams the Mind

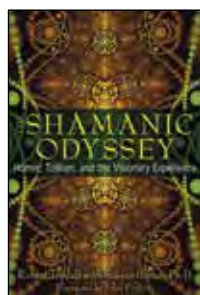
*An Amazonian Plant Spirit Odyssey*

Robert Tindall

Foreword by  
Mark J. Plotkin, Ph.D.

ISBN 978-1-59477-254-2  
\$22.99 (CAN \$28.99) pb  
296 pages, 6 x 9  
24 b&w illustrations

Robert Tindall shares his journey through the inner and outer landscape of the churches of ayahuasca and with indigenous shamans in the Amazon. He explains the three pillars of Amazonian shamanism: healing through purging, the ritual use of ayahuasca, and communing with the innate intelligence of plant teachers.



## The Shamanic Odyssey

*Homer, Tolkien, and the Visionary Experience*

Robert Tindall with  
Susana Bustos, Ph.D.

Foreword by John Perkins

ISBN 978-1-59477-396-9  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9  
24 b&w illustrations

The indigenous view of the world, as living and interconnected, can also be found in Western literature, beginning with *The Odyssey*. Weaving together the narrative traditions of Homer, Tolkien, and plant medicine healers, the authors reveal the Western canon to be a healing song that can return us to our native minds and bring us back into harmony with the cosmos.



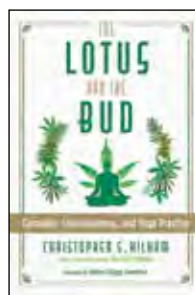
## Kava: Medicine Hunting in Paradise

*The Pursuit of a Natural Alternative to Anti-Anxiety Drugs and Sleeping Pills*

Chris Kilham

ISBN 978-0-89281-640-8  
\$14.99 (CAN \$17.99) pb  
176 pages, 5.38 x 8.25  
22 b&w photographs

This book is the tale of Chris Kilham's explorations in the South Pacific in search of kava, Piper Methysticum, one of the most stress-relieving plants in all of nature. Replete with pulp-pounding missionaries, sorcerers, and a mysterious Tahitian prince, Kilham's journey is a must-read for those who love tales of adventure and those interested in plant medicine.



## The Lotus and the Bud

*Cannabis, Consciousness, and Yoga Practice*

Christopher S. Kilham

Foreword by  
Robyn Griggs Lawrence

ISBN 978-1-62055-940-6  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
35 b&w illustrations

When wisely and thoughtfully combined, cannabis and yoga offer profound benefits. Yoga teacher Chris Kilham offers an illustrated guide to his own system of cannabis yoga. He also looks at the effects of both THC and CBD and provides advice on selecting the right method for your yoga practice.

**Audiobook available**



## Kava: The Pacific Elixir

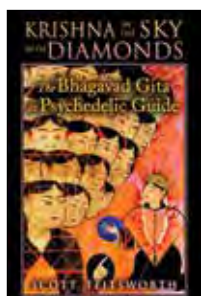
*The Definitive Guide to Its Ethnobotany, History, and Chemistry*

Vincent Lebot, Mark Merlin,  
and Lamont Lindstrom

ISBN 978-0-89281-726-9  
\$19.95 (CAN \$23.95) pb  
272 pages, 6 x 9  
85 b&w illustrations

This complete guide to kava describes its centuries-long use in the religious, political, and economic life of the Pacific islands and summarizes the literature and research on a plant that is now considered a comparable or superior alternative to anti-stress prescription drugs.





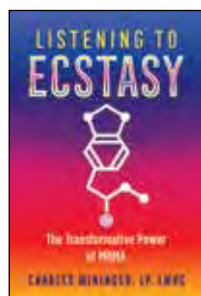
## Krishna in the Sky with Diamonds

*The Bhagavad Gita as a Psychedelic Guide*

Scott Teitsworth

ISBN 978-1-59477-441-6  
\$16.95 (CAN \$19.95) pb  
192 pages, 6 x 9

Scott Teitsworth posits that the Bhagavad Gita contains a guide to the spiritual use of entheogens, revealing that since ancient times the psychedelic experience has been a catalyst for realization, turning theory into direct experience, and bringing the written teachings to life.



## Listening to Ecstasy

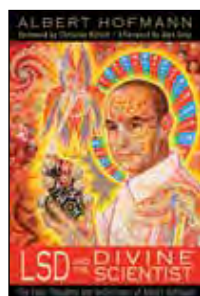
*The Transformative Power of MDMA*

Charles Wininger, LP, LMHC

ISBN 978-1-64411-116-1  
\$18.99 (CAN \$23.99) pb  
256 pages, 6 x 9  
20 b&w illustrations

In this memoir and guide to safe use, Charles Wininger, a licensed psychoanalyst and mental health counselor, details the countless ways that Ecstasy has helped him become a better therapist and husband. He describes what the experience actually feels like and provides protocols for the safe, responsible, recreational, and celebrational use of MDMA.

**Audiobook available**



## LSD and the Divine Scientist

*The Final Thoughts and Reflections of Albert Hofmann*

Albert Hofmann

Foreword by Christian Rätsch

ISBN 978-1-62055-009-0  
\$14.95 (CAN \$18.95) pb  
128 pages, 6 x 9  
10 b&w illustrations

Best known as the person who discovered LSD, Albert Hofmann was more than just a chemist. His insights into the human psyche and the nature of reality earned him a reputation as a visionary philosopher. This book—Hofmann's last work before his death at the age of 102—offers his personal insights on mind-altering drugs, the soul, and the search for meaning in life.



## LSD and the Mind of the Universe

*Diamonds from Heaven*

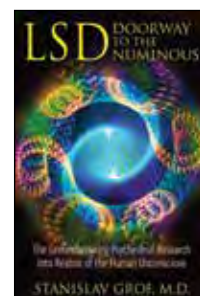
Christopher M. Bache, Ph.D.

Foreword by Ervin Laszlo

ISBN 978-1-62055-970-3  
\$19.99 (CAN \$24.99) pb  
352 pages, 6 x 9  
2 b&w illustrations

In this book, professor Christopher Bache documents his journey to explore his mind and the mind of the universe through 73 high-dose LSD sessions conducted over the course of 20 years. Making a powerful case for the value of psychedelically-induced spiritual experience, his journey also reveals a unified field of consciousness that underlies all physical existence.

**Audiobook available**



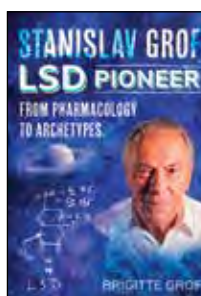
## LSD: Doorway to the Numinous

*The Groundbreaking Psychedelic Research into Realms of the Human Unconscious*

Stanislav Grof, M.D.

ISBN 978-1-59477-282-5  
\$18.95 (CAN \$22.95) pb  
304 pages, 6 x 9  
48 b&w illustrations

This pioneering book explores the landscape of human consciousness induced by LSD and other psychedelics. Author Stanislov Grof shows the relationship between shamanism, near death experiences, and other mystical and altered states with those induced by psychedelics.



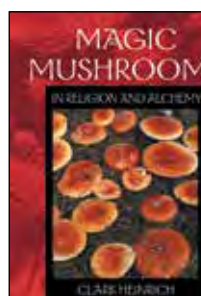
## New—Available Stanislov Grof, LSD Pioneer

*From Pharmacology to Archetypes*

Brigitte Grof

ISBN 978-1-64411-946-4  
\$19.99 (CAN \$24.99) pb  
160 pages, 6.75 x 9.5  
Full-color throughout

Created in honor of Stanislov Grof's 90th birthday, this book features an extended interview with him, exploring the full arc of his research career in his own words. He discusses his early experiments with LSD in the 1950s and '60s, his discovery of the perinatal matrices, the creation of holotropic breathwork, and his own LSD experiences.

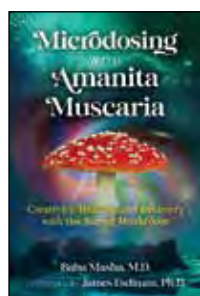


## Magic Mushrooms in Religion and Alchemy

Clark Heinrich

ISBN 978-0-89281-997-3  
\$29.95 (CAN \$35.95) pb  
256 pages, 8 x 10  
88 b&w illustrations

Heinrich shows that in many religious cultures and traditions the fly agaric mushroom—and in some cases ergot or psilocybin mushrooms—had a fundamental influence in teaching humans about the nature of God. His insightful book truly brings new light to the religious history of humanity.



## Microdosing with Amanita Muscaria

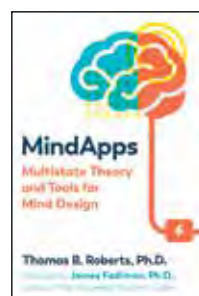
*Creativity, Healing, and Recovery with the Sacred Mushroom*

Baba Masha, M.D.

Foreword by James Fadiman, Ph.D.

ISBN 978-1-64411-505-3  
\$19.99 (CAN \$24.99) pb  
352 pages, 6 x 9  
123 b&w illustrations

Examining the findings from the first international study on the medicinal effects of microdosing with Amanita muscaria, the psychoactive fly agaric mushroom, Baba Masha, M.D., documents how more than 3,000 volunteers experienced positive outcomes for a broad range of health conditions as well as enhanced creativity and sports performance.



## Mindapps

*Multistate Theory and Tools for Mind Design*

Thomas B. Roberts, Ph.D.

Foreword by James Fadiman, Ph.D.

ISBN 978-1-62055-818-8  
\$16.99 (CAN \$21.50) pb  
224 pages, 6 x 9  
7 b&w illustrations

Just as we can install apps on our electronic devices, we can install "mindapps" in our brain-mind complex to expand our mental powers and creative abilities. Roberts explores the many kinds of mindapps, including meditation and psychedelics, and shows how mindapps allow us to generate new ideas and ways of thinking.

**Audiobook available**



## Moksha

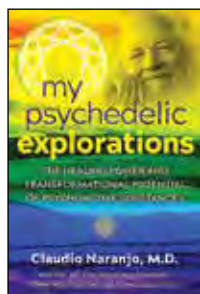
*Aldous Huxley's Classic Writings on Psychedelics and the Visionary Experience*

Aldous Huxley

Edited by Michael Horowitz and Cynthia Palmer

ISBN 978-0-89281-758-0  
\$17.99 (CAN \$22.50) pb  
304 pages, 5.38 x 8.25

*Moksha*, a Sanskrit word meaning "liberation," is a collection of the prophetic and visionary writings of Aldous Huxley. Included are selections from his acclaimed novels *Brave New World* and *Island*, envisioning the use of psychedelics as a stabilizing influence, and pieces from *The Doors of Perception* and *Heaven and Hell*, his famous works on consciousness expansion.



## My Psychedelic Explorations

*The Healing Power and Transformational Potential of Psychoactive Substances*

Claudio Naranjo, M.D.

ISBN 978-1-64411-058-4  
\$29.99 (CAN \$37.50) pb  
448 pages, 6 x 9  
8 b&w illustrations

In this autobiography, his final work, psychedelic research pioneer Claudio Naranjo, M.D. (1932–2019), shares his reflections on the spiritual aspects of psychedelics and the healing transformations they bring. He also shares previously unpublished interviews and research papers and offers his personal accounts of psychedelic experimentation.



## Dreaming Wide Awake

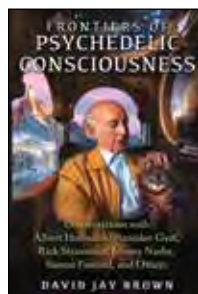
*Lucid Dreaming, Shamanic Healing, and Psychedelics*

David Jay Brown

ISBN 978-1-62055-489-0  
\$24.99 (CAN \$31.50) pb  
416 pages, 6 x 9  
24 b&w illustrations

With development and practice, lucid dreaming can provide a powerful path to greater awareness, heightened creativity and spiritual awakening. Author David Jay Brown draws on his interactions with experts such as Stanley Krippner, Rupert Sheldrake, Terence McKenna, and others to explore the relationship between lucid dreaming, shamanic journeying, visionary plants, and psychedelic drugs.

**Audiobook available**



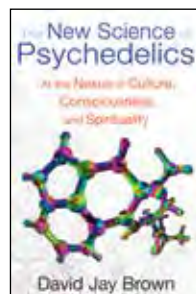
## Frontiers of Psychedelic Consciousness

*Conversations with Albert Hofmann, Stanislav Grof, Rick Strassman, Jeremy Narby, Simon Posford, and Others*

David Jay Brown

ISBN 978-1-62055-392-3  
\$18.95 (CAN \$22.95) pb  
288 pages, 6 x 9  
17 b&w illustrations

This collection of interviews explores the role of hallucinogens in the evolution of human consciousness. What is revealed is the potential of psychoactives to help us survive as a species, not only through their therapeutic benefits but also by ushering the user onto a path of spiritual evolution.



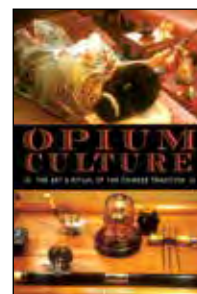
## The New Science of Psychedelics

*At the Nexus of Culture, Consciousness, and Spirituality*

David Jay Brown

ISBN 978-1-59477-492-8  
\$18.95 (CAN \$21.95) pb  
352 pages, 6 x 9

What does the future hold, and can psychedelics help take us there? David Jay Brown investigates the role of mind-altering drugs in lucid dreaming, time travel, pleasure enhancement, technological innovation, and the survival of consciousness after death. With their ability to ignite the evolution of consciousness, Brown finds that psychedelics have the capability to prepare humanity for a future of enlightened minds.



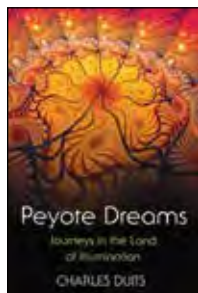
## Opium Culture

*The Art and Ritual of the Chinese Tradition*

Peter Lee

ISBN 978-1-59477-075-3  
\$19.99 (CAN \$23.99) pb  
256 pages, 6 x 9  
66 b&w illustrations

In *Opium Culture*, Peter Lee presents a fascinating narrative that covers every aspect of the art and craft of opium use. The text is studded with gems of long forgotten opium arcana, dispelling many of the persistent myths about opium and its users, and includes information on the suppression of opium by the modern pharmaceutical industry.



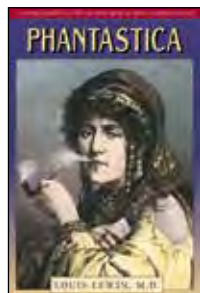
## Peyote Dreams

*Journeys in the Land of Illumination*

Charles Duit

ISBN 978-1-59477-449-2  
\$16.95 (CAN \$19.95) pb  
160 pages, 6 x 9

At the urging of one of his oldest friends, Charles Duit took peyote "like a man committing suicide," launching him on a journey of philosophical and spiritual revelation. In this little-known classic of drug literature, Duit offers a glimpse into the divine reality of which we are all a part, yet over which the structures of society cast a veil.



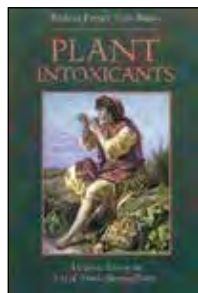
## Phantastica

*A Classic Survey on the Use and Abuse of Mind-Altering Plants*

Louis Lewin, M.D.

ISBN 978-0-89281-783-2  
\$16.95 (CAN \$19.95) pb  
304 pages, 6 x 9

The publication of this book in 1924 began the modern era of ethnobotany. Until *Phantastica*, books on the use of drugs were purely works of anthropology and did not address how the plants produced their famous effects. But Louis Lewin was fascinated by both, and *Phantastica* presented scientific insights and detailed information on all major drugs of the time.



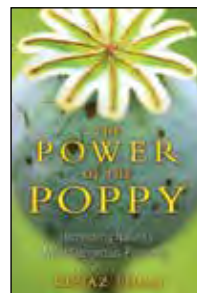
## Plant Intoxicants

*A Classic Text on the Use of Mind-Altering Plants*

Baron Ernst von Bibra

ISBN 978-0-89281-498-5  
\$16.95 (CAN \$19.95) pb  
288 pages, 6 x 9

This pioneering study of psychoactive plants and their role in society, initially published in 1855, is one of the first books to examine the cultivation, preparation, and consumption of the world's major stimulants and inebriants. It presents a fascinating panorama of the world-wide use of psychoactive plants in the nineteenth century.



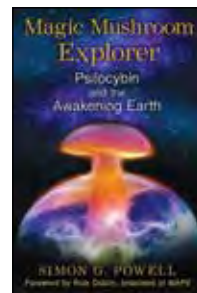
## The Power of the Poppy

*Harnessing Nature's Most Dangerous Plant Ally*

Kenaz Filan

ISBN 978-1-59477-399-0  
\$18.95 (CAN \$22.50) pb  
320 pages, 6 x 9

This book offers a sensible approach to the poppy that recognizes the plant as a living, sentient ally that can offer healing or harm and must be approached with respect. Profiles 11 famous users including William S. Burroughs and Lou Reed.



## Magic Mushroom Explorer

*Psilocybin and the Awakening Earth*

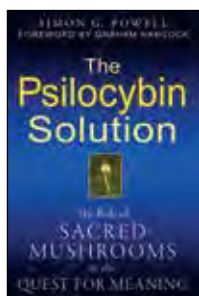
Simon G. Powell

Foreword by Rick Doblin

ISBN 978-1-62055-366-4  
\$18.95 (CAN \$22.95) pb  
288 pages, 6 x 9

Psilocybin is an invaluable natural resource for spiritually revivifying the human psyche and reconnecting us to the vast intelligence of Nature. This book reveals that the beings and otherworldly teachers common in psilocybin experiences are emissaries from our higher consciousness. It shows how the Earth's psychedelic medicines can bring the human race back from the brink of ecological and existential disaster.





## The Psilocybin Solution

*The Role of Sacred Mushrooms in the Quest for Meaning*

Simon G. Powell

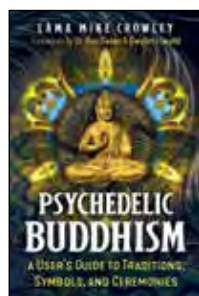
Foreword by Graham Hancock

ISBN 978-1-59477-405-8

\$18.95 (CAN \$22.95) pb

288 pages, 6 x 9

This book traces the history of the sacred mushroom, detailing how psilocybin can not only dispel anxiety and treat obsessive-compulsive disorder, but can restore our connection to the natural intelligence of Nature.



## Psychedelic Buddhism

*A User's Guide to Traditions, Symbols, and Ceremonies*

Lama Mike Crowley

Forewords by Dr. Ben Sessa and Gwyllim Llwydd

ISBN 978-1-64411-669-2

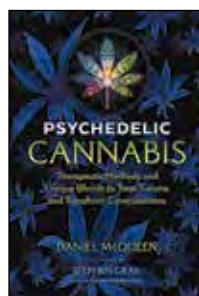
\$22.99 (CAN \$28.99) pb

328 pages, 6 x 9

Includes 8-page color insert and 34 b&w illustrations

Lama Mike Crowley presents techniques for Buddhists who wish to incorporate psychedelics into their practice, sharing the kind of spiritual experiences and benefits that can be gained through entheogen use. He also explores meditation techniques and guidance for psychonauts who are interested in the maps of inner space provided by Buddhism.

**Audiobook available**



## Psychedelic Cannabis

*Therapeutic Methods and Unique Blends to Treat Trauma and Transform Consciousness*

Daniel McQueen

Foreword by Stephen Gray

ISBN 978-1-64411-338-7

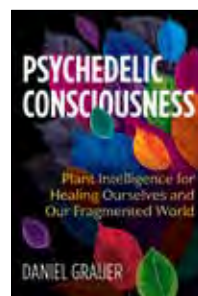
\$16.99 (CAN \$21.50) pb

240 pages, 6 x 9

8 b&w illustrations

This book explains how cannabis can be used to treat trauma and emotional pain, as a problem-solving tool, and for self-transformation and healing work. Includes methods to minimize the unwanted effects and details how to blend cannabis strains for specific experiences.

**Audiobook available**



## Psychedelic Consciousness

*Plant Intelligence for Healing Ourselves and Our Fragmented World*

Daniel Grauer

ISBN 978-1-64411-030-0

\$16.99 (CAN \$21.50) pb

224 pages, 6 x 9

Offering practical steps that we can take to heal ourselves and our fragmented world, Daniel Grauer explores the use of sacred tools and technologies, such as natural psychedelics, meditation, and yoga, to reestablish an ideology of unity, work in symbiotic harmony with the Earth, and restore our world as a sustainable and prosperous whole.

**Audiobook available**



## Psychedelic Cults and Outlaw Churches

*LSD, Cannabis, and Spiritual Sacraments in Underground America*

Mike Marinacci

ISBN 978-1-64411-707-1

\$24.99 (CAN \$31.50) pb

384 pages, 6 x 9

25 b&w illustrations

From LSD-powered guru Timothy Leary to cannabis-sex cults to psychedelic outlaw churches, Mike Marinacci explores prominent psychedelic religious groups and cults in depth. He examines the lives of their colorful leaders, the origins of their unorthodox beliefs, the controversial practices of their congregants, and their many conflicts with both law enforcement and public opinion.



## The Psychedelic Explorer's Guide

*Safe, Therapeutic, and Sacred Journeys*

James Fadiman, Ph.D.

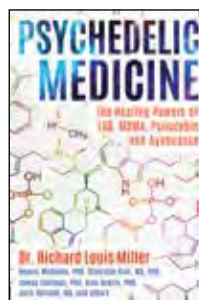
ISBN 978-1-59477-402-7

\$18.95 (CAN \$22.95) pb

352 pages, 6 x 9

This book, a review of the research into the psychotherapeutic value of visionary drugs, includes a guide to the use of psychedelics for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes.

**Audiobook available**



## Psychedelic Medicine

*The Healing Powers of LSD, MDMA, Psilocybin, and Ayahuasca*

Dr. Richard Louis Miller

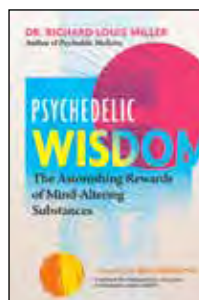
ISBN 978-1-62055-697-9

\$16.95 (CAN \$21.50) pb

256 pages, 6 x 9

Embracing the revival of psychedelic research and the discovery of new therapeutic uses, Dr. Richard Louis Miller discusses what is happening today in psychedelic medicine—and what will happen in the future—with top researchers in this field, including Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, and Dennis McKenna.

**Audiobook available**



## Psychedelic Wisdom

*The Astonishing Rewards of Mind-Altering Substances*

Dr. Richard Louis Miller

Foreword by Rick Doblin, Ph.D.

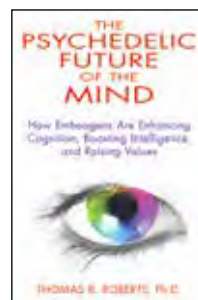
ISBN 978-1-64411-543-5

\$19.99 (CAN \$24.99) pb

384 pages, 6 x 9

Dr. Richard Louis Miller shares stories of psychedelic transformation, insight, and wisdom from his conversations with 19 scientists, doctors, therapists, and teachers, each of whom has been self-experimenting with psychedelic medicines, sub rosa, for decades. Includes contributions from Amanda Feilding, Dr. Allan Ajaya, Frederike Meckel Fisher, Tim Scully, Michael Randall, as well as many others.

**Audiobook available**



## The Psychedelic Future of the Mind

*How Entheogens Are Enhancing Cognition, Boosting Intelligence, and Raising Values*

Thomas B. Roberts, Ph.D.

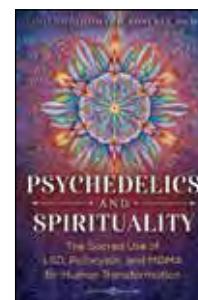
ISBN 978-1-59477-459-1

\$18.95 (CAN \$22.95) pb

288 pages, 6 x 9

10 b&w illustrations

The contributors to this book envision a future where we will seek psychedelic therapy not only for psychological reasons but also for personal growth, creative problem solving, improved brain function, and heightened spiritual awareness. Psychedelics can raise attitudes away from self-centeredness, strengthen feelings of meaningfulness, and help us understand the mind.



## Psychedelics and Spirituality

*The Sacred Use of LSD, Psilocybin, and MDMA for Human Transformation*

Edited by

Thomas B. Roberts, Ph.D.

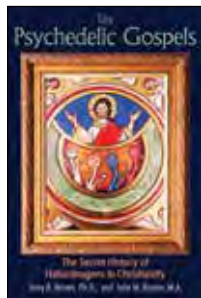
ISBN 978-1-64411-022-5

\$18.99 (CAN \$23.99) pb

320 pages, 6 x 9

More than 25 spiritual leaders, scientists, and visionaries examine how, through the guided use of psychedelics, we can return to the direct spiritual experience at the basis of all religions. With contributions by Albert Hofmann, Huston Smith, Stanislav Grof, Alexander "Sasha" Shulgin, Brother David Steindl-Rast, and many others.





## The Psychedelic Gospels

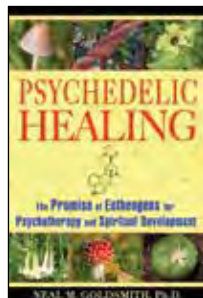
*The Secret History of Hallucinogens in Christianity*

Jerry B. Brown, Ph.D., and Julie M. Brown, M.A.

ISBN 978-1-62055-502-6  
\$19.95 (CAN \$23.95) pb

288 pages, 6 x 9  
Includes 16-page color insert and 30 b&w illustrations

Providing stunning visual evidence from their anthropological journey throughout Europe and the Middle East, including visits to Roslyn Chapel and Chartres Cathedral, authors Julie and Jerry Brown document the role of visionary plants in Christianity. This controversial theory challenges us to explore these sacred pathways to the divine.



## Psychedelic Healing

*The Promise of Entheogens for Psychotherapy and Spiritual Development*

Neal M. Goldsmith, Ph.D.

ISBN 978-1-59477-250-4  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9  
10 b&w illustrations

Through clinical trials, entheogens have been found to cure deep-seated emotional disturbances. Neal Goldsmith shows that this curative power comes not from a chemical effect on the body but by triggering a peak or spiritual experience.



## Psychedelic Mysteries of the Feminine

*Creativity, Ecstasy, and Healing*

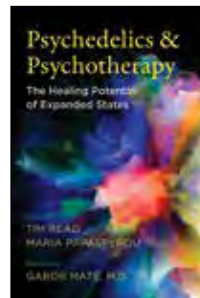
Edited by Maria Papaspyrou, Chiara Baldini, and David Luke

Foreword by Allyson Grey

ISBN 978-1-62055-802-7  
\$19.99 (CAN \$24.99) pb  
368 pages, 6 x 9  
Includes 16-page color insert

Exploring the connection between feminine consciousness and altered states, the contributors investigate the feminine qualities of the psychedelic self, including shamanism, how altered states tap into the female archetype, and embodied paths to ecstasy.

**Audiobook available**



## Psychedelics and Psychotherapy

*The Healing Potential of Expanded States*

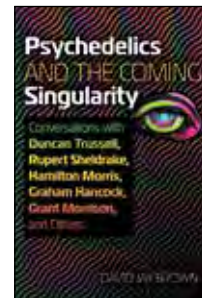
Edited by Tim Read and Maria Papaspyrou

Foreword by Gabor Maté, M.D.

ISBN 978-1-64411-332-5  
\$24.99 (CAN \$31.50) pb  
424 pages, 6 x 9  
Includes 8-page color insert

Sharing practical experiences and insights from both elders and newer research voices in the psychedelic research and clinical communities, this book examines new approaches for healing individual and collective trauma with psychedelics as well as the therapeutic potential of expanded states of consciousness.

**Audiobook available**



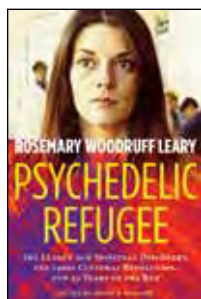
## New—June 2024 Psychedelics and the Coming Singularity

*Conversations with Duncan Trussell, Rupert Sheldrake, Hamilton Morris, Graham Hancock, Grant Morrison, and Others*

David Jay Brown

ISBN 978-1-64411-798-9  
\$29.99 (CAN \$37.50) pb  
400 pages, 6 x 9  
62 b&w illustrations

In a series of conversations with Duncan Trussell, Graham Hancock, Grant Morrison, Hamilton Morris, Erik Davis, Julia Mossbridge, Rupert Sheldrake, and others, author David Jay Brown elicits answers to some of the most thought-provoking questions about our origins, ecological consciousness, the potential of psychedelics, and the future of humanity and the Earth.



## Psychedelic Refugee

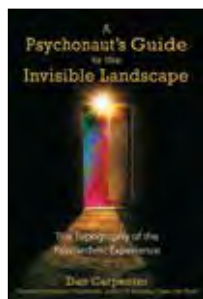
*The League for Spiritual Discovery, the 1960s Cultural Revolution, and 23 Years on the Run*

Rosemary Woodruff Leary  
Edited by David F. Phillips

ISBN 978-1-64411-180-2  
\$19.99 (CAN \$24.99) pb  
352 pages, 6 x 9  
16 b&w illustrations

In this memoir Rosemary Woodruff Leary (1935–2002) describes her life as an early psychedelic pioneer and her decades as a fugitive abroad and in America. She recalls her imprisonment for contempt of court, her LSD trips, the Millbrook raid, and time in exile with Timothy Leary following his escape from a California prison.

**Audiobook available**



## A Psychonaut's Guide to the Invisible Landscape

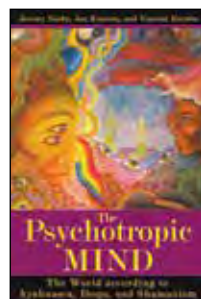
*The Topography of the Psychedelic Experience*

Dan Carpenter

Foreword by Daniel Pinchbeck

ISBN 978-1-59477-090-6  
\$14.99 (CAN \$17.99) pb  
128 pages, 6 x 9

Into territory where expression is like chaos theory, where oddly symmetrical order manifests out of the seemingly anarchic swirl of images and events, the author ventures with the mind-set of a naturalist. What emerges is an objective landscape that embodies the Other and that represents a conscious state in which the barriers between self and not-self dissolve.



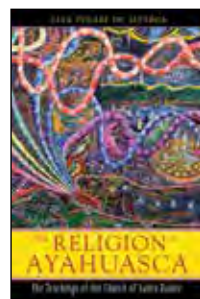
## The Psychotropic Mind

*The World according to Ayahuasca, Iboga, and Shamanism*

Jeremy Narby, Jan Kounen, and Vincent Ravalec

ISBN 978-1-59477-312-9  
\$16.95 (CAN \$19.95) pb  
192 pages, 6 x 9

This book examines plant-centered shamanic practices, including initiations, hallucinogens, and altered states of consciousness. It discusses both the benefits and dangers that await those who seek to travel this ancient path.



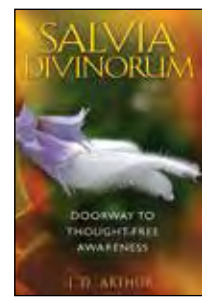
## The Religion of Ayahuasca

*The Teachings of the Church of Santo Daime*

Alex Polari de Alverga

ISBN 978-1-59477-398-3  
\$19.99 (CAN \$23.99) pb  
296 pages, 6 x 9  
Includes 8-page b&w insert

The Santo Daime religion is a synthesis of Christianity and Amazonian spirituality whose practices include the sacred use of ayahuasca. *The Religion of Ayahuasca* is a first-hand account of the genesis and spread of this important religious tradition.



## Salvia Divinorum

*Doorway to Thought-Free Awareness*

J. D. Arthur

ISBN 978-1-59477-347-1  
\$14.95 (CAN \$17.95) pb  
144 pages, 6 x 9

A member of the Mint family, *Salvia divinorum* opens a doorway to a unique state of thought-free awareness. This book offers a detailed experiential analysis for those wishing to explore salvia in their quest for higher knowledge.





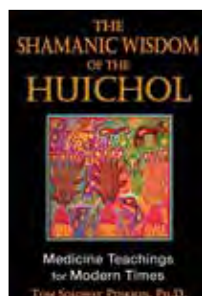
## The Seven Sisters of Sleep

*The Celebrated Drug Classic*

Mordecai Cooke

ISBN 978-0-89281-748-1  
\$19.99 (CAN \$23.99) pb  
304 pages, 6 x 9

This groundbreaking book, written in 1860, is a radically open-minded look at the use of drugs across the world and throughout the ages. Quite popular in its day and a major influence on Lewis Carroll's *Alice in Wonderland*, this is an important work for anyone interested in an unbiased account of humanity's long involvement with psychoactive, hallucinogenic, and stimulant plants.



## The Shamanic Wisdom of the Huichol

*Medicine Teachings for Modern Times*

Tom Soloway Pinkson, Ph.D.

ISBN 978-1-59477-349-5  
\$19.99 (CAN \$23.99) pb  
304 pages, 6 x 9  
56 b&w illustrations

The Huichol tribes of the Sierra Madre in Mexico have thoroughly retained their ancient way of life. Their shamanic spiritual practices focus on living life in harmony with all things and offer a path to healing both on a personal and a planetary level.



## Sisters of the Extreme

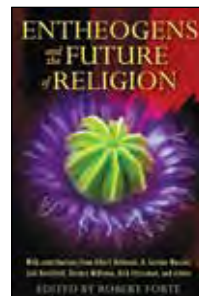
*Women Writing on the Drug Experience:*

Charlotte Brontë, Louisa May Alcott, Anais Nin, Maya Angelou, Billie Holiday, Nina Hagen, Diane di Prima, Carrie Fisher, and Many Others

Edited by Cynthia Palmer and Michael Horowitz

ISBN 978-0-89281-757-3  
\$29.99 (CAN \$37.50) pb  
328 pages, 8 x 10  
154 b&w illustrations

Here are the eloquent writings of women who experimented with drugs. Sometimes their quests brought unexpected rewards, sometimes suffering. The selections in this anthology show that the psychedelic experiences of women have been anything but stereotypical.

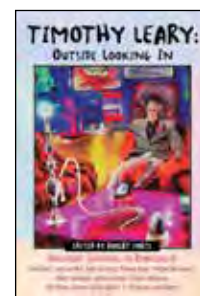


## Entheogens and the Future of Religion

Edited by Robert Forte

ISBN 978-1-59477-438-6  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9

This book examines ancient and modern uses of psychedelic drugs, calling for the safe and legal availability of entheogens for spiritual seekers. Includes contributions by Albert Hofmann, Terence McKenna, Rick Strassman, R. Gordon Wasson, and Jack Kornfield.



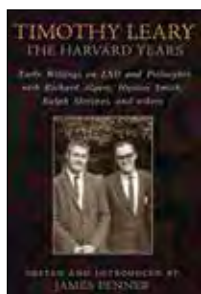
## Timothy Leary: Outside Looking In

*Appreciations, Castigations, and Reminiscences by Ram Dass, Andrew Weil, Allen Ginsberg, Winona Ryder, William Burroughs, Albert Hofmann, Aldous Huxley, Terence McKenna, Ken Kesey, Huston Smith, Hunter S. Thompson, and Others*

Edited by Robert Forte

ISBN 978-0-89281-786-3  
\$19.99 (CAN \$23.99) pb  
352 pages, 6 x 9  
19 b&w photographs

A memorial volume to one of this century's most colorful and pioneering figures in the consciousness movement, providing a comprehensive view of the man and his impact on American culture.



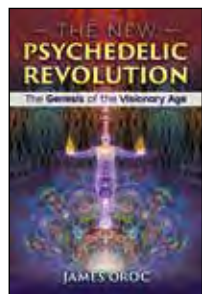
## Timothy Leary: The Harvard Years

*Early Writings on LSD and Psilocybin with Richard Alpert, Huston Smith, Ralph Metzner, and others*

Edited and Introduced by James Penner

ISBN 978-1-62055-235-3  
\$26.99 (CAN \$33.99) pb  
416 pages, 6 x 9

This collection of Leary's writings is from the research phase of his career, 1960 to 1965, a period that included his dismissal from Harvard University's Psychology Department. It includes his scientific articles, a rare account of his therapeutic approach, his final essay from his time at Harvard, "The Politics of Consciousness," and controversial articles published after his dismissal.



## The New Psychedelic Revolution

*The Genesis of the Visionary Age*

James Oroc

ISBN 978-1-62055-662-7  
\$19.95 (CAN \$24.95) pb  
480 pages, 6 x 9

Speaking from the forefront of the new psychedelic revolution, James Oroc explores 21st-century psychedelic culture through the work of Alexander "Sasha" Shulgin, Terence McKenna, and Alex Grey. He also investigates microdosing, the psy-trance festival experience, the history of Visionary Art, and the practical role of entheogens in our modern world.



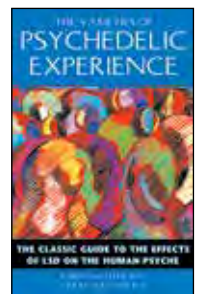
## Tryptamine Palace

*5-MeO-DMT and the Sonoran Desert Toad*

James Oroc

ISBN 978-1-59477-299-3  
\$21.95 (CAN \$25.95) pb  
384 pages, 6 x 9

A journey from Burning Man to the Akashic Field revealing how the natural psychedelic 5-MeO-DMT triggers the human capacity for higher knowledge through direct contact with the zero-point field. The author explains a new connection between ancient shamanic wisdom and modern physics.



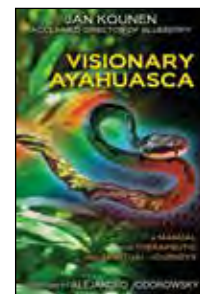
## The Varieties of Psychedelic Experience

*The Classic Guide to the Effects of LSD on the Human Psyche*

Robert Masters, Ph.D., and Jean Houston, Ph.D.

ISBN 978-0-89281-897-6  
\$19.95 (CAN \$23.95) pb  
336 pages, 5.25 x 8.25

This pioneering work on the effects of LSD is unique for the light it sheds on the possibilities and the limitations of psychedelic drugs. First published in 1966, *The Varieties of Psychedelic Experience* was heralded as a revolution in the study of the mind, and now provides a welcome counterpoint to the current hysteria surrounding this topic.



## Visionary Ayahuasca

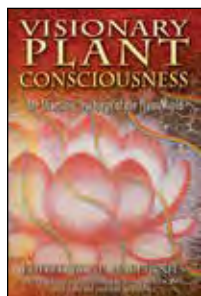
*A Manual for Therapeutic and Spiritual Journeys*

Jan Kounen

Foreword by Alejandro Jodorowsky

ISBN 978-1-62055-345-9  
\$18.95 (CAN \$22.95) pb  
272 pages, 6 x 9  
6 b&w illustrations

Over multiple trips to the Peruvian Amazon, filmmaker Jan Kounen was transformed from curious explorer to experienced *ayahuasquero*. This book, part memoir and part guide on what to expect and how to prepare, would be an excellent first step prior to committing to the journey with ayahuasca.



### Visionary Plant Consciousness

*The Shamanic Teachings of the Plant World*

Edited by J. P. Harpignies

ISBN 978-1-59477-147-7

\$16.95 (CAN \$19.95) pb

224 pages, 6 x 9

Visionary plants have long served indigenous peoples and their shamans as enhancers of perception, thinking, and healing. Twenty-three leading ethnobotanists, anthropologists, medical researchers, and cultural and religious figures explore the relevance of plant-induced visions to humanity's environmental crisis. They reveal how psychoactive plants allow nature's "voice" to speak to humans and what this communication means for our future.



### LSD—The Wonder Child

*The Golden Age of Psychedelic Research in the 1950s*

Thomas Hatsis

Foreword by Martin Lee

ISBN 978-1-64411-256-4

\$19.99 (CAN \$24.99) pb

352 pages, 6 x 9

Exploring the initial stages of psychedelic study in Europe and America, Thomas Hatsis details the experimentation of different groups—from research labs to the military to bohemian art circles—who were seeking how best to utilize LSD and other promising psychedelics like mescaline.

[Audiobook available](#)



### Psychedelic Mystery Traditions

*Spirit Plants, Magical Practices, and Ecstatic States*

Thomas Hatsis

Foreword by Stephen Gray

ISBN 978-1-62055-800-3

\$19.99 (CAN \$24.99) pb

288 pages, 6 x 9

9 b&w illustrations  
Psychedelics have been an integral part of the human experience since Neolithic times. Hatsis describes how different peoples in the Western world, including ancient priestesses, Christian Gnostics, alchemists, wise-women, and Victorian magicians, utilized sacred psychedelic plants and entheogens for divination, sex magic, communication with gods, and more.

[Audiobook available](#)



### The Witches' Ointment

*The Secret History of Psychedelic Magic*

Thomas Hatsis

ISBN 978-1-62055-473-9

\$19.95 (CAN \$23.95) pb

304 pages, 6 x 9

In the medieval period preparations with hallucinogenic herbs were part of folk remedies but the Church demonized these practices creating the classical "witch" stereotype and what history has called the "witches' ointment." This book presents dozens of these psychoactive formulas gleaned from rare manuscripts all over the world including spells, love potions, and herbal preparations.

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### Advanced Sex Magic

*The Hanging Mystery Initiation*

Maria de Naglowska

Translated from the original French with an Introduction and Notes by Donald Traxler

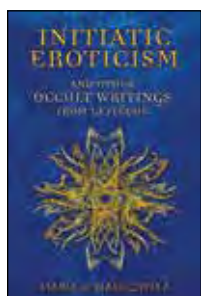
ISBN 978-1-59477-416-4

\$16.95 (CAN \$19.95) pb

144 pages, 6 x 9

8 b&w illustrations

*Advanced Sex Magic* reveals the ritual hanging practice and other erotic sensory deprivation exercises. Naglowska's religious system considered the Holy Spirit to be feminine and taught the importance of sex for the regeneration of the world and the uplifting of humanity.



### Initiatic Eroticism

*and Other Occult Writings from La Flèche*

Maria de Naglowska

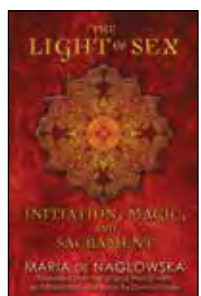
Translated from the original French with an Introduction and Notes by Donald Traxler

ISBN 978-1-59477-479-9

\$19.95 (CAN \$23.95) pb

256 pages, 6 x 9

Between 1930 and 1935, Maria de Naglowska—the self-styled "Satanic Woman" of 1930s Paris—published 20 issues of her occult newspaper, *La Flèche*, which she sold on the streets of Montparnasse and by mail order. Available for the first time in English, this book is a complete anthology of the articles from all 20 issues.



### The Light of Sex

*Initiation, Magic, and Sacrament*

Maria de Naglowska

Translated from the original French with an Introduction and Notes by Donald Traxler

Foreword by Hans Thomas Hakl

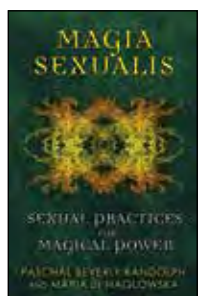
ISBN 978-1-59477-415-7

\$16.95 (CAN \$19.95) pb

144 pages, 6 x 9

8 b&w illustrations

The first English translation of Maria de Naglowska's essential treatise on the spiritually transformative power of sex. It reveals mystic sexual practices that can bring about a reconciliation of the light and dark forces in nature through the union of the masculine and feminine.



### Magia Sexualis

*Sexual Practices for Magical Power*

Paschal Beverly Randolph and Maria de Naglowska

Translated from the French with an Introduction and Notes by Donald Traxler

ISBN 978-1-59477-418-8

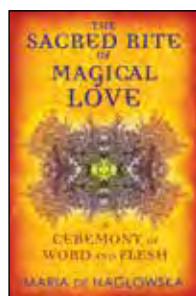
\$16.95 (CAN \$19.95)

Paper with French flaps

192 pages, 6 x 9

14 b&w illustrations

*Magia Sexualis* lays out Paschal Beverly Randolph's science of sex magic as practiced by the Brotherhood of Eulis and the Hermetic Brotherhood of Light. It explains in detail how to perform these esoteric sexual rituals and includes exercises to develop essential magical skills.



### The Sacred Rite of Magical Love

*A Ceremony of Word and Flesh*

Maria de Naglowska

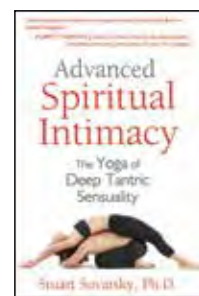
Translated from the original French with an Introduction and Notes by Donald Traxler

ISBN 978-1-59477-417-1

\$16.95 (CAN \$19.95) pb

144 pages, 6 x 9

A natural continuation of Russian esoteric priestess Maria de Naglowska's work in *The Light of Sex* and *Advanced Sex Magic*, this mystical, sexually magical novella is now available for the first time in English.



### Advanced Spiritual Intimacy

*The Yoga of Deep Tantric Sensuality*

Stuart Sovatsky, Ph.D.

ISBN 978-1-62055-264-3

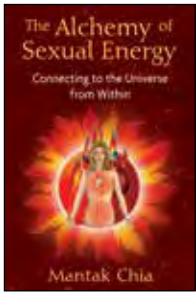
\$19.99 (CAN \$24.99) pb

304 pages, 6 x 9

54 b&w illustrations

There are advanced stages of kundalini awakening that present an opportunity for practitioners to experience a spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of conventional sexuality. This book presents practices that harness the divine energy of the ars erotica and transform the sexual impulse into transcendent spiritual fulfillment.





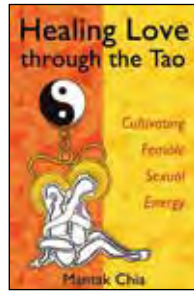
### The Alchemy of Sexual Energy

*Connecting to the Universe from Within*

Mantak Chia

ISBN 978-1-59477-139-2  
\$18.95 (CAN \$22.95) pb  
224 pages, 6 x 9  
376 color and b&w illustrations

Mantak Chia presents Taoist practices for transforming sexual energy into self-healing energy and storing it in the organs. The practitioner combines mind power with the chi to draw cosmic energy into the body, which can then be used for healing.



### Healing Love through the Tao

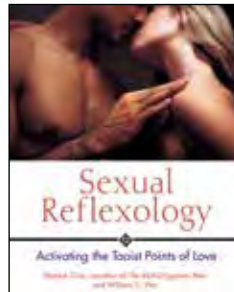
*Cultivating Female Sexual Energy*

Mantak Chia

ISBN 978-1-59477-068-5  
\$16.95 (CAN \$19.95) pb  
288 pages, 6 x 9  
147 b&w illustrations

For thousands of years the sexual principles and techniques presented in this book were taught by Taoist masters secretly in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. Mantak Chia teaches powerful techniques to revitalize women's physical, mental, and spiritual well-being.

**Audiobook available**



### Sexual Reflexology

*Activating the Taoist Points of Love*

Mantak Chia and William U. Wei

ISBN 978-0-89281-088-8  
\$19.99 (CAN \$24.99) pb  
208 pages, 8 x 10  
214 b&w illustrations

The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in *Sexual Reflexology* Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure.



### Taoist Foreplay

*Love Meridians and Pressure Points*

Mantak Chia and Kris Deva North

ISBN 978-1-59477-188-0  
\$19.99 (CAN \$23.99) pb  
176 pages, 6 x 9  
453 color and b&w illustrations

Using easy-to-follow illustrations, *Taoist Foreplay* guides lovers through simple acupressure massage routines, showing how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love.



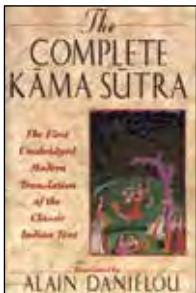
### Carnal Alchemy

*Sado-Magical Techniques for Pleasure, Pain, and Self-Transformation*

Stephen E. Flowers, Ph.D., and Crystal Dawn Flowers

ISBN 978-1-62055-109-7  
\$16.95 (CAN \$19.95) pb  
160 pages, 6 x 9  
9 b&w illustrations

Magicians throughout history have used physical stimulation, both pleasure and pain, to harness sexual energy and unlock inner states of consciousness. This manual of Carnal Alchemy is a powerful tool for self-transformation, describing sadomasochistic practice from both the perspective of the submissive partner as well as the dominant.



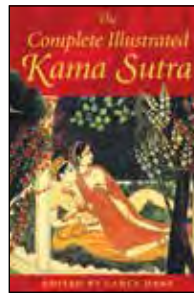
### The Complete Kama Sutra

*The First Unabridged Modern Translation of the Classic Indian Text*

Translated by Alain Daniélou

ISBN 978-0-89281-525-8  
\$21.99 (CAN \$27.50) pb  
576 pages, 6 x 9  
ISBN 978-0-89281-492-3  
\$29.95 (CAN \$35.95) hardcover

The oldest and most widely read guide to the pleasures of sexuality, the *Kama Sutra* deals with all aspects of sexual life, and was compiled from texts dating to the fourth century B.C. In contrast to the only previously available version, Alain Daniélou's new translation preserves the full explicitness of the original.

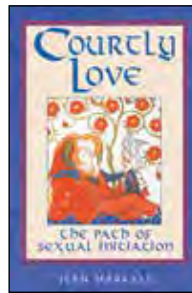


### The Complete Illustrated Kama Sutra

Edited by Lance Dane

ISBN 978-0-89281-138-0  
\$25.00 (CAN \$30.00) hardcover  
320 pages, 6.5 x 9.25  
269 color illustrations

Written almost 2,000 years ago, the *Kama Sutra* deals with all aspects of sexual life, and how to best achieve ecstatic expression of life's beauty. Augmented with 269 illustrations and works of art gathered from museums and collections around the world, the result is a dazzling and sensuous reading experience through which the teachings of the *Kama Sutra* spring to life.



### Courtly Love

*The Path of Sexual Initiation*

Jean Markale

ISBN 978-0-89281-771-9  
\$19.99 (CAN \$24.99) pb  
248 pages, 6 x 9

Jean Markale shows that the roots of the ritual of courtly love re-created here go all the way back to the great mother goddess. In addition, the platonic nature attributed to these relationships is based on a misunderstanding of courtly love; underneath the refined poetry of the troubadours' verses flourished a system of sexual initiation that rivaled Indian Tantra.



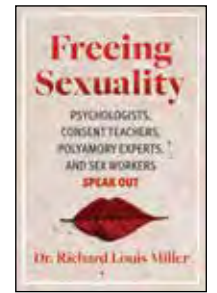
### Desire

*The Tantric Path to Awakening*

Daniel Odier

ISBN 978-0-89281-858-7  
\$14.95 (CAN \$17.95) pb  
192 pages, 5.38 x 8.25

Nothing can match the explosive energy created in the body by pure desire. Exploring the subtle techniques of Tantra that enable the seeker to attain the triple mastery of the breath, thought, and the natural processes of the body, *Desire* reveals many of the secret practices that have been passed down in the major Tantric treatises.



**New—Available**

### Freeing Sexuality

*Psychologists, Consent Teachers, Polyamory Experts, and Sex Workers Speak Out*

Dr. Richard Louis Miller

ISBN 978-1-64411-541-1  
\$24.99 (CAN \$31.50) pb  
416 pages, 6 x 9

Examining sexual customs, practices, and identities from a wide variety of perspectives, Dr. Richard Louis Miller shares his fascinating interviews with 20 experts including clinical psychologist Lonnie Barbach, sex therapist Stella Resnick, and Norma Jean Almadovar, former LA policewoman and current president of the prostitutes' union COYOTE.

**Audiobook available**



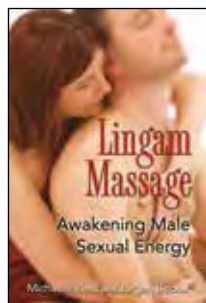
## The Great Work of the Flesh

*Sexual Magic East and West*

Sarane Alexandrian

ISBN 978-1-62055-378-7  
\$18.99 (CAN \$23.99) pb  
240 pages, 6 x 9

Magic, almost in its entirety, is connected to sexuality. This book examines the sacred sexuality that arose in the West in the late 19th and early 20th centuries including P. B. Randolph's white sexual magic, the black sexual magic of Aleister Crowley, the practices of Austin Osman Spare, Julius Evola, Maria de Naglowska, and Margot Anand, and the sexual rituals of Wicca.



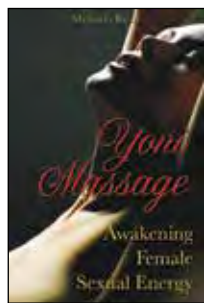
## Lingam Massage

*Awakening Male Sexual Energy*

Michaela Riedl and Jürgen Becker

ISBN 978-1-59477-314-3  
\$18.99 (CAN \$22.99) pb  
224 pages, 6 x 9  
135 b&w illustrations

Lingam massage draws on tantric and taoist practices for conserving and cultivating sexual energy. It provides the deep relaxation that supports sustained erection and longer orgasm and energizes the perineum and prostate gland.



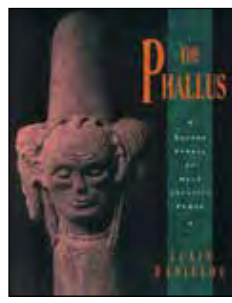
## Yoni Massage

*Awakening Female Sexual Energy*

Michaela Riedl

ISBN 978-1-59477-274-0  
\$16.95 (CAN \$19.95) pb  
176 pages, 6 x 9  
135 b&w illustrations

The tantric practices in *Yoni Massage* will help women overcome inhibitions about sexuality that have prevented them from fully expressing themselves. Overcoming these barriers allows women to reconnect to their innermost core and deepest feminine nature, while awakening sensual, emotional and spiritual energies.



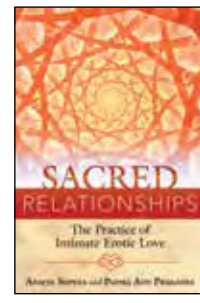
## The Phallus

*Sacred Symbol of Male Creative Power*

Alain Daniélou

ISBN 978-0-89281-556-2  
\$19.95 (CAN \$23.95) pb  
128 pages, 8 x 10  
85 color and b&w illustrations

Alain Daniélou here unveils the religious impulse underlying art that at first glance seems to have no purpose beyond the erotic. Illustrated throughout with photographs and line drawings of European and Indian art, *The Phallus* celebrates the expression of the masculine in the religious traditions of East and West.



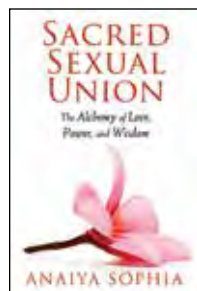
## Sacred Relationships

*The Practice of Intimate Erotic Love*

Anaiya Sophia and Padma Aon Prakasha

ISBN 978-1-62055-549-1  
\$18.95 (CAN \$23.95) pb  
320 pages, 6 x 9  
12 b&w illustrations

This workbook explains how to reactivate your primal sexual expression, ignite the process of Sacred Marriage, and connect the Divine Feminine and Masculine energies within each of us. The authors offer exercises to deepen your connection with the Divine and develop a loving connection with yourself, with your partner, and with the world around.



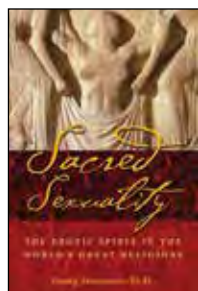
## Sacred Sexual Union

*The Alchemy of Love, Power, and Wisdom*

Anaiya Sophia

ISBN 978-1-62055-007-6  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9  
19 b&w illustrations

Jesus and Mary Magdalene, Rumi and Shams, King Solomon and the Queen of Sheba, Isis and Osiris—in these sacred unions we recognize the merging not only of Twin Souls but also of lovers united with the Divine. This complete reunification with your Twin Soul and God, is a potent, living spiritual path enabling two beloveds to experience the primordial state of creation as one soul blessed by the Divine Light and Love of their Creator.



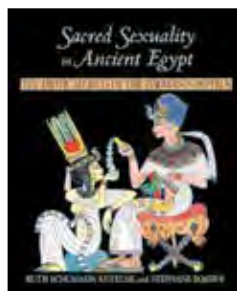
## Sacred Sexuality

*The Erotic Spirit in the World's Great Religions*

Georg Feuerstein, Ph.D.

ISBN 978-0-89281-126-7  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9  
12 b&w illustrations

This book examines the history of sexuality as a sacramental act. Georg Feuerstein instructs that the fulfillment we long for in our sex lives can be attained when we explore the spiritual depths of our erotic natures. Feuerstein delves into a wide variety of spiritual traditions and reveals that all of these great teachings share the hidden message that spirituality is, in essence, erotic and that sexuality is inherently spiritual.



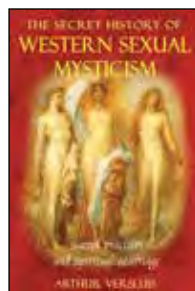
## Sacred Sexuality in Ancient Egypt

*The Erotic Secrets of the Forbidden Papyrus*

Ruth Schumann Antelme and Stéphane Rossini

ISBN 978-0-89281-863-1  
\$24.95 (CAN \$36.50) pb  
264 pages, 8 x 10  
283 b&w and 24 Full-color images

In this book, the first to fully explore Egyptian sexual philosophy and practices, Egyptologist Ruth Schumann Antelme provides us with a new view of the sexual life of the ancient Egyptians. Richly illustrated throughout, *Sacred Sexuality in Ancient Egypt* explains the symbolism of the erotic scenes illustrating the Turin Papyrus, which have long been kept from public view.



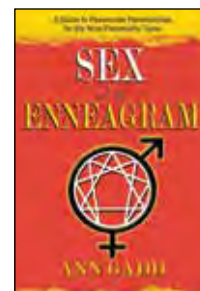
## The Secret History of Western Sexual Mysticism

*Sacred Practices and Spiritual Marriage*

Arthur Versluis

ISBN 978-1-59477-212-2  
\$18.99 (CAN \$23.99) pb  
176 pages, 6 x 9  
18 b&w illustrations

This book reveals the history of Western sexual mysticism including the secret sexual practices used to achieve mystical union with God. It details the sects and individuals who transmitted the radical sexual practices which orthodox Christianity never completely silenced.



## Sex and the Enneagram

*A Guide to Passionate Relationships for the 9 Personality Types*

Ann Gadd

ISBN 978-1-62055-883-6  
\$17.99 (CAN \$22.50) pb  
272 pages, 6 x 9

Ann Gadd explores relationships and sex through the lens of the Enneagram, its nine personality types, and the subtypes of the wings and Instinctual Triads. She provides a full chapter devoted to each type, exploring their approaches to sex, intimacy, dating, relationships, and fantasies, as well as what can block each type's sexual enjoyment.

**Audiobook available**





### Sex and the Intelligence of the Heart

*Nature, Intimacy, and Sexual Energy*

Julie McIntyre

ISBN 978-1-59477-397-6  
\$23.99 (CAN \$29.99) pb  
352 pages, 6 x 9

Julie McIntyre examines the sacred relationship between sexuality and the Earth. She reveals how to create deep and lasting intimacy by recapturing a wild, spontaneous, natural sexuality, becoming vulnerable and open with our lover, and thus truly intimate.



### Sex Magicians

*The Lives and Spiritual Practices of Paschal Beverly Randolph, Aleister Crowley, Jack Parsons, Marjorie Cameron, Anton LaVey, and Others*

Michael William West  
Foreword by Hannah Haddix

ISBN 978-1-64411-163-5  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9

Offering a fascinating introduction to the practice of sex magic in the Western esoteric tradition, West explores the lives and practices of 12 influential practitioners of sex magic from the 19th century to the present day.

[Audiobook available](#)



### Sex Mudras

*Energy Movement Exercises for Sexual Vitality*

Serge Villecroix

ISBN 978-1-62055-003-8  
\$14.95 (CAN \$17.95) pb  
128 pages, 6 x 9

Mudras have been used for thousands of years in Hinduism and Buddhism to channel the movement of energy in the body. Mudras for sexual vitality can tone the genitals, increase libido, and enhance pleasure. This book reveals mudras that can help men reach orgasm without ejaculation, harmonize male and female energies, and help overcome sexual problems caused by tobacco, drugs, and alcohol.



### Sex Shamans

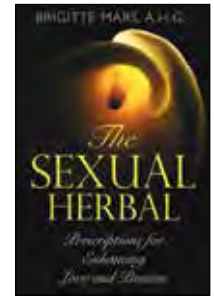
*True Stories of Sacred Sexuality and Awakening*

Edited by Kamala Devi McClure

ISBN 978-1-62055-921-5  
\$19.99 (CAN \$24.99) pb  
352 pages, 6 x 9  
27 b&w illustrations

Designed to guide the reader on a journey into their own sacred sexual awakening, this book shares true stories of sexual awakening from 20 visionary pioneers in the sexual shamanism movement. The stories reveal intimate details from these sex shamans' journeys and each is accompanied by an in-depth embodiment exercise with step-by-step instructions.

[Audiobook available](#)



### The Sexual Herbal

*Prescriptions for Enhancing Love and Passion*

Brigitte Mars, A.H.G.

ISBN 978-1-59477-286-3  
\$29.99 (CAN \$37.50) pb  
512 pages, 6 x 9  
18 b&w illustrations

*The Sexual Herbal* offers a complete catalog of herbal, homeopathic, and holistic remedies for maintaining healthy love relationships and naturally treating sexual dysfunctions, including how to use aromatherapy, aphrodisiacs, and bedroom feng shui to enhance intimacy.



### The Sexual Practices of Quodoushka

*Teachings from the Nagual Tradition*

Amara Charles

ISBN 978-1-59477-357-0  
\$18.95 (CAN \$22.00) pb  
320 pages, 6 x 9  
57 b&w illustrations

[Also available in Spanish \(see page 220\)](#)

Based on ancient Mayan, Olmec, and Toltec teachings passed down by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, Quodoushka offers practical guidance on sex, intimacy, and relationships that bring the sacred back into lovemaking.

[Audiobook available](#)



### Sexual Secrets: Twentieth Anniversary Edition

*The Alchemy of Ecstasy*

Nik Douglas  
and Penny Slinger

ISBN 978-0-89281-805-1  
\$40.00 (CAN \$48.00) pb  
352 pages, 8.5 x 11  
199 color and 401 b&w illustrations

[First Edition also available in Spanish \(see page 221\)](#)

Revised and redesigned in full-color, the #1 bestselling book on sex and mysticism covers the philosophy, psychology, art, theory, and practice of Eastern sexuality.



### The Sexual Teachings of the Jade Dragon

*Taoist Methods for Male Sexual Revitalization*

Hsi Lai

ISBN 978-0-89281-963-8  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9  
9 b&w illustrations

A companion guide to *The Sexual Teachings of the White Tigress*, this book reveals how the sexual practices of the Taoist Jade Dragon can help men achieve "immortality" through the enhancement of their sexual prowess.



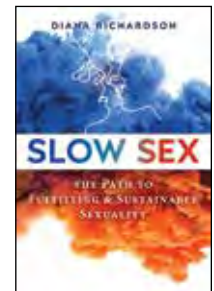
### The Sexual Teachings of the White Tigress

*Secrets of the Female Taoist Masters*

Hsi Lai

ISBN 978-0-89281-868-6  
\$19.95 (CAN \$24.00) pb  
280 pages, 5.88 x 9

Unlike other Taoist texts, *The Sexual Teachings of the White Tigress* presents traditions that focus on women, traditions that stem from a long line of courtesans and female Taoists. Translations of the ancient teachings from a rare White Tigress manual dating back 3,000 years explain the sexual and spiritual refinement of the Three Treasures of Taoism and the secret to unlocking eternal youthfulness and immortality.



### Slow Sex

*The Path to Fulfilling and Sustainable Sexuality*

Diana Richardson

ISBN 978-1-59477-367-9  
\$14.95 (CAN \$17.95) pb  
176 pages 6 x 9  
14 b&w illustrations

With an emphasis on coolness rather than heat, this book offers a step-by-step guide for committed couples to transform sex into a meditative, loving union of complementary energies, and make intimacy a vehicle to achieve higher consciousness.

[Audiobook available](#)



## Tantric Orgasm for Women

Diana Richardson

ISBN 978-0-89281-133-5  
\$14.95 (CAN \$17.95) pb  
224 pages, 6 x 9  
41 b&w illustrations

Exploring Tantra from the female perspective, Diana Richardson reveals the critical role of receptive feminine energy. Her 20 years of tantric research provides an understanding of how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and avoid adopting conventional ideas about what should be satisfying to them.

**Audiobook available**



## Tantric Sex for Men *Making Love a Meditation*

Diana Richardson and Michael Richardson

ISBN 978-1-59477-311-2  
\$16.95 (CAN \$19.95) pb  
176 pages, 6 x 9  
13 b&w illustrations

Using the tantric guidelines they have practiced for more than 25 years, Diana and Michael Richardson show men how to move beyond preconceptions of sex as a goal-oriented—and often stressful—even so they can relax into sex as a meditative union of complementary energies.

**Audiobook available**

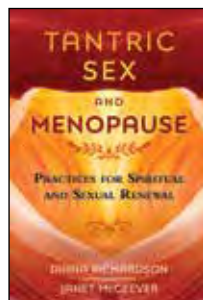


## New—Available Tantric Sex for Lovers

Diana Richardson and Michael Richardson

ISBN 978-1-64411-956-3  
\$50.00 (CAN \$62.50)  
Three paperback volumes in slipcase  
576 pages, 6 x 9  
68 b&w illustrations

In this boxed set, renowned tantric sex teachers Diana and Michael Richardson present practices to help couples enrich their sex life and relationship with the spiritual, healing power of sex. Includes three books: *Tantric Orgasm for Women*, *Tantric Sex for Men*, and *Slow Sex*.



## Tantric Sex and Menopause

*Practices for Spiritual and Sexual Renewal*

Diana Richardson and Janet McGeever

ISBN 978-1-62055-683-2  
\$16.99 (CAN \$21.50) pb  
224 pages, 6 x 9  
21 b&w illustrations

Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and “re-wilding” of a woman’s sexuality, creativity, and spirituality. Includes many self-help practices, meditations, and tantric exercises for couples and individuals.



## A Sacred Planet Book Spirit Marriage

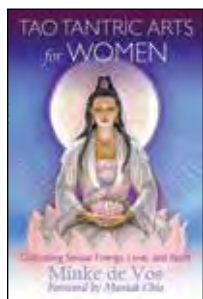
*Intimate Relationships with Otherworldly Beings*  
Megan Rose, Ph.D.

Foreword by Orion Foxwood

ISBN 978-1-59143-415-3  
\$24.99 (CAN \$31.50) pb  
448 pages, 6 x 9

Exploring the phenomenon of the spirit spouse or spirit lover—an entity to which a human is psychically bonded—Megan Rose, Ph.D., shares her interviews with ten contemporary practitioners of spirit marriage, including a Faery Seer, a Shakta Tantric, a West African Shrine Keeper, a New Orleans Voodoo Mambo, Haitian Vodou practitioners, and a ceremonial magician.

**Audiobook available**



## Tao Tantric Arts for Women

*Cultivating Sexual Energy, Love, and Spirit*

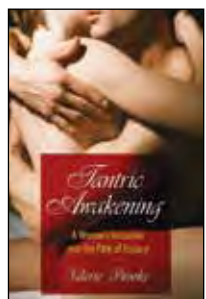
Minke de Vos

Foreword by Mantak Chia

ISBN 978-1-62055-516-3  
\$19.95 (CAN \$23.95) pb  
384 pages, 6 x 9  
94 b&w illustrations

Drawing on Chinese energy medicine, Mantak Chia’s Universal Healing Tao practices, and ancient Taoist traditions, Minke de Vos provides detailed practices for cultivating female sexual energy to harmonize relationships, merge your inner male and female energies, and ease the passage through the menstrual cycle, pregnancy, and menopause.

**Audiobook available**

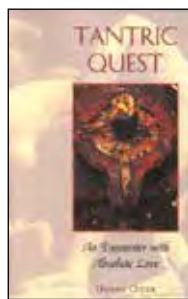


## Tantric Awakening *A Woman’s Initiation into the Path of Ecstasy*

Valerie Brooks

ISBN 978-0-89281-906-5  
\$16.99 (CAN \$21.50) pb  
176 pages, 6 x 9

This is the story of a 19-year-old girl, disillusioned by the questions that her religion and society fail to answer, who courageously enters the sensuous rituals of tantric sex. In search of authentic knowledge, Brooks was admitted into secret societies where she learned firsthand the ways of the tradition from Tantric adepts.



## Tantric Quest *An Encounter with Absolute Love*

Daniel Odier

ISBN 978-0-89281-620-0  
\$16.95 (CAN \$19.95) pb  
192 pages, 5.38 x 8.25

The author tells of his search for spirituality and passion with a Tantric yogini who taught him the divine nature of love.

**“An eye-opening intro to a powerful, much misunderstood tradition.”**  
*Natural Living*



## Tantric Secrets for Men

*What Every Woman Will Want Her Man to Know about Enhancing Sexual Ecstasy*

Kerry Riley with Diane Riley, co-creators of *The Secrets of Sacred Sex* video

ISBN 978-0-89281-969-0  
\$18.95 (CAN \$22.95) pb  
272 pages, 6 x 9  
17 b&w illustrations

**Also available in Spanish**  
(see page 221)

From the expert teachings of a committed couple practicing ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman in body, heart, and soul—and how to bring themselves to new heights of ecstasy in the process.



## The Yoni *Sacred Symbol of Female Creative Power*

Rufus C. Camphausen

ISBN 978-0-89281-562-3  
\$29.99 (CAN \$35.99) pb  
144 pages, 8 x 10  
94 color and b&w illustrations

Yoni symbolism is a part of the spiritual traditions of cultures in every part of the globe. *The Yoni* traces this primal motif in Australian Aboriginal folk tales, in alchemy, in Tantric practices, and in contemporary art by painters such as Georgia O’Keeffe and Judy Chicago.





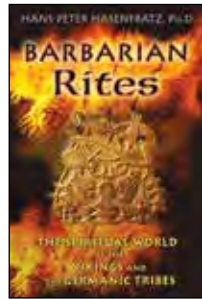
### The Yoni Egg

*Reveal and Release the Sacred Feminine Within*  
Lilou Macé

Foreword by Mantak Chia

ISBN 978-1-62055-865-2  
\$19.99 (CAN \$24.99) pb  
192 pages, 6 x 9  
Full-color throughout

In this full-color guide, Lilou Macé details techniques of yoni egg practice for physical, emotional, and spiritual healing. She shows how the yoni egg can be used to tone the pelvic floor, increase sensitivity, prevent urinary incontinence and other women's concerns, release emotional trauma, boost confidence and femininity, and reveal your own inner beauty and wisdom.



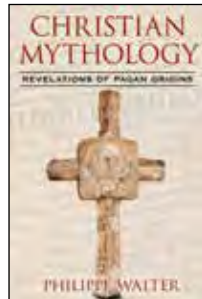
### Barbarian Rites

*The Spiritual World of the Vikings and the Germanic Tribes*

Hans-Peter Hasenfratz, Ph.D.

ISBN 978-1-59477-421-8  
\$16.95 (CAN \$19.95) pb  
176 pages, 6 x 9

The "barbarians" of ancient Europe had a system of social classes and familial clans with complex spiritual customs, rites of passage, black magic practices and shamanic ecstatic states. This book offers a concise history of these little-understood peoples.



### Christian Mythology

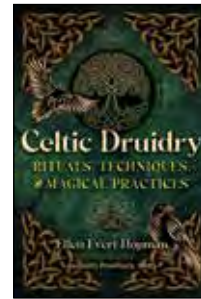
*Revelations of Pagan Origins*

Philippe Walter

Foreword by Claude Lecouteux

ISBN 978-1-62055-368-8  
\$16.99 (CAN \$19.99) pb  
224 pages, 6 x 9

The church knowingly incorporated pagan elements into the Christian faith to ease the transition to the new religion. Indeed, the identities of saints and pagan figures became so intermingled that some saints were transformed into pagan incarnations. Providing extensive documentation, this book shows which major days of the Christian calendar are founded on pagan traditions, including Easter and Christmas.



### New—May 2024 Celtic Druidry

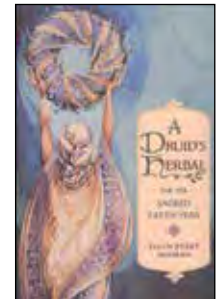
*Rituals, Techniques, and Magical Practices*

Ellen Evert Hopman

Foreword by Kenneth Proefrock, NMD

ISBN 978-1-64411-860-3  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9  
80 b&w illustrations

In this authentic guide for the Celtic Druid path, Ellen Evert Hopman shares lessons, rituals, and magical techniques drawn from the ancient wisdom teachings of the Celts as well as a modern Druid Order. She explains how to make the essential tools of a Celtic Druid and create custom rituals and spells.



### A Druid's Herbal for the Sacred Earth Year

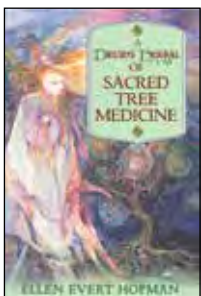
Ellen Evert Hopman

ISBN 978-0-89281-501-2  
\$14.95 (CAN \$17.95) pb  
224 pages, 6 x 9

This complete guide to the plant lore of the druids suggests appropriate herbs and rituals to celebrate the eight major festivals of the year, and it includes medicinal and magical uses of herbs for each season.

**"A Druid's Herbal will certainly promote your own wisdom and health, and it makes a valuable addition to any home library."**

SageWoman

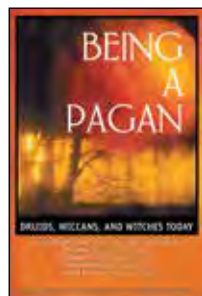


### A Druid's Herbal of Sacred Tree Medicine

Ellen Evert Hopman

ISBN 978-1-59477-230-6  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9  
13 b&w illustrations

This book reveals the secrets of the Ogham Tree Alphabet used by Druids to work magic and honor the dead. It explains the history, herbal uses and spiritual aspects of the twenty sacred trees of the alphabet.



### Being a Pagan

*Druids, Wiccans, and Witches Today*

Ellen Evert Hopman and Lawrence Bond

ISBN 978-0-89281-904-1  
\$22.99 (CAN \$27.50) pb  
392 pages, 6 x 9

During the last few decades, millions of people have embraced ancient philosophies that honor Earth and the spiritual power of each individual. In this book, Pagan leaders and teachers describe in their own words what they believe and what they practice.



### The Real Witches of New England

*History, Lore, and Modern Practice*

Ellen Evert Hopman

Foreword by Judika Illes

ISBN 978-1-62055-772-3  
\$24.99 (CAN \$31.50) pb  
400 pages, 6 x 9  
58 b&w illustrations

Ellen Evert Hopman reveals the history of the New England witch hysteria, its continuing repercussions, and the multilayered practices of today's modern witches. She shares the stories of 13 accused witches, explores the positive roles witches played in rural communities, and offers a treasure trove of practical information on herb lore, spells, and magic.



### The Sacred Herbs of Spring

*Magical, Healing, and Edible Plants to Celebrate Beltaine*

Ellen Evert Hopman

ISBN 978-1-64411-065-2  
\$24.99 (CAN \$31.50) pb  
376 pages, 6 x 9  
Includes three 8-page color inserts

The festival of Beltaine, May Day, is a celebration of the return of spring and the promise of summer. Ellen Evert Hopman explores more than 90 sacred plants and trees of Beltaine, offering spells, rituals, and recipes alongside their medicinal healing uses. She also details rituals for honoring the Gods and Goddesses of spring.



### The Sacred Herbs of Samhain

*Plants to Contact the Spirits of the Dead*

Ellen Evert Hopman

Foreword by Andrew Theitic, editor of *The Witches' Almanac*

ISBN 978-1-62055-861-4  
\$22.99 (CAN \$28.99) pb  
216 pages, 6 x 9

Presenting a practical guide to the sacred herbs and trees of Samhain, the Celtic holiday from which Halloween originates, Ellen Hopman details the identification and use of more than 70 plants and trees for healing, divination, purification, magic, and as tools for contacting the Spirits wandering the landscape at this liminal time of year.

**Audiobook available**



**New—Available**

## The Sacred Herbs of Yule and Christmas

*Remedies, Recipes, Magic, and Brews for the Winter Season*

Ellen Evert Hopman

Foreword by Lucy Starza

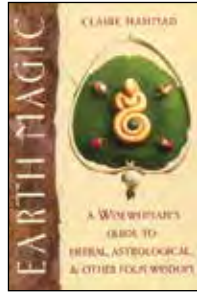
ISBN 978-1-64411-780-4

\$29.99 (CAN \$37.50) pb

344 pages, 6 x 9

Includes three 8-page color inserts

Presenting ways to honor and celebrate the darkest days of the year, Ellen Hopman shares lore, recipes, rituals, and crafts to enliven your Yuletide observance. She explores the origins of the Christmas tree and Santa Claus, how to perform Winter Solstice divinations, and looks in depth at the many herbs associated with the season.



## Earth Magic

*A Wisewoman's Guide to Herbal, Astrological, and Other Folk Wisdom*

Claire Nahmad

ISBN 978-0-89281-424-4

\$16.95 pb

208 pages, 6 x 9

50 b&w illustrations

This treasury of pagan beliefs and herbal lore tells of remedies and charms, weather signs, and the best seasons and times for carrying out projects.



## Familiars in Witchcraft

*Supernatural Guardians in the Magical Traditions of the World*

Maja D'Aoust

ISBN 978-1-62055-846-1

\$16.99 (CAN \$21.50) pb

160 pages, 6 x 9

26 b&w illustrations

Exploring the history and creation of a "witch's familiar," also known as a spirit double or guardian spirit, Maja D'Aoust explains how familiars are connected with shapeshifting and power animals. She examines the familiar in magical and shamanic traditions around the world and provides instructions for procuring the attention of a supernatural assistant.

**Audiobook available**



## The Occult I Ching

*The Secret Language of Serpents*

Maja D'Aoust

ISBN 978-1-62055-904-8

\$24.99 (CAN \$31.50) pb

448 pages, 6 x 9

194 b&w illustrations

In this illustrated guide, Maja D'Aoust provides a history of the I Ching oracle and explains the mechanisms at work behind it. She provides a new analysis of the 64 hexagrams, exploring each hexagram's meaning in depth, and offers tools to help you interpret the I Ching based on your own individual experience.



## Icelandic Magic

*Practical Secrets of the Northern Grimoires*

Stephen E. Flowers, Ph.D.

ISBN 978-1-62055-405-0

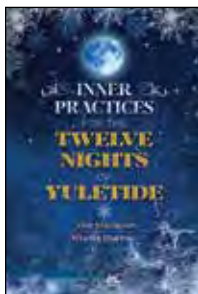
\$16.95 (CAN \$19.95) pb

160 pages, 6 x 9

64 b&w illustrations

During the Middle Ages, many books of magic were lost as the ancient pagan traditions were suppressed. But in Iceland the recording of magical spells continued in secret for centuries. Drawing directly from these grimoires, now housed in the National Library in Reykjavik, Stephen Flowers presents a complete system of Icelandic magic from the 16th century onward.

**Audiobook available**



## Inner Practices for the Twelve Nights of Yuletide

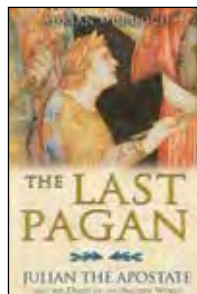
Anne Stallkamp and Werner Hartung

ISBN 978-1-64411-324-0

\$14.99 (CAN \$18.99) pb

144 pages, 5.75 x 8

The 12 nights following the winter solstice—Yuletide—offer the ideal opportunity for inner focusing, for seeing signs, and for planting seeds for the future. This book shares reflective themes and exercises for each night (and the day to follow) and guided meditations to deepen the experience.



## The Last Pagan

*Julian the Apostate and the Death of the Ancient World*

Adrian Murdoch

ISBN 978-1-59477-226-9

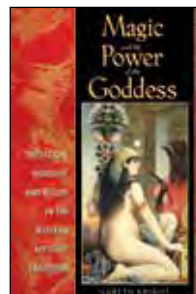
\$19.99 (CAN \$24.99) pb

280 pages, 6 x 9

Includes 8-page b&w insert

and 3 b&w maps

The Roman Emperor Julian (332–363 A.D.) attempted to reestablish paganism as the principal faith of the Roman world. Following his death on a Persian battlefield only two years into his reign, the Church suppressed paganism and Julian was branded "The Apostate."



## Magic and the Power of the Goddess

*Initiation, Worship, and Ritual in the Western Mystery Tradition*

Gareth Knight

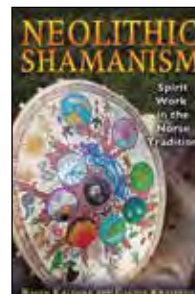
ISBN 978-1-59477-235-1

\$14.95 (CAN \$17.95) pb

224 pages, 6 x 9

9 b&w illustrations

*Magic and the Power of the Goddess* explains how to connect with the potent healing energy of the Divine Feminine. This wide-ranging view of magic and ritual presents guided meditations, exercises, and tools for contacting the elemental consciousness of Earth—the Goddess within.



## Neolithic Shamanism

*Spirit Work in the Norse Tradition*

Raven Kaldera and Galina Krasskova

ISBN 978-1-59477-490-4

\$18.95 (CAN \$22.95) pb

360 pages, 6 x 9

Includes 8-page color insert

*Neolithic Shamanism* reconstructs the ancient spiritual traditions of northern Europe that were suppressed by the spread of Christianity. It presents 83 practical exercises and includes the traditional rules for avoiding spiritual debt or offense. A unique ancestral spiritual guide for anyone wishing to fulfill their shamanic calling.



## Pagan Astrology

*Spell-Casting, Love Magic, and Shamanic Stargazing*

Raven Kaldera

ISBN 978-1-59477-302-0

\$21.99 (CAN \$26.50) pb

368 pages, 6 x 9

5 b&w illustrations

*Pagan Astrology* introduces a hands-on astrological practice that incorporates intuition, spells, and love magic into astrology. It also shows how to create planetary altars that enhance the astrological correspondences of traditional Pagan holidays.





### The Norse Shaman

*Ancient Spiritual Practices of the Northern Tradition*

Evelyn C. Rysdyk

ISBN 978-1-62055-593-4  
\$18.95 (CAN \$22.95) pb  
272 pages, 6 x 9  
44 b&w illustrations

Reconstructing the shamanic practices of the hunter-gatherers of Scandinavia, Evelyn Rysdyk explores the evolution of Norse shamanism from its earliest female roots to the pre-Christian Viking Age. The author provides step-by-step instructions to prepare for and conduct shamanic rituals and ceremonies.

**Audiobook available**



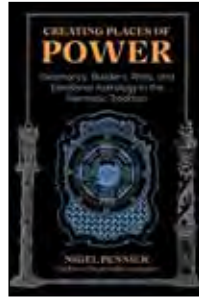
### The Ancestral Power of Amulets, Talismans, and Mascots

*Folk Magic in Witchcraft and Religion*

Nigel Pennick

ISBN 978-1-64411-220-5  
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Offering an illustrated exploration of the origins and history of amulets, lucky charms, talismans, and mascots, including photos of unique artifacts from his extensive collection, Nigel Pennick explores the magic of objects from the mineral world, amulets and talismans connected with plants, and those connected with animals.



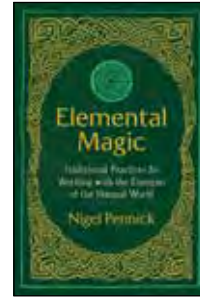
### Creating Places of Power

*Geomancy, Builders' Rites, and Electional Astrology in the Hermetic Tradition*

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ISBN 978-1-64411-584-8  
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Sharing examples from ancient Egypt, Iran, India, and Europe that range from the Stone Age to the Renaissance, Pennick examines all the factors behind the ancestral art of geomancy: the auspicious creation and alignment of sacred buildings and places of power. He also explains how electional astrology and chronomancy were understood in ancient societies.



### Elemental Magic

*Traditional Practices for Working with the Energies of the Natural World*

Nigel Pennick

ISBN 978-1-62055-758-7  
\$14.99 (CAN \$18.99) pb  
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33 b&w illustrations

Exploring earth, mineral, and plant magic as well as the magical properties of the earth's cycles and power places, Nigel Pennick presents a comprehensive introduction to the principles, practices, and tools required to draw on the magic inherent in the natural world for personal development and spiritual empowerment.

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*The Sacred and Profane Faces of Luck*

Nigel Pennick

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144 pages, 6 x 9  
11 b&w illustrations

Nigel Pennick explores the many ways people through the centuries have sought to divine the future, ensure protection, and draw the full benefits from days of good omen. He shows how dice were originally considered sacred objects of divination and reveals the divinatory geomancy techniques and meanings of a dice oracle and other divination traditions.



### Operative Witchcraft

*Spellwork and Herbcraft in the British Isles*

Nigel Pennick

ISBN 978-1-62055-844-7  
\$16.99 (CAN \$21.50) pb  
208 pages, 6 x 9  
44 b&w illustrations

Nigel Pennick takes readers on a journey through the practice of operative witchcraft in the British Isles from the Middle Ages through the Elizabethan era to the decriminalization of witchcraft in the 1950s and its practice today. He also offers practical insight into spells, charms, amulets, sigils, and tools of the craft.



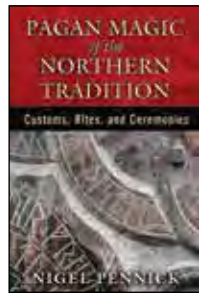
### The Pagan Book of Days

*A Guide to the Festivals, Traditions, and Sacred Days of the Year*

Nigel Pennick

ISBN 978-0-89281-867-9  
\$14.95 (CAN \$17.95) pb  
160 pages, 5.88 x 9  
135 b&w illustrations

In this revised edition of *The Pagan Book of Days* the author provides details on auspicious and inauspicious days, holy days of the ancient gods and goddesses, and the eight stations of the year (the solstices, equinoxes, and cross-quarter days). He also includes lunar and solar charts indicating dates of major Pagan celebrations from the year 2011 through 2033.



### Pagan Magic of the Northern Tradition

*Customs, Rites, and Ceremonies*

Nigel Pennick

ISBN 978-1-62055-389-3  
\$19.95 (CAN \$23.95) pb  
352 pages, 6 x 9  
85 b&w illustrations

In the pre-Christian societies of Northern Europe, magic was part of day-to-day life. For example, individuals could journey out of the body using direct natural magic, and runes were employed to ward off illness. This book shows how anyone can participate authentically in the magic of the Northern Tradition today.



### Runic Lore and Legend

*Wyrdstaves of Old Northumbria*

Nigel Pennick

ISBN 978-1-62055-756-3  
\$16.99 (CAN \$21.50) pb  
176 pages, 6 x 9  
65 b&w illustrations

In this guide to the Wyrdstaves, or runic practices, of Old Northumbria, Pennick details the meanings, symbolism, and magical uses for each of the thirty-three runes of the Anglo-Saxon Futhork, as well as their relationships to tree and plant spirits and their use in divination.



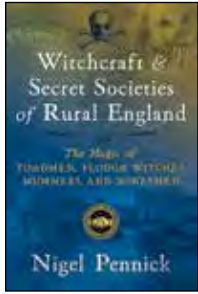
### The Spiritual Power of Masks

*Doorways to Realms Unseen*

Nigel Pennick

ISBN 978-1-64411-404-9  
\$24.99 (CAN \$31.50) pb  
336 pages, 6 x 9  
Includes 16-page color insert and 112 b&w illustrations

In this illustrated study, Nigel Pennick explores the magical and spiritual aspects of mask wearing from ancient times to the present. He shows how mask rituals are similar to shamanic journeying and near-death experiences and can induce ecstatic states that allow the power signified by the mask to take possession of the individual wearing it.



## Witchcraft and Secret Societies of Rural England

*The Magic of Toadmen, Plough Witches, Mummers, and Bonesmen*

Nigel Pennick

ISBN 978-1-62055-760-0  
\$16.99 (CAN \$21.50) pb  
224 pages, 6 x 9  
60 b&w illustrations

Drawing on scholarly research, Nigel Pennick describes the secret rites, folk customs, and magical traditions of guilds and rural fraternities of the British Isles, such as the Shoemakers, Horsemen, Plough Witches, Free Gardeners, Toadmen, Mummers, and Bonesmen, revealing how these secret traditions live on.

**Audiobook available**



## The Pagan Mysteries of Halloween

*Celebrating the Dark Half of the Year*

Jean Markale

ISBN 978-0-89281-900-3  
\$14.95 (CAN \$17.95) pb  
160 pages, 6 x 9

One of humanity's most enduring myths is that the dead, on certain nights of the year, can leave the Other World and move freely about the land of the living. Every year, on October 31, children of the world re-enact a sacred ceremony whose roots extend to the dawn of time. Author Jean Markale meticulously examines the rituals and ceremonies of ancient festivities on this holiday and shows how they still shape the customs of today's celebration.



## A Sacred Planet Book The Path of Elemental Witchcraft

*A Wyrld Woman's Book of Shadows*  
Salicrow

ISBN 978-1-64411-336-3  
\$24.99 (CAN \$31.50) pb  
576 pages, 6 x 9

Inviting you into her personal Book of Shadows, Salicrow details hands-on techniques, spells, and rituals for elemental witchcraft paired with personal stories from her decades of magical practice. She explores working with each element in different ways—such as divination, healing, protection, and manifestation—and helps you progressively develop the skills of witchcraft.



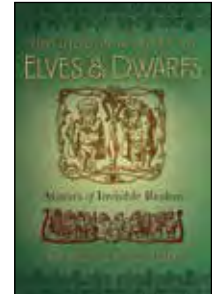
## Demons and Spirits of the Land

*Ancestral Lore and Practices*

Claude Lecouteux

ISBN 978-1-62055-399-2  
\$18.95 (CAN \$22.95) pb  
224 pages, 6 x 9  
10 b&w illustrations

Our pagan ancestors understood there were giants in the hills, dragons in the lakes, and wild folk in the mountains. They both feared and respected these entities, and negotiated with them to ensure proper placement and protection of a new building. Despite outright Church suppression, belief in these spirits has carried through to modern times.



## The Hidden History of Elves and Dwarfs

*Avatars of Invisible Realms*

Claude Lecouteux

Foreword by Régis Boyer

ISBN 978-1-62055-715-0  
\$24.00 (CAN \$29.99) hardcover  
240 pages, 6 x 9  
5 b&w illustrations

Tracing their history from ancient Celtic lore to the modern popularization by the Brothers Grimm and Walt Disney, Lecouteux explores the pagan roots of dwarfs and elves and their evolution in myths and literature, revealing the church's role in changing them from fearless warriors into cheerful helpmates and cute garden gnomes.



## Phantom Armies of the Night

*The Wild Hunt and the Ghostly Processions of the Undead*

Claude Lecouteux

ISBN 978-1-59477-436-2  
\$22.99 (CAN \$28.99) pb  
320 pages, 6 x 9  
32 b&w illustrations

This book examines the Wild Hunt of Medieval paganism—the nocturnal procession of demons, hounds, soldiers, and knights, some covered in blood, others carrying their heads beneath their arms. Variations of this myth are still a living, evolving tradition.



## The Return of the Dead

*Ghosts, Ancestors, and the Transparent Veil of the Pagan Mind*

Claude Lecouteux

ISBN 978-1-59477-318-1  
\$19.95 (CAN \$23.95) pb  
288 pages, 6 x 9  
9 b&w illustrations

To the pagan mind, ghosts were very much alive—the dead could, and did, cross back and forth at will. The Church engineered the transformation of ghosts from the embodied to the amorphous, the better to supplant a form of ancestor worship with its own faith.



## The Secret History of Poltergeists and Haunted Houses

*From Pagan Folklore to Modern Manifestations*

Claude Lecouteux

ISBN 978-1-59477-465-2  
\$18.95 (CAN \$22.95) pb  
256 pages, 6 x 9  
7 b&w illustrations

Our pagan ancestors understood that the mischief of poltergeists was the work of helper spirits. Now, as then, poltergeist manifestations are revealing our relationship with the natural and unseen world, a relationship we must take care to keep in balance.



## Tales and Legends of the Devil

*The Many Guises of the Primal Shapeshifter*

Claude Lecouteux and Corinne Lecouteux

ISBN 978-1-64411-685-2  
\$30.00 (CAN \$37.50) hardcover  
240 pages, 6 x 9  
5 b&w illustrations

Drawing on folk traditions from all over Europe, Claude and Corinne Lecouteux explore ancient tales and legends of the devil. They examine the devil's shapeshifting powers and the symbolic implications of his often disfigured or animal-like appearance.



## Tales of Witchcraft and Wonder

*The Venomous Maiden and Other Stories of the Supernatural*

Claude Lecouteux and Corinne Lecouteux

ISBN 978-1-64411-170-3  
\$29.99 (CAN \$37.50) hardcover  
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55 b&w illustrations

Sharing fantastical medieval stories of witchcraft, wonder, and the supernatural, Claude and Corinne Lecouteux offer commentary for each tale, revealing its historical context, cultural and esoteric associations, and hidden pagan beliefs. They explore how the tales transformed over the ages as well as their origins in Classical Antiquity, the Middle East, and India.

**Audiobook available**





## The Tradition of Household Spirits

*Ancestral Lore and Practices*

Claude Lecouteux

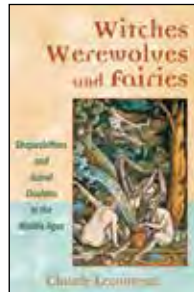
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\$19.99 (CAN \$24.99) pb

248 pages, 6 x 9

Includes an 8-page color insert and 21 b&w illustrations

Why do we hang horseshoes for good luck or place wreaths on our doors? Why does the groom carry his new bride over the threshold? These customs come from a time when people had a sacred relationship with their homes and the spirits who lived there with them. This book draws on studies and classic literature from old Europe to explain the pagan roots behind these traditions.



## Witches, Werewolves, and Fairies

*Shapeshifters and Astral Doubles in the Middle Ages*

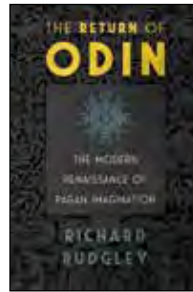
Claude Lecouteux

ISBN 978-0-89281-096-3

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224 pages, 6 x 9

Monsters, werewolves, witches, and fairies remain a strong presence in our stories and dreams. The author's extensive analysis of Western European legends reveals an almost forgotten religious concept: that every individual owns three souls and that one, the Double, can leave the physical body to journey where it chooses. Claude Lecouteux reveals the origin and significance of this belief, and follows its transforming features through the ages.



## The Return of Odin

*The Modern Renaissance of Pagan Imagination*

Richard Rudgley

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Includes two 8-page color inserts and 25 b&w illustrations

Exploring the influence of the Norse god Odin in the modern world, Richard Rudgley reveals Odin's central role in a wide range of cultural movements and phenomena, including Nazi Germany as well as the 1960s counterculture. He explains how the Odin archetype is responsible for both regressive tendencies and the green ecological mindset.

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**New—July 2024**

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Natasha Helvin

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Raised in the Soviet Union, where she grew up steeped in ancient Slavic magical traditions, hereditary witch Natasha Helvin not only reveals how you are continually and powerfully influenced by your ancestors, but also offers traditional rituals and spells to help you connect with them, see your family's ancestral patterns, and change your destiny.



## Slavic Witchcraft

*Old World Conjuring Spells and Folklore*

Natasha Helvin

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Sharing the extensive knowledge she inherited from her mother and grandmother, Natasha Helvin presents a practical guide to the ancient magical tradition of Russian sorcery and Eastern Slavic magical rites. Includes more than 300 spells, incantations, charms, and practical rituals with complete instructions to ensure your magical goals are realized.

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**New—August 2024**

A Sacred Planet Book

## Song of the Dark Man

*Father of Witches, Lord of the Crossroads*

Darragh Mason

Foreword by Peter Mark Adams

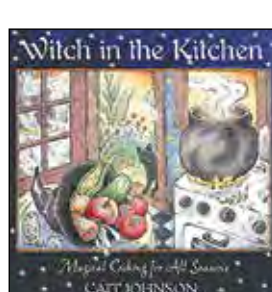
ISBN 978-1-64411-909-9

\$18.99 (CAN \$23.99) pb

208 pages, 6 x 9

5 b&w illustrations

Exploring mythology, folklore, occult writings, and modern accounts, Darragh Mason challenges the simplistic concept of the Devil as "evil," explaining how encounters with this entity can reveal one's life purpose and how the Dark Man can be an initiator into witchcraft.



## Witch in the Kitchen

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Cait Johnson

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Cait Johnson

Foreword by Caitlin Matthews

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You are invited into the magical world of four loving, feisty old witches, one for each season, who share earth-honoring wisdom to help you embrace your journey through the sacred latter half of life. Each witch also shares magical recipes, inspiring rituals, playful activities, and meaningful meditations to help you love yourself through the aging process.

**Audiobook available**



## Witchcraft Medicine

*Healing Arts, Shamanic Practices, and Forbidden Plants*

Claudia Müller-Ebeling, Christian Rätsch, and Wolf-Dieter Storl

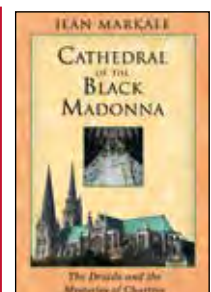
ISBN 978-0-89281-971-3

\$24.95 (CAN \$29.95) pb

272 pages, 8 x 10

Includes three 8-page color inserts and 170 b&w illustrations

In *Witchcraft Medicine* the authors examine the women who mix the potions and become the healers, the legacy of Hecate, the sorceress as shaman, and the plants associated with the solstice and Halloween. They also look at the history of forbidden medicine, with an eye toward how the sacred plants of our forebears can be used once again.



## Cathedral of the Black Madonna

*The Druids and the Mysteries of Chartres*

Jean Markale

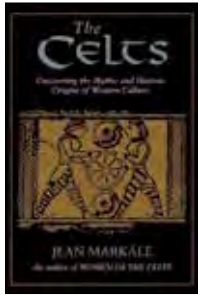
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Author Jean Markale traces the appeal of the Black Madonna to the ancient and widespread worship of Mother Goddesses such as Cybele and Isis, and a theological notion of great refinement: the Virgin gives birth ceaselessly to a world in a state of perpetual becoming.



## The Celts

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Jean Markale

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One of the most comprehensive treatments of Celtic civilization ever written. While historians have tended to minimize the role of the Celts in comparison to the Romans, *The Celts* proclaims the Celtic peoples as the primary European precedent to the Greco-Roman hegemony, restoring this culture to its true importance in the development of European civilization.



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A comprehensive and revealing look at the druids and their fundamental role in Celtic society, this book dispels many of the misconceptions about these important religious figures and their doctrine.

*"There is no better spokesman for the ancient Celts than Jean Markale."*

André Breton, author of *Manifestoes of Surrealism*



## Eleanor of Aquitaine

*Queen of the Troubadours*

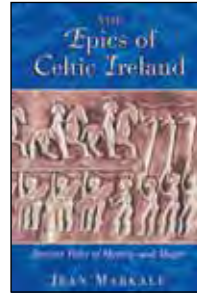
Jean Markale

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Eleanor of Aquitaine (1122–1204) has long been noted for her political and cultural achievements. But her greatest influence, still shaping modern sensibilities, was her role as the symbol of courtly love, which was not a mere diversion for the aristocracy but a process of sexual initiation and transcendence that bore a close resemblance to Indian Tantra.



## The Epics of Celtic Ireland

*Ancient Tales of Mystery and Magic*

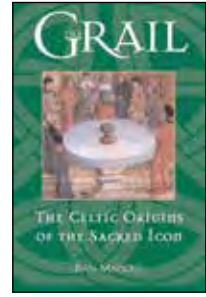
Jean Markale

ISBN 978-0-89281-815-0

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Some of the most powerfully moving tales in Western literature are found in the epics of Celtic Ireland. In this collection, Markale restores these texts to their original form and reveals how deeply these mythic tales have shaped modern thought.



## The Grail

*The Celtic Origins of the Sacred Icon*

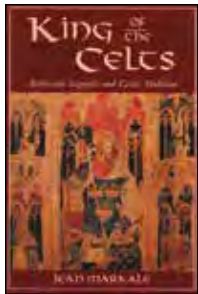
Jean Markale

ISBN 978-0-89281-714-6

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The world's leading authority on Celtic culture takes us beneath the Christian veneer of the Grail myth to discover the ancient Celtic spiritual traditions of the Grail and its Quest.



## King of the Celts

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A Celtic historian re-creates the life and times of the real King Arthur and explains how even today Arthurian ideals of knightly virtue remain at the heart of Western thought.



## Merlin

*Priest of Nature*

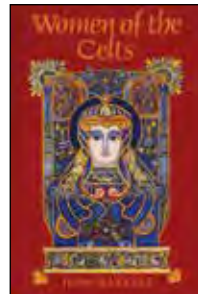
Jean Markale

ISBN 978-0-89281-517-3

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240 pages, 6 x 9

Jean Markale's investigation of all the known literary and historical sources yields a compelling portrait of who and what Merlin might have been. Both archetypal Wild Man and shaman, Merlin's message of the universal brotherhood of all beings and things called out to a rapidly urbanizing society that was losing touch with nature. His warning went unheeded.



## Women of the Celts

Jean Markale

ISBN 978-0-89281-150-2

\$19.95 (CAN \$23.95) pb

320 pages, 6 x 9

Historian Markale takes us deep into a mythical world where both man and woman become whole by realizing the feminine principle in its entirety. The author explores the rich heritage of Celtic women in history, myth, and ritual, showing how these traditions compare to modern attitudes toward women.



## New—August 2024

Revised Edition of *Ogham and Coelbren*

## Celtic Tree Alphabets

*Mystic Signs and Symbols of Ogham and Coelbren*

Nigel Pennick

ISBN 978-1-64411-748-4

\$18.99 (CAN \$23.99) pb

192 pages, 6 x 9

34 b&w illustrations

Examining the Ogham tree alphabet of Ireland and west Britain as well as the Bardic secret alphabet of Wales known as Coelbren, Nigel Pennick shows how these ancient symbols represent the voices of elemental powers and speak to the inner, untamed part of the human soul, offering the possibility of deep psychic transformation.



## The Complete King Arthur

*Many Faces, One Hero*

John and Caitlín Matthews

ISBN 978-1-62055-599-6

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Includes 8-page color insert and 4 b&w illustrations

Few legends have had the enduring influence of those surrounding King Arthur. Presenting the culmination of more than 40 years' research, John and Caitlín Matthews examine the historical and mythological evidence for every major theory about the existence of Arthur, piecing together the many fragments that constitute his image.





## King Arthur and the Goddess of the Land

*The Divine Feminine in the Mabinogion*

Caitlin Matthews

ISBN 978-0-89281-921-8  
\$19.99 (CAN \$23.99) pb  
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20 b&w illustrations

Matthews sheds light on Sovereignty, the Goddess of the sacred land of Britain, and the spiritual principle of the Divine Feminine. She articulates the continuing relevance of ancient Celtic thought and belief of the powerful myths and legends of ancient Britain.



## The Lost Book of the Grail

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Caitlin and John Matthews

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Unveiling the long-lost prequel to the Grail quest stories, Caitlin and John Matthews show how it offers the key to understanding the sevenfold path of the Grail and to restoring the Faery Accord, an agreement that once existed between humans and the Faery and upon which the spiritual and physical health of the land depends.

**Audiobook available**



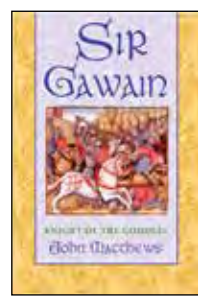
## Mabon and the Guardians of Celtic Britain

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Caitlin Matthews unlocks the encoded meanings of the *Mabinogion* and establishes it firmly as a precursor to other living myths of the West. As descendants of the ancient Celtic oral tradition, the rich themes and archetypal underpinnings of the *Mabinogion* are stories for all time.



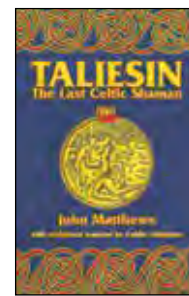
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*Knight of the Goddess*

John Matthews

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8 b&w illustrations

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## Taliesin

*The Last Celtic Shaman*

John Matthews

with additional material by Caitlin Matthews

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25 b&w illustrations

Taliesin, Chief Bard of Britain and Celtic shaman, was a historical figure who lived in Wales during the latter half of the sixth century. His verse is established as a direct precursor to the Arthurian Legends—and Taliesin himself, is said to be the direct forebear to Merlin. The author presents completely new translations of Taliesin's major poems in their entirety, uncovering the meanings behind these great works for the first time.



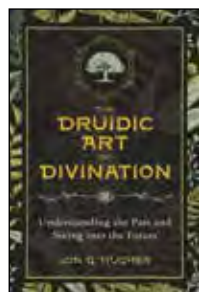
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The ancient Druids knew how to release the energies, healing attributes, and magical capacities of flowers and trees through the respectful seduction of a plant's virtue and the 3-step spagyric process of separation, purification, and reunification. This book shows how to prepare extracts using these ancient methods with more than 70 flowers and trees.



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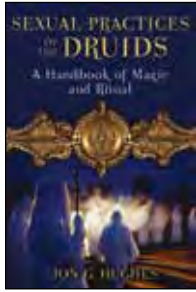
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In this book, Jon Hughes reveals the fundamentals of Celtic sex magic passed down to him from generation to generation, laying out 9 stages of sex magic practice. He provides detailed instructions for crafting and consecrating the necessary tools and explores the power of emotion and intention in these sacred rituals.



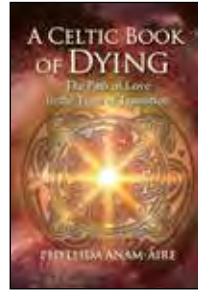
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Sophie Gallagher

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Includes 8-page color insert and  
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This collaboration between a Druid and a witchcraft researcher describes in intricate detail the arcane rituals, ancient beliefs, and secret rites of the Welsh Marches, the borderlands between Celtic Wales and Anglo-Saxon England—one of the oldest and most significant locations for early witchcraft and a lasting repository for ancient Druidic lore.



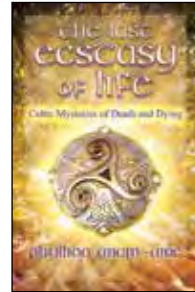
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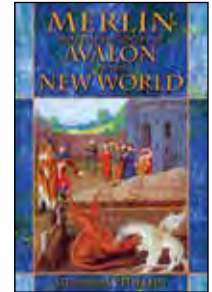
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In this book, Phyllida Anam-Áire provides a deep spiritual understanding of the dying process and the afterlife seen through the lens of her Celtic heritage. She offers exercises and visualizations to help prepare for death and reveals how, when the soul is fully prepared to leave its material form, the dying individual experiences spiritual ecstasy.



### Merlin and the Discovery of Avalon in the New World

Graham Phillips

ISBN 978-1-59143-047-6  
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256 pages, 6 x 9  
35 b&w illustrations

Phillips uncovers evidence that the legend of Merlin is based on the life of a Roman consul, the last to rule Britain, who died and was buried in what is now the United States. Clues lead to a New England tomb where an encrypted message reveals the whereabouts of Merlin's grave, and evidence that Merlin's descendants survive.



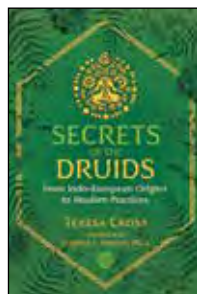
### Ogam: The Celtic Oracle of the Trees

*Understanding, Casting, and Interpreting the Ancient Druidic Alphabet*

Paul Rhys Mountfort

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This comprehensive and practical guide to the ancient oracle is based on the alphabet of the Druids. It provides an historical background and bibliographic references to the Druidic mythology ruling this 1,500-year-old oracle.



### Secrets of the Druids

*From Indo-European Origins to Modern Practices*

Teresa Cross

Foreword by  
Stephen E. Flowers, Ph.D.

ISBN 978-1-64411-128-4  
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256 pages, 6 x 9  
17 b&w illustrations

Reconstructing the Druidic faith from surviving remnants and dedicated study of scholarly sources, Teresa Cross explores the history and development of the Celtic spiritual tradition and its lore. Moving from history to modern day, she also provides an authentic guide to Druid practices, including magical rites, ceremonies, and customs for celebrating important festivals.



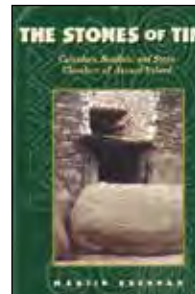
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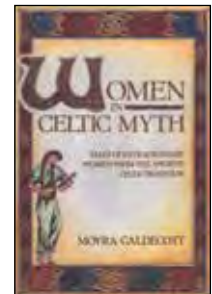
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### Women in Celtic Myth

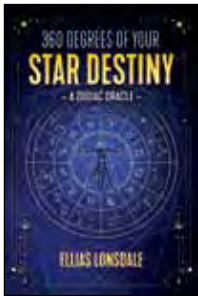
*Tales of Extraordinary Women from the Ancient Celtic Tradition*

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These intriguing stories—some more than 3,000 years old—focus on the women of Celtic mythology, from formidable women warriors to the gentle women who guided others to spiritual wisdom.





A Sacred Planet Book

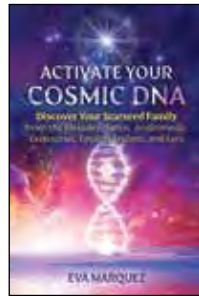
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In this spiritual guide, Eva Marquez explains how to discover your starseed family and activate your cosmic DNA. She presents in-depth teachings and channeled wisdom from the six star nations and includes energy exercises and guided meditations specific to each star nation to help you embrace your inherited starseed gifts.

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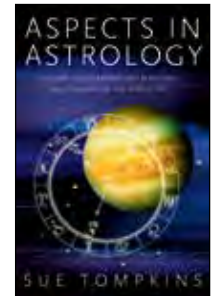
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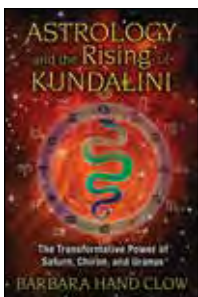
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The shadow self was recognized in ancient teachings as an inseparable part of the human being, a vital portion of who we are. In this practical guide to shadow astrology, Maja D'Aoust explains how to determine the shadow polarities of your natal chart and explore the hidden wisdom and challenges of the oppositional identity within.



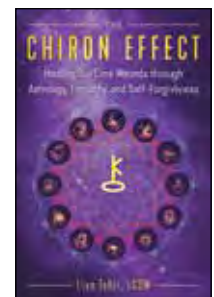
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### The Chiron Effect

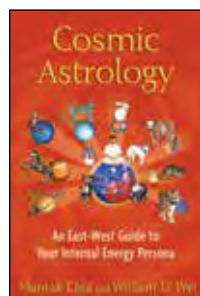
*Healing Our Core Wounds through Astrology, Empathy, and Self-Forgiveness*

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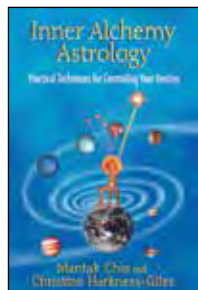
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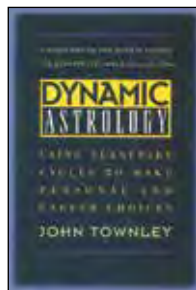
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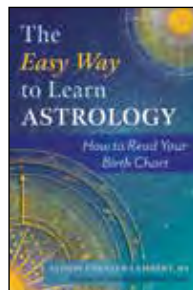
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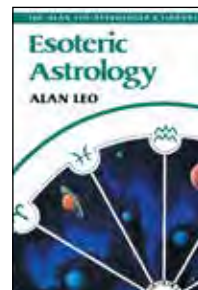
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Alison Chester-Lambert, MA

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Presenting a simple way to learn astrology, professional astrologer and astropsychologist Alison Chester-Lambert breaks down the complexities of a birth chart into easy-to-understand, bite-sized pieces, revealing how to quickly decode a person's strengths, weaknesses, challenges, and opportunities with psychological astrology. Includes sample charts and interpretations to help you get started.

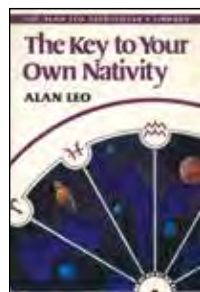


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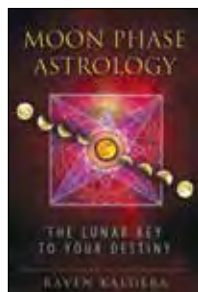


## The Key to Your Own Nativity

Alan Leo

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This complete and comprehensive analysis of the horoscope gives full descriptions of every position in a natal chart. It shows where to find indications in the horoscope for finance, travel, environment, enterprise, sickness, marriage, legacies, philosophy, profession, friends, occultism, and a host of other interests. Here is the master astrologer's easy to follow method for chart interpretation, a must for the beginner.



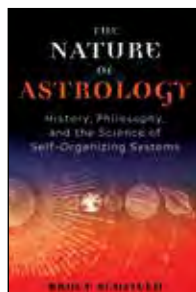
## Moon Phase Astrology

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Raven Kaldera

ISBN 978-1-59477-401-0  
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Through its 8 phases and its journey through the 12 signs of the Zodiac, the Moon's influence on our lives can play out in 96 different ways. Raven Kaldera reveals what innate qualities each Moon sign combination brings out in us.



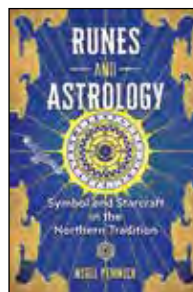
## The Nature of Astrology

*History, Philosophy, and the Science of Self-Organizing Systems*

Bruce Scofield

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544 pages, 6 x 9  
29 b&w illustrations

Exploring how astrology is not only a practice but also a science, Bruce Scofield shares modern biological studies offering evidence that our solar system neighbors profoundly affect and shape life on our planet. He looks at the history, philosophy, and methodologies of astrology, as well as its potential future applications in medicine and the social sciences.



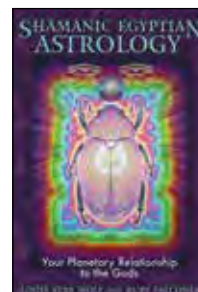
## Runes and Astrology

*Symbol and Starcraft in the Northern Tradition*

Nigel Pennick

ISBN 978-1-64411-600-5  
\$22.99 (CAN \$28.99) pb  
288 pages, 6 x 9  
41 b&w illustrations

Detailing the significance of natural time cycles in the Northern Tradition, Nigel Pennick explores how the stars, planets, seasons, months, and the precessional year relate to the 24 runes of the Elder Futhark. He also provides charts and calculations to discern which rune is the primary influence on a particular day, week, month, or year.



## Shamanic Egyptian Astrology

*Your Planetary Relationship to the Gods*

Linda Star Wolf, Ph.D. and Ruby Falconer

ISBN 978-1-59143-113-8  
\$16.00 (CAN \$19.50) pb  
224 pages, 6 x 9  
25 b&w illustrations

This book provides a new way to interpret and work with natal charts by integrating Western astrology and shamanism into the Egyptian pantheon. Each chapter includes sacred invocations and shamanic rituals to invite the wisdom of each Egyptian deity into your life.





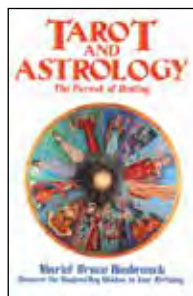
### Taoist Astrology

*A Handbook of the Authentic Chinese Tradition*

Susan Levitt  
with Jean Tang

ISBN 978-0-89281-606-4  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9

In Taoist astrology, the year in which you were born determines your character. The years form a twelve-year cycle, and your tendencies depend on which of the five traditional Taoist elements you are born under—water, wood, fire, earth, or metal, making for a cycle of sixty unique signs. This book includes information about each sign and includes discussions of yin and yang, Confucianism and Taoist alchemy.



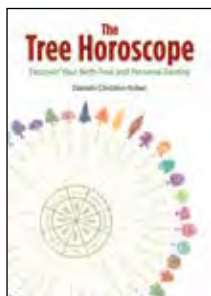
### Tarot and Astrology

*The Pursuit of Destiny*

Muriel Bruce Hasbrouck

ISBN 978-0-89281-121-2  
\$16.95 (CAN \$19.95) pb  
224 pages, 5 x 7.75

This synthesis of the ancient mysteries goes beyond astrology and Tarot to shed new light on the eternal question of personal destiny. The author examines the conditioning factors of time and birthdate and reveals a ten-day cycle formula that will help you understand yourself and others with amazing accuracy.



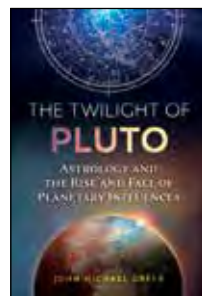
### The Tree Horoscope

*Discover Your Birth-Tree and Personal Destiny*

Daniela Christine Huber

ISBN 978-1-64411-322-6  
\$16.99 (CAN \$21.50) pb  
144 pages, 5.75 x 8  
Full-color throughout

Drawing on her intimate knowledge of trees and connections to Celtic traditions, Daniela Christine Huber explains how to determine your personal tree of life depending on your date of birth. For each of the 22 archetypal trees, she details their spiritual meaning and explores how your birth-tree reveals your gifts, talents, and life path.



### The Twilight of Pluto

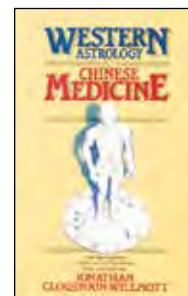
*Astrology and the Rise and Fall of Planetary Influences*

John Michael Greer

ISBN 978-1-64411-311-0  
\$16.99 (CAN \$21.50) pb  
176 pages, 6 x 9  
3 b&w illustrations

Exploring the waxing and waning of planetary influences in astrology, Pluto in particular, John Michael Greer explains in detail how the demotion of a planet marks the beginning of a roughly 30-year period in which that planet's influence fades out. He examines Pluto's arc of influence and looks at other examples, such as Ceres.

**Audiobook available**

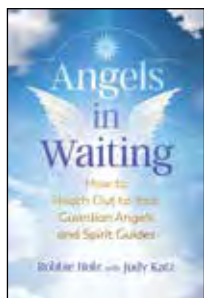


### Western Astrology and Chinese Medicine

Jonathan Clogstoun-Willmott

ISBN 978-0-89281-109-0  
\$15.99 (CAN \$19.99) pb  
192 pages, 5.38 x 8.38  
19 b&w illustrations

A unique synthesis of two ancient disciplines from West and East. Making full use of his unique training in these two apparently divergent fields, Jonathan Clogstoun-Willmott shows how Western astrology harmonizes with Chinese medicine and explores the fascinating possibilities raised by the association of these ancient disciplines.



### Angels in Waiting

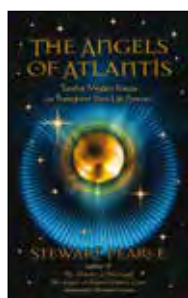
*How to Reach Out to Your Guardian Angels and Spirit Guides*

Robbie Holz  
with Judy Katz

ISBN 978-1-64411-316-5  
\$14.99 (CAN \$18.99) pb  
144 pages, 6 x 9

Revealing the angels' strong desire to assist us, Robbie Holz explains how to initiate contact with angels and spirit guides, how to recognize their signs, and how to appeal to your guardian angel. She provides exercises and guided meditations to help strengthen your intuition and develop a closer connection to your celestial team.

**Audiobook available**



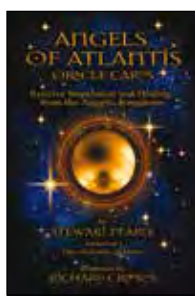
### The Angels of Atlantis

*Twelve Mighty Forces to Transform Your Life Forever*

Stewart Pearce

Illustrated by Richard Crookes  
ISBN 978-1-84409-569-8  
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Based on the teachings of the 12 archangels of Atlantis, this spiritual resource reveals how to become aligned with their power and wisdom. The 12 angels are depicted through extraordinary illustrations that accompany their written message, and each angel is mirrored by a priest-scientist that contributes to its divine energy.



### Angels of Atlantis Oracle Cards

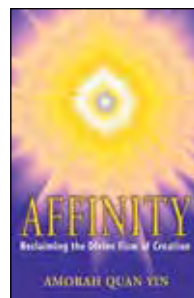
*Receive Inspiration and Healing from the Angelic Kingdoms*

Stewart Pearce

Illustrated by Richard Crookes

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Inspired by the 12 archangels of Atlantis, these cards represent loving, wise guides and provide powerful counsel and healing. Each card presents a universal heart virtue while each image alludes to the harmonious, enchanted elixir of well-being the angels bestowed upon the land. The package includes a booklet for additional explanations and instructions.



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This extensive collection of teachings offers specific exercises and techniques to align us with our divine selves. Drawing on the wisdom of Goddess Antares and the gentle support of the Dolphin Star Temple Higher Council, Quan Yin explains how to retune our bodies, minds, emotions, and spirits to the divine flow of the universe. Mother Mary teaches us how to remove ourselves from negative astral planes. From Elohim we learn how to work with our cellular structure on a spiritual plane.

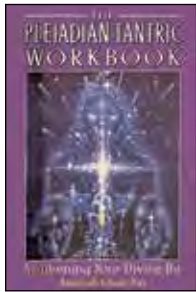


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The Pleiadian Emissaries of Light provide this fascinating chronicle of human spiritual evolution from a galactic perspective. This wider history of our solar system restores the long-forgotten connection of humankind with Venus, Mars, Maldek, and Earth. The truth about our ancient past is uncovered, guiding us toward karmic wholeness as unified and divine beings.

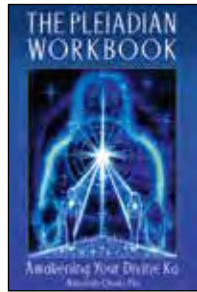


### The Pleiadian Tantric Workbook

*Awakening Your Divine Ba*  
Amorah Quan Yin

ISBN 978-1-879181-45-8  
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320 pages, 6 x 9

*The Pleiadian Tantric Workbook* assists you with healing relationships. This sequel to *The Pleiadian Workbook* teaches advanced cellular clearing to heal the male/female split, and, with specific exercises and techniques practical for everyday life, shows you how to activate and clear kundalini and sexual channels through tantra.

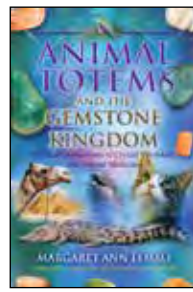


### The Pleiadian Workbook

*Awakening Your Divine Ka*  
Amorah Quan Yin

ISBN 978-1-879181-31-1  
\$18.00 (CAN \$22.00) pb  
352 pages, 6 x 9

*The Pleiadian Workbook* is a direct transmission from the Pleiadian Emissaries of Light. Through Amorah Quan Yin, the Pleiadian Emissaries offer us energetic cleansing practices for aligning the divine self with the physical body. We are taught to open our "Ka Channels," which raises our vibratory rate and rejuvenates and balances our bodies, stimulating emotional healing.

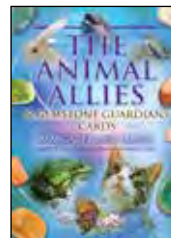


### Animal Totems and the Gemstone Kingdom

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Margaret Ann Lembo

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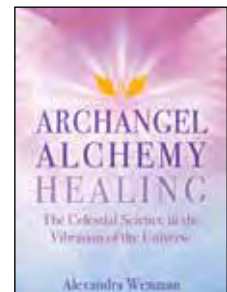


### The Animal Allies and Gemstone Guardians Cards

Margaret Ann Lembo  
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Includes 44 full-color cards

When an animal, insect, or bird appears repetitively, whether in real life or dreams, it is bringing you a message. This deck of 44 oracle cards pairs 44 gemstones with the teachings of their vibrationally matching animal allies to provide guidance and messages of hope, happiness, and well-being.



### Archangel Alchemy Healing

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Alexandra Wenman

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336 pages, 6 x 9  
18 b&w illustrations

Channeled directly to Alexandra Wenman through the Archangels, primarily Gabriel and Metatron, Archangel Alchemy is an angelic energy healing system that aligns you with the Angelic Kingdom and enables you to connect with your true angelic nature. This guide to Archangel Alchemy explores its protocols, invocations, and hands-on techniques.

**Audiobook available**



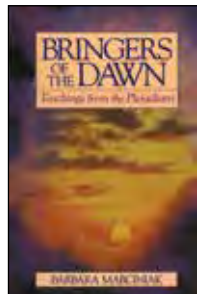
### Become an Earth Angel

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Foreword by Cyndi Dale

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Our planet has moved into the fifth dimension and we are about to witness a new order of earth angels. Assisting those emerging souls with their search for a path of service, Sonja Grace reveals the work of an earth angel and how she has used her gifts to locate missing people, conduct long distance healing, and counsel myriad international clients.



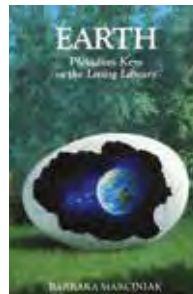
### Bringers of the Dawn

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**Audiobook available**



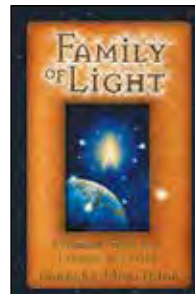
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Meet Ross Bartlett, a young psychic who dedicates his life to proving the existence of the afterlife and healing those who are left behind. Read about his incredible psychic talent and progression as a medium from his first vision at the age of five to becoming the youngest professional medium at the age of sixteen.





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Ross Bartlett

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Ross Bartlett shares the evidential messages some clients received from loved ones who have passed over, explains why spirit say it is like heaven, what they do, how they remain close to us, how they communicate, and answers questions around mediumship, the afterlife, and the efficacy of heaven therapy.



## Opening2Intuition Starter Audio-CD

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*Facing Darkness, Finding Light* explores the afterlife of those who commit suicide, sheds light on healing in life after suicide, and shares meaningful techniques for forging bonds between the departed and those left behind. Though the journey begins in the darkness of death, there is hope, there is light.



## The Female Archangels

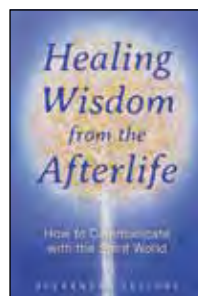
### *Empower Your Life with the Wisdom of the 17 Archeiai*

Calista

ISBN 978-1-64411-841-2  
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Full-color throughout

In this guide to help you connect with the Archeiai, Angel healing pioneer Calista introduces 17 female Archangels—each named to symbolize the quality she represents, such as Grace, Hope, Clarity, or Joy—alongside practical techniques to partner with the Angels to evolve your life and your spiritual path of Ascension.

**Audiobook available**



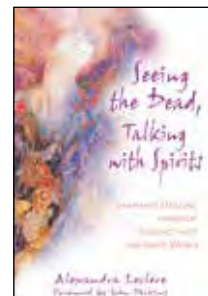
## Healing Wisdom from the Afterlife

### *How to Communicate with the Spirit World*

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Sharing insights from her more than two decades of experience as a practicing medium and energy healer, Alexandra Leclere presents wisdom from the spirit world on the cycles of death, life after death, and rebirth and reveals how communicating with spirits can help you navigate daily life and support your Soul's purpose.



## Seeing the Dead, Talking with Spirits

### *Shamanic Healing through Contact with the Spirit World*

Alexandra Leclere

Foreword by John Perkins, *The New York Times* bestselling author of *Confessions of an Economic Hit Man*

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\$14.95 (CAN \$17.95) pb  
224 pages, 6 x 9

Often the pain caused by unresolved psychological traumas from the past—including past lives—is the key obstacle restricting access to the powers offered by the spirits. The first step in healing requires reconnecting with the joy that resides within us. Once this connection has been established, we are all capable of restoring our connection to the spirit world.



## How to Become a Mermaid

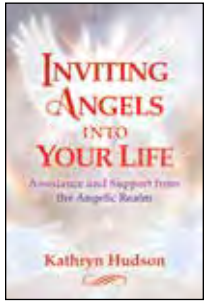
### *Embodying the Elemental Energy of Water*

Elyria Swann

Foreword by William R. Mistele  
ISBN 978-1-64411-450-6  
\$14.99 (CAN \$18.99) pb  
128 pages, 5.38 x 8.25

Anyone can become a mermaid. To do so, you must develop the vibration of water in your energy field and learn to perceive as mermaids do. In this how-to guide, Elyria Swann shares her personal experiences with astral mermaids and water spirits, offering wisdom and practical lessons to reveal how to become a mermaid.

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### Inviting Angels into Your Life

*Assistance and Support from the Angelic Realm*

Kathryn Hudson

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Connect with the Archangels. Kathryn Hudson offers simple and practical exercises in this powerful, step-by-step manual for living joyfully with the help of the angels and Archangels. Each of these Archangels brings specific Divine qualities to assist and support you.



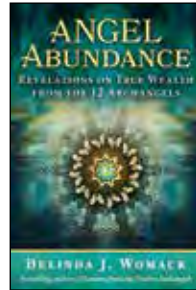
### Jim's Flight

*One Soul's Perspective from Heaven*

Christine Frank Petosa with Elizabeth Williams

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We learn from Jim Petosa's flight to Heaven and back that life exists beyond the physical world. Providing us with insight, wisdom, and practical knowledge, this book is a compilation of Jim's transition to Heaven and his wife's experience as caretaker. It serves as a portal to expand humanity's understanding of it all.



### Angel Abundance

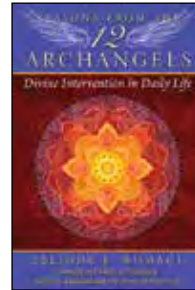
*Revelations on True Wealth from the 12 Archangels*

Belinda J. Womack

ISBN 978-1-59143-498-6  
\$18.00 (CAN \$22.50) pb  
272 pages, 6 x 9

You are personally invited by the 12 Archangels to receive all that you desire from Source, especially the true happiness that often seems out of reach. Your Soul has the clear guidance and tools to help you move from lack to abundance and attract wealth and healing and the Archangels will show you how.

**Audiobook available**



### Lessons from the Twelve Archangels

*Divine Intervention in Daily Life*

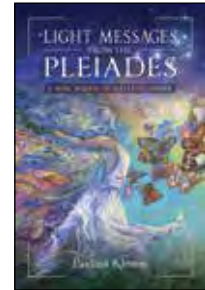
Belinda J. Womack

Foreword by Catherine Shainberg  
ISBN 978-1-59143-223-4  
\$15.00 (CAN \$18.00) pb  
224 pages, 6 x 9

Also available in Spanish (see page 218)

Belinda Womack was a scientist working in a biology lab when she found herself in the presence of the Archangel Gabriel and realized her calling as a conduit for Angelic healing. In this book she shares guidance from the 12 Archangels that can heal wounds, release fears, and allow life to be filled with divine power.

**Audiobook available**



### Light Messages from the Pleiades

*A New Matrix of Galactic Order*

Pavlina Klemm

ISBN 978-1-64411-825-2  
\$19.99 (CAN \$24.99) pb  
192 pages, 5.5 x 8.5

In this high-vibration book, Pavlina Klemm shares the light messages she has received from the higher beings known as the Pleiadians on the Great Awakening that is taking place worldwide. She includes exercises, affirmations, and meditations, all charged by the Pleiadians with positive frequencies that activate remembering and healing.

**Audiobook available**



### New—Available Pleiadian Soul Healing

*Light Messages for Cosmic Freedom*

Pavlina Klemm

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11 b&w illustrations

Speaking through healer and channel Pavlina Klemm, the higher beings known as the Pleiadians share healing wisdom to assist humanity as we ascend into higher consciousness. They provide high-vibration number sequences, visualizations, and exercises to help retrieve lost soul parts, dissolve artificially encoded consciousness programs, repair your DNA, and amplify the vibration of love.

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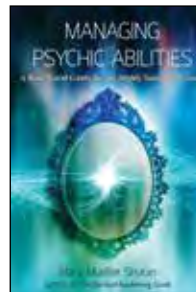
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Christine Arana Fader, the "dragon woman," shows the mystical world of dragons with stories from her daily life. She helps readers get to know their own dragon, a personal companion who will share invincibility, wisdom, and magic so that readers can grow and find their own path.



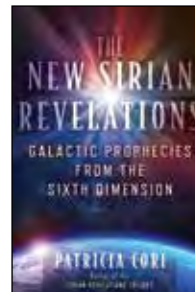
### Managing Psychic Abilities

*A Real World Guide for the Highly Sensitive Person*

Mary Mueller Shutan

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Learn how psychic abilities and sensitivities develop, where you are on the spectrum, and the basic and intermediate skills and techniques needed to be healthier, more functional, and in control of your sensitivities and psychic abilities.



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In 1996, Patricia Cori experienced a galactic out-of-body journey—a transformational awakening that attuned her to a group of interdimensional light beings known to her as the Sirian High Council. In this book, she shares revelations from the Sirians to help us understand the darkness and focus on light for all humanity and the Earth.

**Audiobook available**



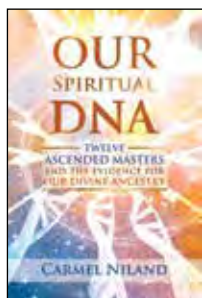
### Omni Reveals the Four Principles of Creation

John Payne

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An inspiring and compelling collection of questions and answers are posed to Omni, a nonphysical group entity channeled through John Payne. Omni relates that all is okay with humanity and will continue to be okay as we gently unfold our potential.





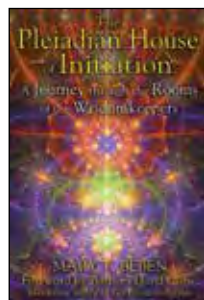
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Mary Beben takes a visionary tour through the celestial mansion of her family in the Pleiades where she encounters immortal wisdomkeepers such as White Buffalo Woman, Mother Mary, and Grandmother Spider. She reveals that our planet is the key to conscious evolution, and that humanity has a divine role as Keeper of the Earth.



### The Pleiadian Agenda

*A New Cosmology for the Age of Light*

Barbara Hand Clow

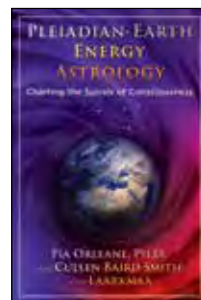
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Astrologer and spiritual teacher Barbara Hand Clow reveals the timing of the critical leap in evolution at the end of the Mayan Calendar.

*"If you are willing to examine the beliefs creating your reality, this book offers an excellent challenge and opportunity, maybe even a sneak preview of our common future."*

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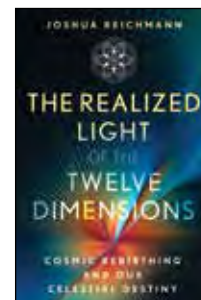
### Pleiadian Earth Energy Astrology

*Charting the Spirals of Consciousness*

Pia Orleane, Ph.D. and  
Cullen Baird Smith  
with Laarkmaa

ISBN 978-1-59143-309-5  
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Sharing wisdom teachings from the Pleiadian group Laarkmaa, Orleane and Smith reveal a system of Pleiadian-Earth energy astrology centered on the spiraling and interconnected movement of Universal and Earth energies. Offering practical examples, they show how you can consciously use the energies prevalent on a given calendar day to your personal, spiritual advantage.



**New—August 2024**

A Sacred Planet Book

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Joshua Reichmann presents channeled Pleiadian wisdom on the evolving state of humanity, the 12 spectral dimensions of experience, the Akashic records, as well as the cosmic mechanics of our physical and metaphysical reality. He also explains how to access the higher dimensions through the Heart Beam and connect to the Cosmic Heart.



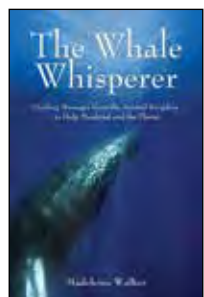
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This adventure delivers messages from different wild and sacred animals. Voices of the buffalo, whale, lions, orcas, and bears speak through Walker, who embarked on a spiritual journey across continents in search of animal wisdom. It includes practical ways to implement animal knowledge to help save humanity and the natural world.



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Stéphane Allix

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While on a spiritual retreat, journalist Stéphane Allix experienced a waking vision of a soldier dying on a battlefield, followed by scenes from the soldier's life. Allix began an investigation that revealed the individual had existed and that the soul of this dead soldier was coming to him for healing and forgiveness.



### Alien Intelligence and the Pathway to Mars

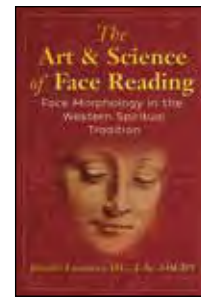
*The Hidden Connections between the Red Planet and Earth*

Mary Bennett  
with David S. Percy

Foreword by  
David Hatcher Childress

ISBN 978-1-59143-400-9  
\$40.00 (CAN \$49.99) pb  
544 pages, 6.63 x 9.5  
Full-color throughout

In a study based on 25 years of research, Bennett explores the ancient and modern connections between Mars and Earth as well as how extraterrestrial intelligences are trying to assist us in constructing a viable spacecraft to take a human crew swiftly and safely to Mars.



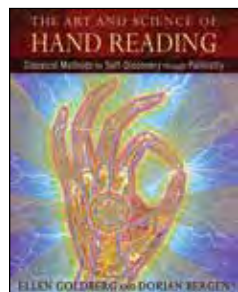
### The Art and Science of Face Reading

*Face Morphology in the Western Spiritual Tradition*

Jennifer Lamonica, D.C.,  
L.Ac., DACBN

ISBN 978-1-62055-877-5  
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208 pages, 6 x 9  
150 b&w illustrations

In this illustrated guide, Jennifer Lamonica reveals the sacred tradition of face morphology, a system passed down from rabbi to student for over 4,500 years. She explains how to read a person's profile, front face, major facial features, and expressions, which all provide valuable insight into personality, health, and mental state.



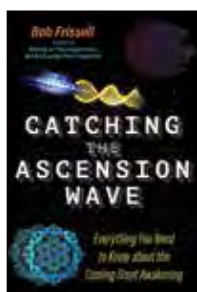
### The Art and Science of Hand Reading

*Classical Methods for Self-Discovery through Palmistry*

Ellen Goldberg and Dorian Bergen

ISBN 978-1-62055-108-0  
\$35.00 (CAN \$42.00) hardcover  
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610 b&w photographs

This comprehensive guide lays out how to interpret all features of the hand, not simply the lines of the palm. It explains how to read and interpret the seven mounts of the palm, the shapes of the fingers and nails, the texture of the skin, and all the major and minor lines. Includes detailed sample readings and hundreds of illustrations.



A Sacred Planet Book

### Catching the Ascension Wave

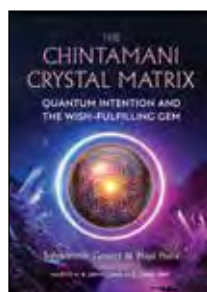
*Everything You Need to Know about the Coming Great Awakening*

Bob Frissell

ISBN 978-1-59143-455-9  
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288 pages, 6 x 9  
15 b&w illustrations

There is a wave of higher dimensional energy raising the vibratory rate of our planet and everyone on it. Detailing the forces working to advance our conscious evolution as well as those seeking to block it, Bob Frissell shares exercises, tools, and techniques to transmute energetic obstacles and help you participate in the Great Awakening.

**Audiobook available**

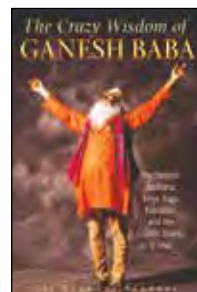


### The Chintamani Crystal Matrix

*Quantum Intention and the Wish-Fulfilling Gem*  
Johndennis Govert and Hapi Hara

Foreword by Martin W. B. Jarvis, OAM, Ph.D., FRSA, FIMT  
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Looking at gemstone myths from East and West, the authors explore the three types of chintamani: the mythical gemstone, the power crystals of history, and the multidimensional field of light, energy, and consciousness that forms a network of all gems. The authors provide practices to access this crystal energy matrix and manifest your heart's desires.

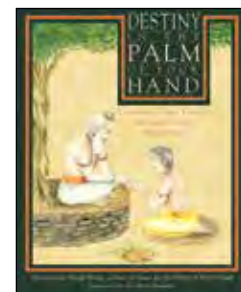


### The Crazy Wisdom of Ganesh Baba

*Psychedelic Sadhana, Kriya Yoga, Kundalini, and the Cosmic Energy in Man*  
Eve Baumohl Neuhaus

ISBN 978-1-59477-265-8  
\$16.99 (CAN \$21.50) pb  
160 pages, 6 x 9  
30 b&w illustrations

Ganesh Baba (1895–1987) knew Lahiri Mahasaya, became a swami under Sivananda, and was the head of a sect whose followers consider entheogens to be the gift of the gods. This book contains the core of Ganesh Baba's teachings.



### Destiny in the Palm of Your Hand

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Ghanshyam Singh Birla  
Foreword by David Frawley

ISBN 978-0-89281-770-2  
\$19.95 (CAN \$23.95) pb  
120 pages, 8 x 10  
105 b&w illustrations

With dozens of illustrations and examples of actual palm prints, *Destiny in the Palm of Your Hand* shows you how you can use palmistry to gain an understanding of where you are coming from and where you are headed.



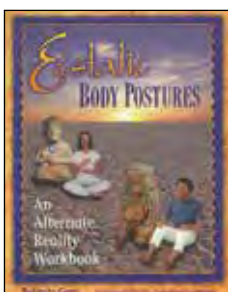
### The Diviner's Handbook

*A Guide to the Timeless Art of Dowsing*

Tom Graves

ISBN 978-0-89281-303-2  
\$12.95 (CAN \$15.95) pb  
192 pages, 5 x 7.75

Each of us is capable of detecting the subtle emanations and vibrations that surround us. *The Diviner's Handbook* helps you develop your own individual talent and technique for dowsing as a key to greater knowledge and the time-honored art of divination.



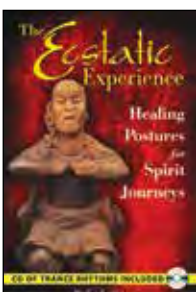
### Ecstatic Body Postures

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b&w illustrations throughout

With clear instructions and diagrams, this manual explores the altered states of consciousness which are triggered as a result of practicing ancient shamanic postures and movements.



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*Healing Postures for Spirit Journeys*

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160 pages, 6 x 9  
Includes 20 b&w illustrations and a 60-minute CD of trance rhythms

Following up on her groundbreaking book *Ecstatic Body Postures*, Belinda Gore provides a new series of 20 trance-inducing postures for shamanic journeying, initiation, healing, divination, and transformation of the soul. Includes 60-minute CD of trance rhythms to accompany the shamanic journeying exercises.



### The Divining Mind

*A Guide to Dowsing and Self-Awareness*

T. E. Ross and Richard D. Wright

ISBN 978-0-89281-263-9  
\$12.95 (CAN \$15.95) pb  
136 pages, 5.38 x 8.25

The art of divining, or dowsing, has for years been cloaked in mystery and superstition. Recognized by some as a means of finding water and minerals, it is actually a method for anyone to develop intuitive skills. This thought-provoking book demystifies dowsing and presents this ancient science as a powerful tool for self-knowledge.



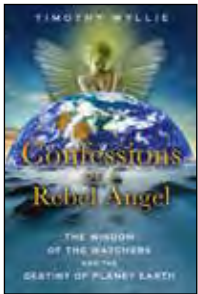
### Awakening of the Watchers

*The Secret Mission of the Rebel Angels in the Forbidden Quadrant*  
Timothy Wyllie

ISBN 978-1-59143-251-7  
\$20.00 (CAN \$23.95) pb  
360 pages, 6 x 9  
Includes 8-page color insert

Writing together with Timothy Wyllie, Georgia—a rebel angel who took on the role of Watcher after the rebellion—provides her personal account of Earth from 16,500 BC to 8,000 BC, a period that encompasses the first two eras of Atlantis.





## Confessions of a Rebel Angel

*The Wisdom of the Watchers and the Destiny of Planet Earth*

Timothy Wyllie

ISBN 978-1-59143-147-3  
\$22.00 (CAN \$24.95) pb  
488 pages, 6 x 9

Includes 8-page color insert

After eons of isolation, Lucifer and his rebel angels are being redeemed. Writing through Timothy Wyllie, rebel angel Georgia describes her half million years stationed on Earth as a watcher and reveals that there are millions of rebel angels currently incarnated who have an opportunity to redeem the past and contribute their particular talents to the world.



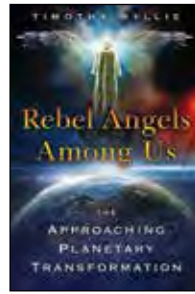
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*The Approaching Planetary Transformation*

Timothy Wyllie

ISBN 978-1-59143-366-8  
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Includes 8-page color insert

An angel of Seraphic status, Georgia provides her personal account of Earth during the fall of Atlantis. Writing through Timothy Wyllie, Georgia interweaves her narrative with observations of Timothy Wyllie's current and previous lives. She shows how millions of rebel angels are currently living human lives and are helping prepare Earth for a transformation of consciousness.



## Rebel Angels in Exile

*Pleiadians, Watchers, and the Spiritual Quickening of Humanity*

Timothy Wyllie

ISBN 978-1-59143-188-6  
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328 pages, 6 x 9  
Includes 8-page color insert

Georgia, a rebel angel of Seraphic status, was present during Earth's steady descent into ignorance and confusion, and witnessed visits from the Nephilim and the Pleiadians, and the destruction of Lemuria. She shares her words to awaken some of the rebel angels currently living out human lives, most struggling with their sense of being different from other people.



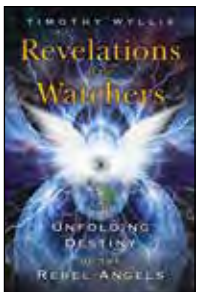
## The Return of the Rebel Angels

*The Urantia Mysteries and the Coming of the Light*

Timothy Wyllie

ISBN 978-1-59143-125-1  
\$24.00 (CAN \$29.50) pb  
488 pages, 6 x 9  
Includes 8-page color insert and 3 b&w illustrations

Providing an update to *The Urantia Book*, Timothy Wyllie reveals that Lucifer and the fallen angels have been forgiven and Earth's connection with the Multiverse is being restored, initiating the present transformation of consciousness.



## Revelations of the Watchers

*The Unfolding Destiny of the Rebel Angels*

Timothy Wyllie

ISBN 978-1-59143-368-2  
\$24.00 (CAN \$29.99) pb  
360 pages, 6 x 9  
Includes 8-page color insert

Watcher angel Georgia explains how Atlantis was rebuilt using ancient Lemurian construction techniques and how Poseidon was put in charge by nefarious Prince Caligastia. She explores the rise of shamanism, the hidden history of Akhenaten, and the privileged role of the Yazidi people in the spiritual evolution of the planet.



## Revolt of the Rebel Angels

*The Future of the Multiverse*

Timothy Wyllie

ISBN 978-1-59143-174-9  
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296 pages, 6 x 9  
Includes 8-page color insert

Rebel angel Georgia shares insights from her half million years stationed on Earth as a watcher and from her part in the angelic revolution. She reveals details of the Lucifer Rebellion, describes the rise and fall of Lemuria, and shows that the rebel angels are redeeming their past and helping Earth realize its significance in the Multiverse.



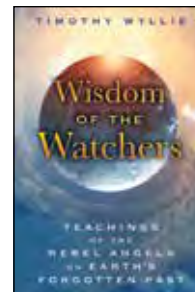
## Secret History of the Watchers

*Atlantis and the Deep Memory of the Rebel Angels*

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Includes 8-page color insert

After Lucifer's angelic rebellion 203,000 years ago, the Watcher angel known as Georgia was permitted to remain on Earth—despite aligning with the rebel angels. In this book, Georgia, writing together with Timothy Wyllie, shares her personal account of Earth in the 8th millennium BCE, the first era of Atlantis.



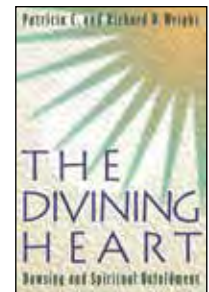
## Wisdom of the Watchers

*Teachings of the Rebel Angels on Earth's Forgotten Past*

Timothy Wyllie

ISBN 978-1-59143-206-7  
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Georgia, a rebel angel and a Watcher, provides her account of the period on Earth from 39,000 BC to 16,500 B.C. when Lemurian civilization reached its pinnacle and seismic upheavals overwhelmed its island home of Mu. Georgia interweaves her story with observations about Timothy Wyllie's life, including his interactions Timothy Leary, himself a rebel angel incarnate.



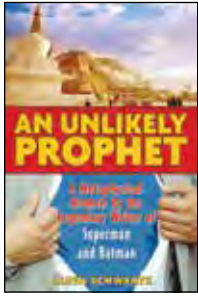
## The Divining Heart

*Dowsing and Spiritual Unfoldment*

Patricia C. and Richard D. Wright

ISBN 978-0-89281-423-7  
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176 pages, 5.38 x 8.25

Authors Richard and Pat Wright define dowsing as the "process of uncovering information through the medium of the self," believing, as do many dowsers, that the ability to dowse is innate. But they also feel that its proper development is contingent upon the parallel unfolding of the spiritual qualities in our nature.



**An Unlikely Prophet**  
A Metaphysical Memoir  
by the Legendary Writer of  
Superman and Batman

Alvin Schwartz

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224 pages, 6 x 9

Alvin Schwartz takes the path without form, an amazing personal journey in the company of Hawaiian kahunas, quantum physicists, and superheroes. As Schwartz's lifelong remembrance of synchrony, inspiration, accident, and magic unfolds, it puts into vivid clarity the saving grace that inhabits every moment of our lives. The author travels as a stranger in a strange land, whose greatest oddity is that this land is our own.



**A Gathering of Selves**

*The Spiritual Journey of the Legendary Writer of Superman and Batman*

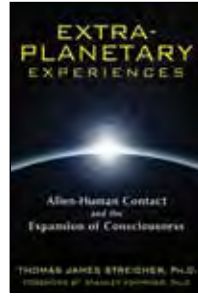
Alvin Schwartz

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Alvin Schwartz's amazing personal journey continues in this sequel to *An Unlikely Prophet*. Carried far beyond the boundaries of ordinary identity, Schwartz finds an interpersonal consciousness where he inhabits a multitude of selves, including the dark figure of Batman. What he thinks of as "self," Schwartz discovers, is but one layer of an onion-like structure of multiple co-existing selves that forms the foundation of the fundamental unity of all being.



**Extra-Planetary Experiences**

*Alien-Human Contact and the Expansion of Consciousness*

Thomas James Streicher, Ph.D.

Foreword by Stanley Krippner, Ph.D.

ISBN 978-1-59143-136-7

\$18.00 (CAN \$22.00) pb

288 pages, 6 x 9

Thomas Streicher interviews seven renowned people who have had extra-planetary experiences or XPE—travel to other planets, moons, and stars. In all cases, XPE marked a turning point in the person's life, accompanied by spiritual insights or a motivation to be of service to humanity.



**Field Guide to the Spirit World**

*The Science of Angel Power, Discarnate Entities, and Demonic Possession*

Susan B. Martinez, Ph.D.

Foreword by Whitley Strieber

ISBN 978-1-59143-332-3

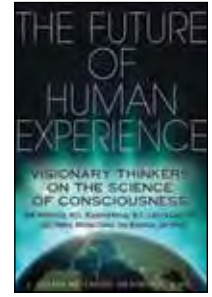
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20 b&w illustrations

Just as houses can be haunted, so can people. Martinez explores the concept of "overshadowing" by spirits and how it can offer an explanation for many mental disorders as well as psi abilities and creative genius. She includes instructions on how to free spirits so they can continue their journey into the beyond.

**Audiobook available**



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J. Zohara Meyerhoff Hieronimus, D.H.L.

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Zohara Hieronimus interviews a variety of visionaries on their predictions for the future and finds a common theme resonating through them all: we can significantly improve the long-term welfare of the Earth by unfolding our nonlocal consciousness and adopting a reverent attitude toward all life.



**Gods of the Runes**

*The Divine Shapers of Fate*

Frank Joseph

Illustrated by Ian Daniels

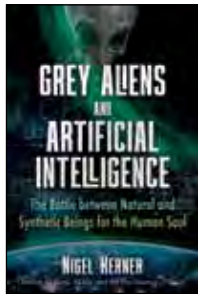
ISBN 978-1-59143-116-9

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200 pages, 6 x 9

Includes 8-page color insert and 35 b&w illustrations

This book reveals the rich history of runes since their appearance in Paleolithic times. It uncovers the original meanings, myths, traits, astrological periods, colors, and gemstones of each rune's corresponding god or goddess. Includes beautiful full-color illustrations.



**Grey Aliens and Artificial Intelligence**

*The Battle between Natural and Synthetic Beings for the Human Soul*

Nigel Kerner

ISBN 978-1-59143-449-8

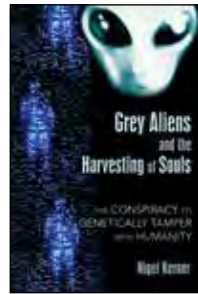
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Examining scientific, historical, cultural, and religious evidence from as far back as 40,000 years ago, Nigel Kerner reveals how our natural consciousness and DNA have been hacked by Grey aliens to filter our perceptions to be in line with their agenda to steal our souls.

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**Grey Aliens and the Harvesting of Souls**

*The Conspiracy to Genetically Tamper with Humanity*

Nigel Kerner

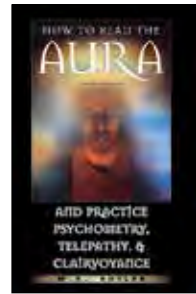
ISBN 978-1-59143-103-9

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Includes 24-page color insert

Grey aliens are sophisticated biological robots who seek to obtain human souls. Through the manipulation of DNA, these aliens hope to create their own souls and escape the material universe. But if we follow spiritual laws, we can free ourselves from their grasp.



**How to Read the Aura and Practice Psychometry, Telepathy, and Clairvoyance**

W. E. Butler

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Renowned parapsychologist W. E. Butler outlines simple procedures to develop and perfect the four basic psychic powers we all possess: how to read the Aura, understand Psychometry, awaken telepathic powers, and experience clairvoyance. One of the world's great occultists, W. E. Butler (1898–1978) studied in India among Hindu spiritual teachers and with renowned mystic Annie Besant.



**How to Read Signs and Omens in Everyday Life**

Sarvananda Bluestone, Ph.D.

ISBN 978-0-89281-901-0

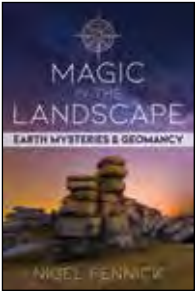
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25 b&w illustrations

Since the beginning of time, diviners and seers have been finding signs and omens in the world around them. In modern times, we call those who possess these abilities "psychic," but native cultures accepted that each of us has an innate sixth sense. Sarvananda Bluestone shows us how our innate knowledge can be rediscovered, allowing us to become far more in tune with our surroundings than we ever dreamed possible. Filled with practical exercises.





## Magic in the Landscape

*Earth Mysteries and Geomancy*  
Nigel Pennick

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176 pages, 6 x 9  
39 b&w illustrations

Our ancestors were deeply aware of the magical power of their local landscape. In this book Nigel Pennick details the ancient practices of geomancy and Earth magic, including how to work with ley lines, astrology, and the four directions to honor a space and make it a place of power.

**Audiobook available**

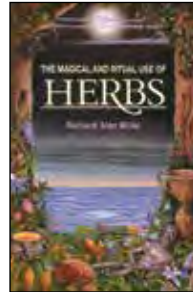


## The Magical and Ritual Use of Aphrodisiacs

Richard Alan Miller

ISBN 978-0-89281-402-2  
\$14.95 (CAN \$17.95) pb  
176 pages, 5.38 x 8.25

The author shows how intent and motivation can be focused to augment the physical effects of aphrodisiacs and suggests rituals drawn from Tantric yoga and Western magic.



## The Magical and Ritual Use of Herbs

Richard Alan Miller

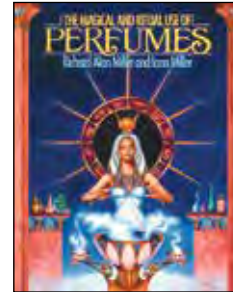
ISBN 978-0-89281-401-5  
\$12.95 (CAN \$14.95) pb  
128 pages, 5.38 x 8.25

Also available in Spanish  
(see page 221)

Biochemist, physicist, and herbalist, Miller explains the historical use, chemical structure, preparation of, and rituals related to psychotropic herbs.

*"Fascinating. . . Miller's range of practical and arcane knowledge is impressive. This integration of the scientific with the mystical is one of the most interesting facets of the book."*

*The Herb Companion*

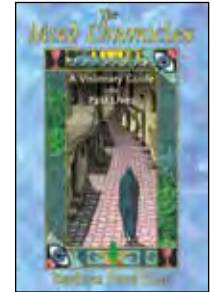


## The Magical and Ritual Use of Perfumes

Richard Alan Miller and Iona Miller

ISBN 978-0-89281-210-3  
\$18.95 (CAN \$22.95) pb  
184 pages, 8 x 10

Because of their power to elicit specific responses in the body and psyche, perfumes have, through the ages, occupied an important part in ritual. *The Magical and Ritual Use of Perfumes* shows how scents can become the very "essence of magic," providing direct access to the emotional centers of the brain and memory.



A Revised Single-Volume Edition of *The Mind Chronicles Trilogy*

## The Mind Chronicles

*A Visionary Guide into Past Lives*

Barbara Hand Clow

ISBN 978-1-59143-066-7  
\$25.00 (CAN \$30.00) pb  
464 pages, 6 x 9  
36 b&w illustrations

With the mind state produced during 100 sessions of hypnotic regression, Barbara Hand Clow unlocks the primordial memory bank—the records of time in which all humans participate—guiding readers through 100,000 years of human history, using in-depth experiences of initiations and sacred ceremonies to illuminate the forgotten wisdom of our ancestors.

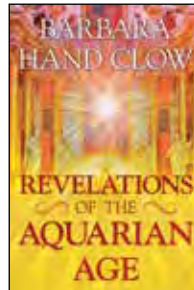


## Revelations from the Source

Barbara Hand Clow

ISBN 978-1-59143-431-3  
\$18.00 (CAN \$22.50) pb  
352 pages, 6 x 9  
14 b&w illustrations

With the Age of Aquarius dawning, six friends connected by ancient wisdom, spiritual revelation, past lives, and sexual alchemy discover the connections between seemingly disconnected events—environmental collapse, schisms in the Catholic Church, the refugee crisis, political breakdown, and the Covid-19 pandemic. The novel offers readers a nine-dimensional initiation encoded in visionary fiction.



## Revelations of the Aquarian Age

Barbara Hand Clow

ISBN 978-1-59143-295-1  
\$18.00 (CAN \$22.50) pb  
320 pages, 6 x 9  
10 b&w illustrations

Shortly after their wedding in Tuscany, Armando reveals his richly symbolic painting of Jesus and Mary Magdalene to his bride Jennifer. Deeply affecting all who view it, the alchemical painting leads them on a journey into the esoteric mysteries of divine marriage, sacred sexuality, and the transformative power of holy relics.

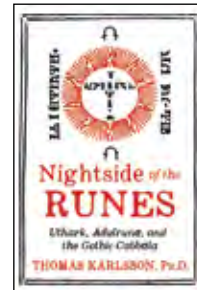


## Revelations of the Ruby Crystal

Barbara Hand Clow

ISBN 978-1-59143-485-6  
\$20.00 (CAN \$24.99) pb  
464 pages, 6 x 9  
8 b&w illustrations

This erotic thriller centers on Sarah Adamson, a graduate student studying at the Vatican Library. After a terrible encounter with the dark side, Sarah is given a ruby ring that awakens her visionary abilities and memories of her past life as the Sibyl of Cumae. Her journey reveals dramatic insights about early Christian heretics and Vatican world control.



## Nightside of the Runes

*Uthark, Adulruna, and the Gothic Cabbala*

Thomas Karlsson, Ph.D.

ISBN 978-1-62055-774-7  
\$30.00 (CAN \$37.50) hardcover  
288 pages, 6 x 9  
50 b&w illustrations

Revealing the occult wisdom and layers of meaning hidden in the Nordic Runes, runologist Karlsson explores the practice of the Uthark divination system encoded within the Futhark system and traces the relationship between rune stones and numerology, the Cabbala, alchemy, Gothicism, and sigil magic. He also examines the Adulrunes, based on the theories of Johannes Bureus.



## Nordic Runes

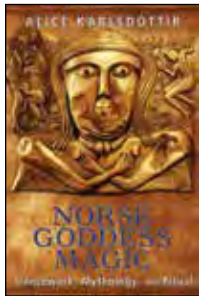
*Understanding, Casting, and Interpreting the Ancient Viking Oracle*

Paul Rhys Mountfort

ISBN 978-0-89281-093-2  
\$16.99 (CAN \$19.95) pb  
288 pages, 6 x 9  
29 b&w illustrations

Also available in Spanish  
(see page 220)

A practical guide to this ancient oracle, *Nordic Runes* addresses three major areas: Runelore, the history of this 2,000-year-old Norse oracle; Runestaves, the meaning of the individual runes, and their powerful mythological, magical, and practical lessons for daily life; and Runecasting, a comprehensive and contemporary guide to the application of this ancient system of divination.



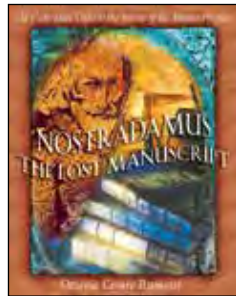
### Norse Goddess Magic

*Trancework, Mythology, and Ritual*

Alice Karlsdóttir

ISBN 978-1-62055-407-4  
\$16.95 (CAN \$20.50) pb  
256 pages, 6 x 9  
3 b&w illustrations

This book reveals the personalities and powers of thirteen female deities in the Norse pantheon—Frigg the Allmother, wife of Odin, and the twelve Aesir goddesses such as Sjöfn the peacemaker, Eir the Healer, and Vor the Wisewoman. Also included is a guide to tranceworking that will allow anyone to develop spirit-work relationships with the goddesses.



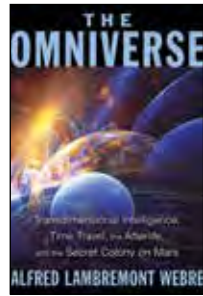
### Nostradamus: The Lost Manuscript

*The Code That Unlocks the Secrets of the Master Prophet*

Ottavio Cesare Ramotti

ISBN 978-0-89281-915-7  
\$24.99 (CAN \$29.99) pb  
192 pages, 8 x 10  
21 color, 80 b&w illustrations

Paintings by Nostradamus discovered in 1994 in the Italian National Library provide the key to decoding his prophecies, revealing a chronology of his quatrains that has been hidden for 400 years. Ramotti has cracked the code and produced a book that is required reading for those who want to know what the next millennium has in store.



### The Omniverse

*Transdimensional Intelligence, Time Travel, the Afterlife, and the Secret Colony on Mars*

Alfred Lambremont Webre

ISBN 978-1-59143-215-9  
\$16.00 (CAN \$19.50) pb  
224 pages, 6 x 9

The Omniverse is the overarching matrix of energy, spirit, and intelligence that encompasses all that exists. This easy-to-read book reveals the holographic origins of the soul, the potential of time travel, and our role as divine co-creators with God/Source.



### Oracle Bones Divination

*The Greek I Ching*

Kostas Dervenis

ISBN 978-1-62055-101-1  
\$16.95 (CAN \$19.95) pb  
176 pages, 6 x 9  
67 b&w illustrations

Kostas Dervenis explains how to interpret the casting of the oracle bones—either traditional sheep anklebones or coins—to answer your questions on love, health, wealth, and the future. Using the original stanzas discovered in ancient Greek temples in Greece and Turkey, the author reconstructs the complete matrix of interpretation for each possible casting of the bones.



### The Origins of Psychic Phenomena

*Poltergeists, Incubi, Succubi, and the Unconscious Mind*

Stan Gooch

ISBN 978-1-59477-164-4  
\$18.99 (CAN \$22.99) pb  
272 pages, 6 x 9

Stan Gooch explores the functioning of the dream-producing part of the brain—the cerebellum—and how the unconscious mind is able to externalize itself. He shows how the cerebellum is the source of these energies, subpersonalities, and manifestations, and identifies our neglected "Neanderthal" subconscious as responsible for the rising incidence of paranormal happenings.



### Baldr's Magic

*The Power of Norse Shamanism and Ecstatic Trance*

Nicholas E. Brink, Ph.D.

ISBN 978-1-59143-184-8  
\$18.00 (CAN \$21.95) pb  
320 pages, 6 x 9  
9 b&w illustrations

The rebirth of a peaceful, balanced world was predicted in Norse mythology as the return of Baldr, the compassionate Nordic god of truth, healing, and rune work. Through the power of ecstatic trance, it is possible to re-enter the magic of an earlier time when the Great Mother was the center of life in the Bronze Age. This book shows how to use hypnotic trance to learn directly from our distant ancestors, rediscover our extrasensory powers, and reclaim the original magical nature of humanity.



### Beowulf's Ecstatic Trance Magic

*Accessing the Archaic Powers of the Universal Mind*

Nicholas E. Brink, Ph.D.

Foreword by Stanley Krippner, Ph.D.  
ISBN 978-1-59143-217-3  
\$18.00 (CAN \$21.95) pb  
256 pages, 6 x 9  
11 b&w illustrations

Using ecstatic trance to access the memories of the Universal Mind, Nicholas Brink journeys back to the time of the epic of Beowulf, enabling the reader to re-experience the life of Queen Wealhtheow who practiced the magic of an even earlier time when the Great Mother Earth was worshiped and peaceful traditions were the norm.



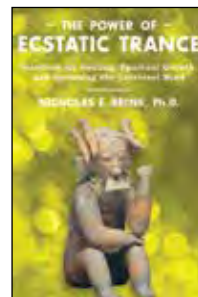
### Ecstatic Soul Retrieval

*Shamanism and Psychotherapy*

Nicholas E. Brink, Ph.D.

Foreword by Stanley Krippner, Ph.D.  
ISBN 978-1-59143-261-6  
\$16.00 (CAN \$20.00) pb  
208 pages, 6 x 9  
5 b&w illustrations

Integrating cognitive behavioral therapy, narrative therapy, and dream analysis, author Nicholas Brink provides a unique model for tapping into the universal mind. These practices can be used to resolve common psychological issues such as agoraphobia, panic attacks, irrational anger, mood swings, obsessive behaviors, and control issues.



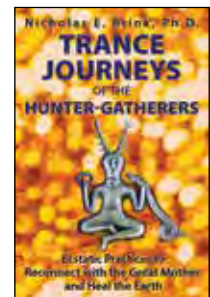
### The Power of Ecstatic Trance

*Practices for Healing, Spiritual Growth, and Accessing the Universal Mind*

Nicholas E. Brink, Ph.D.

ISBN 978-1-59143-152-7  
\$18.00 (CAN \$21.50) pb  
256 pages, 6 x 9  
22 b&w illustrations

Though traditionally it was only the shaman of the community who went on ecstatic trance journeys, this book shows that we all have access to shamanic powers. Here are 20 traditional trance postures that can trigger the healing of illness and emotional pain, interactions with animal spirits and the dead, letting go of guilt and grief, and the discovery of past lives.



### Trance Journeys of the Hunter-Gatherers

*Ecstatic Practices to Reconnect with the Great Mother and Heal the Earth*

Nicholas E. Brink, Ph.D.

ISBN 978-1-59143-237-1  
\$18.00 (CAN \$21.95) pb  
272 pages, 6 x 9  
36 b&w illustrations

Nicholas Brink details the healing and spiritual powers of trance postures and rituals from a variety of hunter-gatherer societies, including ancient Celtic, Norse, Native American, and South American traditions. As we reconnect with the spirit of the Earth, we can once again experience the world not only as alive but also enchanted.





### The Dance of Reality

*A Psychomagical Autobiography*

Alejandro Jodorowsky

ISBN 978-1-62055-281-0  
\$24.95 (CAN \$29.95) pb  
424 pages, 6 x 9  
Includes 8-page color insert  
and 29 b&w plates

Jodorowsky's autobiographical movie *The Dance of Reality*, which was based on this book, was released at the 2013 Cannes Film Festival. Not a traditional recounting of chronological memories, it is autobiography told as an act of self-healing. To peer back into our past, he says, is equivalent to digging into our own souls. If we can dig deep enough we can find an inner light.



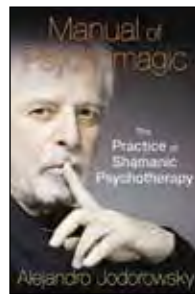
### The Finger and the Moon

*Zen Teachings and Koans*

Alejandro Jodorowsky

ISBN 978-1-62055-535-4  
\$16.95 (CAN \$20.95) pb  
176 pages, 5.38 x 8.25

Before he became the film maker and auteur known throughout the world today, Alejandro Jodorowsky studied with Zen master Ejo Takata. In *The Finger and the Moon*, Jodorowsky recounts how he became Takata's student and offers his interpretations of the teaching tales, initiatory stories, koans, and enigmatic haikus he learned. These stories are intended to evoke silent illumination—as true awakening and self-realization cannot occur until the mind has been stilled.



### Manual of Psychomagic

*The Practice of Shamanic Psychotherapy*

Alejandro Jodorowsky

ISBN 978-1-62055-107-3  
\$19.95 (CAN \$23.95) pb  
256 pages, 6 x 9

The shamanic techniques at the foundation of psychomagic speak directly to the unconscious in its own language of dreams, poetry, and symbolic acts. This workbook provides successful solutions for a wide range of psychological, sexual, and physical problems, each solution taking the elements associated with a negative emotional charge and recasting them into theatrical symbolic actions that are played out by the participant.



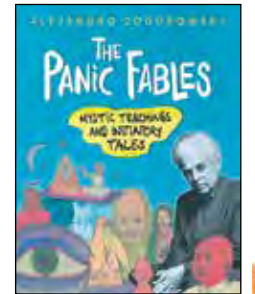
### Metagenealogy

*Self-Discovery through Psychomagic and the Family Tree*

Alejandro Jodorowsky and Marianne Costa

ISBN 978-1-62055-103-5  
\$29.95 (CAN \$35.95) pb  
640 pages, 6 x 9  
36 b&w illustrations

Part of our family inheritance is an embodied sense of self, transmitted from at least four prior generations. There are two forces at work: the imitating force of the family's past, and the creative force driven by the Universal Consciousness. This book provides exercises to stop the transmission of these patterns to future generations, and reconnect with our unique creative purpose in life.



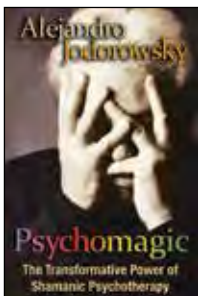
### The Panic Fables

*Mystic Teachings and Initiatory Tales*

Alejandro Jodorowsky

ISBN 978-1-62055-537-8  
\$40.00 (CAN \$48.00) pb  
304 pages, 8.5 x 11  
Full-color throughout

Appearing for the first time in English, this full-color book presents all 284 of filmmaker Alejandro Jodorowsky's spiritual Panic Fables comics, published weekly from 1967 to 1973 in Mexico City's *El Heraldo* newspaper. Jodo includes an introduction explaining how he incorporated Zen teachings, initiatory wisdom, and sacred symbology into his comics.



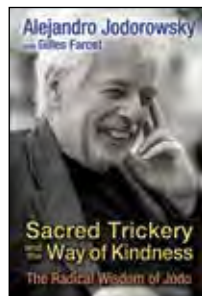
### Psychomagic

*The Transformative Power of Shamanic Psychotherapy*

Alejandro Jodorowsky

ISBN 978-1-59477-336-5  
\$24.99 (CAN \$29.95) pb  
304 pages, 6 x 9

Psychomagic uses the powers of dreams, art, and theater to heal deep wounds. The concrete and often surreal actions Jodorowsky asks his patients to engage recast dysfunctional habits into positive action enabling them to pay the psychological debts hindering their lives.



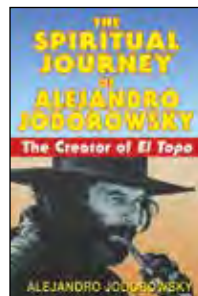
### Sacred Trickery and the Way of Kindness

*The Radical Wisdom of Jodo*

Alejandro Jodorowsky with Gilles Farcet

ISBN 978-1-62055-459-3  
\$18.95 (CAN \$22.95) pb  
192 pages, 6 x 9

In his new book, Alejandro Jodorowsky is revealed as a man who has grown into a brilliant spiritual maverick of the 21st century. He discusses the Way of Kindness he now follows, and how it can have a profound effect on your spirit, infusing life with a wealth of happiness.



### The Spiritual Journey of Alejandro Jodorowsky

*The Creator of El Topo*

Alejandro Jodorowsky

ISBN 978-1-59477-173-6  
\$21.95 (CAN \$25.95) pb  
288 pages, 6 x 9  
Includes two 8-page b&w inserts

Jodorowsky's memoirs reveal his experience with Master Takata and a group of wisewomen—*magiciennes*—who influenced his spiritual growth. He turns the same unsparring spiritual vision seen in the 1970 countercultural hit film *El Topo* to his own spiritual quest.



**New—August 2024**

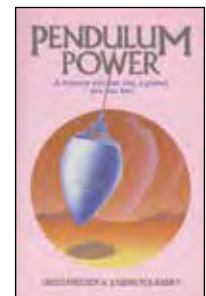
### The Way of Imagination

*From Psychomagic to Psychotrance*

Alejandro Jodorowsky

ISBN 978-1-64411-801-6  
\$24.99 (CAN \$36.00) pb  
288 pages, 6 x 9

Exploring the mechanisms by which psychomagic works to heal our most pressing emotional and spiritual wounds, Alejandro Jodorowsky explains the development of this magical form of shamanic healing and how he crafts psychomagic prescriptions via psychotrance to speak directly to the subconscious through the language of dreams.



### Pendulum Power

*A Mystery You Can See, A Power You Can Feel*

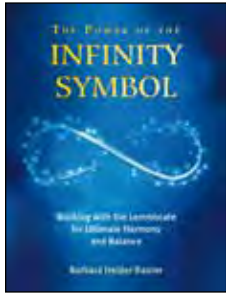
Greg Nielsen and Joseph Polansky

ISBN 978-0-89281-157-1  
\$9.95 (CAN \$11.95) pb  
128 pages, 5 x 7.75

Learn how the power of the pendulum can help you discover treasure, locate the lost, divine the new, and advise in relationships.

**"Emphasis is placed on self-development through pendulum power."**

*The American Dowser Quarterly Digest*



### The Power of the Infinity Symbol

*Working with the Lemniscate for Ultimate Harmony and Balance*

Barbara Heider-Rauter

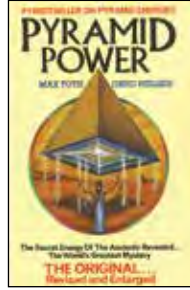
ISBN 978-1-84409-752-4

\$15.99 (CAN \$19.99) pb

128 pages, 5.75 x 7.5

Full-color throughout

This hands-on guide explores the spiritual world of the infinity symbol in a personal and practical way, allowing each of us to benefit from its positive influence for balance and harmony in ourselves and relationships. It includes visualizations, physical exercises, and directed drawing of the symbol to achieve practical results in daily life.



### Pyramid Power

Max Toth and Greg Nielsen

ISBN 978-0-89281-106-9

\$14.95 (CAN \$16.95) pb

208 pages, 5 x 7.75

Pyramid power, the secret energy harnessed by the ancients, preserves foodstuffs, amplifies thought forms, and increases sexual vitality. Here is information on pyramids around the world, instructions on building your own pyramid, and suggested experiments to make pyramid power work for you.



### The Quantum Akashic Field

*A Guide to Out-of-Body Experiences for the Astral Traveler*

Jim Willis

ISBN 978-1-62055-953-6

\$16.99 (CAN \$21.50) pb

176 pages, 6 x 9

Revealing how to gain awareness of the Quantum Akashic Field that underlies reality through conscious out-of-body experiences, Jim Willis shares fascinating firsthand accounts taken from the detailed journals he has kept for nearly 10 years alongside analysis of recent discoveries in quantum physics and wisdom from the world's spiritual traditions.

**Audiobook available**



### The Angelic Origins of the Soul

*Discovering Your Divine Purpose*

Tricia McCannon

ISBN 978-1-59143-271-5

\$30.00 (CAN \$37.50) pb

528 pages, 6 x 9

Includes 16-page color insert and 69 b&w illustrations

Exploring the Soul's angelic origins, the Nine Orders of Angels, and the multi-dimensional landscapes of Heaven, Tricia McCannon explains the six stages of Soul Evolution and how to reawaken to higher vibrations, remember your Soul's purpose, and embrace the joy and love that reside eternally at the core of your being.



### Return of the Divine Sophia

*Healing the Earth through the Lost Wisdom Teachings of Jesus, Isis, and Mary Magdalene*

Tricia McCannon

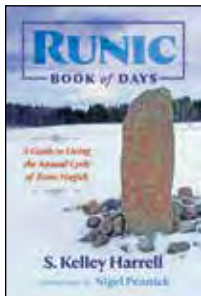
ISBN 978-1-59143-195-4

\$26.00 (CAN \$32.50) pb

512 pages, 6 x 9

84 b&w illustrations

Called through her dreams by the Priestesses of Isis, Tricia McCannon set out on a spiritual journey into the Mysteries of the Goddess discovering a forgotten age when the Creator was honored as female and humanity lived in peace. Equipped with the teachings of the Goddess, we may move into the future as *Homo luminous*, or beings of light, and reestablish an age of harmony and balance.



### Runic Book of Days

*A Guide to Living the Annual Cycle of Rune Magick*

S. Kelley Harrell

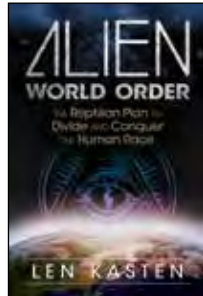
Foreword by Nigel Pennick

ISBN 978-1-62055-770-9

\$14.99 (CAN \$18.99) pb

208 pages, 6 x 9

Offering a step-by-step primer to work with runes throughout the year, Kelley Harrell shows how the 24 runes of the Elder Futhark follow a seasonal progression in which each stave rules the calendar for a half-month. She includes structured devotionals for each half-month and runic initiation rituals for the 8 pagan Sabbats.



### Alien World Order

*The Reptilian Plan to Divide and Conquer the Human Race*

Len Kasten

ISBN 978-1-59143-239-5

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336 pages, 6 x 9

Includes 16-page color insert and 59 b&w illustrations

Bestselling author Len Kasten, *The Secret Journey to Planet Serpo*, shows how Eisenhower's treaty with the Grey Aliens, signed at Holloman Air Force Base in 1954, gave the aliens authority to abduct humans for "research" and how the Reptilians have created alien-human hybrids under their control to replace the human population.

**Audiobook available**



### Dark Fleet

*The Secret Nazi Space Program and the Battle for the Solar System*

Len Kasten

ISBN 978-1-59143-344-6

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Includes 16-page color insert and 25 b&w illustrations

As Len Kasten reveals in startling detail, the Nazis formed an alliance with the race of aliens known as the Reptilians. After World War II, they infiltrated the U.S. military-industrial complex and launched a Secret Space Program with interstellar spaceports in Antarctica and on Mars. Kasten also documents the U.S.-led resistance against the Dark Fleet.

**Audiobook available**



### The Secret History of Extraterrestrials

*Advanced Technology and the Coming New Race*

Len Kasten

ISBN 978-1-59143-115-2

\$25.00 (CAN \$31.50) pb

328 pages, 6 x 9

Includes 8-page color insert and 59 b&w illustrations

This book explores the ET phenomenon and its influence on humanity past and present. It examines ET contacts, anti-gravity devices, the Iraqi Stargate, Nazi ties to UFOs, government cover-ups, and much more. Includes interviews with Paul LaViolette and Robert Bauval.



### Secret Journey to Planet Serpo

*A True Story of Interplanetary Travel*

Len Kasten

ISBN 978-1-59143-146-6

\$18.00 (CAN \$22.00) pb

304 pages, 6 x 9

Includes 16-page color insert and 57 b&w illustrations

In July 1965, an alien spacecraft from the Zeta Reticuli star system landed in Nevada and welcomed aboard twelve military personnel for a 10-month journey to their home planet, Serpo. In 2005, members of the Defense Intelligence Agency came forward to reveal the operation, including details from the 3,000-page debriefing of the seven members of the Serpo team who returned.

**Audiobook available**





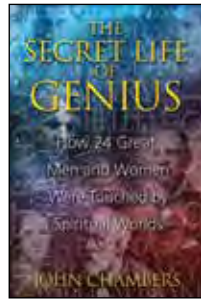
### The Secret Influence of the Moon

*Alien Origins and Occult Powers*

Louis Proud

ISBN 978-1-59477-494-2  
\$19.95 (CAN \$22.95) pb  
408 pages, 6 x 9  
Includes 8-page color insert

Louis Proud explores the Moon from both scientific and esoteric perspectives and finds it is not a cold, dead rock but a rich world just as alive as Earth. He shows that NASA concealed what the Apollo astronauts found, and explains the many holes in the "Giant Impact" theory of the Moon's origins. He also looks at what occult traditions say about the Moon, and presents evidence for the Moon as the home of an alien intelligence.



### The Secret Life of Genius

*How 24 Great Men and Women Were Touched by Spiritual Worlds*

John Chambers

ISBN 978-1-59477-272-6  
\$18.95 (CAN \$22.95) pb  
336 pages, 6 x 9  
24 b&w illustrations

A look at the metaphysical experiences that shaped 24 great men and women from the Renaissance to modern times. *The Secret Life of Genius* chronicles our changing relationship with God, nature, and spirituality from the 16th to the 20th century.



### Secret Places of the Lion

*Alien Influences on Earth's Destiny*

George Hunt Williamson

ISBN 978-0-89281-601-9  
\$16.95 (CAN \$19.95) pb  
240 pages, 5.38 x 8.25

This bestseller shows how rises and plateaus in our cultural history are the result of "radiant beings from heaven" who have incarnated as pivotal figures in history to declare wisdom and truth when humanity has been ready to receive it.



### Power Crystals

*Spiritual and Magical Practices, Crystal Skulls, and Alien Technology*

John DeSalvo, Ph.D.

ISBN 978-1-59477-400-3  
\$16.95 (CAN \$18.95) pb  
240 pages, 6 x 9  
Includes 16-page color insert and 15 b&w illustrations

Crystals connect the physical world with the spiritual via a powerful communication network. This book examines quartz crystals, crystal skulls, and Dropt discs, providing instructions for their use in scrying, meditation, and Enochian magic, including communication with angels.



### The Secret of the Runes

Guido von List

Edited by  
Stephen E. Flowers

ISBN 978-0-89281-207-3  
\$14.95 (CAN \$17.95) pb  
144 pages, 5.38 x 8.25

The runes are said to have "revealed themselves" to von List, uncovering a complete cosmology and esoteric understanding of the primeval Teutonic/Aryan peoples, and becoming the cornerstone of his ideology. No other work so clearly and simply sets forth the full spectrum of von List's fantastic vision of a mystical philosophy based on Germanic principles.



### Confessions of a Reluctant Ghost Hunter

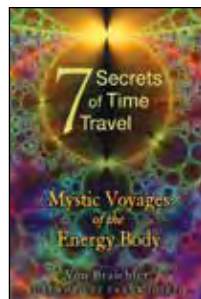
*A Cautionary Tale of Encounters with Malevolent Entities and Other Disembodied Spirits*

Von Braschler

Foreword by Jim Harold

ISBN 978-1-62055-382-4  
\$16.95 (CAN \$20.50) pb  
192 pages, 6 x 9

Not all spirits are ghosts of deceased people reluctant to move on but may be entities created from the hatred or frustrations of a building's inhabitants. In this primer on ghost removal, Von Braschler describes his most difficult and dangerous attempts to remove spirits from haunted buildings.



### Seven Secrets of Time Travel

*Mystic Voyages of the Energy Body*

Von Braschler

Foreword by Frank Joseph

ISBN 978-1-59477-447-8  
\$14.95 (CAN \$17.95) pb  
176 pages, 6 x 9

This book examines time travel from the viewpoint of mystics, shamanic dreamwalkers, and scientists, from Blavatsky to Einstein. It offers practical exercises to develop time travel abilities, emphasizing the spiritual wholeness that comes from energy body work.



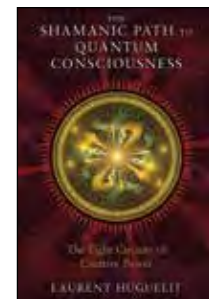
### Time Shifts

*Experiences of Slipping into the Past and Future*

Von Braschler

ISBN 978-1-64411-239-7  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9

Sharing detailed accounts from people who report stepping out of normal time and space, Von Braschler examines what their stories have in common to establish the pattern behind how these time slips occur. He examines criticisms of and scientific support for this phenomenon, debunking claims that time slips are delusions or remembrances of past lives.



### The Shamanic Path to Quantum Consciousness

*The Eight Circuits of Creative Power*

Laurent Huguelit

ISBN 978-1-59143-167-1  
\$16.95 (CAN \$19.50) pb  
176 pages, 6 x 9  
27 b&w illustrations

First outlined by Timothy Leary and later expanded by Robert Anton Wilson and Antero Alli, the eight-circuit model of consciousness sees the soul as functioning through interconnected circuits of conscious awareness with each circuit connected to certain behaviors and personality traits. This book shows how you can balance and upgrade your own circuits, activate your innate creative powers, manifest your desires, and shape reality.



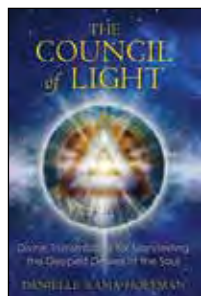
## Techniques of High Magic

*A Handbook of Divination, Alchemy, and the Evocation of Spirits*

Francis King  
and Stephen Skinner

ISBN 978-0-89281-818-1  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9  
55 b&w illustrations

This complete beginner's guide enables you to understand and harness the mysterious forces of nature, while providing tools for self-initiation into ancient and secret traditions of ceremonial magic.



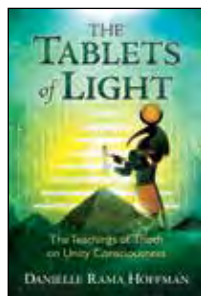
## The Council of Light

*Divine Transmissions for Manifesting the Deepest Desires of the Soul*

Danielle Rama Hoffman

ISBN 978-1-59143-163-3  
\$20.00 (CAN \$24.00) pb  
320 pages, 6 x 9

The Council of Light is an intergalactic group of light beings whose purpose is to support individuals as they shift into unity consciousness and return to their natural inner state of joy. These direct transmissions of spiritual technology include guided journeys and meditations, and breathwork exercises that creatively turn debt into wealth and transfigure food into light for better health.



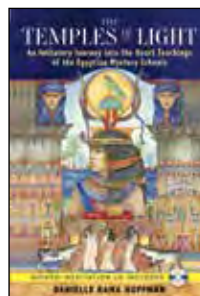
## The Tablets of Light

*The Teachings of Thoth on Unity Consciousness*

Danielle Rama Hoffman

ISBN 978-1-59143-281-4  
\$20.00 (CAN \$25.00) pb  
320 pages, 6 x 9

Transmitted to Danielle Rama Hoffman by Thoth, keeper of the Akashic Records and member of the Council of Light, *The Tablets of Light* offers teachings of the Emerald Tablets of Light which enable each of us to reactivate the Divine consciousness that inhabits our souls and transition from separation consciousness into unity consciousness.



## The Temples of Light

*An Initiatory Journey into the Heart Teachings of the Egyptian Mystery Schools*

Danielle Rama Hoffman

Foreword by Nicki Scully

ISBN 978-1-59143-099-5  
\$22.00 (CAN \$26.95) pb  
256 pages, 6 x 9  
Includes 16-page color insert and 50-minute CD

*The Temples of Light* is a spiritual journey through thirteen of Egypt's sacred temples. Guided meditations and exercises assist the modern-day pilgrim with everyday issues as well as deeper questions. Includes a 50-minute CD of a guided journey of the Sphinx.



## New—July 2024

A Sacred Planet Book

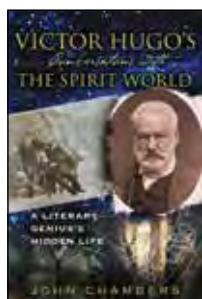
## The UFO Paradox

*The Celestial and Symbolic World of Unidentified Aerial Phenomena*

Keith Thompson

ISBN 978-1-59143-488-7  
\$20.00 (CAN \$24.99) pb  
272 pages, 6 x 9  
11 b&w illustrations

Focusing on the possibilities found by exploring both witnesses' reports and the theories of skeptics, veteran UFO observer and reporter Keith Thompson shares profound insights and experiences from his several decades of research, revealing that the UFO phenomenon is decidedly real, yet perhaps not what either side of the debate expects.



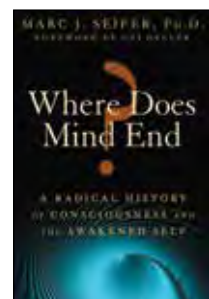
## Victor Hugo's Conversations with the Spirit World

*A Literary Genius's Hidden Life*

John Chambers

ISBN 978-1-59477-182-8  
\$22.99 (CAN \$27.99) pb  
384 pages, 6 x 9  
3 b&w illustrations

In this first English translation of Victor Hugo's writings on his experiments in spiritualism, author John Chambers places Hugo's experiments firmly in the tradition of visionary literature and psychic exploration. He reveals Hugo's conversations with Shakespeare, Plato, Galileo, Jesus and others, and discusses Hugo's possible role as a grand master of the Priory of Sion.



## Where Does Mind End?

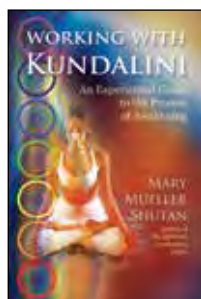
*A Radical History of Consciousness and the Awakened Self*

Marc J. Seifer, Ph.D.

Foreword by Uri Geller

ISBN 978-1-59477-430-0  
\$21.99 (CAN \$26.50) pb  
384 pages, 6 x 9  
30 b&w illustrations

*Where Does Mind End?* takes an inward journey through the psyche to explain the mystery of consciousness. Starting with Aristotle and Zoroaster then moving to modern philosophers, it recasts psychology as a vehicle not for mental health but for higher consciousness.



## Working with Kundalini

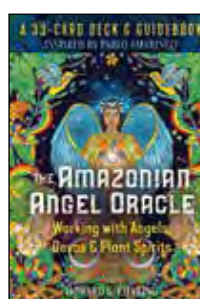
*An Experiential Guide to the Process of Awakening*

Mary Mueller Shutan

ISBN 978-1-62055-881-2  
\$19.99 (CAN \$24.99) pb  
208 pages, 6 x 9

Kundalini awakenings can have profound physical, emotional, and mental effects, making it difficult to cope with everyday life. In this step-by-step guide, Shutan explains how to deal with the 3-phase process of Kundalini awakening and the ways it can rewire your body and mind, allowing you to embrace the spiritual benefits of your awakening.

[Audiobook available](#)



## The Amazonian Angel Oracle

*Working with Angels, Devas, and Plant Spirits*

Howard G. Charing

ISBN 978-1-64411-426-1  
\$30.00 (CAN \$37.50)  
Boxed set, 5.25 x 7.5  
Includes 33 full-color cards and a 192-page book

This oracle set includes 33 vivid full-color cards, each featuring an angel, deva, or nature spirit set against an intricate background based on the life work of Pablo Amaringo. The accompanying guidebook discusses the meaning of each card and provides card spreads based on traditional shamanic practices.



## Angel Heart Sigils

*Mystical Symbols from the Angels of Atlantis*

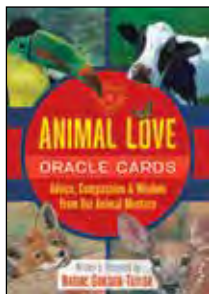
Stewart Pearce

Illustrated by  
Richard Crookes

ISBN 978-1-84409-606-0  
\$19.99 (CAN \$23.99) Cards  
64 pages, 4.25 x 5.75

Building upon the *Angels of Atlantis Oracle Cards*, these heart sigil meditations celebrate the power of love and the wholeness of a life touched by the angels' beauty and grace. The card meditations inspire sustainable joy and well-being while sigils are seals that bring about great magic.





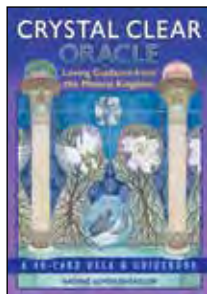
### Animal Love Oracle Cards

*Advice, Compassion, and Wisdom from Our Animal Mentors*

Nadine Gordon-Taylor

ISBN 978-1-59143-404-7  
\$30.00 (CAN \$37.50)  
Boxed set, 5.25 x 7.5  
Includes 52 full-color cards and a 128-page full-color book

The 52 full-color cards of this animal-centered deck were designed to resonate with the wisdom of the animals and universal love. The accompanying guidebook offers a detailed message for each card, an explanation of its animal symbols, and three affirmations to help you embody the wisdom of the animal mentors.



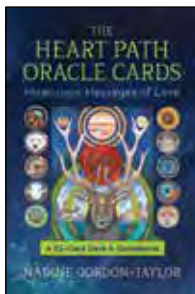
### New—Available Crystal Clear Oracle

*Loving Guidance from the Mineral Kingdom*

Nadine Gordon-Taylor

ISBN 978-1-59143-484-9  
\$30.00 (CAN \$37.50)  
Boxed set, 5.25 x 7.5  
Includes 40 color cards and 176-page color book

Intricately illustrated with images of crystals, animals, plants, elementals, and ancient symbols, the 40 full-color cards of the *Crystal Clear Oracle* provide a hands-on, intuitive way to work with crystal wisdom, unite with your higher consciousness, and access loving energies to inspire, empower, and awaken your spiritual journey.



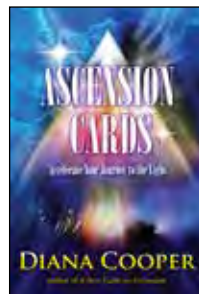
### The Heart Path Oracle Cards

*Miraculous Messages of Love*

Nadine Gordon-Taylor

ISBN 978-1-59143-390-3  
\$30.00 (CAN \$37.50)  
Boxed set, 5.25 x 7.5  
Includes 53 full-color cards and a 128-page full-color book

Beautifully illustrated with images of animals, birds, insects, plants, esoteric symbols, and transformative myths from around the world, this 53 full-color card set offers a hands-on way to help you activate and align with loving energies that resonate and confirm your own soul-self. Includes guidebook with in-depth explanations for each card.



### Ascension Cards

*Accelerate Your Journey to the Light*

Diana Cooper

Illustrated by Richard Crookes

ISBN 978-1-84409-600-8  
\$19.95 (CAN \$23.95)  
Boxed Set, 5.13 x 7.38  
Includes 80-page booklet and 52 full-color cards

These cards are designed to assist those seeking to start on a personal ascension path or to accelerate journeys to the light. Each of the 52 color cards offers a description of an ascension energy or Ascended Master, guidance on its use, and affirmation to assist assimilation of the wisdom.

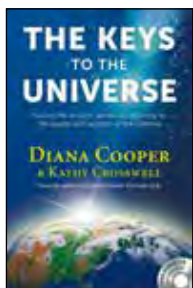


### Atlantis Cards

Diana Cooper

ISBN 978-1-84409-059-4  
\$19.95 (CAN \$23.95) Cards  
45 pages, 3.88 x 5.25

The spiritually evolved inhabitants of Atlantis honored every aspect of the natural world. Capturing the positive vibrations of Atlantean times, this card set by Diana Cooper provides insight and inspiration from the Atlanteans, highlighting your strengths and helping you to work with your weaknesses in the best possible way.



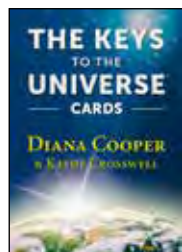
### The Keys to the Universe

*Access the Ancient Secrets by Attuning to the Power and Wisdom of the Cosmos*

Diana Cooper and Kathy Crosswell

ISBN 978-1-84409-500-1  
\$19.95 (CAN \$23.95) pb  
192 pages, 5.5 x 8.63  
Full-color throughout

Discover how to unlock the hidden energies of the etheric realms and expand your consciousness. Each of the 50 keys will become activated by listening to the attached CD, assisting both you and the planet to rise in consciousness.



### The Keys to the Universe Cards

Diana Cooper and Kathy Crosswell

ISBN 978-1-84409-609-1  
\$19.99 (CAN \$23.99) Cards  
52 pages, 4 x 5.85  
1 color illustration

Diana Cooper created these cards to accelerate the journey to enlightenment. For beginners and advanced students of ascension, each of these 50 cards offers guidance, constructive action, inspiration, and a Key. They can be used by themselves or in combination with the book *The Keys to the Universe* and accompanying CD.



### Orbs Cards

Diana Cooper and Kathy Crosswell

ISBN 978-1-84409-176-8  
\$16.95 (CAN \$19.95) Cards  
44 pages, 3.75 x 3.75  
44 color halftones

Deck of 44 orb-shaped cards provides inspiration and empowerment from the mysterious spirit guides that are concealed in the orbs often found in digital photographs. Each card features a unique orb image on one side with corresponding meditative qualities described in the accompanying booklet, allowing easy connection to the orbs for personal and planetary transformation and healing.



### The Angels and Gemstone Guardians Cards

Margaret Ann Lembo

ISBN 978-1-84409-630-5  
\$16.95 (CAN \$19.95) Cards  
44 pages, 3.88 x 5.5

This deck of 44 oracle cards brings guidance from the gemstones and the angels. On the front of each card a gemstone gives you a message, and on the other side the angel associated with that gemstone provides you with a positive affirmation to help you transform your reality.



### The Archangels and Gemstone Guardians Cards

Margaret Ann Lembo

Illustrated by Richard Crookes

ISBN 978-1-84409-690-9  
\$19.99 (CAN \$23.99) Cards  
44 pages, 3.88 x 5.5  
44 color illustrations

Companion to *The Angels and Gemstone Guardians Cards*, these illustrated cards covers 44 gemstones and 11 archangels, each one associated with four different gemstones. The gemstone message on the front of the card gives a reading, while the archangel on the other side offers a positive affirmation to help you transform your reality.

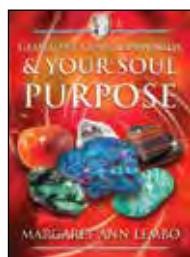


## Essential Oils and Gemstone Guardians Cards

Margaret Ann Lembo

ISBN 978-1-64411-539-8  
\$19.99 (CAN \$24.99)  
Boxed set, 4 x 5.5  
Includes 42 full-color cards and 160-page booklet

Bringing aromatherapy into partnership with crystals, this deck presents a hands-on way to engage with the mineral and plant kingdoms together. Specifically created to help you establish clear intentions, the 42 two-sided cards of this full-color deck each show an essential oil and an energetically-matching crystal, offering guidance and positive affirmations for your life.



## Gemstone Guardians Cards and Your Soul Purpose

Margaret Ann Lembo

ISBN 978-1-64411-067-6  
\$19.99 (CAN \$24.99)  
Boxed set, 4 x 5.5  
Includes 44 full-color cards and 128-page book

This deck and guidebook set helps you discover your soul purpose with the assistance of the inspiring gemstone guardians. Pairing an archetypal career expression with a vibrationally matching crystal, the 44 full-color cards have been specifically created to inspire thought from higher levels of awareness and help shine light on your unique path.



## Masters, Mystics, Saints & Gemstone Guardians Cards

Margaret Ann Lembo

ISBN 978-1-84409-718-0  
\$16.95 (CAN \$19.95) Cards  
44 pages, 3.88 x 5.5  
44 color halftones

In this deck of 44 cards, gemstones are matched with affirming thoughts and a Mystic, Saint, or Master Teacher. Each card poses a question for contemplative thought, Divine Guidance, and a positive affirmation. They can be used in angel communication sessions and tarot card readings for added insight and direction.



## Archangel Fire Oracle

Alexandra Wenman  
Illustrated by Aveliya Savina  
Foreword by Diana Cooper

ISBN 978-1-64411-278-6  
\$25.00 (CAN \$31.50)  
Boxed set, 5 x 6.75  
Includes 40 full-color cards and 144-page guidebook

This oracle deck allows you to engage directly with the Archangels to help accelerate your ascension and align you with your inner Divinity. The accompanying guidebook provides a detailed interpretation of each card, explaining the Archangel's powers, along with a beautiful message to connect directly with each Divine Guide.



## Water Alchemy Oracle

A 40-Card Deck and Guidebook

Alexandra Wenman  
Illustrated by Aveliya Savina

ISBN 978-1-64411-730-9  
\$25.00 (CAN \$31.50)  
Boxed set, 5 x 6.75  
Includes 40 full-color cards and 144-page guidebook

Also available in Spanish (see page 219)

In this healing and divinatory oracle, Alexandra Wenman explains how to work with the sacred element of water to enhance your intuition, bring more fluidity and flexibility into your daily life, and offer personal healing energies to the polluted and damaged waterways of our world.



## Astrology Reading Cards

*Your Personal Guidance from the Stars*

Alison Chester-Lambert  
Illustrated by Richard Crookes

ISBN 978-1-84409-581-0  
\$19.95 (CAN \$23.95)  
Boxed set, 5.13 x 7.63  
Includes 96-page full-color booklet and 36 full-color cards

Also available in Spanish (see page 216)

Self-help astrological advice has never been easier to obtain than with this spirit guiding card deck. Featuring three sets of cards—the Zodiac Signs, the Planets and the Houses—advice seekers can select a card from each set and then use the book of guidelines to interpret the answer.



## The Anubis Oracle

*A Journey into the Shamanic Mysteries of Egypt*

Nicki Scully and Linda Star Wolf, Ph.D.

Illustrated by Kris Waldherr

ISBN 978-1-59143-090-2  
\$35.00 (CAN \$42.00)  
Boxed Set, 6 x 9  
176-page book with 43 b&w illustrations and 35 full-color cards

*The Anubis Oracle* is a shamanic guide to inner Egypt, where archetypal deities and elemental spirits lead us on a journey of transformation. This boxed set includes a 35-card color deck and a guidebook that provides card interpretations and divination spreads.



## The Book of Doors Divination Deck

*An Alchemical Oracle from Ancient Egypt*

Athon Veggi and Alison Davidson

ISBN 978-0-89281-512-8  
\$35.00 (CAN \$42.00)  
Boxed set, 6 x 9  
256-page book  
65 full-color cards and die

This entirely new divination system accesses the ancient knowledge of Egypt, enabling you to unlock your intuitive abilities and call upon the energy of the Egyptian deities, whose powers transform both matter and spirit.



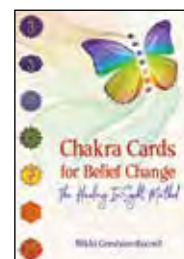
## Celtic Healing Oracle

64 Cards and Guidebook

Rosemarie Anderson  
Illustrated by Susan Dorf

ISBN 978-1-64411-496-4  
\$19.99 (CAN \$24.99)  
Boxed set, 4 x 5.5  
Includes 64 two-color cards and 176-page color booklet

In this oracle deck and guidebook, Rosemarie Anderson interprets Celtic myths and legends to create an oracle system of 64 cards featuring black-and-white symbols representing goddesses, gods, cauldrons, leprechauns, faeries, animals, trees, and other figures to express the Celtic way of "carving" reality from darkness rather than light.



## Chakra Cards for Belief Change

*The Healing InSight Method*

Nikki Gresham-Record

ISBN 978-1-64411-040-9  
\$19.99 (CAN \$24.99)  
Boxed set, 4.25 x 6  
Includes 56 full-color cards and 160-page book

A card deck and therapy tool in one, this boxed set offers 56 full-color cards to assist you in transforming your unhelpful beliefs and raising your vibration to begin creating the reality you desire. The cards feature high-vibration chakra images paired with powerful affirmations to help you clear the chakras and energetically realign your mindset.



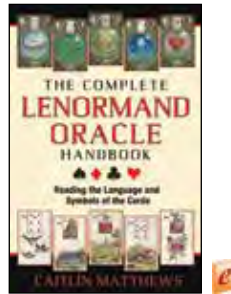


### Chibi Anime Angel Cards

Dawn Brown  
Illustrated by  
Crazy Cookie Maniac

ISBN 978-1-62055-980-2  
\$19.99 (CAN \$24.99)  
Boxed set, 4 x 5.5  
Includes 44 full-color cards and  
128-page booklet

Angels are powerful, compassionate forces that can be invoked to assist us. This deck contains 44 full-color Archangel cards, each carrying the attributes of its particular angel accompanied by an illuminating message. The Archangels are depicted in playful Chibi Anime style to connect directly to the inner child. Also includes a 128-page guide booklet.



### The Complete Lenormand Oracle Handbook

*Reading the Language and Symbols of the Cards*

Caitlin Matthews  
ISBN 978-1-62055-325-1  
\$27.99 (CAN \$33.99) pb  
416 pages, 6 x 9  
Full-color throughout

More than 200 years old, the 36 Lenormand cards are an oracle combining standard playing cards with images from the everyday world. This book explains the meanings for each card; details how to lay spreads starting with 3 or 5 cards and building to the Grand Tableau spread; and delves into the history of cartomancy to reveal the mythic blueprint that underlies this deck.



### The Cosmic Tribe Tarot

Art by Steve Postman  
Text by Eric Ganther

ISBN 978-0-89281-700-9  
\$34.95 (CAN \$39.95)  
Boxed set, 6 x 9  
208-page book with 90 b&w illustrations and 80 full-color cards

This is a deck created for the twenty-first century, neo-tribal technopagan.

*"Steve's art has the convincing feel of having been created by one who has been to the other side and can harness the most sophisticated technology to articulate the patterns of infinity and archetypal powers which are the fabric of our divine imagination."*

Alex Grey, author of  
*Sacred Mirrors*



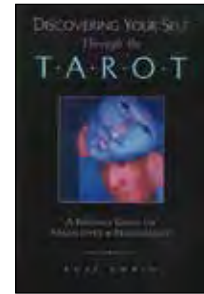
### Crystal Oversoul Cards

*Attunements for Lightworkers*

Michael Eastwood

ISBN 978-1-64411-176-5  
\$30.00 (CAN \$37.50)  
Boxed set, 5.25 x 7.5  
Includes 66 full-color cards and  
224-page book

This card deck and guidebook set features 66 stunning full-color crystal mandalas to help you attune to and communicate with the energies of the ancient Crystal Oversouls. The accompanying guidebook offers insight into the meaning of each crystal and provides a meditation for each mandala to immerse you in its higher energies.



### Discovering Your Self Through the Tarot

*A Jungian Guide to Archetypes and Personality*

Rose Gwain

ISBN 978-0-89281-412-1  
\$18.95 (CAN \$22.95) pb  
208 pages, 6 x 9

Following Jung's personality types as guiding principles, the author shows how the tarot can be used as a tool to refocus the personality from the ego to the self and to gain insight into personal issues.



### Dragon Wisdom 43-Card Oracle Deck and Book

Christine Arana Fader  
Illustrated by Anja Kostka

ISBN 978-1-64411-108-6  
\$19.99 (CAN \$24.99)  
Boxed set, 4 x 5.5  
Includes 43 full-color cards and  
112-page book

This oracle set offers a hands-on way to connect with the spiritual wisdom of dragons. Each of the 43 cards features beautiful artwork to allow you to activate dragon energies and use them on an intuitive level. The guidebook details the message of each card and offers meditative journeys into the world of dragons.



### New—Available The Dragon Riders Oracle

*43-Card Deck and Book*

Christine Arana Fader  
Illustrated by Elena Dudina

ISBN 978-1-64411-999-0  
\$19.99 (CAN \$24.99)  
Boxed set, 4 x 5.5  
Includes 43 color cards and  
112-page book

Dragons, the oldest creatures in our universe, have accompanied gods, goddesses, planets, angels, elves, and ascended masters through the ages. In this 43-card full-color deck and guidebook set, Christine Arana Fader introduces us to the dragon riders and the profound spiritual love and support they have to offer.



### Soul Helper Oracle Messages from Your Higher Self

Christine Arana Fader  
Illustrated by Elena Dudina

ISBN 978-1-64411-468-1  
\$19.99 (CAN \$24.99)  
Boxed set, 4 x 5.5  
Includes 43 full-color cards and  
128-page book

With evocative and inspiring images and profound spiritual messages, the 43 dreamlike cards of the *Soul Helper Oracle* help you to hear and understand messages from your higher self. The guidebook details the message of each card and explains how to use the cards to channel your inner voice.



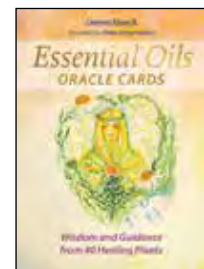
### Empath Activation Cards

*Discover Your Cosmic Purpose*

Rev. Stephanie Red Feather, Ph.D.

ISBN 978-1-59143-417-7  
\$30.00 (CAN \$37.50)  
Boxed set, 5.25 x 7.5  
Includes 44 full-color cards and  
224-page book

Presenting high-vibration messages, these oracle cards act as a cosmic mission activation launch sequence, helping you in the next steps of your soul purpose. The guidebook explains the meaning and message of each card and includes a ritual activity to help you engage more deeply and experientially with the message.



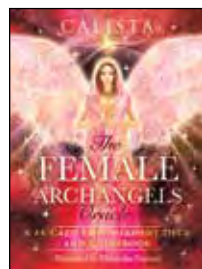
### New—Available Essential Oils Oracle Cards

*Wisdom and Guidance from 40 Healing Plants*

Dennis Moock  
Illustrated by  
Ulrike Annyma Kern

ISBN 978-1-64411-879-5  
\$18.99 (CAN \$23.99)  
Boxed set, 4.5 x 6.5  
Includes 40 color cards and  
16-page booklet

This full-color 40-card deck describes the spiritual and healing powers of the plant spirit featured, along with practical uses of the corresponding essential oil, an affirmation, resonant keywords, and corresponding chakras. The booklet explains how to use the cards on a therapeutic level, for aromatherapy practice, and as an oracle.



## The Female Archangels Oracle

**A 44-Card Empowerment Deck and Guidebook**

Calista

Illustrated by  
Marie-Joe Fourzali

ISBN 978-1-64411-580-0

\$25.00 (CAN \$31.50)

Boxed set, 5 x 6.75

Includes 44 full-color cards and 176-page booklet

This deck and book set helps you partner with the Archaia, the female twins to the male Archangels. Transmitting the unique frequencies of each Archangel, the cards are embedded with vibrational keys of angelic energy, sacred geometry, crystalline Light-codes, and alchemical fires, creating a direct bridge into angelic consciousness.



## Findhorn Spirit Oracle Cards

Swan Treasure

ISBN 978-1-64411-374-5

\$19.99 (CAN \$24.99)

Boxed set, 4 x 5.5

Includes 44 full-color cards and 160-page booklet

The *Findhorn Spirit Oracle Cards* were brought to life through a special technique called touch-drawing. The 44 cards depict nature spirits and elemental beings and function as energy activators. Through their messages and energies, the cards offer support, companionship, and practical guidance that can be applied to the challenges of daily life.



## Greek Mythology Reading Cards

Alison Chester-Lambert, MA

Illustrated by  
Richard Crookes

ISBN 978-1-84409-748-7

\$19.99 (CAN \$24.99)

Boxed set, 4 x 5.5

Includes 112-page book with 50 full-color cards

The mythology of ancient Greece gave the people their history, laws, and their spiritual support. Deities, such as Athena and Zeus, could be implored for support and guidance in times of stress. Now, with this full-color card set and guidebook, you can easily consult the Greek pantheon and receive their guidance and wisdom.



## The Hoodoo Tarot 78-Card Deck and Book for Rootworkers

Tayannah Lee McQuillar

Artwork by  
Katelan V. Foisy

ISBN 978-1-62055-873-7

\$35.00 (CAN \$43.99)

Boxed set, 6 x 9

Includes 160-page book and 78 full-color cards

Celebrating the complex American Rootwork tradition, each of the 78 cards of *The Hoodoo Tarot* depicts legendary rootworkers past and present as well as important Hoodoo symbolism. The accompanying guidebook provides in-depth meanings for each card, sharing the history of the rootworker or symbol featured, any associated magical plants, and guidance based on the card's meaning.



**New—Available**

## The Hoodoo Tarot Workbook

**Rootwork, Rituals, and Divination**

Tayannah Lee McQuillar

ISBN 978-1-64411-633-3

\$19.99 (CAN \$24.99) pb

192 pages, 6 x 9

Full-color throughout

In this Hoodoo and divination workbook, Tayannah Lee McQuillar presents a deeper understanding of the concepts, themes, and symbology featured in her bestselling *Hoodoo Tarot* card deck. She shares rituals for each of the Major Arcana cards, botanical knowledge about the plants featured, and 11 new card spreads.



## The Sibyls Oraculum Oracle of the Black Doves of Africa

Tayannah Lee McQuillar

Artwork by Katelan V. Foisy

ISBN 978-1-62055-671-9

\$24.99 (CAN \$29.99) pb

Boxed set, 6 x 9

Includes 160-page book with 44 full-color cards

The Oracle of the Black Doves is a system of divination inspired by the Libyan Sibyls, the African prophetesses of the classical world. The set includes 44 cards featuring full-color paintings and a guidebook that details how to consult the oracle with in-depth write-ups about the meaning of each card.



## Inner Child Cards A Fairy-Tale Tarot

Isha Lerner and Mark Lerner

Illustrated by  
Christopher Guilfoil

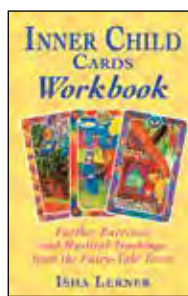
ISBN 978-1-879181-82-3

\$34.95 (CAN \$42.00)

Boxed set, 6 x 9

336-page book with 89 b&w illustrations and 78 full-color cards

*Inner Child Cards* is a divination system that reawakens the child in all of us by gently helping us to interact with the most potent archetypes of the inner world. Drawing on universal children's fairy tales, myths, and fables such as *Sleeping Beauty*, *Alice in Wonderland*, and *Robin Hood*, these delightful cards open our hearts and minds to new revelations about the journey of self-discovery.



## Inner Child Cards Workbook

**Further Exercises and Mystical Teachings from the Fairy-Tale Tarot**

Isha Lerner

ISBN 978-1-879181-89-2

\$16.00 (CAN \$20.00) pb

240 pages, 6 x 9

82 b&w illustrations

This book offers new layouts and divination methods for use with *Inner Child Cards*. With visualizations and affirmations that correspond to each of the major arcana cards, *Inner Child Cards Workbook* shows how to make life choices by gleaning the deepest guidance from familiar fairy tales.



**New—June 2024**

## The Jolanda Witch Tarot

**The Healing Art of Magic**

Rosie Björkman and  
Hans Arnold

ISBN 979-8-88850-066-8

\$40.00 (CAN \$49.99)

Boxed Set, 6.5 x 8.75

Includes 78 color cards and 400-page book

Offering a way to learn Tarot and magic together, this 78-card deck portrays both Major and Minor Arcana through colorful depictions of female archetypes, animal guides, and esoteric symbolism from witchcraft, alchemy, and shamanic healing traditions. The guidebook shares in-depth card interpretations and practical exercises to help you relate to life in a magical way.



## The Lakota Sweat Lodge Cards

**Spiritual Teachings of the Sioux**

Chief Archie Fire Lame Deer and  
Helene Sarkis

ISBN 978-0-89281-456-5

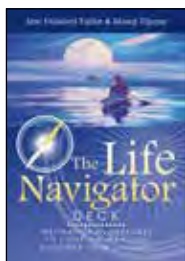
\$34.95 (CAN \$42.95)

Boxed set, 6 x 9

192-page book and 50 full-color cards

This book and fifty-card deck are inspired by the ancient Lakota sweat lodge ceremony. Through the timeless medium of divinatory symbols, powerful images rekindle the spirit of this ancient ceremony. A variety of card spreads directs our consciousness toward the sources of personal power, insight, and self-awakening.



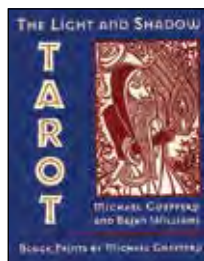


### The Life Navigator Deck

Jane Delaford Taylor  
Illustrated by Manoj Vijayan

ISBN 978-1-84409-667-1  
\$19.99 (CAN \$23.99) Cards  
44 pages, 4.38 x 6

Activate your ability to react in a positive, creative, and dynamic way with illustrations and affirmations that enable the mind to tap into the truth, bypass consciousness, and evoke a response at a deeper level of being. These cards offer a quick way to apply positive programming in daily life.



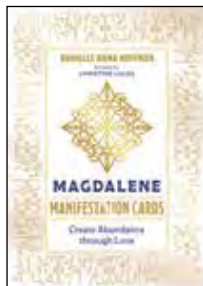
### The Light and Shadow Tarot

Michael Goepferd  
and Brian Williams

Illustrated by  
Michael Goepferd

ISBN 978-0-89281-503-6  
\$24.99 (CAN \$31.50)  
Boxed set, 4.25 x 5.5  
Includes 78 b&w cards and  
208-page book

This book and deck set features striking and original block-print art that draws inspiration from many spiritual traditions to help bring to light your shadow side—an essential part of the creative process that can lead to growth, movement, and change.



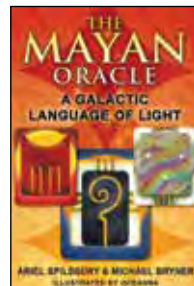
### Magdalene Manifestation Cards

*Create Abundance through Love*

Danielle Rama Hoffman  
Artwork by Christine Lucas

ISBN 978-1-59143-480-1  
\$30.00 (CAN \$37.50)  
Boxed set, 5.25 x 7.5  
Includes 44 color cards and  
224-page booklet

Each one of us has the ability to receive more and manifest abundance in all areas of life. Each of the 44 cards in this manifestation deck features a Magdalene Code of Love to empower you, open your ability to receive, and awaken your natural tendencies toward prosperity.



### The Mayan Oracle *A Galactic Language of Light*

Ariel Spilsbury and  
Michael Bryner  
Illustrated by Oceanna

ISBN 978-1-59143-123-7  
\$30.00 (CAN \$36.00)  
Boxed set, 6 x 9  
Includes 320-page book with 56 b&w  
illustrations and 44 full-color cards

Also available in Spanish  
(see page 219)

Conceived in a prophetic dream, *The Mayan Oracle* contains 44 cards depicting archetypal Mayan symbols and an in-depth guidebook with instructions for harnessing the energies being activated during our current time of awakening.



### Messages from Heaven Communication Cards

*Love & Guidance from the Other Side of Life*

Jacky Newcomb

ISBN 978-1-84409-638-1  
\$19.99 (CAN \$23.99)  
Cards, 4.13 x 5.88  
Includes 44 full-color cards and  
64-page booklet

This full-color, 44-card deck helps people connect with loved ones in heaven and receive positive and uplifting guidance and support. The deck has an easy-to-use format enhanced with beautiful images, and the booklet provides the deeper meanings behind each card for continued connection between the realms.



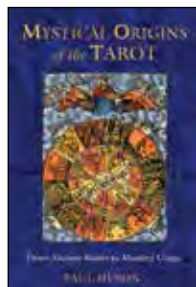
### The Minchiate Tarot

*The 97-Card Tarot of the Renaissance, Complete with the 12 Astrological Signs and the 4 Elements*

Brian Williams

ISBN 978-0-89281-651-4  
\$35.00 (CAN \$53.95)  
Boxed set, 6 x 9

272-page book with 393 b&w illustrations and 97 full-color cards  
Bestselling tarot author Brian Williams brings us the first modern presentation of the unique Italian Renaissance tarot deck known as the Minchiate, with insightful commentary and subtle interpretations of the original art.



### Mystical Origins of the Tarot

*From Ancient Roots to Modern Usage*

Paul Huson

ISBN 978-0-89281-190-8  
\$19.95 (CAN \$22.95) pb  
352 pages 6 x 9  
300 b&w illustrations

In *Mystical Origins of the Tarot*, Paul Huson traces each symbol of the Minor Arcana to ancient Persia, and the Major Arcana Trump card images to the medieval world. A thorough examination of each card is given, and how the cards' divinatory meanings evolved. Huson also provides concise and practical card-reading methods of the 18th and 19th centuries and reveals the origins of the card interpretations promoted by the Hermetic Order of the Golden Dawn and A. E. Waite.



### Nature Spirit Tarot

*A 78-Card Deck and Book for the Journey of the Soul*

Jean Marie Herzel

ISBN 978-1-59143-399-6  
\$35.00 (CAN \$43.99)  
Boxed set, 6 x 9  
Includes 78 full-color cards and  
192-page full-color book

Also available in Spanish  
(see page 221)

Weaving the wisdom of the Tarot with the vastness and mystery of the natural world, this 78-card, full-color deck by artist Jean Marie Herzel offers the complete Major and Minor Arcana interpreted through the lens of Nature and the infinite diversity of forms that consciousness displays on Earth, including plants, birds, insects, reptiles, and gemstones.



### The New Orleans Voodoo Tarot

Louis Martinié  
and Sallie Ann Glassman

ISBN 978-0-89281-363-6  
\$35.00 (CAN \$42.00)  
Boxed set, 6 x 9  
288-page book with 173 b&w  
illustrations and 79 full-color cards

This book and 79-card deck mirror the face of New Orleans Voodoo that has emerged from the Dahomey tradition of West Africa, Creole and South American cultures. Explains rituals of the Voodoo religion in the context of Tarot spreads and readings, adding a completely new dimension to this ancient tradition of divination.

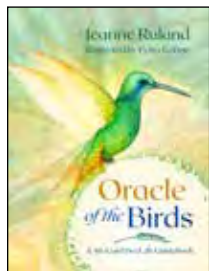


### Odin and the Nine Realms Oracle

Sonja Grace

ISBN 978-1-62055-913-0  
\$30.00 (CAN \$37.50)  
Boxed set, 5.25 x 7.5  
Includes 54 full-color cards and  
144-page book

Diving deep into the profound wisdom of Norse mythology, this 54-card divination set depicts Norse deities, runes, and mythic beings with messages from the Nine Realms. It includes a book offering guidance on card spreads, direct and reverse meanings of the cards, and how to ask questions of the oracle.



**New—Available**

## Oracle of the Birds

**A 46-Card Deck and Guidebook**

Jeanne Ruland

Illustrated by Petra Kühne

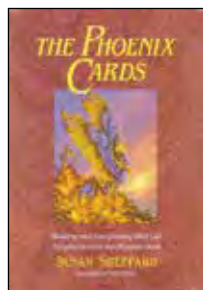
ISBN 978-1-64411-961-7

\$25.00 (CAN \$31.50)

Boxed Set, 5 x 6.75

Includes 46 color cards and 112-page book

Illuminating the spiritual messages and powers that birds can bring to us, this deck consists of 46 beautifully illustrated cards, each sharing the medicine of the bird shown and a brief message about the meaning of their presence. The guidebook details the meaning of each card and shares an affirmation about the bird's unique gifts.



## The Phoenix Cards

**Reading and Interpreting Past-Life Influences with the Phoenix Deck**

Susan Sheppard

ISBN 978-0-89281-310-0

\$29.95 (CAN \$35.95)

Boxed set, 6 x 9

272-page book and

28 full-color cards

Created especially for the study of past lives, this book and deck trigger unconscious memories of other times and civilizations, enabling you to understand unexplained emotions, attractions, and talents.



A Sacred Planet Book

## The Pride of Dragons Oracle

**A 44-Card Deck and Guidebook**

Angelo Thomas

Artwork by Sonja Hedger

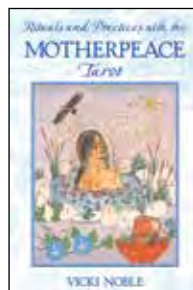
ISBN 978-1-59143-492-4

\$20.00 (CAN \$24.99)

Boxed set, 4 x 5.5

Includes 44 color cards and 128-page book

Drawing on his lifelong spiritual connection to Dragons, spirit medium Angelo Thomas created this oracle deck and guidebook by channeling 44 specific Dragons from the Angelic Realms. Infused with celestial energy, their messages reflect them as individual Angelic Beings and bring forth knowledge that can be used for inner spiritual work and developing the soul.



## Rituals and Practices with the Motherpeace Tarot

Vicki Noble

ISBN 978-1-59143-008-7

\$15.00 (CAN \$18.00) pb

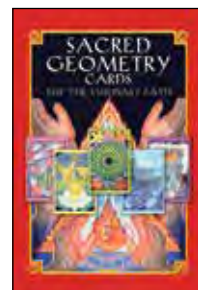
208 pages, 6 x 9

63 b&w illustrations

Paperback book only.

No deck included

A spiritual guidance system using ritual readings, rites of passage, daily meditation, and seasonal celebration to access and manifest divine feminine energy. Teaches how to use the imagery of the *Motherpeace* deck to read the past, present, and future, invoke good health, nurture healthy relationships, and receive divine guidance.



## Sacred Geometry Cards for the Visionary Path

Francene Hart

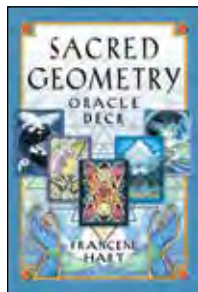
ISBN 978-1-59143-092-6

\$35.00 (CAN \$39.95)

Boxed Set, 6 x 9

160-page book with 120 b&w illustrations and 64 full-color cards

*Sacred Geometry Cards for the Visionary Path* portrays the sacred geometrical proportions of animals, oceans, and celestial bodies. With a guidebook explaining interpretations and divination spreads, these cards will help those on the path of conscious evolution to access higher levels of consciousness.



## Sacred Geometry Oracle Deck

Francene Hart

ISBN 978-1-879181-73-1

\$35.00 (CAN \$39.95)

Boxed set, 6 x 9

152-page book with 71 b&w illustrations and 64 card deck

Anyone who has ever gazed at a spider's web, meditated on a mandala or yantra, visited a pyramid, walked a labyrinth, or peered through a microscope has felt the effects of sacred geometry. With splendid use of the Full-color spectrum and gentle natural forms, artist Francene Hart has created compelling images for both advanced and novice students of divination.



## Soulflower Plant Spirit Oracle

**44-Card Deck and Guidebook**

Lisa Estabrook

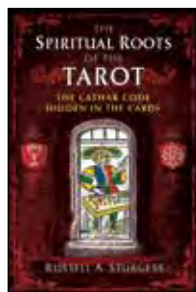
ISBN 978-1-64411-476-6

\$30.00 (CAN \$37.50)

Boxed set, 5.25 x 7.5

Includes 44 full-color cards and 176-page booklet

In this full-color deck and guidebook set, artist and plant whisperer Lisa Estabrook presents 44 beautiful and vivid Soulflower oracle cards, along with empowering and insightful messages from each card's plant spirit, to help you connect directly to your own inner wisdom, your intuition, and discover the truth of what's in your heart.



## The Spiritual Roots of the Tarot

**The Cathar Code Hidden in the Cards**

Russell A. Sturgess

ISBN 978-1-64411-056-0

\$24.99 (CAN \$31.50) pb

368 pages, 6 x 9

Includes 16-page color insert and 76 b&w illustrations

While conducting research on the Marseille Tarot, Russell Sturgess found evidence that this tarot deck held the secret wisdom teachings of the Cathar, believed to be the keepers of the Holy Grail. Decoding the cards in detail, he shows how they share clear instructions for transforming your life and achieving enlightenment and inner peace.



Boxed Set of *The Secret Dakini Oracle* book and deck

## The Tantric Dakini Oracle

Nik Douglas and Penny Slinger

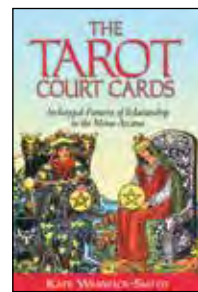
ISBN 978-0-89281-137-3

\$35.00 (CAN \$39.95)

Boxed set, 6 x 9

224-page book with 88 b&w illustrations and 65 full-color cards

*The Tantric Dakini Oracle* is a system of divination based on the 64 Dakinis, ancient symbolic representatives of the female intuitive wisdom. This boxed set of *The Secret Dakini Oracle* book and a 65 card divination deck are based on the mystical teachings of the Tantric tradition. Contains 22 Major Arcana and 40 Minor Arcana.



## The Tarot Court Cards

**Archetypal Patterns of Relationship in the Minor Arcana**

Kate Warwick-Smith

ISBN 978-0-89281-092-5

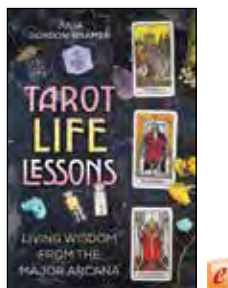
\$18.99 (CAN \$22.99) pb

208 pages, 6 x 9

105 b&w illustrations

*The Tarot Court Cards* focuses exclusively on the 16 "face" cards of the tarot—the King, Queen, Knight, and Page. Using the Kabbalah, the author reveals how they can be used to identify your inner resources and challenges, enhancing or hindering your efforts in the world. Seasoned tarot readers and newcomers alike will find this book offers insight and practical results.





### New—Available Tarot Life Lessons

*Living Wisdom from the Major Arcana*

Julia Gordon-Bramer

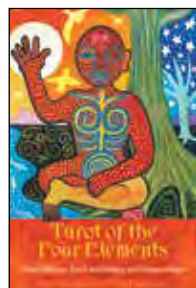
ISBN 978-1-64411-817-7

\$19.99 (CAN \$24.99) pb

224 pages, 6 x 9

Sharing stories from client readings and her own spiritual journey, Julia Gordon-Bramer explores the living wisdom of the tarot, based on her more than 40 years' experience as a professional reader. She shows how to intuitively glean the meaning of each card that appears and integrate its spiritual lessons for guidance and personal healing.

**Audiobook available**



### Tarot of the Four Elements

*Tribal Folklore, Earth Mythology, and Human Magic*

Isha Lerner and Amy Ericksen

ISBN 978-1-59143-030-8

\$35.00 (CAN \$49.95)

Boxed set, 6 x 9

208-page book with 83 b&w illustrations and 78 full-color cards

*Tarot of the Four Elements* prepares the soul for a magical exploration of the dream world using images from many cultures, including masks, totems, handprints, and symbols representing the natural world. Artist Amy Ericksen's paintings invoke the magic of nature and the human spirit, and inspire our own power and creativity.



### The Tree Angel Oracle Deck

*The Ancient Path into the Sacred Grove*

Fred Hageneder

Illustrated by Anne Heng

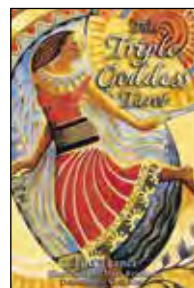
ISBN 978-1-64411-038-6

\$19.99 (CAN \$24.99)

Boxed set, 4 x 5.5

Includes 144-page book and 36 full-color cards

In this oracle card and book set, Fred Hageneder shares deep messages and wisdom from the Tree Angels of 36 different tree species, those from the old Celtic "Tree Alphabet" along with other well-known trees from all over the world. The guidebook provides a detailed message and interpretation for each card.



### The Triple Goddess Tarot

*The Power of the Major Arcana, Chakra Healing, and the Divine Feminine*

Isha Lerner

Illustrated by Mara Friedman

Foreword by Vicki Noble

ISBN 978-1-879181-94-6

\$35.00 (CAN \$40.00)

Boxed set, 6 x 9

248-page book with 40 b&w illustrations and 33 full-color cards

This deck offers a system using the healing power centers of the body, archetypal mysticism, the sacred feminine, and an awakened consciousness as a means to acquire greater health, empowerment, and purpose.



### Visionary Path Tarot A 78-Card Deck

Lucy Delics

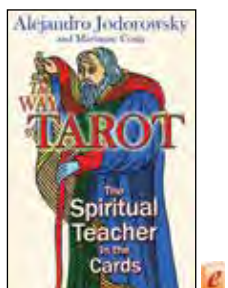
ISBN 978-1-64411-060-7

\$19.99 (CAN \$24.99)

Cards, 4 x 5.5

Includes 78 b&w cards and 32-page booklet

Offering a psychedelic approach to the mystical wisdom of the tarot, this 78-card deck by visionary artist Lucy Delics features intricate black-and-white images with a potent combination of magical esoteric symbols, ancient shamanic principles, plant medicine, and tarot archetypes interlaced with patterns and vibrational energies.



### The Way of Tarot The Spiritual Teacher in the Cards

Alejandro Jodorowsky and Marianne Costa

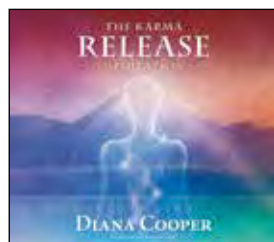
ISBN 978-1-59477-263-4

\$29.99 (CAN \$36.00) pb

552 pages, 6 x 9

Includes 8-page color insert and 544 b&w illustrations

Using the original Marseille Tarot, the authors present a new psychological approach, Tarology, that draws on the symbolism and optical language of the Tarot to create a powerful tool for self-realization, creativity, and healing.



### The Karma Release Meditation

Diana Cooper

Instrumental Soloist Andrew Brel

ISBN 978-1-84409-526-1

\$14.95 (CAN \$17.95) CD

On this meditative CD, unrestricted access to angelic realms helps listeners free themselves from chains, blockages, and restrictions from past lives. Illustrating how divine dispensation can cut karmic ties, this enlightening journey depicts the health, happiness, and spiritual and relational growth that occurs when the past is healed.



### Meditation to Connect with Archangel Gabriel

Diana Cooper

Instrumental Soloist Andrew Brel

ISBN 978-1-84409-513-1

\$14.95 (CAN \$17.95) CD

Angel authority Diana Cooper takes the listener on a guided meditation that allows believers to join Archangel Gabriel, the messenger angel who brings guidance. Also including the use of two crystals—garnet for inspiration and clear quartz to enhance psychic gifts—this meditation offers clarity, encouragement, and motivation.



### Meditation to Connect with Archangel Michael

Diana Cooper

Instrumental Soloist Andrew Brel

ISBN 978-1-84409-514-8

\$14.95 (CAN \$17.95) CD

Angel authority Diana Cooper takes the listener on a guided meditation that allows believers to join Archangel Michael, who offers protection and cuts negative cords. Through this union listeners can find power and inner strength as well as shed past baggage and free themselves from emotional ties.



### Meditation to Connect with Archangel Raphael

Diana Cooper

Instrumental Soloist Andrew Brel

ISBN 978-1-84409-516-2

\$14.95 (CAN \$17.95) CD

Angel authority Diana Cooper takes the listener on a deep meditation to meet with Archangel Raphael and Mother Mary, his twin flame and the Queen of the Angels. Listeners will open themselves to great abundance by the curative Raphael, while Mother Mary brings compassion, love, and healing.



## Meditation to Connect with Archangel Uriel

Diana Cooper

Instrumental Soloist Andrew Brel

ISBN 978-1-84409-515-5

\$16.99 (CAN \$21.50) CD

Angel authority Diana Cooper takes the listener on a guided meditation that allows believers to join Archangel Uriel, the angel of peace and power. Guide also includes the use of the mangano crystal to open the heart and the rhodochrosite to clear the mind.



## Meditation to Connect with Your Guardian Angel

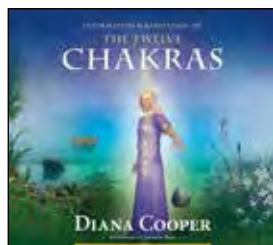
Diana Cooper

Instrumental Soloist Andrew Brel

ISBN 978-1-84409-517-9

\$14.95 (CAN \$17.95) CD

Diana Cooper shows how and why meditations summon a specific angel and how that being can aid in healing, life affirmations, and growth. Find your guardian angel with this guided meditation that shows where to uncover the angel's name, teaches how to receive messages, and explores the use of crystals.



## The Twelve Chakras

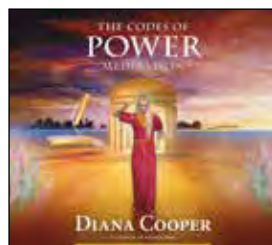
Diana Cooper

Instrumental Soloist Andrew Brel

ISBN 978-1-84409-518-6

\$14.95 (CAN \$17.95) CD

Based on the 12 operational chakras and strands of DNA, this spiritual journey shows how to reinstate and activate individual chakras to unite with the powers of Atlantis. Each recording takes an aspect of the ancient civilization and provides steps for reconnecting with the healing energies of that golden age.



## The Codes of Power Meditation

Diana Cooper

Instrumental Soloist Andrew Brel

ISBN 978-1-84409-524-7

\$14.95 (CAN \$17.95) CD

The guided meditations from angelic healer Diana Cooper prepare the listener for entry into the seventh dimension by being initiated into the Lemurian Codes of Power. This wonderful, life-enhancing experience connects with angels, archangels, angel dolphins, and pure-white unicorns, offering a new level of light and an accelerated ascension.



## Angel Answers

*What the angels can teach us about the world we live in*

Diana Cooper

ISBN 978-1-84409-120-1

\$16.99 pb  
272 pages, 5.5 x 8.5

Angels provide outlooks that can help resolve any human dilemma, whether social, political, historical, personal, sexual, or spiritual. Personal stories prove that no problem is too difficult when angels are consulted. Exercises and meditations are included to make angel communication easier with this helpful spiritual guide.



## Angel Inspiration

*Together, Humans and Angels Have the Power to Change the World*

Diana Cooper

Foreword by James Twyman

ISBN 978-1-84409-105-8

\$18.99 pb  
224 pages, 7.25 x 8.5

The role of angels in people's lives is explored in this insightful book, along with Inspirational stories that tell the miraculous ways angels have helped individuals, encouraging readers to look to their own guardian angels for guidance. Readers will learn meditations and exercises to bring them closer to angels.



## Angels of Light Cards

Diana Cooper

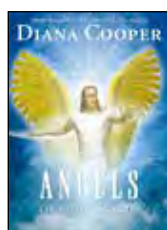
ISBN 978-1-84409-141-6

\$19.99 (CAN \$23.99) Cards

54 cards, 4.13 x 5.75

1 color Illustration

These cards portray individual angels for guidance, protection, help, and healing intended for inspiration and affirmation. The cards work with the user's thoughts and decisions to raise levels of consciousness and open up psychic and spiritual gifts. They offer significant meditative light from which spiritual knowledge and information emanate.



Pocket Size Edition

## Angels of Light Cards Pocket Edition

Diana Cooper

ISBN 978-1-84409-171-3

\$9.95 (CAN \$11.95) Cards

54 cards, 2.63 x 3.63

1 color Illustration

Here are pocket-sized cards that portray a different angel for guidance, protection, help, and healing intended for inspiration and affirmation. The cards work with the user's thoughts and decisions to raise levels of consciousness and open up psychic and spiritual gifts. They offer significant meditative light from which spiritual knowledge and information emanate.



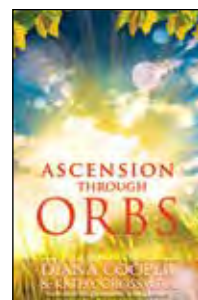
## Angels of Light Double CD

Diana Cooper

ISBN 978-1-84409-019-8

\$21.95 (CAN \$26.50) CD

In the first CD learn about how angels heal and how to work safely with angels. In the second CD meet your angel, increase confidence, heal your heart, and journey into the archangel's retreats. Set includes visualization and detachment exercises to release inappropriate ties.



## Ascension Through Orbs

Diana Cooper and Kathy Crosswell

ISBN 978-1-84409-150-8

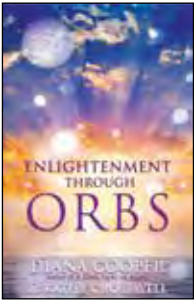
\$24.95 (CAN \$29.95) pb

240 pages, 6.25 x 9.13

48 color halftones

With nearly 50 photographic examples accompanied by meditations to allow the energy of the orbs to be more fully absorbed, this tool for ascension explores spirit guides and the angelic hierarchy in greater depth, including the powers, the chakras, the archangels, the Lords of Karma, and the Ascension Masters.



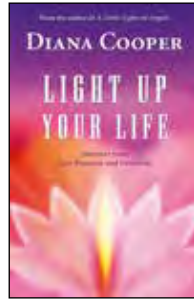


## Enlightenment Through Orbs

Diana Cooper and  
Kathy Crosswell

ISBN 978-1-84409-153-9  
\$22.99 (CAN \$27.99) pb  
168 pages, 6.25 x 9.13  
44 color halftones

This book answers technical questions and offers practical guidance, such as: who the orbs are, what purpose they serve, and how they can help. Dozens of full-color photos included within allow the orbs to enlighten and transform lives with their energies as well as provide tools for spiritual expansion.



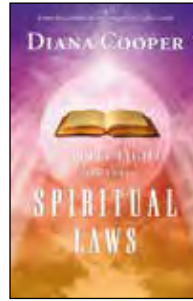
## Light Up Your Life

*Discover Your True Purpose and Potential*

Diana Cooper

ISBN 978-1-84409-140-9  
\$15.99 pb  
192 pages, 6 x 8.5

By explaining the laws of the universe and how to utilize them, this book offers advice for achieving health, happiness, and success. Insightful stories, exercises, and visualizations bring about new spiritual purposes and revolutionize ways of thinking to usher in a life filled with peace, love, and prosperity.



## A Little Light on the Spiritual Laws

Diana Cooper

ISBN 978-1-84409-121-8  
\$14.95 pb  
176 pages, 5.5 x 8.5

Through stories and affirmations, Diane Cooper defines the 36 spiritual laws that govern all life and show how prosperity, success, well-being and enlightenment can be achieved. Laws are divided into 4 sections: Basic Laws of Life, Laws of Creating, Laws of Higher Awareness, and Laws of Higher Frequency.



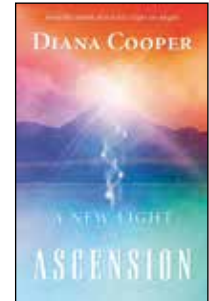
## Enlarged Edition A New Light on Angels

Diana Cooper

Illustrated by  
Damian Keenan

ISBN 978-1-84409-166-9  
\$16.95 (CAN \$19.95) pb  
144 pages, 5.75 x 8.63  
11 b&w Illustrations

The angels of everyday life are introduced in this fully revised and expanded bestseller that features firsthand experiences of regular people who have interacted with angels. The book offers guidance on how to reach out to the gentle beings who have chosen to serve mankind through help, support, and healing.



## A New Light on Ascension

Diana Cooper

ISBN 978-1-84409-035-8  
\$15.95 (CAN \$17.99) pb  
208 pages, 5.38 x 8.38

Kumeka, Master of the Eighth Ray, imparts interplanetary wisdom through Cooper in *A New Light on Ascension* so that readers can raise their vibration to the level of Light. Each chapter explains different aspects of ascension and concludes with visualization exercises to aid in achieving enlightenment.



## True Angel Stories

*777 Messages of Hope and Inspiration*

Diana Cooper

ISBN 978-1-84409-612-1  
\$19.99 (CAN \$23.99) pb  
256 pages, 6 x 9

This inspirational book of 777 true angel stories explores how angels can transform lives through exercises and visualizations that readers can practice on their own. Stories discuss guardian angels, feathers, signs, rainbows, prayers, numbers and names, unicorns, orbs, and much more, making this the ultimate angel compendium.



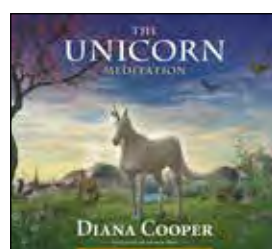
## The Unicorn Cards

Diana Cooper

Illustrated by  
Damian Keenan

ISBN 978-1-84409-144-7  
\$16.95 (CAN \$19.95)  
Cards, 4.13 x 5.75  
Includes 44 full-color cards  
and 28-page booklet

The unicorns stand ready to help and guide humanity through this beautiful deck of affirmations, which features a unique unicorn on each card. By attuning to the pack and drawing a card, users gain access to the wisdom of unicorns to help with meditation or daily navigation.



## The Unicorn Meditation

Diana Cooper

Instrumental Soloist Andrew Brel

ISBN 978-1-84409-525-4  
\$14.95 (CAN \$17.95) CD

Two guided meditations explain where unicorns come from and how they can aid in humanity. Listeners learn how to connect to specific unicorns and how these beings can heal karmic debts and offer enlightenment. This CD is the essential guide for making contact with these beautiful, horned beasts.



## The Wonder of Unicorns

*Ascending with the Higher Angelic Realms*

Diana Cooper

Illustrated by Damian Keenan

ISBN 978-1-62055-983-3  
\$18.99 (CAN \$23.99) pb  
240 pages, 6 x 9  
Full-color throughout

Residents of the angelic realms, unicorns live in the seventh dimension, the seventh heaven. In this guide to engaging with unicorn energy, Diana Cooper shares exercises, meditations, ceremonies, dream work practices, and games to help you consciously connect with your unicorn, raise your energetic level, and spiritually progress on your journey to enlightenment.



## The Wonder of Unicorns Game

*Play for Personal and Planetary Healing*

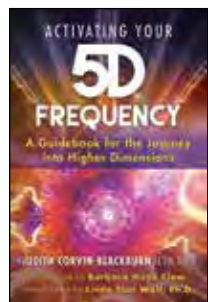
Diana Cooper

Illustrated by Damian Keenan

Created by Marc Kucharz

ISBN 978-1-84409-676-3  
\$19.95 (CAN \$24.99) Boxed set  
44 pages, 5.38 x 7.63

Unicorns help players heal and reconnect with divine energy on the physical, emotional, and spiritual levels. Players then transform this energy in four concrete steps by identifying what they feel, think, decide, and how they will act. Participants shape their own future and contribute to positive planetary transformation.



## Activating Your 5D Frequency

*A Guidebook for the Journey into Higher Dimensions*

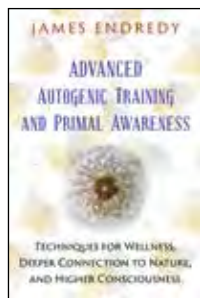
Judith Corvin-Blackburn, LCSW, DMIn

Foreword by Barbara Hand Clow

ISBN 978-1-59143-380-4  
\$18.00 (CAN \$22.50) pb  
304 pages, 6 x 9  
2 b&w illustrations

Here is a detailed guide to what is happening psychologically, emotionally, and socially with the dimensional shift to 5D, offering transformative activations and tools to help heal emotional wounds, overcome fears and resistances, and discover the higher vibrations of unconditional love and Oneness.

**Audiobook available**



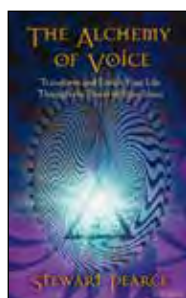
## Advanced Autogenic Training and Primal Awareness

*Techniques for Wellness, Deeper Connection to Nature, and Higher Consciousness*

James Endredy

ISBN 978-1-59143-245-6  
\$18.00 (CAN \$21.95) pb  
288 pages, 6 x 9  
2 b&w illustrations

Developed by German doctor Johannes Schultz in the early 20th century, autogenic training teaches you how to use the mind-body connection to influence and regulate the body's normally involuntary autonomic functions. In this book, James Endredy takes autogenic training to a new level showing the reader how to go even deeper into one's physiological being.



## The Alchemy of Voice

*Transform and Enrich Your Life Through the Power of Your Voice*

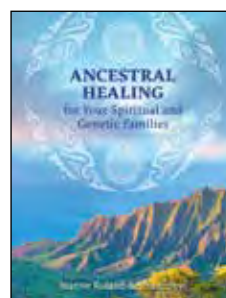
Stewart Pearce

ISBN 978-1-84409-194-2  
\$14.95 (CAN \$16.95) pb  
208 pages, 7.75 x 8.63

Identifying sound as the center of creation and an individual's soul song unifying mind, body, and spirit, this book urges readers to rediscover this inner sound and move onto the path of healing and creative fulfillment. Exercises to achieve peace, boost self-confidence, and add color to self-expression help seekers find their personal sound.

*"Stewart's gift is to show us how extraordinary the power of the voice can be."*

—Simon Callow, actor

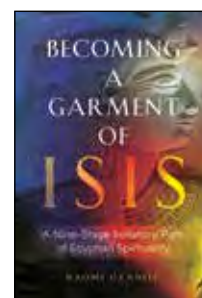


## Ancestral Healing for Your Spiritual and Genetic Families

Jeanne Ruland and Shantidevi

ISBN 978-1-64411-034-8  
\$15.99 (CAN \$19.99) pb  
112 pages, 5.75 x 7.5  
Full-color throughout

Drawing on the Huna Hawaiian shamanic tradition as well as other shamanic and energetic practices and rituals, the authors show how to connect with our Aumakua, which includes our close relatives, ancestors stretching back thousands of years, and our spiritual ancestors or karmic family, for healing and self-development.



## Becoming a Garment of Isis

*A Nine-Stage Initiatory Path of Egyptian Spirituality*

Naomi Ozaniec

ISBN 978-1-64411-393-6  
\$24.99 (CAN \$31.50) pb  
352 pages, 6 x 9  
18 b&w illustrations

The Sacred Science of ancient Egypt was an initiatory spiritual system. Naomi Ozaniec details the nine stages of this initiatory path and explores the process of creating and developing a personal relationship with the *Neteru*, the divinities and living forces of creation of ancient Egypt, including the goddess Isis.



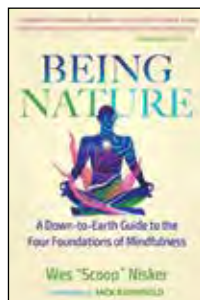
## Before I Go

*The Essential Guide to Creating a Good End of Life Plan*

Jane Duncan Rogers

ISBN 978-1-84409-750-0  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
10 b&w diagrams

This compassionate, practical guide to end-of-life matters empowers us to clarify and share our wishes so we can continue to live life to the fullest. Includes guiding questions, exercises, and worksheet downloads to enable the reader to make well-informed decisions and facilitate conversations with family about this difficult topic.



A Sacred Planet Book

## Being Nature

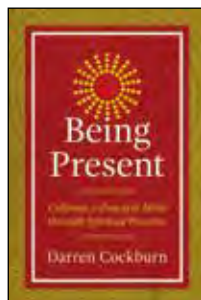
*A Down-to-Earth Guide to the Four Foundations of Mindfulness*

Wes Nisker

Foreword by Jack Kornfield

ISBN 978-1-64411-537-4  
\$19.99 (CAN \$24.99) pb  
224 pages, 6 x 9

Recent discoveries in physics, evolutionary biology, and psychology express in scientific terms the same insights the Buddha discovered more than 2,500 years ago. Nisker provides a practical program, complete with enjoyable, even playful meditations, and shows how to realize greater self-awareness, increased wisdom, and happiness based on these biological-spiritual insights.



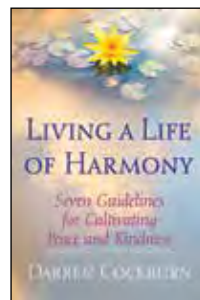
## Being Present

*Cultivate a Peaceful Mind through Spiritual Practice*

Darren Cockburn

ISBN 978-1-84409-746-3  
\$16.99 (CAN \$21.50) pb  
224 pages, 6 x 9  
4 b&w illustrations

Providing insight into how to cultivate a peaceful mind through the power of the present moment, Darren Cockburn shares practical exercises, meditations, and supportive wisdom teachings centered on mindfulness, breath, and immersion in nature to simply your life, free yourself from unhelpful thought patterns, and have a calmer, more connected experience of life.



## Living a Life of Harmony

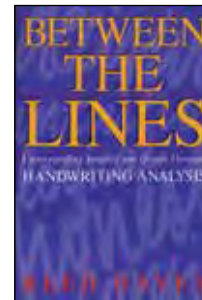
*Seven Guidelines for Cultivating Peace and Kindness*

Darren Cockburn

ISBN 978-1-62055-890-4  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9

In our very busy world it's easy to get lost in the details and demands of everyday living. With these 7 simple yet powerful guidelines, Darren Cockburn reveals how to find balance and harmony in our overloaded world as well as cultivate a peaceful mind and spread kindness and compassion.

**Audiobook available**



## Between the Lines

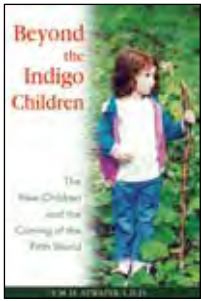
*Understanding Yourself and Others Through Handwriting Analysis*

Reed Hayes

ISBN 978-0-89281-371-1  
\$19.95 (CAN \$24.00) pb  
240 pages, 6 x 9

As unique as a fingerprint, our handwriting is a reflection of our inner selves, revealing everything from our talents and personal tastes to insecurities, desires, and psychological attitudes. Reed Hayes shows how the practical art of graphology (or handwriting analysis) can provide insight into the qualities of your own personality as well as the personalities of those around you.





### Beyond the Indigo Children

*The New Children and the Coming of the Fifth World*

P. M. H. Atwater, L.H.D.

ISBN 978-1-59143-051-3  
\$18.00 (CAN \$21.99) pb  
256 pages, 6 x 9

Also available in Spanish  
(see page 218)

This is the first major study of today's children and their place in our rapidly changing world that combines objective research with mystical revelation and prophecy. P. M. H. Atwater connects the arrival of the "new children" with the fulfillment of the Fifth World of the Mayan Calendar and the worldwide ascension of energy now occurring, which will take humanity to the next level of development.



### Children of the Fifth World

*A Guide to the Coming Changes in Human Consciousness*

P. M. H. Atwater, L.H.D.

ISBN 978-1-59143-153-4  
\$16.00 (CAN \$18.95) pb  
272 pages, 6 x 9

In this major study of near-death experiences in babies, toddlers, and children up to age five, NDE expert P. M. H. Atwater reveals how those who experience a near-death state at a very young age are profoundly affected for the rest of their lives, including developing higher intelligence and "wisdom beyond their years."



### The Forever Angels

*Near-Death Experiences in Childhood and Their Lifelong Impact*

P. M. H. Atwater, L.H.D.

ISBN 978-1-59143-358-3  
\$18.00 (CAN \$22.50) pb  
240 pages, 6 x 9  
25 b&w illustrations

In this major study of near-death experiences in babies, toddlers, and children up to age five, NDE expert P. M. H. Atwater reveals how those who experience a near-death state at a very young age are profoundly affected for the rest of their lives, including developing higher intelligence and "wisdom beyond their years."

Audiobook available



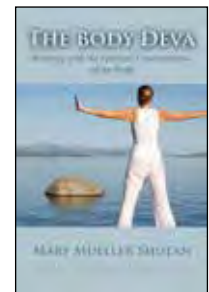
### The New Children and Near-Death Experiences

P. M. H. Atwater, L.H.D.

Foreword by Joseph Chilton Pearce

ISBN 978-1-59143-020-9  
\$18.00 (CAN \$22.00) pb  
304 pages, 6 x 9  
20 b&w illustrations

*The New Children and Near-Death Experiences* is the first book to provide an in-depth study of children who have experienced the near-death phenomenon. The author shows that these children have experienced functional changes in the brain, possess heightened empathic abilities and intelligence, and suggests that understanding the experiences of these children can help us prepare for a quantum leap in the evolution of humanity.



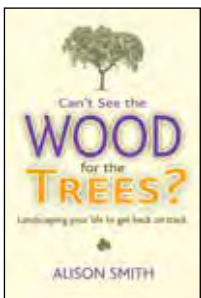
### The Body Deva

*Working with the Spiritual Consciousness of the Body*

Mary Mueller Shutan

ISBN 978-1-84409-745-6  
\$16.99 (CAN \$21.50) pb  
208 pages, 6 x 9  
5 b&w illustrations

Explaining how our bodies hold traumatic energies, emotions, and restricting beliefs, causing us pain and feelings of disconnection, the author details how to work with your body deva, the consciousness of your body, to heal a variety of issues, from physical pains to past life patterns to limiting ideas about what we can accomplish.



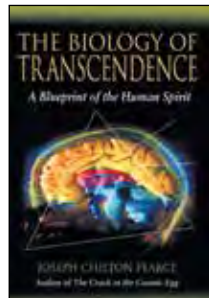
### Can't See the Wood for the Trees?

*Landscaping Your Life to Get Back on Track*

Alison Smith

ISBN 978-1-84409-749-4  
\$19.99 (CAN \$24.99) pb  
208 pages, 6 x 9  
Full-color throughout

If "you can't see the wood for the trees" or are "going around in circles," those phrases may offer a clue to where you'll find the solution. Alison Smith shows how metaphors allow your subconscious to communicate and how exploring them can bring clarity to a problem and allow solutions to emerge organically.



### The Biology of Transcendence

*A Blueprint of the Human Spirit*

Joseph Chilton Pearce

ISBN 978-1-59477-016-6  
\$18.99 (CAN \$23.99) pb  
288 pages, 6 x 9  
13 b&w illustrations

Joseph Chilton Pearce examines the current biological understanding of our neural organization to address how we can transcend our current evolutionary capacities and limitations. It is the dynamic interaction of the head brain (intellect) and heart brain (intelligence), of biology and spirit, that allows transcendence from one evolutionary place to the next.



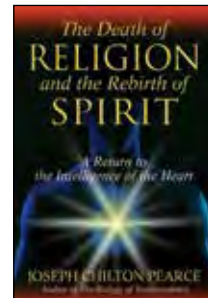
### The Crack in the Cosmic Egg

*New Constructs of Mind and Reality*

Joseph Chilton Pearce

Foreword by Thom Hartmann  
ISBN 978-0-89281-994-2  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9

With a masterful synthesis of recent discoveries in physics, biology, and psychology, Pearce reveals the extraordinary relationship of mind and reality and nature's blueprint for a self-transcending humanity.



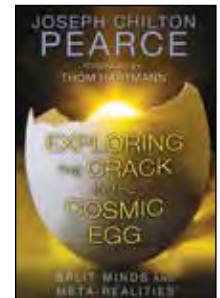
### The Death of Religion and the Rebirth of Spirit

*A Return to the Intelligence of the Heart*

Joseph Chilton Pearce

ISBN 978-1-59477-171-2  
\$26.99 (CAN \$32.99) hardcover  
272 pages, 6 x 9  
10 b&w illustrations

Pearce explains that beneath our awareness, culture imprints a negative force-field that blocks the natural rise of the spirit toward its innate nature of love and altruism. He shows that if we can allow the intelligence of the heart to take hold and flourish, we can reverse this unconscious loss of our true being.



### Exploring the Crack in the Cosmic Egg

*Split Minds and Meta-Realities*

Joseph Chilton Pearce

Foreword by Thom Hartmann  
ISBN 978-1-62055-254-4  
\$18.99 (CAN \$23.99) pb  
208 pages, 6 x 9

We go through early childhood connecting with the world through our senses, but with the process of acculturation our innate states of non-ordinary consciousness become suppressed. Trapped in this "cosmic egg" we are no longer able to have mystical experiences or live fully in the present. This book shows how we may return to the unencumbered consciousness of our infancy.



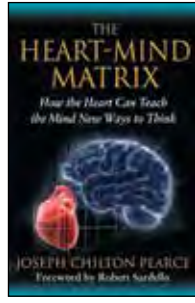
## From Magical Child to Magical Teen

*A Guide to Adolescent Development*

Joseph Chilton Pearce

ISBN 978-0-89281-996-6  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9  
34 b&w illustrations

Pearce demonstrates how nature has built into us an agenda for the intelligent unfolding of our lives. He offers a powerful critique of contemporary child-rearing practices and a groundbreaking alternative to existing perspectives on adolescence.



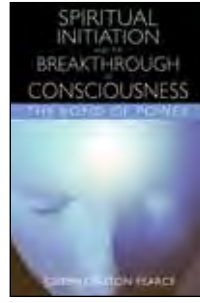
## The Heart-Mind Matrix

*How the Heart Can Teach the Mind New Ways to Think*

Joseph Chilton Pearce

Foreword by Robert Sardello  
ISBN 978-1-59477-488-1  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9  
13 b&w illustrations

The heart provides the balance to the brain's calculating intellect, an innate system of emotional-mental coherence we have lost touch with. By activating the compassionate intelligence of the heart we can alter the destructive behavior loops of the survival-oriented reptilian brain, and enter into a future of peace and conscious evolution.



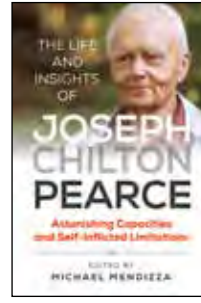
## Spiritual Initiation and the Breakthrough of Consciousness

*The Bond of Power*

Joseph Chilton Pearce

ISBN 978-0-89281-995-9  
\$14.95 (CAN \$17.95) pb  
192 pages, 6 x 9

In this book Pearce describes his experience of shaktipat, received from his spiritual teacher, Swami Muktananda. Shaktipat is the moment enlightenment is conferred upon a student by his master's touch. Pearce experienced a dramatic shift of mind and realized that the challenge faced by modern humanity is to passionately gather the scattered fragments of our lives and channel them into the creative realm.



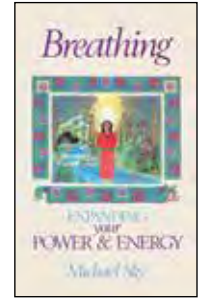
## The Life and Insights of Joseph Chilton Pearce

*Astonishing Capacities and Self-Inflicted Limitations*

Edited by Michael Mendizza

ISBN 978-1-64411-159-8  
\$18.99 (CAN \$23.99) pb  
352 pages, 6 x 9  
3 b&w illustrations

Joseph Chilton Pearce (1926–2016) devoted his life to exploring the optimum development and astonishing capacities within each individual. In this guide to Pearce's complete vision of transcendent human potential, Michael Mendizza explores 7 of his most influential books, sharing insights and expertise from Pearce's full range of interests.



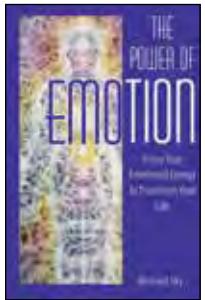
## Breathing

*Expanding Your Power and Energy*

Michael Sky

ISBN 978-0-939680-82-5  
\$12.95 (CAN \$15.95) pb  
156 pages, 5.5 x 8.5

The breath is the central organizing life force. Long used by meditators as a way to inner peace, health, and vitality, intentional breathing can also be used as a calming technique when encountering stress, pain, and fear. Michael Sky offers simple breathing exercises that are intended to be experienced as they are read. He discusses breath as it relates to emotional responses, lifetime habits, sleep, childbirth, sexual communication, and higher consciousness.



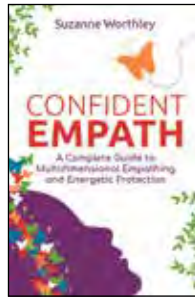
## The Power of Emotion

*Using Your Emotional Energy to Transform Your Life*

Michael Sky

ISBN 978-1-879181-92-2  
\$12.95 (CAN \$15.95) pb  
144 pages, 5.38 x 8.25

With meditative breathing practices at the end of each chapter and inspirational passages from the teachings of Adi Da, readers will learn to positively experience and develop their emotions while enhancing their creativity and productivity to accomplish their goals.



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Suzanne Worthley

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288 pages, 6 x 9

Exploring all of the ways one can feel and perceive energies from human energy fields, places, paranormal situations, and across dimensions, Suzanne Worthley offers advanced strategies for energetically protecting yourself and your loved ones and explains how to release limiting beliefs to evolve from fear-based empathing to love-based empathy.

**Audiobook available**



## Conscious Confidence

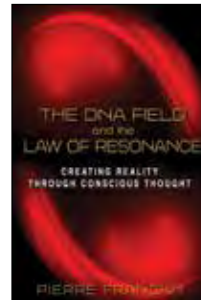
*Use the Wisdom of Sanskrit to Find Clarity and Success*

Sarah Mane

ISBN 978-1-62055-955-0  
\$16.99 (CAN \$21.50) pb  
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Drawing on the timeless wisdom of Sanskrit, Sarah Mane offers a practical confidence-boosting system derived from the deepest meanings of Sanskrit concepts, complete with practical exercises. She outlines the fourfold energies of Conscious Confidence and shows how to discover a steady inner source of compassion, self-direction, and self-empowerment.

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## The DNA Field and the Law of Resonance

*Creating Reality through Conscious Thought*

Pierre Franckh

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This book takes the law of attraction to an entirely new level, revealing groundbreaking experiments on the influence of DNA on photons and on the interactions between emotions and DNA. With focused thoughts and intentions we can use our DNA to communicate our thoughts and desires to the universe.



## The Confident Creative

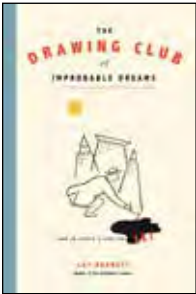
*Drawing to Free the Hand and Mind*

Cat Bennett

ISBN 978-1-84409-185-0  
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67 color illustrations

Featuring full-color examples from professional artists, three different drawing methods, and exercises tested and developed in the author's own drawing class, this is an invaluable tool for artists, writers, musicians, and all who wish to access their creative strengths and live inspired, authentic lives.





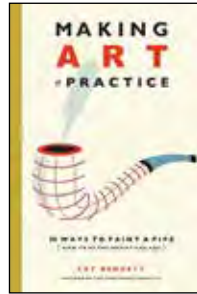
### The Drawing Club of Improbable Dreams

*How to Create a Club for Art*

Cat Bennett

ISBN 978-1-84409-675-6  
\$18.99 (CAN \$22.99) pb  
128 pages, 6.25 x 9.25  
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Bennet offers full instructions on how to start and run a drawing club and includes three 8-week session plans with specific art explorations. The purpose of the explorations is to build drawing skills and the qualities of curiosity, courage, and critical thinking that we need for making art.



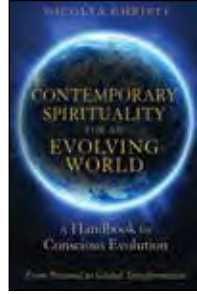
### Making Art a Practice

*How to Be the Artist You Are*

Cat Bennett

ISBN 978-1-84409-607-7  
\$19.99 (CAN \$24.99) pb  
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How do we enter the flow of creativity with ease and be the artists we are? Inside are 30 action practices, some based on yoga, that can help artists connect with and grow their true creative selves. Practices offer ways to work with inspiration, nurture creativity, and connect with purpose.



### Contemporary Spirituality for an Evolving World

*A Handbook for Conscious Evolution*

Nicolya Christi

ISBN 978-1-59143-166-4  
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304 pages, 6 x 9  
3 b&w illustrations

We are living in a time in which humanity is poised to establish a unified new world of awakened hearts. This book is a guide for these auspicious times, with teachings based on the First Nations Peoples' oral wisdom on the 7 Dark, 7 Light, and 7 Rainbow Arrows for evolving consciousness.



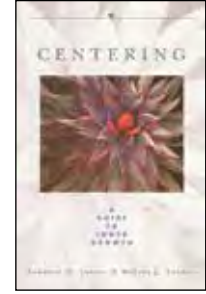
### Love, God, and Everything

*Awakening from the Long, Dark Night of the Collective Soul*

Nicolya Christi

ISBN 978-1-59143-421-4  
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In this sweeping exploration of love, consciousness, and awakening, Nicolya Christi explores how to consciously evolve, heal our generational trauma, and awaken to the amazing potential we each hold for transformation. Examining what consciousness is, she shares unique maps and models for psycho-spiritual integration, spiritual awakening, and evolving consciousness.



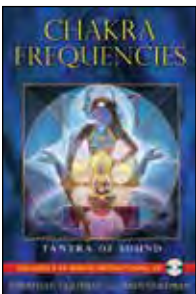
### Centering

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Sanders G. Laurie  
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ISBN 978-0-89281-420-6  
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A unique system of meditation techniques helps you increase personal learning power, reduce stress, and access healing energy.



### Chakra Frequencies

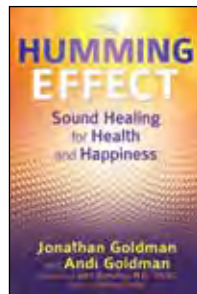
*Tantra of Sound*

Jonathan Goldman  
and Andi Goldman

ISBN 978-1-59477-404-1  
\$18.95 (CAN \$22.95) pb  
208 pages, 6 x 9  
Includes 19 b&w illustrations and a 60-minute CD

Also available in Spanish  
(see page 217)

Jonathan and Andi Goldman reveal how the human voice can resonate our physical and subtle bodies to balance and align the chakras. Includes a 60-minute CD of the sounds, mantras, and vocal exercises in the book.



### The Humming Effect

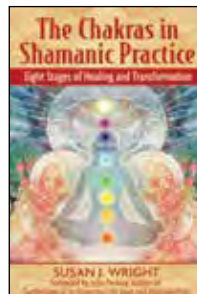
*Sound Healing for Health and Happiness*

Jonathan Goldman  
and Andi Goldman

Foreword by  
John Beaulieu, N.D., Ph.D.  
ISBN 978-1-62055-484-5  
\$14.95 (CAN \$18.95) pb  
144 pages, 6 x 9  
9 b&w illustrations

The Goldmans show how humming affects us on a physical level, reducing stress, enhancing sleep, and lowering heart rate and blood pressure, producing powerful neurochemicals. They examine humming as a sonic yoga technique and its role in many world traditions, such as the Om, Aum, or Hum. They provide access to online examples.

**Audiobook available**



### The Chakras in Shamanic Practice

*Eight Stages of Healing and Transformation*

Susan J. Wright

Foreword by John Perkins

ISBN 978-1-59477-184-2  
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274 pages, 6 x 9  
1 color and 45 b&w illustrations

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(see page 216)

Susan Wright explains how to work with the chakra centers to heal unresolved psychic wounds. She identifies eight key developmental stages of life, from birth to old age/death, linking each to a chakra. Practitioners discover ways to gather and nurture the fragmented parts of their energy body to lead themselves to physical, emotional, and spiritual well-being.



### Change the Story of Your Health

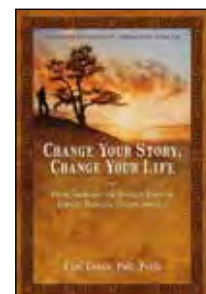
*Using Shamanic and Jungian Techniques for Healing*

Carl Greer, PhD, PsyD

ISBN 978-1-84409-716-6  
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224 pages, 6 x 9

Focusing on four key chapters of a person's life, Greer helps readers revise their health stories through journaling exercises and expanded-awareness practices based on Jungian and shamanic traditions. Learn why you have struggled to change your habits and be empowered to experience greater wellness within a satisfying health story.

**Audiobook available**



### Change Your Story, Change Your Life

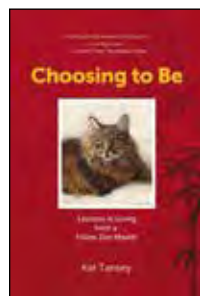
*Using Shamanic and Jungian Tools to Achieve Personal Transformation*

Carl Greer, PhD, PsyD

ISBN 978-1-84409-464-6  
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224 pages, 6 x 9

Greer offers a self-help guide to personal transformation that uses shamanic techniques, journaling, and a unique method for dialoguing. The exercises inspire readers to work with insights and energies that tap in to the unconscious so that they may consciously choose the changes they would like to make in their lives.

**Audiobook available**



## Choosing to Be

*Lessons in Living from a Feline Zen Master*

Kat Tansey

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12 b&w halftones

The narrative revolves around a Coon cat, his kitten muse, and the author. Drawn from the personal reflections of a formerly depressed person, the story is inspiring for understanding the inner self, reducing stress, finding inner peace, and knowing the joys and comforts of answering to a cat master.



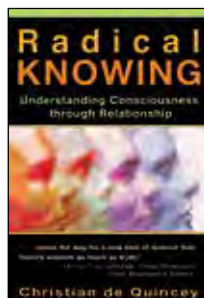
## BlindSpots

*21 Good Reasons to Think before You Talk*

Christian de Quincey

ISBN 978-1-62055-446-3  
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352 pages, 6 x 9

We live in a world filled with clichés or “thought viruses” that frequently fall out of the mouths of scientists, religious teachers, and journalists. Christian de Quincey casts a skeptical eye on 21 of these thought viruses—from “the universe exploded from nothing in a Big Bang” and “we create our own reality” to “nobody knows what consciousness is.”



## Radical Knowing

*Understanding Consciousness through Relationship*

Christian de Quincey

ISBN 978-1-59477-079-1  
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352 pages, 6 x 9  
3 b&w illustrations

Most of us think we are individuals first and foremost who then come together to form relationships. De Quincey shows that relationship comes first, that our individual sense of self actually arises from *shared* consciousness, which literally builds the fabric of reality. Understanding this process is key to unlocking our potential for higher consciousness and spiritual evolution.



## Radical Nature

*The Soul of Matter*

Christian de Quincey

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336 pages, 6 x 9

*Radical Nature* explores how mind and matter are related and proposes a radical and surprising answer: that matter itself tingles with consciousness at the deepest level. It is there in the cells of every living creature, even in molecules and atoms.



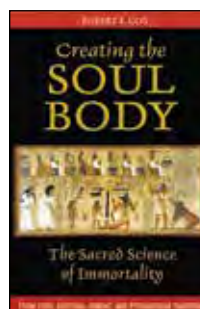
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*Manifesting Your Heart's Desire Through Creative Projects*

Carol Holaday

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This compendium of craft ideas provides clear instructions for constructing 20 practical, magical, and spiritual items and brings metaphysical techniques into everyday life. Each chapter features background information, illustrated examples, and creative tools to help stimulate the imagination. Book includes guides to color, astrology, moon phases, crystals, metals, and numerology.



## Creating the Soul Body

*The Sacred Science of Immortality*

Robert E. Cox

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Ancient peoples understood that individual consciousness is rooted in a universal field of consciousness and is therefore eternal. Through their spiritual practices they developed a soul body, a vehicle that could carry consciousness beyond physical death and achieve “immortality.”



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Career counselor Rick Jarow argues for a return to the concept of vocation—finding a “calling” instead of a job. Concentrating on the attributes of the body's energy centers, or chakras, Dr. Jarow shows how to form a bridge between personal priorities and external activities that allows strategies to be developed for finding a career that nourishes all aspects of one's life.



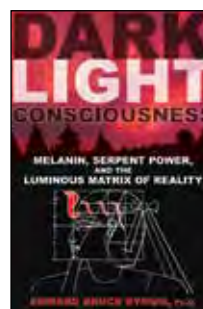
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Ronald Shone

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This comprehensive guide to harnessing the power of visualization for positive life changes explains the principles behind the visualization process and how each of us can awaken these abilities to realize our life goals.



## Dark Light Consciousness

*Melanin, Serpent Power, and the Luminous Matrix of Reality*

Edward Bruce Bynum, Ph.D.

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\$19.95 (CAN \$23.95) pb  
368 pages, 6 x 9  
57 b&w illustrations

An innate serpent power of spiritual transcendence resides in all people. By embracing the dark light of the shining serpent within, we can connect our individual consciousness to the consciousness enfolded in the dark matter of the universe.

**Audiobook available**



## The Dreamlife of Families

*The Psychospiritual Connection*

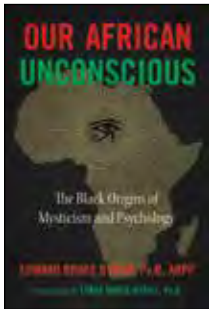
Edward Bruce Bynum, Ph.D., ABPP

Foreword by Carl A. Whitaker, M.D.

ISBN 978-1-62055-632-0  
\$18.95 (CAN \$23.95) pb  
288 pages, 6 x 9  
2 b&w illustrations

Integrating traditional dream analysis with family psychology, clinical science, and parapsychology, the author details how our personal unconscious is interwoven into our larger family unconscious.





### Our African Unconscious

*The Black Origins of Mysticism and Psychology*

Edward Bruce Bynum, Ph.D., ABPP

ISBN 978-1-64411-396-7  
\$22.99 (CAN \$28.99) pb  
480 pages, 6 x 9  
27 b&w illustrations

Bynum draws on archaeology, DNA research, history, depth psychology, and the roots of religion and science to demonstrate how all modern human beings, regardless of ethnic or racial categorizations, share a common deeper identity connected with a primordial African unconscious.

**Audiobook available**



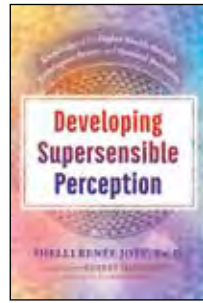
### Darkness Visible

*Awakening Spiritual Light through Darkness Meditation*

Ross Heaven and Simon Buxton

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Spiritual seekers from many traditions have used darkness as a method for exploring hidden aspects of unconscious and super-conscious states, and for embracing the deeper recesses of the self. The authors show how experiencing complete darkness, even for only a period of hours, brings about a remarkable clarity and mental stillness, and thus provides a springboard for creativity, intuition, and spiritual development.



### Developing Supersensible Perception

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Shelli Renée Joye, Ph.D.  
Foreword by Robert McDermott

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Distilling techniques from Rudolf Steiner's over 400 published works and Patañjali's Yoga Sutra, the author presents a modern, practical approach to acquiring, cultivating, and maintaining supersensible perception and higher consciousness.

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### The Dharma of Direct Experience

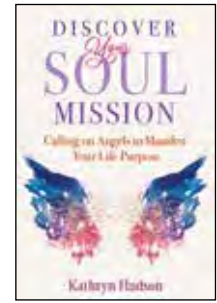
*Non-Dual Principles of Living*

Paul Weiss

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Combining engaged mysticism with transcendent humanism, Paul Weiss offers a living vision of a non-dual way of experiencing the world, a path that supports our functional, emotional, and spiritual maturity. He shares his most significant awakening experiences and offers practical teachings for spiritual understanding, emotional development, and the cultivation of compassion.

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Kathryn Hudson offers exercises to understand why you were born and what you are meant to experience on Earth, with the aid of the angelic realm. She details ways of connecting with your Soul Mission and includes a fun exercise to establish a 12-month Soul Mission Manifestation Plan and set things in motion.

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Revealing how dragons and serpents are deeply embedded in the story of humankind and the Earth itself, from prehistory to the present, Stefan Broennle takes us on a journey through the myths, legends, symbols, and geomantic powers of dragons in different cultures around the world.



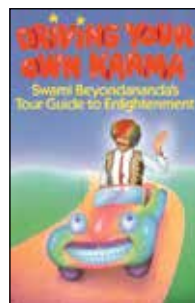
### Dream Patterns

*Revealing the Hidden Patterns of our Waking Lives*

Jonson Miller

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Learn to recall, record, and analyze your dreams, and apply the lessons to your life. The book shows how to break through stimuli to reveal repeating imagery and themes that reflect patterns in our waking lives. Awareness of these patterns liberates and empowers us to live more skillfully.



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*Swami Beyondananda's Tour Guide to Enlightenment*

Swami Beyondananda

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Have you tried so many spiritual paths you've become pathological? Experienced so much personal growth you're totally growthed out? Look no more. Swami Beyondananda, whose syndicated columns, tapes, and live performances have delighted millions, has the ultimate answers for you.



### The Dreamer's Book of the Dead

*A Soul Traveler's Guide to Death, Dying, and the Other Side*

Robert Moss

ISBN 978-1-59477-037-1  
\$19.99 (CAN \$24.99) pb  
320 pages, 6 x 9

In *The Dreamer's Book of the Dead*, Robert Moss explains that we have entirely natural contact with the departed in our dreams, when they come visiting and we may travel into their realms. As we become *active* dreamers, we can heal our relationship with the departed and move beyond the fear of death.



### Dreamways of the Iroquois

*Honoring the Secret Wishes of the Soul*

Robert Moss

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The ancient wisdom of the Iroquois was revealed to Robert Moss when he started dreaming in a language he did not know, an early form of the Mohawk Iroquois language. *Dreamways of the Iroquois* is a spiritual odyssey, a tribute to the wisdom of the First Peoples, and a guide to self-healing through dreamwork.



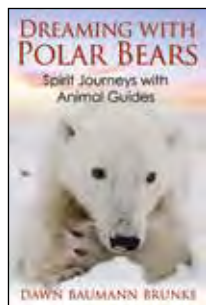
## Awakening the Ancient Power of Snake

*Transformation, Healing, and Enlightenment*

Dawn Baumann Brunke

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288 pages, 6.63 x 9.5  
163 b&w illustrations

Entwined with human consciousness since prehistoric times, Snake was once viewed as protector and advisor to gods and goddesses. But with the story of Adam and Eve, Snake became the enemy. The author explores how we can once again access Snake's wisdom and harness its powerful ability to heal, transform, and awaken.



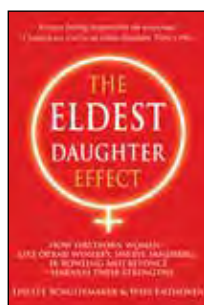
## Dreaming with Polar Bears

*Spirit Journeys with Animal Guides*

Dawn Baumann Brunke

ISBN 978-1-59143-183-1  
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192 pages, 6 x 9

One night in a lucid dream Dawn Baumann Brunke dreamt that not only was she dreaming of a living polar bear but that the polar bear was also dreaming of her. Through ongoing shared dream encounters she became adept at connecting with the bear both while asleep and awake. This book presents techniques for entering shared dreamscapes and forming relationships with other species.



## The Eldest Daughter Effect

*How Firstborn Women—like Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé—Harness their Strengths*

Lisette Schuitemaker and Wies Enthoven

ISBN 978-1-84409-707-4  
\$15.99 (CAN \$21.99) pb  
192 pages, 6 x 9

The authors discuss qualities that characterize eldest daughters and why, in spite of being more intelligent, verbally proficient, and motivated to perform than their siblings, they doubt they are good enough. This book demonstrates how firstborn girls become who they are, how to give them more freedom, and the best ways to support them.

**Audiobook available**



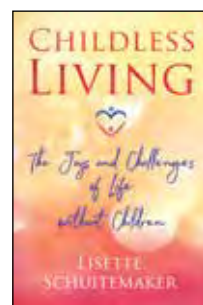
## The Childhood Conclusions Fix

*Turning Negative Self-Talk Around*

Lisette Schuitemaker

ISBN 978-1-84409-734-0  
\$16.99 (CAN \$22.99) pb  
192 pages, 6 x 9

All of us have drawn conclusions in our childhood: impressions about ourselves, the world and our place in it. These childhood conclusions still produce thoughts that mark our behaviors. With examples from her private practice, Schuitemaker shows how childhood conclusions work and how to turn them around into a positive outlook.



## Childless Living

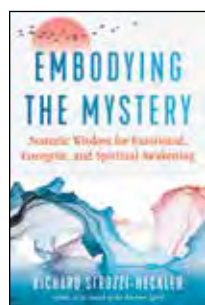
*The Joys and Challenges of Life without Children*

Lisette Schuitemaker

ISBN 978-1-62055-838-6  
\$16.99 (CAN \$21.50) pb  
240 pages, 6 x 9

Based on a global survey and more than 50 interviews with childless men and women, Schuitemaker explores the life choices people make around having children as well as alternate ways of finding purpose in life, enabling readers to gain insight into the worldwide trend of people who lead a self-fulfilling, childless life.

**Audiobook available**



A Sacred Planet Book

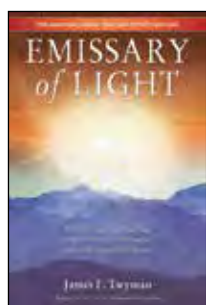
## Embodying the Mystery

*Somatic Wisdom for Emotional, Energetic, and Spiritual Awakening*

Richard Strozzi-Heckler

ISBN 978-1-64411-456-8  
\$16.99 (CAN \$21.50) pb  
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Sharing profound stories, transformative incidents, and provocative situations from across his more than seven decades of life, founding elder of the Somatics movement Richard Strozzi-Heckler explores the experiences that helped form his professional and personal perspectives within the fields of embodiment, meditation, Aikido, and leadership.



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James Twyman

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This is a book of wisdom wrapped inside an amazing adventure. Learn the power you have to make a difference, to make peace, to transform conflicts through the teachings of an ancient society, the Emissaries of Light, whose sole purpose is to anchor peace where peace has all but been forgotten.

**"Shows us that we all have the power to create peace and change in the world."**

—Marianne Williamson, author, *Return to Love*



## Empowering Practices for the Highly Sensitive

*An Experiential Guide to Working with Subtle Energies*

Bertold Keinar

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5 b&w illustrations

Presenting easy solutions for the everyday challenges of the highly sensitive, whether at work, at home, with friends, or out in the world, empath Bertold Keinar details 30 progressive exercises to help clear, balance, and protect your energy field, release fears, and support you in daily life.

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New—August 2024

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Revised Edition of *Undines*

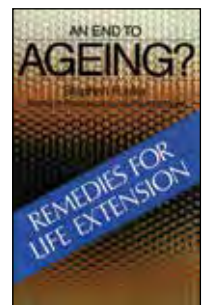
## Encounters with Mermaids

*Lessons from the Realm of the Water Elementals*

William R. Mistele

ISBN 978-1-64411-742-2  
\$22.99 (CAN \$28.99) pb  
320 pages, 6 x 9

Taking you directly into the realm of the water spirits, William Mistele shares his interviews with four water elemental queens, also known as undines or mermaids, evocatively sharing their spiritual truths, magic, and love. Includes exercises and attunements to awaken your mermaid intuitive and empathic abilities and develop an inner connection to water.



## An End to Ageing?

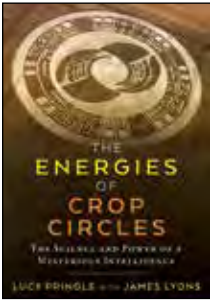
*Remedies for Life Extension*

Stephen Fulder, Ph.D.

ISBN 978-0-89281-044-4  
\$5.95 (CAN \$7.95) pb  
120 pages, 5.38 x 8.25

From a wealth of specific anti-ageing practices gathered from around the world, Dr. Fulder builds a life extension program for all ages that is best begun right now. His practical knowledge of the effects on the body of plants, foods, drugs, vitamins, body chemistry, behavior, and more, make this the definitive text on life-extension practices.





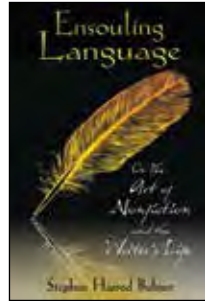
### The Energies of Crop Circles

*The Science and Power of a Mysterious Intelligence*

Lucy Pringle with James Lyons

ISBN 978-1-62055-867-6  
\$29.99 (CAN \$37.50) pb  
256 pages, 6.63 x 9.5  
Full-color throughout

In 1990 while studying the energetics of a crop circle, Lucy Pringle experienced a miraculous healing of a shoulder injury. In this book, alongside her stunning aerial photographs of crop circles, Pringle and engineer James Lyons share the results of decades of research into crop circles and their healing and energetic effects.



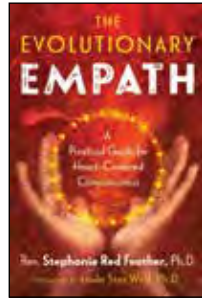
### Ensouling Language

*On the Art of Nonfiction and the Writer's Life*

Stephen Harrod Buhner

ISBN 978-1-59477-382-2  
\$24.95 (CAN \$29.95) pb  
480 pages, 6 x 9

Stephen Buhner shows that non-fiction writing, especially how-to and self-help, can take on the same power as great fiction. By following the "golden threads" of inspiration, the non-fiction writer too can generate duende—the response to art that can give the chills, or resonate in the soul.



### The Evolutionary Empath

*A Practical Guide for Heart-Centered Consciousness*

Rev. Stephanie Red Feather, Ph.D.

Foreword by Linda Star Wolf, Ph.D.

ISBN 978-1-59143-350-7  
\$18.00 (CAN \$22.50) pb  
320 pages, 6 x 9

In this award-winning book, Stephanie Red Feather affirms that being an empath is a real thing and you are not alone in your experience. She offers practical exercises to help you understand, control, and fully manifest your gifts, explaining how to clear your energy field, stop energy leaks, create boundaries, and reclaim your sense of self.

**Audiobook available**



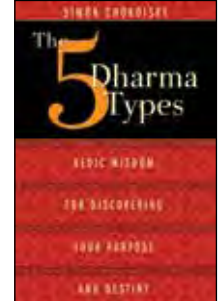
### The Fearless Path

*What a Movie Stuntman's Spiritual Awakening Can Teach You about Success*

Curtis Rivers

ISBN 978-1-84409-732-6  
\$14.99 (CAN \$19.99) pb  
224 pages, 6 x 9

Follow the author on an amazing trek in eastern mountains and find the keys to turn your life around, moving from restriction to freedom and abundance. Curtis Rivers, "Law of Attraction" expert, delivers powerful information that changes the way people think, helping them smash through fear and transform their lives.



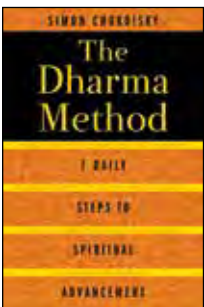
### The Five Dharma Types

*Vedic Wisdom for Discovering Your Purpose and Destiny*

Simon Chokoisky

ISBN 978-1-62055-283-4  
\$19.95 (CAN \$23.95) pb  
416 pages, 6 x 9

The ancient system of social structure and spiritual duty known as Dharma has modern applications for people seeking their life's purpose. The five Dharma archetypes—Warrior, Educator, Merchant, Laborer, and Outsider—can function as an operating system for your identity, helping you map your life and play to your innate strength. By accepting and understanding the nature of your type, you may begin to align with your true purpose and, regardless of fate and tendency, find joy and meaning in life.



### The Dharma Method

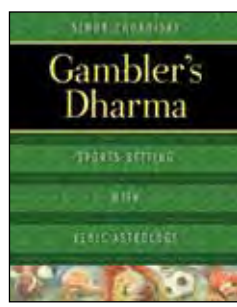
*7 Daily Steps to Spiritual Advancement*

Simon Chokoisky

ISBN 978-1-62055-285-8  
\$16.99 (CAN \$21.50) pb  
160 pages, 6 x 9  
2 b&w illustrations

In this practical spiritual guide, Chokoisky shares 11 time-tested, yet simple, techniques to help you find your spiritual path, or "dharma," and explains how you only need to include 7 each day for spiritual growth and personal enlightenment. He provides routines, tips, and tricks to keep you on track and exercises to apply these spiritual lessons in your everyday life.

**Audiobook available**



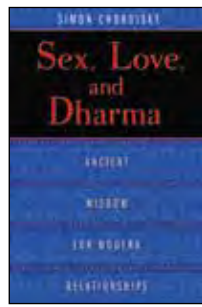
### Gambler's Dharma

*Sports Betting with Vedic Astrology*

Simon Chokoisky

ISBN 978-1-62055-565-1  
\$18.95 (CAN \$23.95) pb  
240 pages, 8 x 10  
Includes 100 b&w charts

Win bets on sporting events using the prediction system of Vedic Astrology. Drawing on this traditional system as well as his own research and winning experience, Simon Chokoisky outlines 5 powerful techniques for predicting the outcome of any competition between two opponents with 70–80 percent accuracy.



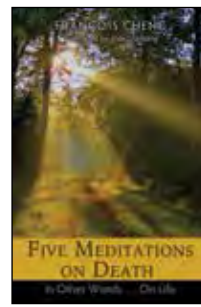
### Sex, Love, and Dharma

*Ancient Wisdom for Modern Relationships*

Simon Chokoisky

ISBN 978-1-62055-287-2  
\$19.95 (CAN \$23.95) pb  
384 pages, 6 x 9  
14 b&w illustrations

The people of ancient India developed detailed systems to analyze compatibility between people based on their dharma type. This book explores how the dharma types align in relationships to create harmony or disharmony, giving quick and simple insights about which dharma pairings work and which ones need work. It provides simple self-tests to determine your type.



### Five Meditations on Death

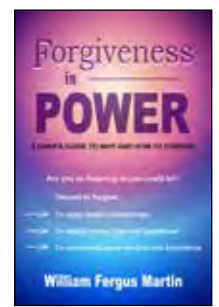
*In Other Words . . . On Life*

François Cheng

Translated by Jody Gladding

ISBN 978-1-62055-494-4  
\$16.95 (CAN \$20.50) pb  
128 pages, 5.38 x 8.25

These five meditations on death from poet-philosopher François Cheng invite us to contemplate life in the light of our own death. Our death is an integral part of our great adventure in becoming. For if birth is a seed, then death is the fruit—the final sacred product of a life well lived.



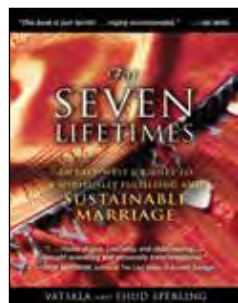
### Forgiveness is Power

*A User's Guide to Why and How to Forgive*

William Fergus Martin

ISBN 978-1-84409-628-2  
\$17.95 (CAN \$19.95) pb  
208 pages, 6 x 9

Martin explains why it makes sense to let go of grievances instead of staying stuck in an unforgiving place. Insights, ideas, and exercises invite you to transform unresolved issues to create better relationships with others and yourself. Forgive to enhance self-esteem, break free from limitations, and become a happier person.



## For Seven Lifetimes

*An East-West Journey to a Spiritually Fulfilling and Sustainable Marriage*

Vatsala and Ehud Sperling

ISBN 978-1-59477-373-0  
\$19.95 (CAN \$22.50) pb  
352 pages, 7 x 9  
Full-color throughout

*For Seven Lifetimes* chronicles the year-long written courtship of a cross-cultural couple as they share their beliefs on sexuality, gender roles, careers, parenthood, and religion, and reveals the secret of a fulfilling relationship based on shared values and spiritual growth.



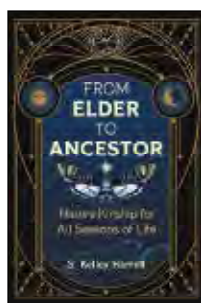
## The Fourteen Holy Helpers

*Invocations for Healing and Protection*

Christiane Stamm

ISBN 978-1-64411-469-8  
\$12.99 (CAN \$16.50) pb  
112 pages, 5.75 x 8.25

The Fourteen Holy Helpers are a group of Catholic saints venerated together because their intercession has been shown to be particularly effective in difficult times. The author shares 15 prayers—one for each Holy Helper and one prayer to call on all 14 Helpers together—to invoke these saints and call on them for spiritual assistance.



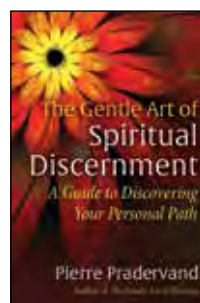
## New—June 2024 From Elder to Ancestor

*Nature Kinship for All Seasons of Life*

S. Kelley Harrell

ISBN 978-1-64411-662-3  
\$18.99 (CAN \$23.99) pb  
192 pages, 6 x 9

For millennia people grew up guided by sage elders, naturally walking the path into elderhood and, upon their good deaths, becoming wise, capable Ancestors. Kelley Harrell explores the spiritual and cultural aspects of aging well and presents exercises and rituals to help you intentionally craft yourself as a fit elder on the path to Ancestorhood.



## The Gentle Art of Spiritual Discernment

*A Guide to Discovering Your Personal Path*

Pierre Pradervand

Foreword by  
Jonathan H. Ellerby, Ph.D.

ISBN 978-1-64411-805-4  
\$14.99 (CAN \$18.99) pb  
128 pages, 5.38 x 8.25

This guide explores how to discover the practices that best correspond to your spiritual expectations and become your own empowered spiritual authority. It reveals how to open your spiritual horizons, see more clearly, avoid pitfalls, and move toward your own unique spiritual path founded on discernment, perseverance, and divine love.

**Audiobook available**



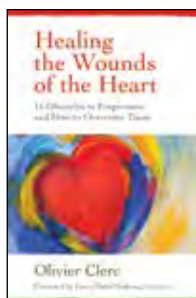
## The Gift of Forgiveness

*A Magical Encounter with don Miguel Ruiz*

Olivier Clerc

ISBN 978-1-84409-190-4  
\$9.95 (CAN \$11.95) pb  
80 pages, 5.25 x 8.25

Drawn from a Toltec workshop with Don Miguel Ruiz, the author describes forgiveness and how it brings immediate relief and unleashes the love blocked by personal resentments. Through the magic of reversal taught in this guide, readers can change their understanding of forgiveness and free themselves from hatred.



## Healing the Wounds of the Heart

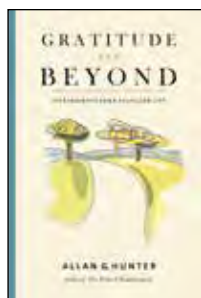
*15 Obstacles to Forgiveness and How to Overcome Them*

Olivier Clerc

Foreword by  
Lewis Mehl-Madrona, M.D., Ph.D.

ISBN 978-1-64411-598-5  
\$18.99 (CAN \$23.99) pb  
160 pages, 5 x 7.75

Showing that forgiveness is the healing of the heart's wounds, Olivier Clerc identifies 15 perceived obstacles to forgiveness and how to overcome them. He details four practical methods for forgiveness: the Hawaiian practice of Ho'oponopono, Colin Tipping's Radical Forgiveness, Fred Luskin's Nine Steps to Forgiveness, and the author's own Gift of Forgiveness.



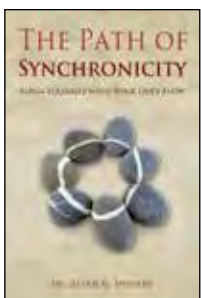
## Gratitude and Beyond

*Five Insights for a Fulfilled Life*

Allan G. Hunter

ISBN 978-1-84409-613-8  
\$14.95 (CAN \$17.95) pb  
192 pages, 5 x 7.75

Readers are shown how to properly extract the lessons of a near-death experience through reflection and cultivate five key concepts: gratitude, humility, beauty, innocence, and a sense of place in the world. The author demonstrates how these key insights are interlinked, each supporting and adding value to the others.



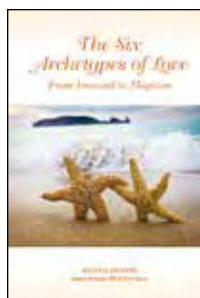
## The Path of Synchronicity

*Align Yourself with Your Life's Flow*

Allan G. Hunter

ISBN 978-1-84409-539-1  
\$16.99 (CAN \$19.99) pb  
192 pages, 6 x 8.88

A combination of Jungian study, literary analysis, and therapy, this guide offers a method for capitalizing on synchronicity to instill peace in the self and the world. By recognizing synchronous moments as a connection to a much larger, older pattern, readers can guide themselves out of suffering and into tranquility.



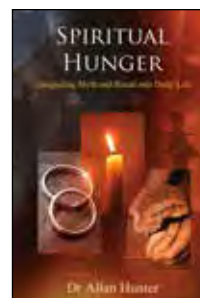
## The Six Archetypes of Love

*From Innocent to Magician*

Allan G. Hunter

ISBN 978-1-84409-142-3  
\$14.95 (CAN \$17.95) pb  
176 pages, 6 x 9  
21 b&w illustrations

This compendium relates love to the spiritual development of the six universal archetypes: Innocent, Orphan, Pilgrim, Warrior-lover, Monarch Pair, and Magician. The book offers guidance about what level of awareness is being lived, how to transition to the next stage, and how love can be nurtured.



## Spiritual Hunger

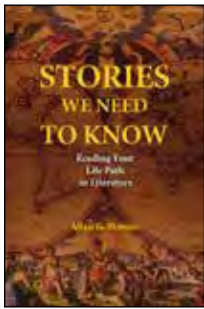
*Integrating Myth and Ritual into Daily Life*

Allan G. Hunter

ISBN 978-1-84409-560-5  
\$14.95 (CAN \$14.95) pb  
160 pages, 6 x 9

Learn to distinguish between the real, deeply satisfying myths of our culture and the bogus, "fast-food" versions pushed by multinational corporations. Seen in these new ways how the rituals and myths show themselves as the expressions of six archetypes, the true structures of the psyche.





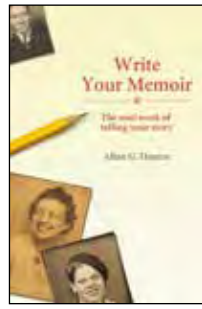
### Stories We Need to Know

*Reading Your Life Path in Literature*

Allan G. Hunter

ISBN 978-1-84409-123-2  
\$22.95 (CAN \$22.95) pb  
304 pages, 6 x 9

This book explains the six archetypes derived from 4,000 years of literature and how they may guide unhappy people, particularly adolescents, seeking meaning in their lives. Hunter uses the great books to understand the six archetypes: the innocent, the orphan, the pilgrim, the warrior-lover, the monarch pair, and the magician.



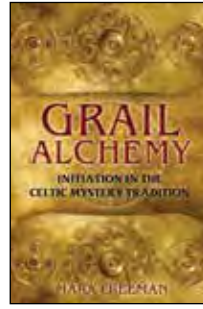
### Write Your Memoir

*The Soul Work of Telling Your Story*

Allan G. Hunter

ISBN 978-1-84409-177-5  
\$15.99 (CAN \$17.50) pb  
160 pages, 6.25 x 9

Drawing from more than 25 years of literary know-how and modeled after a 15-week college course, this manual guides seekers wishing to delve into self-exploration through writing. Documenting one's life is the basis "soul work," which is a desire to experience the state of being alive to the fullest.



### Grail Alchemy

*Initiation in the Celtic Mystery Tradition*

Mara Freeman

ISBN 978-1-62055-191-2  
\$22.99 (CAN \$28.99) pb  
288 pages, 6 x 9  
35 b&w illustrations

The quest for the Holy Grail has persisted through the centuries like a recurring dream, embodying a longing for the restoration of the divine feminine. Hidden within the Grail legends lies an initiatory path that can heal the separation between masculine and feminine. Grail Alchemy is a practical workbook that draws on this hidden wisdom to help us achieve full consciousness of the soul and bring the light of the Grail into the world.



### The Heart of the Great Mother

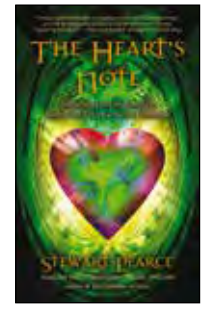
*Spiritual Initiation, Creativity, and Rebirth*

Christine R. Page, M.D.

ISBN 978-1-59143-354-5  
\$16.00 (CAN \$19.99) pb  
256 pages, 6 x 9  
48 b&w illustrations

Explaining how we are being called to birth a new world, Christine Page explores how to connect with the love, passion, and creative powers of the Great Mother. She details the journey of the soul through the 12 signs of the zodiac and offers sacred spiritual tools to help us bring forth transformation.

**Audiobook available**



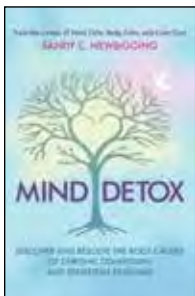
### The Heart's Note

*Sounding Love in Your Life from Your Heart's Secret Chamber*

Stewart Pearce

ISBN 978-1-84409-506-3  
\$14.95 (CAN \$17.95) pb  
160 pages, 5.25 x 8.38

Drawn from research of indigenous tribes, ancient rituals, and Christian mystics, this resource teaches that heart consciousness—the idea of the heart as the ultimate truth of creation and the way in which people connect with each other—will enable harmony, peace, and satisfaction.



Revised Edition of *Heal the Hidden Cause*

### Mind Detox

*Discover and Resolve the Root Causes of Chronic Conditions and Persistent Problems*

Sandy C. Newbigging

ISBN 978-1-62055-833-1  
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224 pages, 5.38 x 8.25

Newbigging reveals a simple 5-step method for resolving the root-cause experiences behind your physical and emotional problems. He explores common unhealthy beliefs and shows how to heal them, providing practical tools to rewrite your past and use your newly detoxed mind to achieve success in all areas of life.



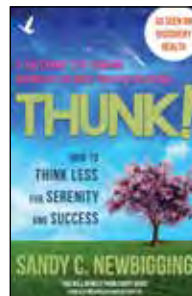
### New Beginnings

*Ten Teachings for Making the Rest of Your Life the Best of Your Life*

Sandy C. Newbigging

ISBN 978-1-84409-615-2  
\$16.95 (CAN \$16.95) pb  
176 pages, 5 x 7.75

Offering the ultimate fresh start, this inspiring exploration invites readers to create a positive and powerful platform for making wanted changes. Examining 10 essential life lessons for making the law of attraction a living reality, focus is placed on recognizing that each sacred moment can be a new beginning.



### Thunk!

*How to Think Less for Serenity and Success*

Sandy C. Newbigging

Foreword by Barefoot Doctor

ISBN 978-1-84409-603-9  
\$16.95 (CAN \$19.95) pb  
160 pages, 4.88 x 7.63  
2 b&w illustrations

Thinking too much has a massive impact upon peace of mind and productivity. With this enlightening book, meditation teacher Sandy Newbigging shares advice and exercises for changing your relationship with your mind so that you can enjoy the serenity and success that comes from freeing yourself from thinking too much.



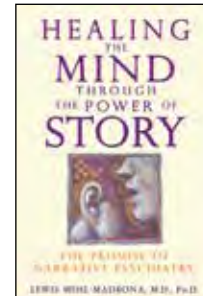
### Clearing

*A Guide to Liberating Energies Trapped in Buildings and Lands*

Jim PathFinder Ewing

ISBN 978-1-84409-082-2  
\$14.95 (CAN \$16.99) pb  
128 pages, 5 x 7.88  
6 b&w line drawings

This introduction to ancient practices of environmental shamanism—or transformation of the energy of spaces—explains in practical terms how to liberate old, unproductive energy that may be stored in any space, making room for new vibrations to circulate and increase inhabitants' well-being.



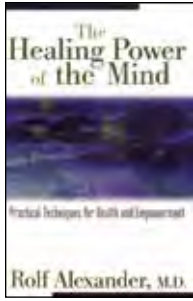
### Healing the Mind through the Power of Story

*The Promise of Narrative Psychiatry*

Lewis Muhl-Madrone, M.D., Ph.D.

ISBN 978-1-59143-095-7  
\$26.00 (CAN \$32.50) pb  
416 pages, 6 x 9

Within a narrative psychiatry model of mental illness, people are not defective, requiring drugs to "fix" them. What needs "fixing" are the ineffective stories people have internalized and succumbed to about how they should live in the world.



## The Healing Power of the Mind

*Practical Techniques for Health and Empowerment*  
Rolf Alexander, M.D.

ISBN 978-0-89281-729-0  
\$12.95 (CAN \$14.95) pb  
128 pages, 5.38 x 8.25

Also available in Spanish  
(see page 219)

Based on more than thirty years of research gleaned from Tibetan, Indian, and other cultures, this book provides both spiritual insight and practical advice concerning the true nature of healing, showing how imagination, desire, the power of suggestion, psychic influence, and the removal of limitations are valuable tools for maximizing our innate capacity for self-healing.

**Audiobook available**



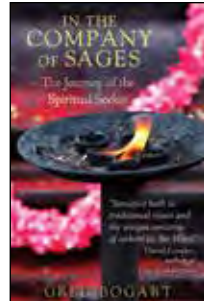
## The Healing Power of Pleasure

*Seven Medicines for Rediscovering the Innate Joy of Being*  
Julia Paulette Hollenbery

ISBN 978-1-64411-326-4  
\$19.99 (CAN \$24.99) pb  
288 pages, 6 x 9  
12 b&w illustrations

Explaining how pleasure is all around us, Julia Hollenbery explores seven easily accessible spiritual "medicines" to discover more sensual pleasure and delight in your body, relationships, and way of being. She presents reflections, exercises, meditations, and energetic transmissions to help you reconnect body, mind, and soul and reclaim your innate source of pleasure.

**Audiobook available**



## In the Company of Sages

*The Journey of the Spiritual Seeker*  
Greg Bogart

ISBN 978-1-62055-384-8  
\$21.99 (CAN \$27.50) pb  
320 pages, 6 x 9  
23 b&w illustrations

The process of finding an authentic spiritual teacher can be daunting, especially for anyone who has had a negative experience with a guide. Exploring the emotional nuances of mentoring relationships, Greg Bogart details the path of spiritual apprenticeship: the process of aligning with a teacher, establishing a dynamic spiritual practice, and the later stages of separation and finding the teacher within.

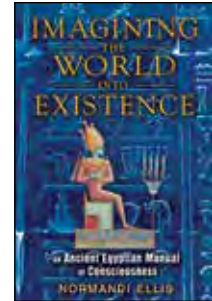


## Hieroglyphic Words of Power

*Symbols for Magic, Divination, and Dreamwork*  
Normandi Ellis

Foreword by Nicki Scully  
ISBN 978-1-59143-376-7  
\$20.00 (CAN \$24.99) pb  
336 pages, 6 x 9  
87 b&w illustrations

Words are magic, operating on many levels through both sound and symbol. In this detailed guide, Normandi Ellis explores how to use hieroglyphs as words of power for manifesting ideas into the material world as well as how to utilize them in magic, meditation, divination, and dream work.

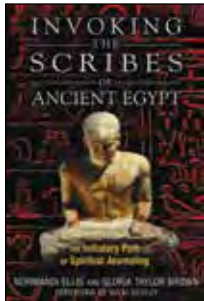


## Imagining the World into Existence

*An Ancient Egyptian Manual of Consciousness*  
Normandi Ellis

ISBN 978-1-59143-140-4  
\$22.00 (CAN \$26.50) pb  
368 pages, 6 x 9  
Includes 16-page color insert

Normandi Ellis provides the essential tools needed to return to Zep Tepi—the creative source—and shows how, like the ancient Egyptian priests, we too can imagine the world into existence, casting a spell of consciousness over the material plane.

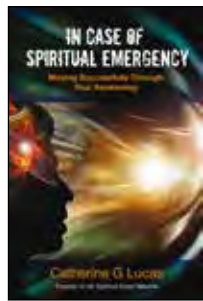


## Invoking the Scribes of Ancient Egypt

*The Initiatory Path of Spiritual Journaling*  
Normandi Ellis and Gloria Taylor Brown

Foreword by Nicki Scully  
ISBN 978-1-59143-128-2  
\$24.00 (CAN \$30.00) pb  
336 pages, 6 x 9  
70 b&w illustrations

The scribes of ancient Egypt were masters of hieroglyphic thinking, which gave them the power to create worlds through their words. This book shows that by writing like scribes we can give our dreams form and recognize our life's purpose.



## In Case of Spiritual Emergency

*Moving Successfully Through Your Awakening*  
Catherine G. Lucas

ISBN 978-1-84409-546-9  
\$18.99 (CAN \$22.99) pb  
192 pages, 6 x 9

When spiritual emergencies, such as mystical psychosis and dark nights of the soul, are understood, managed, and integrated, they can offer enormous potential for growth and fulfillment. This book offers three key phases for successful navigation and avoiding mental, emotional, or spiritual paralysis.



## In Perfect Timing

*Memoirs of a Man for the New Millennium*  
Peter Caddy

Only Available as an Ebook through most Ebook sellers

The co-founder of the Findhorn Community takes us on a journey of inspiration, action, and spirit in this exciting tale of adventure and self discovery.



A Sacred Planet Book

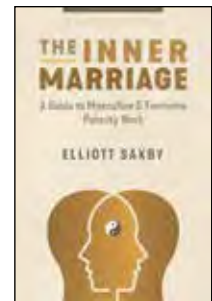
## Initiation into Dream Mysteries

*Drinking from the Pool of Mnemosyne*  
Sarah Janes

ISBN 978-1-64411-514-5  
\$18.99 (CAN \$23.99) pb  
192 pages, 6 x 9  
8 b&w illustrations

Invoking Mnemosyne—Greek goddess of memory and archetypal deity of the Asklepios dream temple tradition—this book initiates you into full dream consciousness, offering a lucid-dreaming ritual experience in the spirit of the Mystery Schools of antiquity. Each initiatory chapter includes a psychodramatic narrative designed to generate the perfect dream for each initiatic stage.

**Audiobook available**



## The Inner Marriage

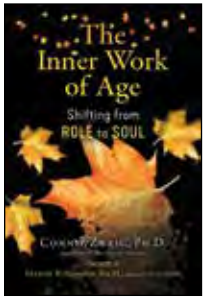
*A Guide to Masculine and Feminine Polarity Work*  
Elliott Saxby

ISBN 978-1-64411-604-3  
\$19.99 (CAN \$24.99) pb  
240 pages, 6 x 9

In this practical guide, Elliott Saxby presents methods and exercises to apply polarity work as a tool in integrative and non-dual therapy to help you identify masculine and feminine traits within yourself, become less judgmental, release and transform trauma, and develop a more integrated relationship with yourself and others.

**Audiobook available**





### The Inner Work of Age

*Shifting from Role to Soul*

Connie Zweig, Ph.D.

Foreword by Harry R. Moody, Ph.D.

ISBN 978-1-64411-340-0  
\$19.99 (CAN \$24.99) pb  
416 pages, 6 x 9

Offering a radical reimagining of age for all generations, psychotherapist and bestselling author Connie Zweig reveals how to use inner work to uncover and explore the unconscious denial and resistance that erupts around key thresholds of later life, attune to your soul's longing, and emerge renewed as an Elder filled with vitality and purpose.

**Audiobook available**



### Meeting the Shadow on the Spiritual Path

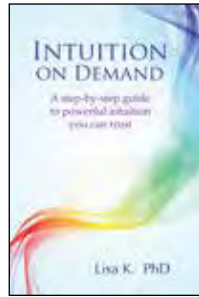
*The Dance of Darkness and Light in Our Search for Awakening*

Connie Zweig, Ph.D.

ISBN 978-1-64411-722-4  
\$19.99 (CAN \$24.99) pb  
304 pages, 6 x 9

Within each of us is a spiritual longing that prompts us to unite with something greater than ourselves. Yet, no matter the spiritual path we choose, we inevitably encounter our own shadow. This guide explores how use shadow-work to recover from spiritual abuse or betrayal and move from spiritual naivete to spiritual maturity.

**Audiobook available**



### Intuition on Demand

*A step-by-step guide to powerful intuition you can trust*

Lisa K., PhD

ISBN 978-1-84409-719-7  
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192 pages, 6 x 9

Develop your intuition so you can get instant guidance for all your important life decisions. This book provides a step-by-step technique to develop your intuition from scratch, discover your intuition development map, and reprogram your thinking. It includes worksheets, practical exercises, and much more.



### Joseph Campbell: A Fire in the Mind

*The Authorized Biography*

Stephen and Robin Larsen

ISBN 978-0-89281-873-0  
\$29.95 (CAN \$35.95) pb  
688 pages, 6 x 9  
Includes three 8-page b&w photo inserts

Joseph Campbell (1904–1987) forged an approach to the study of myth and legend that made ancient traditions and beliefs immediate, relevant, and universal. His teachings and literary works have shown that beneath the apparent themes of world mythology lie patterns that reveal ways we all may encounter the great mysteries of existence: birth, growth, soul development, and death.



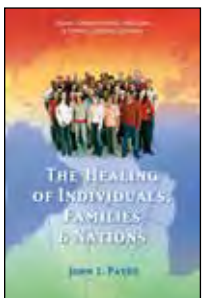
### The Transformational Power of Dreaming

*Discovering the Wishes of the Soul*

Stephen Larsen and Tom Verner

ISBN 978-1-62055-514-9  
\$19.95 (CAN \$24.95) pb  
360 pages, 6 x 9  
Includes 8-page color insert and 30 b&w illustrations

The authors examine dream traditions from around the world; investigating the psychology of dreaming, the neuroscience behind the dreaming brain, the Jungian perspective, and the intersections of yoga and modern dream research. They offer techniques to help remember dreams and explore the practices of lucid dreaming and shamanic dreaming.



### The Healing of Individuals, Families & Nations

*Transgenerational Healing & Family Constellations Book 1*

John Payne

ISBN 978-1-84409-066-2  
\$16.95 (CAN \$18.95) pb  
192 pages, 6.13 x 9.13  
50 diagrams

Expanding the scope of healing from a purely individual and personal matter to one that spans generations and crosses racial and cultural barriers, John Payne sheds new light on the relationship between victim and perpetrator, be they individuals, families, governments, or entire nations.



### The Language of the Soul

*Healing with Words of Truth Book 2*

John Payne

ISBN 978-1-84409-076-1  
\$16.99 (CAN \$18.99) pb  
182 pages, 5.88 x 8.63

This book guides readers to move beyond the tangled web of stories they tell about their lives, relationships, illnesses, and disruptive life patterns. Through examples readers will learn to acknowledge and embrace truth, spelling out the explicit facts and rejecting the fictions they have created to excuse their failings.



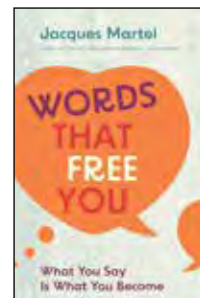
### The Little Stick Figures Technique for Emotional Self-Healing

*Created by Jacques Martel*

Lucie Bernier and Robert Lengan

ISBN 978-1-64411-521-3  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
169 b&w illustrations

Created by therapist Jacques Martel in 1993, the Little Stick Figures Technique is an easy energetic cord-cutting method to free yourself from your dependencies, your fears, and your conscious and unconscious attachments.



**New—Available**

### Words That Free You

*What You Say Is What You Become*

Jacques Martel

ISBN 978-1-64411-962-4  
\$16.99 (CAN \$21.50) pb  
128 pages, 5 x 7.75  
7 b&w illustrations

Not only are the words and phrases we use an expression of our innermost thoughts, they also influence our wellbeing and the overall nature of our character. In this easy-to-follow guide, therapist Jacques Martel details how to create a more positive, optimistic, healthy, and happy reality by choosing words filled with freedom, wisdom, and love.



### Learning to Love

Eileen Caddy, MBE, and David Earl Platts, PhD

ISBN 978-1-62055-835-5  
\$12.99 (CAN \$16.50) pb  
128 pages, 6 x 9  
1 black-and-white illustration

Caddy and Platts offer a guide to exploring feelings, attitudes, and past experiences that block you from loving and receiving love. Drawing from Roberto Assagioli's system of psychosynthesis, they include exercises, meditations, and visualizations to support you in examining your inner world and implementing acceptance, trust, forgiveness, and risk-taking in your life.



## Less Is More

*An Anthology of Ancient & Modern Voices Raised in Praise of Simplicity*

Edited by  
Goldian VandenBroeck

ISBN 978-0-89281-554-8

\$22.99 (CAN \$28.99) pb

334 pages, 6 x 9

This engaging anthology offers words of wisdom from the world's greatest thinkers on the virtues of simplicity. Included are writings from Ovid, Patañjali, St. Matthew, Milarepa, Rumi, Eckhart, Basho, Rousseau, Tagore, Suzuki, Illich, and many others.



## Life Design for Women

*Conscious Living as a Force for Positive Change*

Ariane Burgess

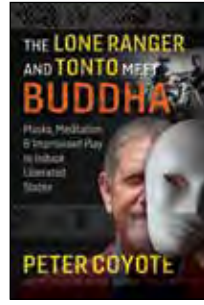
ISBN 978-1-62055-915-4

\$16.99 (CAN \$21.50) pb

192 pages, 6 x 9

30 b&w illustrations

This hands-on guide engages you in a simple visioning process to help you consciously redesign your life to be more satisfying, meaningful, and aligned with your goals. Drawing on the regenerative principles of sustainability, the author provides exercises and tools to find your authentic self and bring positive change to the world around you.



## The Lone Ranger and Tonto Meet Buddha

*Masks, Meditation, and Improvised Play to Induce Liberated States*

Peter Coyote

ISBN 978-1-64411-356-1

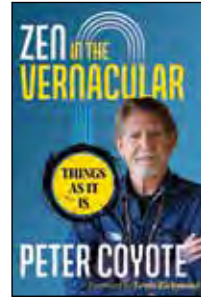
\$16.99 (CAN \$21.50) pb

192 pages, 6 x 9

8 b&w illustrations

Sharing a series of mindfulness techniques and acting exercises that show how malleable the self can be, award-winning actor, narrator, and Zen Buddhist priest Peter Coyote explores how to work with masks, meditation, and improv to suppress the ego, calm the mind, and allow spontaneous playfulness and spaciousness to arise from your deepest nature.

**Audiobook available**



## New—Available Zen in the Vernacular

*Things As It Is*

Peter Coyote

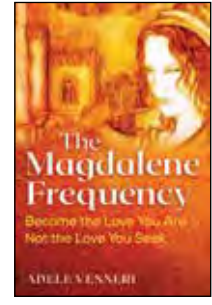
Foreword by Lewis Richmond

ISBN 978-1-64411-975-4

\$29.99 (CAN \$37.50) pb

352 pages, 6 x 9

In this engaging guide to Zen Buddhism, award-winning actor, narrator, and Zen Buddhist priest Peter Coyote explores the fundamental teachings of the Buddha as they apply to modern life. He presents his own contemporary interpretations of the Four Noble Truths, the Three Treasures, the Eightfold Path, and other core Buddhist ideas.



## New—Available

A Sacred Planet Book

## The Magdalene Frequency

*Become the Love You Are, Not the Love You Seek*

Adele Venneri

ISBN 978-1-59143-500-6

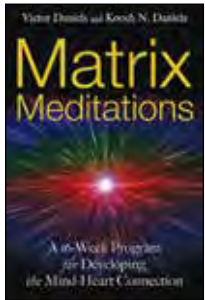
\$20.00 (CAN \$24.99) pb

192 pages, 6 x 9

2 b&w illustrations

Through ancestral knowledge, embedded with the ancient frequency of Mary Magdalene, the author shows you how to stop judging and forgive yourself, reunite your feminine and your masculine, merge your light body into the physical body, and rediscover your complete soul by embodying the Magdalene frequency.

**Audiobook available**



## Matrix Meditations

*A 16-week Program for Developing the Mind-Heart Connection*

Victor Daniels and  
Kooch N. Daniels

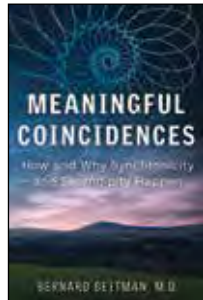
ISBN 978-1-59477-291-7

\$24.99 (CAN \$29.99) pb

416 pages, 6 x 9

83 b&w illustrations

*Matrix Meditations* offers 65 dynamic meditation techniques derived from Eastern and Western spiritual traditions for developing intuition and multiplying the power of your mind. It includes proven techniques for increasing mental clarity, replacing habitual negative behaviors, and realizing your desires.



A Sacred Planet Book

## Meaningful Coincidences

*How and Why Synchronicity and Serendipity Happen*

Bernard Beitman, M.D.

ISBN 978-1-64411-570-1

\$16.99 (CAN \$21.50) pb

224 pages, 6 x 9

Each of us has more to do with creating coincidences than we think. Psychiatrist Bernard Beitman, M.D., examines why and how coincidences happen and explains how to expect when they are more likely to occur, which helps you be ready to use them. He also presents a complete catalog of coincidence patterns with numerous examples.

**Audiobook available**



## The Meditator's Guidebook

*Pathways to Greater Awareness and Creativity*

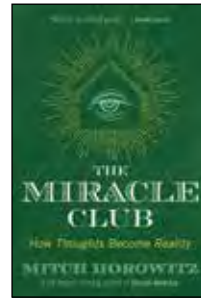
Lucy Oliver

ISBN 978-0-89281-360-5

\$12.99 (CAN \$16.50) pb

160 pages, 5 x 7.75

This guide illuminates the basic process that is initiated when someone seriously begins to learn meditation in any tradition or with any technique. Moving from initial efforts to still the mind to advanced techniques for transcending the idea of meditation, the author describes with precision the benefits and pitfalls of meditation.



## The Miracle Club

*How Thoughts Become Reality*

Mitch Horowitz

ISBN 978-1-62055-766-2

\$16.99 (CAN \$21.50) pb

192 pages, 6 x 9

4 b&w illustrations

In this guide to creating miracles through the power of thought, Mitch Horowitz explains how we each possess a creative agency to determine and reshape our lives. He offers a clear formula of focused exercises and concrete tools to manifest your deepest desires, from wealth and love to happiness and security.

**Audiobook available**



## The Missing Element

*Inspiring Compassion for the Human Condition*

Debra Silverman, M.A.

ISBN 978-1-84409-689-3

\$16.99 (CAN \$21.50) pb

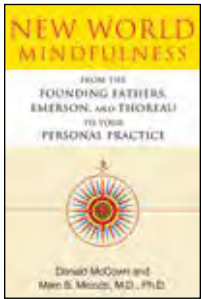
160 pages, 6 x 9

27 color illustrations

Also available in Spanish  
(see page 217)

Silverman shows how to know ourselves with the wisdom of archetypes, demonstrating that pain is specific to personality. She reveals how to identify the weakest element from a place of compassion, illustrating that life is designed by each soul. This book describes wisdom of the ages that will help you grow.





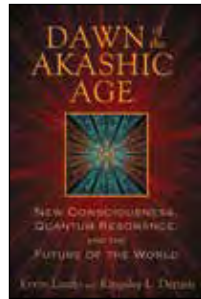
### New World Mindfulness

*From the Founding Fathers, Emerson, and Thoreau to Your Personal Practice*

Donald McCown and  
Marc S. Micozzi, M.D., Ph.D.

ISBN 978-1-59477-424-9  
\$16.95 (CAN \$19.95) pb  
288 pages, 6 x 9

*New World Mindfulness* shows how busy Americans can practice mindfulness and take advantage of its many benefits. The authors dispel the myth that it is an exotic, foreign concept and present a history of mindfulness in the West—from the Transcendentalists to the present-day.



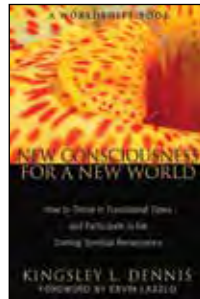
### Dawn of the Akashic Age

*New Consciousness, Quantum Resonance, and the Future of the World*

Ervin Laszlo and  
Kingsley L. Dennis

ISBN 978-1-62055-104-2  
\$19.99 (CAN \$24.99) pb  
224 pages, 6 x 9

The world is changing and the chief engine of this change is the growing understanding of nonlocality. This book examines how the new consciousness taking hold will reorganize society into grassroots networks like those revealed through quantum physics' understanding of energy and information waves and experienced daily by millions through social media.



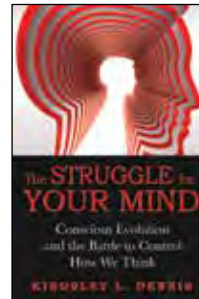
### New Consciousness for a New World

*How to Thrive in Transitional Times and Participate in the Coming Spiritual Renaissance*

Kingsley L. Dennis  
Foreword by Ervin Laszlo

ISBN 978-1-59477-412-6  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9

The instability the world is experiencing is also an opportunity for humanity to "upgrade." Kingsley Dennis calls for a shift in human consciousness through recognition of the deep interconnectedness of all things—a new mind for a new world.



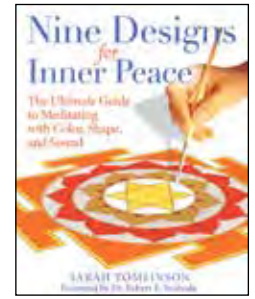
### The Struggle for Your Mind

*Conscious Evolution and the Battle to Control How We Think*

Kingsley L. Dennis

ISBN 978-1-59477-457-7  
\$21.99 (CAN \$27.50) pb  
272 pages, 6 x 9

This book exposes the methods employed to control our minds, including religious doctrine, scientific authority, and distraction through entertainment. It shows how we can take back our minds and lead humanity into a new age of harmony and awareness.



### Nine Designs for Inner Peace

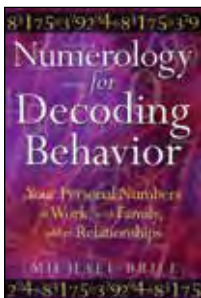
*The Ultimate Guide to Meditating with Color, Shape, and Sound*

Sarah Tomlinson

Foreword by  
Dr. Robert E. Svoboda

ISBN 978-1-59477-194-1  
\$29.99 (CAN \$35.99) pb  
192 pages, 8 x 10  
130 color and b&w illustrations

This workbook provides an important resource for active meditation, a practice that reveals the spiritual underpinnings of everyday life. The active participation of the body in meditation while creating the nine planetary yantras raises to the level of spiritual ritual the practitioner's intention toward wakefulness and gives access to profound states of healing integration.



### Numerology for Decoding Behavior

*Your Personal Numbers at Work, with Family, and in Relationships*

Michael Brill

ISBN 978-1-59477-374-7  
\$14.95 (CAN \$17.95) pb  
144 pages, 6 x 9

Michael Brill shows how to identify behavior patterns and their underlying causes by studying the patterns in our personal numbers and letters. With this information we can learn more about ourselves and how best to interact with those around us.



### Numerology for Healing

*Your Personal Numbers as the Key to a Healthier Life*

Michael Brill

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In *Numerology for Healing*, Michael Brill creates a unique approach to healing emotional and physical problems based on the life challenges and karmic lessons specific to your birthday and name. He details 185 health conditions and how to address them using numerology.



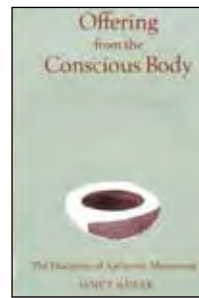
### Intimacy in Emptiness

*An Evolution of Embodied Consciousness*

Janet Adler  
Edited by Bonnie Morrissey  
and Paula Sager

ISBN 978-1-64411-360-8  
\$40.00 (CAN \$49.99) hardcover  
384 pages, 6 x 9  
26 b&w illustrations

Sharing vivid examples taken from founder of the Discipline of Authentic Movement Janet Adler's 50-year teaching practice, this book brings Adler's essential writings, including new and previously unpublished work, to a wider audience, guiding readers through the multiple layers of this experiential and innovative approach to embodied consciousness.



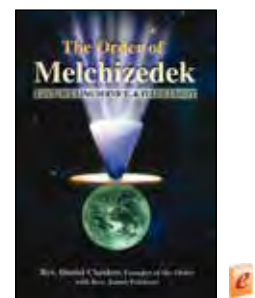
### Offering from the Conscious Body

*The Discipline of Authentic Movement*

Janet Adler

ISBN 978-0-89281-966-9  
\$29.99 (CAN \$35.99) hardcover  
264 pages, 6 x 9

This Western awareness practice encourages the individual to experience the evolving relationship with oneself, another, the collective, and the divine through the natural impulses of conscious movement, compassionate witnessing, and clear articulation of experience.



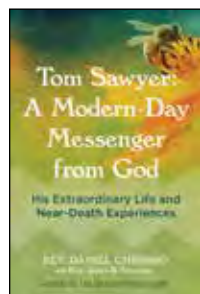
### The Order of Melchizedek

*Love, Willing Service, & Fulfillment*

Rev. Daniel Chesbro with  
Rev. James Erickson

ISBN 978-1-84409-502-5  
\$16.95 (CAN \$18.99) pb  
176 pages, 6 x 9

This book describes a positive approach to spiritual evolution covering reincarnation, spiritual development, and free will. It provides a history of Melchizedek and promotes a harmonious view of religion where there is one God, understood and worshipped in different ways, each serving a purpose to worshippers and to spirituality.



## Tom Sawyer: A Modern-Day Messenger from God

*His Extraordinary Life and Near-Death Experiences*

Rev. Daniel Chesbro with  
Rev. James Erickson

ISBN 978-1-64411-516-9  
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144 pages, 6 x 9  
1 b&w illustration

Featured on national news, on talk shows, and in research studies by Dr. Raymond Moody, Tom Sawyer was one of the first near-death-experience survivors to gain notoriety. Through more than 160 remarkable stories, the authors share Tom's profound insights on life, death, and Unconditional Love gained through his direct encounter with the Light.



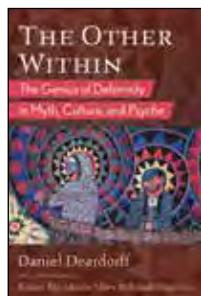
## On a Spaceship with Beelzebub

*By a Grandson of Gurdjieff*

David Kherdian

ISBN 978-0-89281-673-6  
\$14.95 (CAN \$17.95) pb  
288 pages, 6 x 9

David Kherdian tells the uncompromising inside story of his time in the Gurdjieff Work. He describes his interaction with the hierarchy of various groups involved in the Work and tells the story of his own awakening. Kherdian offers a brutally honest account of the confrontations that arise in the spiritual process.



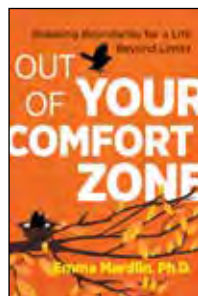
## The Other Within

*The Genius of Deformity in Myth, Culture, and Psyche*  
Daniel Deardorff

Commentaries by Robert Bly,  
Martin Shaw, and Robert Simmons

ISBN 978-1-64411-568-8  
\$19.99 (CAN \$24.99) pb  
288 pages, 6 x 9

Having survived disabling polio as an infant, Daniel Deardorff knows well the oppressions of outsiderhood and "otherness." He guides readers on an initiatory journey through ancient myths, wisdom literature, and personal revelation to discover our own true identity and the wisdom of the "other" within.



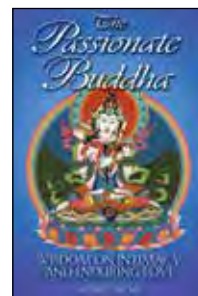
## Out of Your Comfort Zone

*Breaking Boundaries for a Life Beyond Limits*

Emma Mardlin, Ph.D.

ISBN 978-1-62055-824-9  
\$16.99 (CAN \$21.50) pb  
176 pages, 6 x 9  
5 b&w illustrations

Offering a step-by-step guide to confronting and transforming fear, Emma Mardlin explains how to create an unstoppable mindset with a customizable approach that incorporates psychological, emotional, and physical techniques to release fear, limitations, and anxiety for good. She also offers a test to measure your comfort zone and the "baby steps" methods to develop confidence.



## The Passionate Buddha

*Wisdom on Intimacy and Enduring Love*

Robert Sachs

ISBN 978-0-89281-914-0  
\$14.95 (CAN \$17.95) pb  
224 pages, 6 x 9

Robert Sachs interweaves traditional Buddhist thought with the concerns of the modern couple. He clarifies how Buddhist practices not only can be integrated into a modern lifestyle but also can be powerful tools for the many changes that occur in any loving relationship.



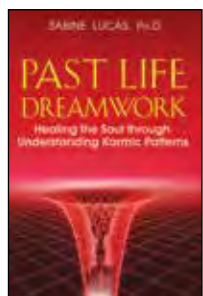
## Perfect Endings

*A Conscious Approach to Dying and Death*

Robert Sachs

ISBN 978-0-89281-779-5  
\$12.95 (CAN \$14.95) pb  
176 pages, 5.38 x 8.25

Written with lucidity and compassion, this book shows how the death experience, actually our finest hour, is an expansion into a wider dimension of our core being. Sachs explains how he uses the Tibetan practice of *phowa*, or conscious dying, to aid in the process of letting go of life.



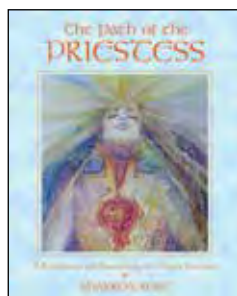
## Past Life Dreamwork

*Healing the Soul through Understanding Karmic Patterns*

Sabine Lucas, Ph.D.

ISBN 978-1-59143-075-9  
\$18.00 (CAN \$22.00) pb  
288 pages, 6 x 9

*Past Life Dreamwork* examines reincarnation from the perspective of dreams. Sabine Lucas explains our "soul bloodlines" and how individuals can be made whole through the integration of past lives.



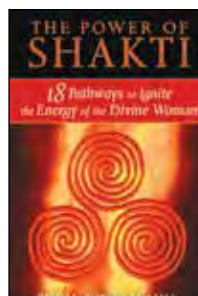
## The Path of the Priestess

*A Guidebook for Awakening the Divine Feminine*

Sharron Rose

ISBN 978-0-89281-964-5  
\$24.95 (CAN \$29.95) pb  
304 pages, 8 x 10

Sharron Rose describes her first-hand experience in the ancient arts of Tantra, Dzogchen, Indian and Egyptian temple dance and healing, and research of the feminine principle in mystic teachings of the Alchemists, Hebrew Kabbalists, and Christian Gnostics. Through exercises and visualizations this book provides women the means to align themselves with the powerful, sensuous, and loving energies of the most profound feminine role model—the Great Goddess.



## The Power of Shakti

*18 Pathways to Ignite the Energy of the Divine Woman*

Padma Aon Prakasha

ISBN 978-1-59477-316-7  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9  
19 b&w illustrations

Using Tantra Yoga of Indian, Tibetan, and Aramaic origin, Padma Aon Prakasha reveals how to open the 18 energetic pathways of the Shakti Circuit. Centered on the womb in women and the hara in men, igniting the Shakti is the key for both men and women to attain self-transformation.



## Womb Wisdom

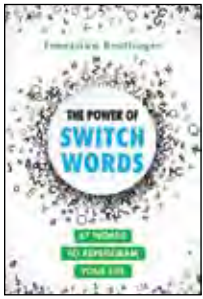
*Awakening the Creative and Forgotten Powers of the Feminine*

Padma and Anaiya Aon Prakasha

ISBN 978-1-59477-378-5  
\$19.95 (CAN \$23.95) pb  
256 pages, 6 x 9  
Includes audio tracks

The practice of Womb Wisdom empowers women to become aware of the intuitive voice of the womb outside of pregnancy and the moon cycle to unlock this potent inner source for creativity, birthing the new conscious children, spiritual growth, and transformation not only for themselves but also for their male partners. Includes audio tracks.





### The Power of Switchwords

*67 Words to Reprogram Your Life*

Franziska Krattinger

ISBN 978-1-64411-677-7  
\$14.99 (CAN \$18.99) pb  
128 pages, 5.75 x 8.25

The words we use influence our subconscious and send ripples through the energy field around us. Certain words, called "switchwords," have a stronger influence on our subconscious and energy fields. This practical guide presents 67 switchwords and explores how to use them to manifest goals, change your subconscious mind, and reprogram your reality.



### A Sacred Planet Book Precognitive Dreamwork and the Long Self

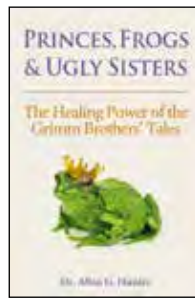
*Interpreting Messages from Your Future*

Eric Wargo

ISBN 978-1-64411-269-4  
\$18.99 (CAN \$23.99) pb  
320 pages, 6 x 9

Exploring the mind-blowing implications of precognition for our lives, including how our present thoughts actually shape—or shaped—our past, Eric Wargo explains how to detect precognitive dreams through characteristic features and outlines a set of clear principles to help guide dreamworkers, illustrated through real dream experiences.

**Audiobook available**



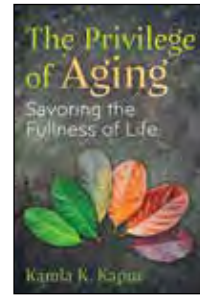
### Princes, Frogs and Ugly Sisters

*The Healing Power of the Grimm Brothers' Tales*

Allan G. Hunter

ISBN 978-1-84409-184-3  
\$15.95 (CAN \$18.95) pb  
192 pages, 6 x 9

Discover the ways in which the Grimm brothers' tales provide real, vital insights into how to live more happily, understand the need for personal and psychological growth, and find that significant other. This innovative study revives the true healing nature of these beloved tales.



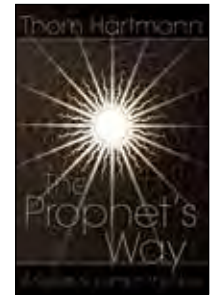
### New—July 2024 The Privilege of Aging

*Savoring the Fullness of Life*

Kamla K. Kapur

ISBN 978-8-88850-052-1  
\$18.99 (CAN \$23.99) pb  
256 pages, 6 x 9

Presenting a clarion call to the aging to awaken before they die, Kamla K. Kapur explores how we can become warriors on the spiritual path in order to navigate the challenges of aging, examine and face our fears, and realize the ultimate triumph of conscious living and dying.



### The Prophet's Way

*A Guide to Living in the Now*

Thom Hartmann

ISBN 978-0-89281-198-4  
\$19.95 (CAN \$24.95) pb  
336 pages, 6 x 9

In *The Prophet's Way*, Thom Hartmann shares his intense spiritual journey, a story that melds recent discoveries in science with ancient truths. Through insightful and engaging vignettes Hartmann teaches that accepting the challenge to have faith means living in the moment, where the material and spiritual worlds meet. He offers readers a powerful example of how we can create our future by reconnecting to the sacred heartbeat of the world.



### Quantum Spirituality

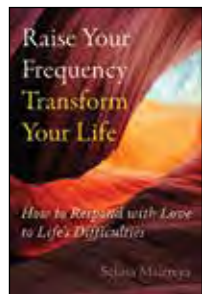
*Science, Gnostic Mysticism, and Connecting with Source Consciousness*

Peter Canova

Foreword by James Redfield  
ISBN 978-1-59143-463-4  
\$20.00 (CAN \$24.99) pb  
256 pages, 6 x 9  
48 b&w illustrations

Exploring the perennial principles of Gnosticism, Peter Canova explains how they describe major theories of quantum physics, such as the Big Bang, parallel universes, the Holographic Universe theory, and Einstein's Relativity. He reveals how to harness quantum spirituality for personal empowerment, access to higher levels of consciousness, and manifestation.

**Audiobook available**



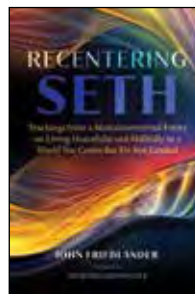
### New—June 2024 Raise Your Frequency, Transform Your Life

*How to Respond with Love to Life's Difficulties*

Selina Maitreya

ISBN 978-8-88850-046-0  
\$19.99 (CAN \$24.99) pb  
208 pages, 6 x 9

Sharing a radical process of self-transformation, Selina Maitreya explores how to recognize and transform the difficulties and challenges you experience into opportunities to find deeper peace. She shares practical methods, exercises, and action steps to help you access and raise your inner vibration and build the foundation for a truly abundant life.



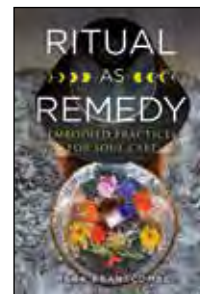
### A Sacred Planet Book Recentering Seth

*Teachings from a Multidimensional Entity on Living Gracefully and Skillfully in a World You Create But Do Not Control*

John Friedlander

Foreword by Richard Grossinger  
ISBN 978-1-59143-437-5  
\$20.00 (CAN \$24.99) pb  
448 pages, 6 x 9

After nearly 5 decades exploring Seth's ideas, along with many other spiritual approaches, John Friedlander, a member of Jane Roberts's original Seth classes in 1974, has reframed the revolutionary Seth teachings, recentering them in the awareness that all consciousness expands in all directions.



### Ritual as Remedy

*Embodied Practices for Soul Care*

Mara Branscombe

ISBN 978-1-64411-424-7  
\$18.99 (CAN \$23.99) pb  
288 pages, 6 x 9  
15 b&w illustrations

Mara Branscombe explains how ritual can serve as a way to ground yourself, invite in the new, let go of what needs to be shed, and tap into your own inner powers. She shares ancient and modern rituals, as well as many transformative and healing practices, with detailed instructions for each.

**Audiobook available**



### Sage, Huntress, Lover, Queen

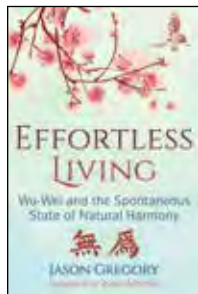
*Access Your Power and Creativity through Sacred Female Archetypes*

Mara Branscombe

ISBN 978-1-64411-793-4  
\$18.99 (CAN \$23.99) pb  
256 pages, 6 x 9  
15 b&w illustrations

Guiding you to awaken the wisdom of your feminine soul, Mara Branscombe presents an inspiring look at the seven feminine archetypes that prevail in the modern psyche. Exploring each archetype's beneficial qualities and shadow aspects, she shares practices to help you embody each archetype and activate a life of fulfillment and happiness.

**Audiobook available**



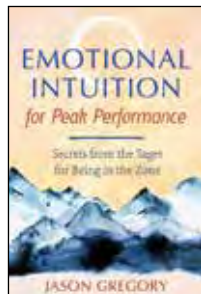
## Effortless Living

*Wu-Wei and the Spontaneous State of Natural Harmony*

Jason Gregory  
Foreword by Damo Mitchell  
ISBN 978-1-62055-713-6  
\$16.99 (CAN \$21.50) pb  
208 pages, 6 x 9  
10 b&w illustrations

Jason Gregory outlines the Taoist practice of wu-wei, revealing that when we release our ego and allow life to unfold as it will, we align ourselves more closely with our goals and cultivate skill and mastery along the way. He includes meditation practices, yoga exercises, and wisdom from renowned sages.

**Audiobook available**

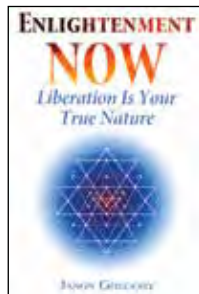


## Emotional Intuition for Peak Performance

*Secrets from the Sages for Being in the Zone*

Jason Gregory  
ISBN 978-1-62055-923-9  
\$16.99 (CAN \$21.50) pb  
208 pages, 6 x 9  
5 b&w illustrations

Integrating the wisdom of the ancient sages with modern cognitive science, Jason Gregory reveals a structured mind-body system for cultivating effortless action and intelligent spontaneity to achieve peak performance. He offers practices for developing physical and mental intelligence and identifies four fundamental habits and routines that are essential for developing peak performance and success.

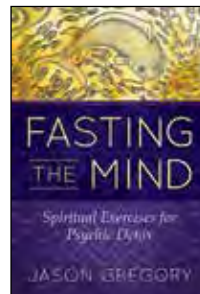


## Enlightenment Now

*Liberation Is Your True Nature*

Jason Gregory  
ISBN 978-1-62055-591-0  
\$16.95 (CAN \$20.95) pb  
176 pages, 6 x 9  
5 b&w illustrations

In this exploration of enlightenment Jason Gregory presents a way to enlightenment, nirvana, or samadhi—in which eternity and time are one—based on Middle Way of the Buddha, Lao-tzu's Way of the Tao, Yoga, the Great Work of Gnosticism, the Hermetic Art of Alchemy, and quantum physics.



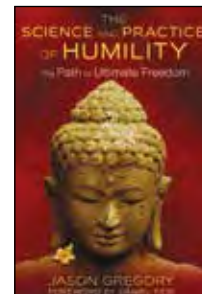
## Fasting the Mind

*Spiritual Exercises for Psychic Detox*

Jason Gregory  
ISBN 978-1-62055-646-7  
\$14.95 (CAN \$18.95) pb  
160 pages, 6 x 9  
5 b&w illustrations

Combining cognitive psychology with Zen, Taoist, and Vedic practices, Jason Gregory explains how emptying the mind directly impacts your habits and way of being in the world. By periodically fasting the mind we can overcome distractions and stresses of modern life like digital overload and return to our original nature as it exists deep within.

**Audiobook available**



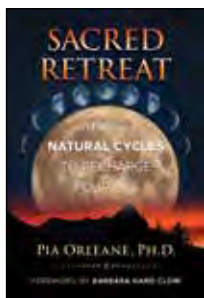
## The Science and Practice of Humility

*The Path to Ultimate Freedom*

Jason Gregory  
Foreword by Daniel Reid  
ISBN 978-1-62055-363-3  
\$16.95 (CAN \$20.50) pb  
176 pages, 6 x 9  
6 b&w illustrations

Driven by fear, the human mind creates the ego. In its quest to protect the self and its desires, the ego forges the illusion of separation, creating complex patterns that blind us to our unity with all beings and result in aggression, selfishness, and competition. The key to overcoming this pattern is humility, the reversal of complexity into simplicity.

**Audiobook available**

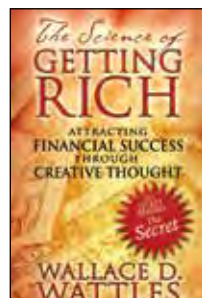


## Sacred Retreat

*Using Natural Cycles to Recharge Your Life*

Pia Orleane, Ph.D.  
Foreword by Barbara Hand Clow  
ISBN 978-1-59143-791-8  
\$16.00 (CAN \$19.95) pb  
240 pages, 6 x 9

Drawing on the wisdom of ancient cultures, the natural cycles of life, and her own research, Pia Orleane, Ph.D., outlines the sacred retreat process, offering a cleansing practice for body and mind to awaken creativity and intuition, re-attune with the rhythms of nature, and restore balance between the divine feminine and masculine.

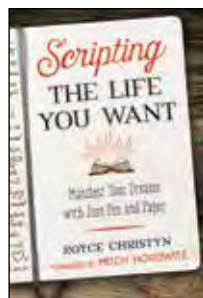


## The Science of Getting Rich

*Attracting Financial Success through Creative Thought*

Wallace D. Wattles  
ISBN 978-1-59477-209-2  
\$6.95 (CAN \$7.95) pb  
112 pages, 5.38 x 8.25

This is the 100-year-old book that inspired *The Secret*, Rhonda Byrne's bestseller. *The Science of Getting Rich* shows how economic and emotional security can be achieved in a practical, imaginative, and noncompetitive way. By living in accordance with the positive principles outlined in this book we can find our rightful place in the cosmic scheme and grow in wealth, wisdom, and happiness.



## Scripting the Life You Want

*Manifest Your Dreams with Just Pen and Paper*

Royce Christyn  
Foreword by Mitch Horowitz  
ISBN 978-1-64411-019-5  
\$16.95 (CAN \$21.50) pb  
224 pages, 6 x 9  
43 b&w illustrations

**Also available in Spanish**  
(see page 217)

In this step-by-step guide, filled with success stories and practical exercises, Royce Christyn details a simple yet extremely effective "scripting" process for harnessing the Law of Attraction and manifesting what you want in your life—happiness, wealth, travel, love, health, the perfect career, or simply a productive day.

**Audiobook available**

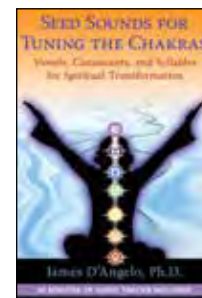


## The Secret Dowry of Eve

*Woman's Role in the Development of Consciousness*

Glynda-Lee Hoffmann  
Foreword by Joseph Chilton Pearce  
ISBN 978-0-89281-968-3  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9  
15 b&w illustrations

Using her lifelong study of the Qabalah and the Hebrew alphabet, Hoffmann reveals why it was permissible for Eve to eat the apple of knowledge that was forbidden to Adam. Eve's desire for integration, clarity, and transcendence is a goal Adam is biologically incapable of pursuing without her.



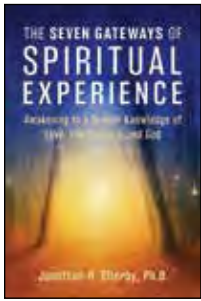
## Seed Sounds for Tuning the Chakras

*Vowels, Consonants, and Syllables for Spiritual Transformation*

James D'Angelo, Ph.D.  
ISBN 978-1-59477-460-7  
\$16.99 (CAN \$19.99) pb  
128 pages, 6 x 9  
3 b&w illustrations  
66 minutes of audio tracks included

The human voice is a master instrument of transformation, which is why chanting is engaged in many spiritual traditions. This book explores the connections between various sound combinations and each of the 7 chakras and their corresponding psychological traits. The audio tracks provide vocal exercises for healing, meditation, and spiritual development.





**New—Available**

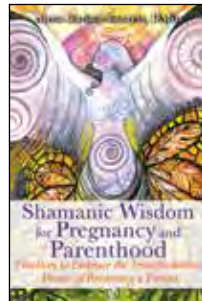
### The Seven Gateways of Spiritual Experience

*Awakening to a Deeper Knowledge of Love, Life Balance, and God*

Jonathan H. Ellerby, Ph.D.

ISBN 978-1-64411-886-3  
\$18.99 (CAN \$23.99) pb  
176 pages, 6 x 9

In this guide, Jonathan Ellerby helps you recognize the common ways people encounter the Sacred—God, the Divine, non-ordinary consciousness, and the spiritual world—so you can identify when you are having a spiritual experience and embrace it as an opportunity for spiritual growth, healing, and resilience.



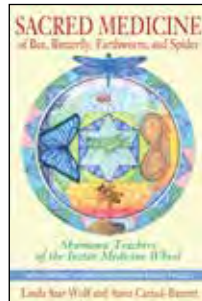
### Shamanic Wisdom for Pregnancy and Parenthood

*Practices to Embrace the Transformative Power of Becoming a Parent*

Anna Cariad-Barrett, DMin

ISBN 978-1-59143-243-2  
\$18.00 (CAN \$22.50) pb  
288 pages, 6 x 9

Anna Cariad-Barrett explores the shamanic journey of pregnancy and parenthood, and offers techniques and ceremonies to honor the transformation of becoming a parent. She includes teachings appropriate to each stage of pregnancy, and shows how to reclaim and reconnect all the experiences of parenthood to give birth our most authentic selves.



### Sacred Medicine of Bee, Butterfly, Earthworm, and Spider

*Shamanic Teachers of the Instar Medicine Wheel*

Linda Star Wolf, Ph.D., and Anna Cariad-Barrett

ISBN 978-1-59143-149-7  
\$18.00 (CAN \$22.50) pb  
256 pages, 6 x 9  
Includes Cricket Chorus Meditation audio tracks and 10 b&w illustrations

The archetypal energies of insects can guide us onto new paths of transformation. Discover the consciousness-activating patterns in the flight of Honeybee, the transformative chrysalis of Butterfly, the creative weavings of Spider, and the alchemical recycling of Earthworm. Each chapter includes practices to help us embody the wisdom of these humble teachers.



### Shamanic Breathwork

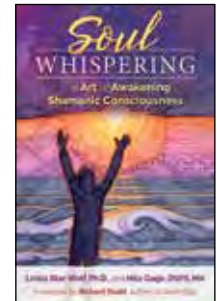
*Journeying beyond the Limits of the Self*

Linda Star Wolf, Ph.D.

Foreword by Nicki Scully

ISBN 978-1-59143-106-0  
\$20.00 (CAN \$24.00) pb  
280 pages, 6 x 9  
8-page color insert  
70-minutes of audio tracks included

Shamanic Breathwork can be used to enter altered states of consciousness, increase paranormal abilities, resolve old traumas and shapeshift unproductive modes of thinking. Includes a 70-minute audio download of shamanic trance rhythms and a guided meditation to awaken the chakras.



### Soul Whispering

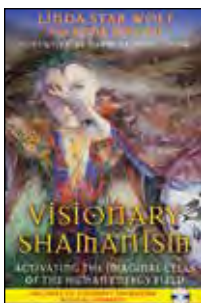
*The Art of Awakening Shamanic Consciousness*

Linda Star Wolf, Ph.D., and Nita Gage, DSPS, MA

Foreword by Richard Rudd

ISBN 978-1-59143-225-8  
\$18.00 (CAN \$22.50) pb  
288 pages, 6 x 9

Authors Linda Star Wolf and Nita Gage present a powerful new synthesis of shamanic healing and psychotherapy. Restore your relationship with your soul and learn to hear the intuitive wisdom and love of your soul's whisperings. Includes access to 5 audio journeys.



### Visionary Shamanism

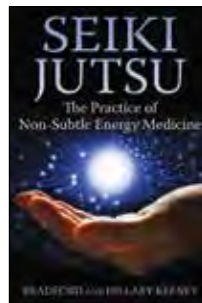
*Activating the Imaginal Cells of the Human Energy Field*

Linda Star Wolf, Ph.D., and Anne Dillon

Foreword by Barbara Hand Clow

ISBN 978-1-59143-131-2  
\$16.00 (CAN \$17.95) pb  
192 pages, 6 x 9  
Includes 9 b&w illustrations and 55-minute Visionary Shamanism Musical Journeys CD

We no longer have the luxury of learning only from the past. *Visionary Shamanism* explains how to learn from the future, via the imaginal cells of the energy field, and receive guidance from the universal mind.



### Seiki Jutsu

*The Practice of Non-Subtle Energy Medicine*

Bradford Keeney and Hillary Keeney

ISBN 978-1-62055-234-6  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9

Seiki jutsu is the ancient Japanese shamanic art of working with concentrated life-force energy for self-healing, and revitalization. Often described as a "non-subtle" energy because it is strongly felt when awakened, seiki underlies the "flow experience" sought after by artists, musicians, and athletes. Indeed, no method of performance, spiritual practice, or philosophy of life can fully awaken without sufficient seiki, which is regarded in Japan as "the fountain of youth."



### Shaking Medicine

*The Healing Power of Ecstatic Movement*

Bradford Keeney

ISBN 978-1-59477-149-1  
\$19.95 (CAN \$23.95) pb  
288 pages, 6 x 9  
Includes 40 minutes of audio tracks

Bradford Keeney reintroduces the oldest medicine on earth—the ecstatic shaking of the human body, and shows how shaking can bring forth profound therapeutic effects. The book includes practical exercises in how to shake for both physical and spiritual benefit, as well as 40 minutes of ecstatic drumming music audio tracks to use while shaking.



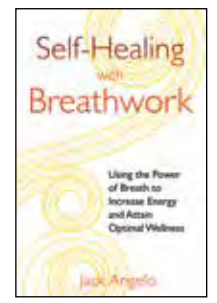
### Love Has Seven Colors

*Heart-Centered Practices for the Energy Centers*

Jack Angelo

ISBN 978-1-59143-275-3  
\$14.95 (CAN \$18.95) pb  
160 pages, 6 x 9

Each of us has a subtle energy body connecting the spiritual, emotional, and physical levels of our being. Author Jack Angelo shows that when we live in a heart-centered way each of the 7 energy centers radiates with a different color, making us walking rainbows of unconditional love and soul guidance.



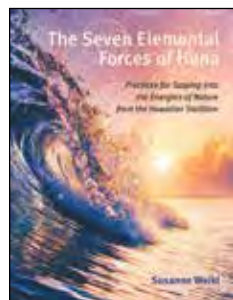
### Self-Healing with Breathwork

*Using the Power of Breath to Increase Energy and Attain Optimal Wellness*

Jack Angelo

ISBN 978-1-59477-481-2  
\$16.95 (CAN \$19.95) pb  
208 pages, 6 x 9  
15 b&w illustrations

All effective healing begins with the breath, for our breath carries life force into the body. Breathwork can relieve stress, improve sleep, increase mental focus, boost energy, and enhance meditation. This book explains how to harness the healing life force available in each breath and forge a deep connection to the sacred source of all life.



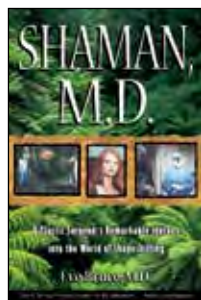
## The Seven Elemental Forces of Huna

*Practices for Tapping into the Energies of Nature from the Hawaiian Tradition*

Susanne Weikl

ISBN 978-1-62055-885-0  
\$15.99 (CAN \$19.99) pb  
128 pages, 5.75 x 7.5  
Full-color throughout

In this full-color practical guide, Susanne Weikl details how to connect mentally and spiritually with Huna's seven elemental forces of nature. She provides simple exercises, techniques, and rituals to help you sense and meet each of the elemental forces as well as nature spirits and draw on them for manifestation and empowerment.



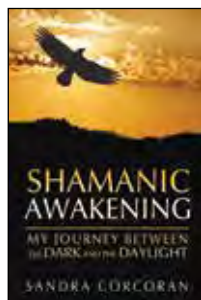
## Shaman, M.D.

*A Plastic Surgeon's Remarkable Journey into the World of Shapeshifting*

Eve Bruce, M.D.

ISBN 978-0-89281-976-8  
\$14.95 (CAN \$17.95) pb  
192 pages, 6 x 9  
Includes 8-page b&w photo insert

As a plastic surgeon and an initiate into the Circle of Yachaks (bird-people Quechua shamans), Dr. Eve Bruce integrates the healing modalities of both surgeon and shaman, helping people to shapeshift into newfound health on all levels—physical, emotional, and spiritual.



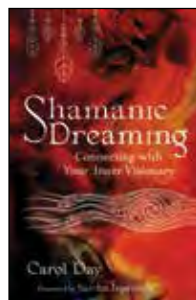
## Shamanic Awakening

*My Journey between the Dark and the Daylight*

Sandra Corcoran

ISBN 978-1-59143-180-0  
\$23.99 (CAN \$29.99) pb  
272 pages, 6 x 9  
4 b&w illustrations

In the depths of grief following the loss of her young daughter, Sandra Corcoran found herself at a workshop on indigenous teachings and began a 30-year metaphysical journey in which she opened her heart to the immensity of the living energies of the cosmos and was led from darkness into the light of her own soul's evolution. Her story shows that no matter how far outside of the familiar we are led, we are offered another opportunity to embrace our world and find our place in it.



## Shamanic Dreaming

*Connecting with Your Inner Visionary*

Carol Day

Foreword by Sandra Ingerman  
ISBN 978-1-64411-703-3  
\$18.99 (CAN \$23.99) pb  
192 pages, 6 x 9  
25 b&w illustrations

Exploring how to access your creative potential to shape and hold a strong vision for yourself and others, Carol Day shares hands-on tools and step-by-step shamanic practices to become more visionary and connected to the world around. She details practices to expand the senses, set intentions, and connect deeply with intuition and spirit helpers.



## Shamanic Experience

*A Practical Guide to Psychic Powers*

Kenneth Meadows

ISBN 978-1-59143-002-5  
\$20.00 (CAN \$24.00) pb  
208 pages, 6 x 9  
29 b&w line drawings  
Includes 47-minute CD

A guide to shamanic practices for those seeking to develop psychic powers. Teaches how to access the collective soul, discover the aura, develop shamanic breath, discover relationships with power animals, and engage in a vision quest. These lessons culminate with a trance-state journey induced by the rhythmic drumming session on the accompanying CD.



## Shamanic Spirit

*A Practical Guide to Personal Fulfillment*

Kenneth Meadows

ISBN 978-1-59143-031-5  
\$20.00 (CAN \$24.00) pb  
256 pages, 6 x 9  
39 b&w illustrations  
Includes 60-minute CD

In *Shamanic Spirit* Kenneth Meadows introduces Shamanics, his spiritual science of living. Drawing upon universal shamanic concepts from the Americas, Europe, the Middle East, India, China, and Polynesia, he presents 33 exercises that help readers to meet the challenges of their lives with confidence and self-assurance.



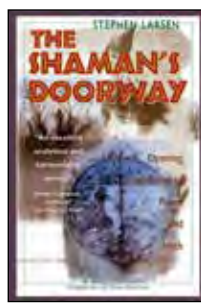
## Shamanic Transformations

*True Stories of the Moment of Awakening*

Edited by Itzhak Beery

ISBN 978-1-62055-475-3  
\$18.95 (CAN \$22.95) pb  
320 pages, 6 x 9

In this book of remarkable stories, we learn firsthand about the "aha" moments of contemporary teachers with unique shamanic paths—teachers, mothers, social workers, academics, healers, and even rappers—who have all experienced a moment in time in which they were awakened and the shamanic path showed itself to them.



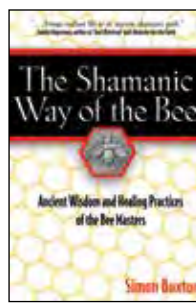
## The Shaman's Doorway

*Opening Imagination to Power and Myth*

Stephen Larsen

ISBN 978-0-89281-672-9  
\$19.99 (CAN \$24.99) pb  
272 pages, 6 x 9  
23 b&w illustrations

*The Shaman's Doorway* is an inspiring treatise on the importance of traditional indigenous values in modern psyche and society. Defining the task of the shaman as one of creating a sense of accord with the root of all being, Professor Larsen shows how the shaman, all too often perceived as belonging to the past, actually holds the key to our future.



## The Shamanic Way of the Bee

*Ancient Wisdom and Healing Practices of the Bee Masters*

Simon Buxton

ISBN 978-1-59477-119-4  
\$14.95 (CAN \$17.95) pb  
224 pages, 6 x 9

Bee shamanism may be the most ancient and enigmatic branch of shamanism, and it is found throughout the world wherever the honeybee exists. In this authoritative ethnography and spiritual memoir, Simon Buxton—an elder of the Path of Pollen—reveals this tradition, until now known only to initiates.



## Shamanism for the Age of Science

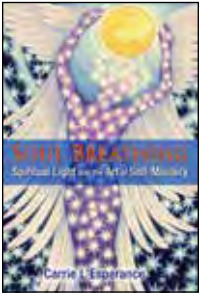
*Awakening the Energy Body*

Kenneth Smith

ISBN 978-1-59143-119-0  
\$20.00 (CAN \$24.00) pb  
288 pages, 6 x 9  
18 b&w illustrations

Drawing on both his long involvement in the Toltec tradition and his work in bioenergetics, Kenneth Smith has created a user's guide to the energy body—explaining what it is and how to harness it as a vehicle for higher consciousness.





### Soul Breathing

*Spiritual Light and the Art of Self-Mastery*

Carrie L'Esperance

ISBN 978-1-59143-249-4

\$20.00 (CAN \$23.95) pb

320 pages, 6 x 9

9 b&w illustrations

Carrie L'Esperance reveals how we can restore the flow of spiritual light in everyday living through the art of self-mastery. She shows that when we properly cultivate the reception of higher frequencies of consciousness, then we are able to soul breathe, to absorb more pranic energy, the electromagnetic force and cosmic radiation that is the sustaining element of all life and consciousness.



A Sacred Planet Book

### Spirit Speaker

*A Medium's Guide to Death and Dying*

Salicrow

ISBN 978-1-64411-728-6

\$16.99 (CAN \$21.50) pb

128 pages, 6 x 9

9 b&w illustrations

Answering the most common questions asked by her clients over her decades of work as a spirit speaker, psychic medium Salicrow provides a deep understanding of the signs, symbols, and sensations that spirits use to contact us. She explains the spiritual process of dying and presents simple techniques for helping loved ones cross over.

**Audiobook available**



### The Spiritual Art of Dialogue

*Mastering Communication for Personal Growth, Relationships, and the Workplace*

Robert Apatow, Ph.D.

ISBN 978-0-89281-674-3

\$22.00 (CAN \$34.95) hardcover

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*The Spiritual Art of Dialogue* shows how the words we choose directly affect our lives. The principles of dialogue can help us to identify negative speech, unsound reasoning, and misplaced criticism, and to understand how we can use discussion as a form of play and as a means of discovering our true inner voice.



### Shadow Work for the Soul

*Seeing Beauty in the Dark*

Mary Mueller Shutan

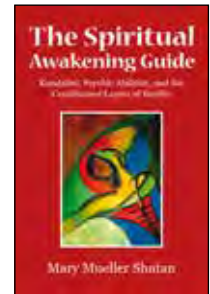
ISBN 979-8-88850-014-9

\$19.99 (CAN \$24.99) pb

288 pages, 6 x 9

In this practical and trauma-informed guide to deep shadow work, Mary Mueller Shutan shares shadow work tools and exercises to help you find compassion for your dark side, reconnect with the repressed and abandoned parts of yourself, and reclaim the resiliency and joy of your authentic, whole self.

**Audiobook available**



### The Spiritual Awakening Guide

*Kundalini, Psychic Abilities, and the Conditioned Layers of Reality*

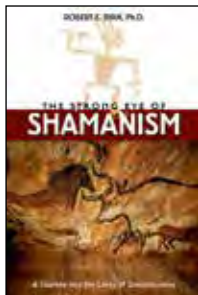
Mary Mueller Shutan

ISBN 978-1-84409-671-8

\$19.95 (CAN \$24.99) pb

240 pages, 6 x 9

The first modern, comprehensive resource on spiritual awakenings that covers everything from the first step on a spiritual journey to enlightenment as well as the different types of spiritual awakenings, from mild to dramatic, we may go through.



### The Strong Eye of Shamanism

*A Journey into the Caves of Consciousness*

Robert E. Ryan, Ph.D.

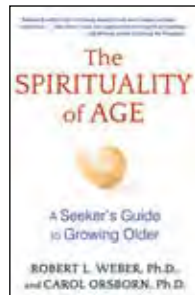
ISBN 978-0-89281-709-2

\$19.95 (CAN \$23.95) pb

320 pages, 6 x 9

51 b&w illustrations

The human psyche contains archetypal symbols largely lost to contemporary society, yet these symbols are the key to a deeper understanding of our spirituality. In a world where people are in search of their souls, shamanism survives as an age-old technology of soul recovery, a living Rosetta stone that reminds us of the shared foundation beneath every perspective.



### The Spirituality of Age

*A Seeker's Guide to Growing Older*

Robert L. Weber, Ph.D., and Carol Orsborn, Ph.D.

ISBN 978-1-62055-512-5

\$17.99 (CAN \$22.50) pb

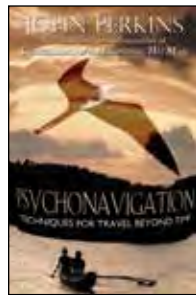
256 pages, 5.38 x 8.25

**Also available in Spanish**  
(see page 217)

Here is a guide for making the later phase of life a time of spiritual growth. The authors guide us through 25 key questions that show how to find a constructive role for regret, shame, and guilt, how to realize our value to society, and how to embrace the freedom of our later years.

**"I commend this to anyone still searching, as I hope we all are, for the fullness of life."**

Harvey G. Cox, Hollis research professor of divinity, Harvard University



### Psychonavigation

*Techniques for Travel Beyond Time*

John Perkins

ISBN 978-0-89281-800-6

\$14.99 (CAN \$18.99) pb

144 pages, 6 x 9

Psychonavigation, still practiced by tribal cultures, can help you access your own inner guidance to find direction in life decisions. From firsthand experience with native cultures, John Perkins shows you how.



### Shapeshifting

*Techniques for Global and Personal Transformation*

John Perkins

ISBN 978-0-89281-663-7

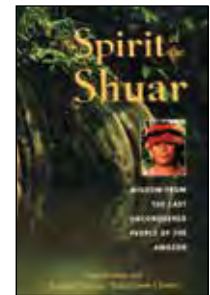
\$14.95 (CAN \$17.95) pb

184 pages, 6 x 9

13 b&w photographs

**Also available in Spanish**  
(see page 221)

The ancient shamanic practice of shapeshifting allows an individual to transform themselves on a deep level and to achieve a true unity with all things by "becoming the other." John Perkins reveals the mental techniques that enable an individual not only to merge with another living creature, but to transform personal life, health, career, and community.



### Spirit of the Shuar

*Wisdom from the Last Unconquered People of the Amazon*

John Perkins and Shakaim Mariano Shakai Ijisam Chumpi

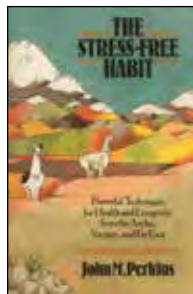
ISBN 978-0-89281-865-5

\$16.95 (CAN \$19.95) pb

208 pages, 6 x 9

28 b&w illustrations

Even in the face of modern encroachment into their world, the Shuar of the Amazon offer a philosophy of love, joy, and hope. Here, they share their practice of "dreaming the world," explaining the interdependence of humans and the environment and their faith in the life-giving spirit of nature that allows each of us to transform ourselves.



## The Stress-Free Habit

*Powerful Techniques for Health and Longevity from the Andes, Yucatan, and the Far East*

John Perkins

ISBN 978-0-89281-292-9  
\$15.99 (CAN \$19.99) pb  
104 pages, 5.38 x 8.25

This simple, effective program for stress management is based on methods used by native cultures around the world.



## The World Is As You Dream It

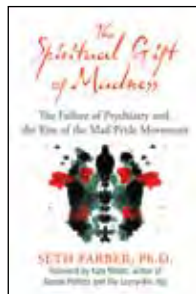
*Teachings from the Amazon and Andes*

John Perkins

ISBN 978-0-89281-459-6  
\$14.95 (CAN \$17.95) pb  
160 pages, 6 x 9

Also available in Spanish  
(see page 219)

Through their music, myth, herbal medicine, and the sacred ceremony of the hallucinogenic plant *ayahuasca*, the Shuar invite us into a dream that they have made reality—one that is nourishing and life-sustaining and in which the great privilege of being human is in embracing our role as caretakers of Mother Earth.



## The Spiritual Gift of Madness

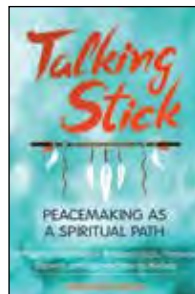
*The Failure of Psychiatry and the Rise of the Mad Pride Movement*

Seth Farber, Ph.D.

Foreword by Kate Millett,  
author of *Sexual Politics* and  
*The Loony-Bin Trip*

ISBN 978-1-59477-448-5  
\$29.99 (CAN \$37.50) pb  
464 pages, 6 x 9

Many people labeled as “mad” are not ill but simply seeing and feeling what is wrong with society. This book proposes that it is impossible for society to change as long as the mad are suppressed since they are our catalysts of social change.



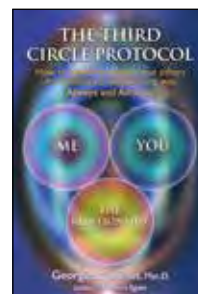
## Talking Stick

*Peacemaking as a Spiritual Path*

Stephan V. Beyer

ISBN 978-1-59143-257-9  
\$16.00 (CAN \$19.50) pb  
192 pages, 5.38 x 8.25

Revealing that we are all peacemakers at heart, Steve Beyer details how to approach life with a listening heart and create a safe and sacred space for communication: the peacemaking circle, centered on the talking stick.



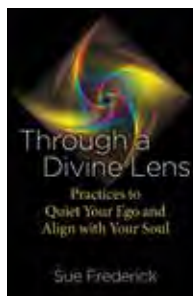
## The Third Circle Protocol

*How to relate to yourself and others in a healthy, vibrant, evolving way, Always and All-ways*

Georgina Cannon, Msc.D.

ISBN 978-1-84409-710-4  
\$14.99 (CAN \$20.50) pb  
192 pages, 6 x 9  
6 b&w illustrations

With over 20 years of experience in private practice, Cannon provides understanding and describes the process to have satisfying, loving, and effective relationships without guilt or angst. Using simple, pragmatic, and profound exercises, this book shows how to feel comfortable and flourish in the relationship with self and others.



A Sacred Planet Book

## Through a Divine Lens

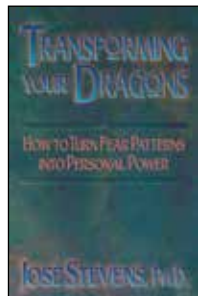
*Practices to Quiet Your Ego and Align with Your Soul*

Sue Frederick

ISBN 978-1-64411-732-3  
\$19.99 (CAN \$24.99) pb  
272 pages, 6 x 9

In this guide to seeing life through a Divine lens, Sue Frederick explains how to use your pain as inspiring fuel for moving fearlessly through life's trials and reaching your true self's full potential. She presents mindful practices and spiritual tools to shift your perspective and align with your soul.

**Audiobook available**



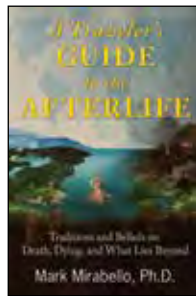
## Transforming Your Dragons

*How to Turn Fear Patterns into Personal Power*

José Stevens, Ph.D.

ISBN 978-1-879181-17-5  
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416 pages, 5.5 x 8.5

Dr. Stevens describes the core source of human fear—inner dragons that consume power through greed, self-deprecation, arrogance, impatience, martyrdom, self-destruction, and just plain stubbornness.



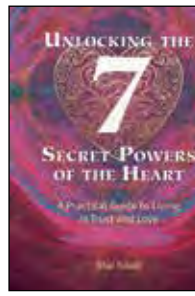
## A Traveler's Guide to the Afterlife

*Traditions and Beliefs on Death, Dying, and What Lies Beyond*

Mark Mirabello, Ph.D.

ISBN 978-1-62055-597-2  
\$16.95 (CAN \$20.95) pb  
224 pages, 6 x 9

Drawing on death and afterlife traditions from cultures around the world, Mark Mirabello explores beliefs on the soul, heaven, hell, and reincarnation. With an extensive bibliography of more than 900 sources, this guide offers comprehensive information on afterlife beliefs of cultures around the world and throughout history.



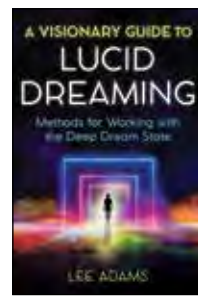
## Unlocking the 7 Secret Powers of the Heart

*A Practical Guide to Living in Trust and Love*

Shai Tubali

ISBN 978-1-62055-812-6  
\$15.99 (CAN \$19.99) pb  
128 pages, 5.75 x 7.5  
Full-color throughout

Tubali reveals that the heart, often perceived as a vulnerable place, is the source of our greatest potential. He provides practical advice, exercises, meditations, and visualizations to tap into the heart's energy field, activate its seven secret powers, heal inner energetic and emotional blockages, and shift from mind to heart perception.



## A Visionary Guide to Lucid Dreaming

*Methods for Working with the Deep Dream State*

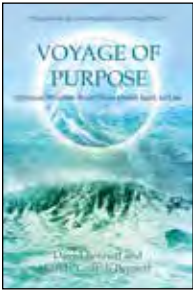
Lee Adams

ISBN 978-1-64411-237-3  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
6 b&w illustrations

In this step-by-step guide to dreamwork, Lee Adams provides tools and techniques for encouraging, remembering, and using lucid dreams for personal growth as well as how to have big dreams that leave a lasting impact. He shares tried-and-true foundational practices to get you started as well as intermediate and advanced methods to support meaningful dreamwork.

**Audiobook available**





### Voyage of Purpose

*Spiritual Wisdom from Near-Death back to Life*

David Bennett and  
Cindy Griffith-Bennett

ISBN 978-1-84409-565-0  
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160 pages, 6 x 9

By relating one man's triumphs over death, this book brings a fresh perspective to near death experience literature. Bennet brings readers into the heart of the near-death experience and shows how to integrate traumatic incidents into the spiritual path to live a more meaningful life.



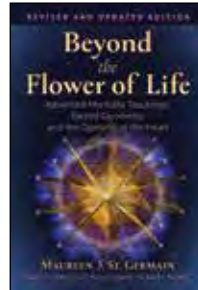
### Wake Up!

*Stop Sabotaging Your Happiness and Your Success*

Anne Astilleros

ISBN 978-1-84409-738-8  
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240 pages, 6 x 9

Through anecdotes, short stories, and practical exercises, *Wake Up!* helps you remember who you are and what your unique mission is on this planet. The book allows you to recover the joy of living, harmonize all your relationships, and free yourself from the inertia of sabotaging your happiness and success.



### Beyond the Flower of Life

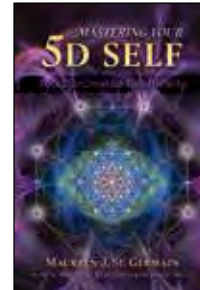
*Advanced MerKaBa Teachings, Sacred Geometry, and the Opening of the Heart*

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ISBN 978-1-59143-405-4  
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288 pages, 6 x 9  
12 b&w illustrations

In this step-by-step guide, Maureen J. St. Germain shares tools, techniques, and knowledge to enhance your Flower of Life meditation practice, strengthen your heart connection, develop a relationship with your Higher Self, and elevate and program your MerKaBa field to manifest success, health, happiness, and higher consciousness.

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### Mastering Your 5D Self

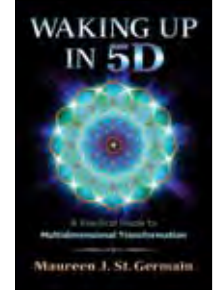
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Maureen J. St. Germain

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Maureen St. Germain explores many tools and shortcuts, such as activating meditations, sound healing, and crystals, along with channeled wisdom and advanced insights from angels and other higher beings, all to help you understand and master your 5D self. She also shares practices to transform and transmute emotions instantly.

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### Waking Up in 5D

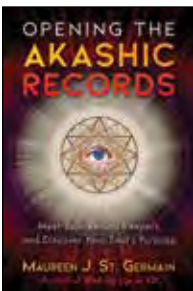
*A Practical Guide to Multidimensional Transformation*

Maureen J. St. Germain

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17 b&w line illustrations

In this ascension manual, spiritual teacher Maureen J. St. Germain explains how to shift your energetic patterns and choose to permanently anchor yourself in the joy, love, and kindness of 5D.

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### Opening the Akashic Records

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Maureen St. Germain offers a simple manual of precise instructions for accessing the Akashic Records, tuning to your Akashic Record Keepers, and confirming the accuracy of the information you receive. She also explains how to become initiated into the 5D mindset and how to ask your Record Keepers questions.

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### Walking Your Blues Away

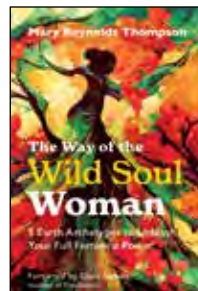
*How to Heal the Mind and Create Emotional Well-Being*

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Our bodies usually heal rapidly from an illness, injury, or wound. Yet our minds and hearts often suffer for years with debilitating symptoms of distress or upset. Why is it so hard to heal emotional trauma? Thom Hartmann discovers that a simple and effective bilateral therapy for healing can be just a short walk away.



**New—May 2024**

New Edition of  
*A Wild Soul Woman*

### The Way of the Wild Soul Woman

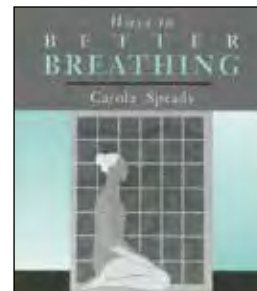
*5 Earth Archetypes to Unleash Your Full Feminine Power*

Mary Reynolds Thompson

Foreword by Clare Dubois

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Taking you on a journey of transformation and rebirth, Mary Reynolds Thompson reveals how to unleash your full feminine power and discover authenticity, creativity, and healing through initiation with ancient Earth Archetypes. She includes rituals, exercises, and meditations to help you integrate each initiatory stage and embody the ways of a Wild Soul Woman.



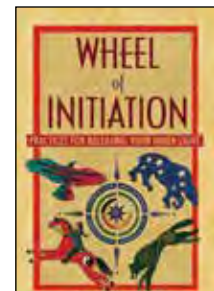
### Ways to Better Breathing

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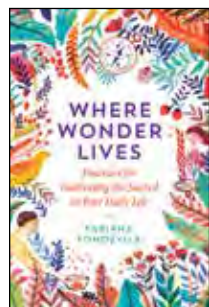
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Julie Tallard Johnson shows how to become initiated into an authentic and mature life through practices of thought transformation, cultivating attention, journaling, storytelling, and rituals found in the four directions of the universal mandala.

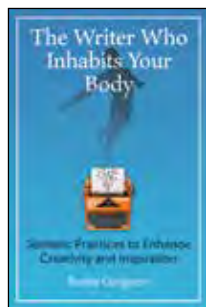


## Where Wonder Lives Practices for Cultivating the Sacred in Your Daily Life

Fabiana Fondevila  
Foreword by  
Brother David Steindl-Rast

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*Where Wonder Lives* invites you on a journey through your own inner landscape to reawaken the mystery of life. Readers are led through a rich set of contemporary and time-honored practices—from mindfulness and dreamwork to working with plants—that help rebuild a life of vitality, connection, and enchantment.



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Renée Gregorio  
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## Magdalene Mysteries The Left-Hand Path of the Feminine Christ

Seren Bertrand and  
Azra Bertrand, M.D.

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A sacred priestess of the ancient Womb Rites, Mary Magdalene was at the center of a great and enduring Mystery tradition. Unveiling the lost left-hand path of the Magdalene, the authors offer rituals and practices to initiate you into the Womb magic of the ancient priestesses and access deeper dimensions of sexuality and feminine power.



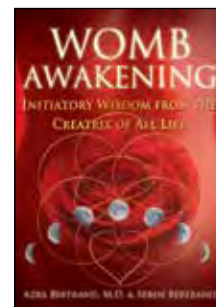
## Spirit Weaver Wisdom Teachings from the Feminine Path of Magic

Seren Bertrand

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Full-color throughout

Sharing wisdom teachings and rituals from the feminine path of magic and her own ancestral lineage of old European witches and faerie folk, spirit keepers and story weavers, Seren Bertrand explores how to awaken your spiritual Womb to find strength within and how to reclaim your soft powers of heart-opening vulnerability.

**Audiobook available**



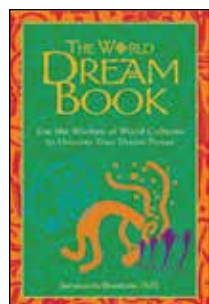
## Womb Awakening Initiatory Wisdom from the Creatrix of All Life

Azra Bertrand, M.D., and  
Seren Bertrand

ISBN 978-1-59143-279-1  
\$30.00 (CAN \$37.50) pb  
560 pages, 7 x 10  
Includes 16-page color insert and 49 b&w illustrations

Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition back to the Neanderthals. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the traditions of Mary Magdalene and Sophia; and the maiden, queen, and crone archetypes. Access provided to 3 audio journeys.

**Audiobook available**



## The World Dream Book

*Use the Wisdom of World Cultures to Uncover Your Dream Power*

Sarvananda Bluestone, Ph.D.  
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264 pages, 6 x 9  
b&w illustrations throughout

A unique self-help guide to dream interpretation using techniques and icons from cultures around the world. This book challenges the assumption that all symbols universally signify the same thing to all dreamers and includes numerous stories, games, and exercises for inducing, recalling, interpreting, and utilizing dreams.

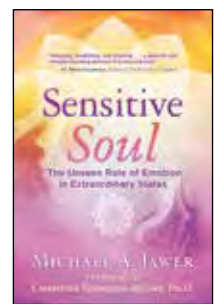


## Yoga Fables Tapping into your body's wisdom

Nathalie Doswald

ISBN 978-1-84409-733-3  
\$19.99 (CAN \$25.99) pb  
128 pages, 8.75 x 8.75  
432 color halftones

This book consists of nine yoga vinyasa and restorative sequences for adults, designed to strengthen the body-mind connection and tap into our inner wisdom through movement. Each sequence is illustrated by a fable to awaken creativity and fun in the practice of yoga and self-discovery, and enables embodied consciousness.



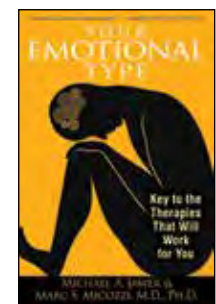
## Sensitive Soul The Unseen Role of Emotion in Extraordinary States

Michael A. Jawer

Foreword by Christine  
Simmonds-Moore, Ph.D.

ISBN 978-1-64411-082-9  
\$16.99 (CAN \$21.50) pb  
256 pages, 6 x 9

This book reveals that chronic conditions are linked to certain emotional types and that the best treatment is a therapy in line with your type. Includes a survey that allows you to identify your emotional type and the ailments to which you are susceptible.

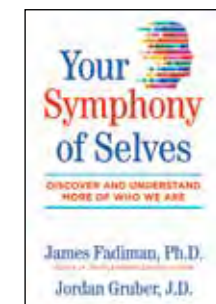


## Your Emotional Type Key to the Therapies That Will Work for You

Michael A. Jawer and  
Marc S. Miccozzi, M.D., Ph.D.

ISBN 978-1-59477-431-7  
\$14.95 (CAN \$17.95) pb  
194 pages, 6 x 9  
Includes 2-page color insert

This book reveals that chronic conditions are linked to certain emotional types and that the best treatment is a therapy in line with your type. Includes a survey that allows you to identify your emotional type and the ailments to which you are susceptible.



## Your Symphony of Selves

*Discover and Understand More of Who We Are*

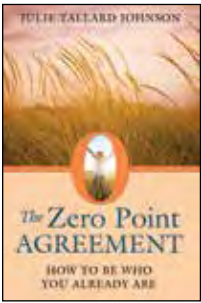
James Fadiman, Ph.D. and  
Jordan Gruber, J.D.

ISBN 978-1-64411-026-3  
\$19.99 (CAN \$24.99) pb  
448 pages, 6 x 9  
94 b&w illustrations

Offering groundbreaking insight into the dynamic nature of personality, the authors show that each of us is comprised of distinct, autonomous, and inherently valuable "selves." Sharing examples of healthy multiple selves, they explore how to harmonize your selves and learn to access whichever one is best for a given situation.

**Audiobook available**





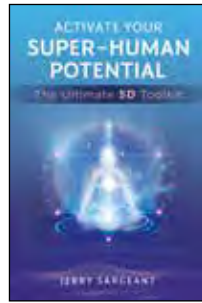
### The Zero Point Agreement

*How to Be Who You Already Are*

Julie Tallard Johnson

ISBN 978-1-62055-177-6  
\$18.95 (CAN \$22.95) pb  
320 pages, 6 x 9

The Zero Point Agreement is a practice centered on the understanding that you yourself are the zero point of your life, that life's purpose comes from within. You can discover who you truly are by naming what you want to be and taking steps to make it a reality. With the Zero Point Agreement you can break free from negative states, be liberated from attachment to the behaviors of others, and co-create with the natural world.



### Activate Your Super-Human Potential

*The Ultimate 5D Toolkit*

Jerry Sargeant

ISBN 978-1-64411-529-9  
\$29.99 (CAN \$37.50) pb  
312 pages, 8 x 10  
Includes 8-page color insert and 105 b&w illustrations

In this practical workbook, Jerry Sargeant explores how to prepare the mind and body for 5D. He shares a Star Magic Qi Gong sequence to recalibrate the body and self-heal as well as exercises to create a unified Heart Field, manifest with the Merkaba, protect yourself from psychic attacks, and reprogram yourself for abundance.



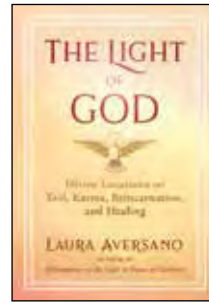
### A Sacred Planet Book Affirmations of the Light in Times of Darkness

*Healing Messages from a Spiritwalker*

Laura Aversano

ISBN 978-1-64411-271-7  
\$14.99 (CAN \$18.99) pb  
192 pages, 5.38 x 8.25

In this collection of inspired prayers and powerful affirmations, the author actively transmits her healing wisdom and spiritual support. Addressing trauma, depression, grief, anger, and revelation, her words awaken individual spiritual paths and provide solace and protection, leaving you forever transformed, initiated into the spiritual path of light, even in times of darkness..



### A Sacred Planet Book The Light of God

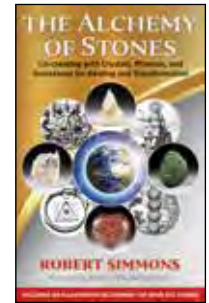
*Divine Locutions on Evil, Karma, Reincarnation, and Healing*

Laura Aversano

Foreword by Father Francis Tiso

ISBN 978-1-64411-296-0  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9

In this book of profound spiritual teachings, modern-day mystic and spiritual healer Laura Aversano shares the wisdom she received from ecstatic states of union with the Divine while she prayed. These locutions offer guidance on love, creation, healing with Christ, karma, reincarnation, and the nature of evil.



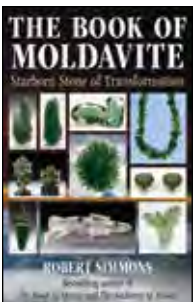
### A Sacred Planet Book The Alchemy of Stones

*Co-creating with Crystals, Minerals, and Gemstones for Healing and Transformation*

Robert Simmons

ISBN 978-1-64411-309-7  
\$29.99 (CAN \$37.50) pb  
496 pages, 7 x 10.88  
Full-color throughout

This full-color guide provides techniques and meditative practices with specific stones to go with each stage of the alchemical transformation process. Includes an illustrated dictionary summarizing the spiritual qualities of more than 375 minerals, crystals, and gemstones.



### New—Available

A Sacred Planet Book

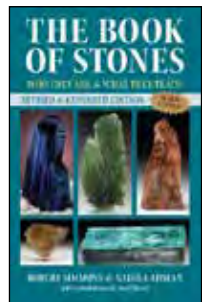
### The Book of Moldavite

*Starborn Stone of Transformation*

Robert Simmons

ISBN 978-1-64411-912-9  
\$26.00 (CAN \$32.50) pb  
256 pages, 7 x 10.88  
Full-color throughout

Revealing Moldavite's powerful effects, Robert Simmons looks at how to use this rare gemstone to heal and revitalize and leads the reader through Moldavite meditations. He explores its history and connections with the Emerald Tablet and the Holy Grail. Hundreds of full-color images allow the reader to attune to Moldavite's energy.



A Sacred Planet Book

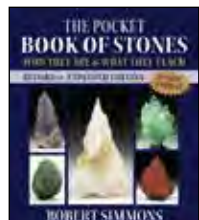
### The Book of Stones

*Who They Are and What They Teach*

Robert Simmons and Naisha Ahsian with Hazel Raven

ISBN 978-1-64411-385-1  
\$29.99 (CAN \$37.50) pb  
560 pages, 7 x 10.88  
Full-color throughout

This comprehensive reference guide explores 455 crystals, minerals, gemstones, and their metaphysical energies. Each entry includes a vivid color photograph to aid identification and showcase each stone's beauty, as well as listing its scientific information, its element and chakra correspondences, and its physical, emotional, and spiritual benefits.



A Sacred Planet Book

### The Pocket Book of Stones

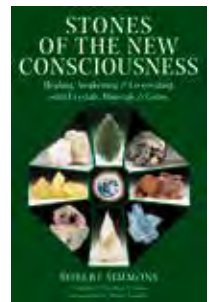
*Who They Are and What They Teach*

Robert Simmons

ISBN 978-1-64411-383-7  
\$14.99 (CAN \$18.99) pb  
416 pages, 4.5 x 5.25  
Full-color throughout

Also available in Spanish (see page 218)

Detailing the spiritual and healing qualities of 390 members of the mineral kingdom, this condensed A-to-Z guide to crystals and gems is based on the bestselling *The Book of Stones*. It features beautifully lit, full-color photos of each stone and describes their beneficial physical, emotional, and spiritual effects and energies.



A Sacred Planet Book

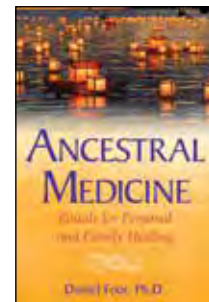
### Stones of the New Consciousness

*Healing, Awakening & Co-creating with Crystals, Minerals & Gems*

Robert Simmons

ISBN 978-1-64411-384-4  
\$19.99 (CAN \$24.99) pb  
320 pages, 7 x 10.88  
Full-color throughout

Robert Simmons examines the 62 most important stones to help accelerate conscious evolution and spiritual awakening. Each entry is illustrated with color photos of exceptional examples. The stones include Moldavite, Nummite, Nirvana Quartz, high-vibrational Natrolite, and Circle Stones, the highly energetic Flint found in crop circle formations.



### Ancestral Medicine

*Rituals for Personal and Family Healing*

Daniel Foor, Ph.D.

ISBN 978-1-59143-269-2  
\$20.00 (CAN \$24.95) pb  
336 pages, 6 x 9  
Includes 16-page color insert and 4 b&w illustrations

Also available in Spanish (see page 218)

Offering a practical guide to understanding and navigating relationships with the spirits of those who have passed, Daniel Foor, Ph.D., details how to relate safely and effectively with your ancestors for personal, family, and cultural healing. He provides exercises and rituals to help you initiate contact with your ancestors.

Audiobook available



## Animal Spirit Wisdom

*A Pocket Reference to 45 Power Animals*

Phillip Kansa and  
Elke Kirchner-Young

ISBN 978-1-64411-115-4  
\$9.99 (CAN \$12.50) pb  
112 pages, 4.5 x 6.5  
Full-color throughout

In this full-color pocket guide featuring beautiful animal photos, the authors introduce 45 important spirit animals alphabetically and explore their wisdom. They provide a meditative journey to help you discover which animal is your personal soul companion and offer practices to intuitively find the right power animal for a given situation.



New Edition

## Anything Can Be Healed

*The Body Mirror System of Healing with Chakras*

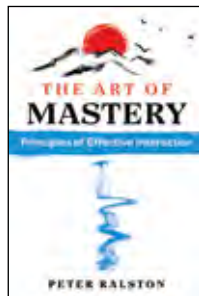
Martin Brofman

Foreword by Anna Parkinson

ISBN 978-1-62055-896-6  
\$17.99 (CAN \$22.50) pb  
228 pages, 6 x 9  
Includes 4-page color insert and 71 b&w illustrations

Brofman explains how healing a symptom involves not only release on the physical level but also letting go of specific stresses and tensions in your consciousness. He describes how to heal with chakras, thought forms, white light, and love and provides practical energy exercises and chakra meditations.

**Audiobook available**



A Sacred Planet Book

## The Art of Mastery

*Principles of Effective Interaction*

Peter Ralston

ISBN 978-1-64411-643-2  
\$19.99 (CAN \$24.99) pb  
240 pages, 6 x 9

Peter Ralston explores the foundational skills and operating principles that empower mastery, including accurate perceptive awareness and effective interaction. Sharing methods to overcome the major obstacles to mastery, he presents a step-by-step breakdown of the principle of effective interaction and explains how to adapt when situations are not aligned with your objectives.

**Audiobook available**



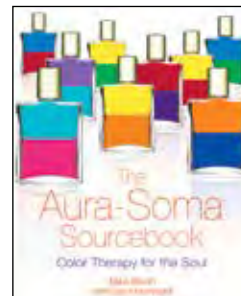
## Aura-Soma

*Self-Discovery through Color*

Vicky Wall

ISBN 978-1-59477-065-4  
\$18.95 (CAN \$22.95) pb  
240 pages, 6 x 9  
Includes 16-page color and b&w insert

Aura-Soma is an innovative approach to soul therapy that relies on the subtle energies contained in colored liquids made from plant extracts, essential oils, and crystal and gem elixirs. The energetic properties of the liquids interact with one's aura to promote equilibrium in the body, mind, and spirit, and inspire consciousness of our soul's purpose.



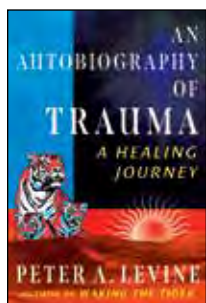
## The Aura-Soma Sourcebook

*Color Therapy for the Soul*

Mike Booth  
with Carol McKnight

ISBN 978-1-59477-077-7  
\$29.95 (CAN \$35.95) pb  
304 pages, 8 x 10  
Full-color throughout

*The Aura-Soma Sourcebook* details the origins, holistic understanding, and consciousness mirroring effects of equilibrium combinations, which interact with an individual's aura to help support balance in the body, mind, and spirit. The authors explain where to apply the essences, which chakra in the subtle anatomy will be affected, and what areas of personal growth can be addressed.



New—April 2024

A Sacred Planet Book

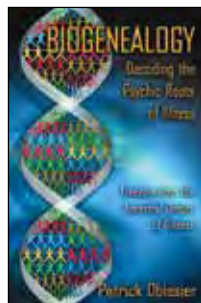
## An Autobiography of Trauma

*A Healing Journey*

Peter A. Levine, Ph.D.

ISBN 979-8-88850-076-7  
\$18.99 (CAN \$23.99) pb  
200 pages, 6 x 9  
Includes 8-page b&w insert

Sharing his personal journey to heal his severe childhood trauma, Peter Levine describes his inner experience of being guided through Somatic Experiencing to untangle his traumatic wounds. He reveals the mysterious and unexpected dreams that have guided him through his life's work as well as his breakthroughs on the path to create Somatic Experiencing.



## Biogenealogy: Decoding the Psychic Roots of Illness

*Freedom from the Ancestral Origins of Disease*

Patrick Obissier

ISBN 978-1-59477-089-0  
\$14.95 (CAN \$17.95) pb  
192 pages, 6 x 9  
3 b&w illustrations

It is possible to trace the root cause of an illness to our ancestors—their unresolved psychic distress can become part of the cellular memory inherited by their descendants. Until the issue has been settled successfully, it will continue to trigger illnesses in the generations that follow. Here are protocols for diagnosis and treatment for these conflicts.



## The Book of Ho'oponopono

*The Hawaiian Practice of Forgiveness and Healing*

Luc Bodin, M.D.,  
Nathalie Bodin Lamboy,  
and Jean Graciet

ISBN 978-1-62055-510-1  
\$14.95 (CAN \$17.95) pb  
160 pages, 5.38 x 8.25  
5 b&w illustrations

Based on an ancestral Hawaiian shamanic ritual, the healing practice of Ho'oponopono teaches you to cleanse your consciousness of negativity and fear and grant yourself forgiveness, peace, and love. Apply the mantra of Ho'oponopono, "I'm sorry, Forgive me, Thank you, I love you" to replace negative thoughts with inner peace, love, and harmony.

**Audiobook available**



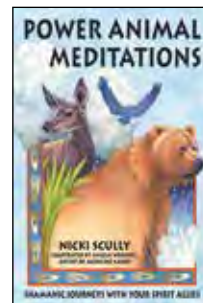
## Alchemical Healing

*A Guide to Spiritual, Physical, and Transformational Medicine*

Nicki Scully

ISBN 978-1-59143-015-5  
\$20.00 (CAN \$24.00) pb  
352 pages, 6 x 9  
15 b&w illustrations

*Alchemical Healing* brings together innovative techniques of shamanism and energetic healing with the principles of alchemy, creating a practical form of physical healing, therapeutic counseling, and spiritual growth. The author provides ways to integrate spirit and matter, develop communications between divinity and humanity, retrieve knowledge, and to influence physical reality in order to achieve healing and transformation.



## Power Animal Meditations

*Shamanic Journeys with Your Spirit Allies*

Nicki Scully

Illustrated by  
Angela Werneke

ISBN 978-1-879181-71-7  
\$18.00 (CAN \$22.50) pb  
280 pages, 6 x 9  
50 b&w illustrations

Calling upon the magical wisdom of nature, Nicki Scully guides us into the spirit world of sacred totems, oracles, and animal teachings from many cultures, including Africa, Egypt, and North America. Each totem is exquisitely illustrated by Angela Werneke, the award-winning illustrator of *Medicine Cards*.





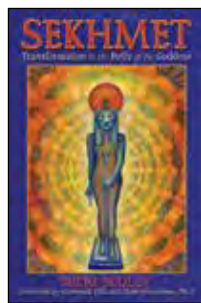
### Planetary Healing

*Spirit Medicine for Global Transformation*

Nicki Scully and Mark Hallert

ISBN 978-1-59143-130-5  
\$18.00 (CAN \$19.95) pb  
288 pages, 6 x 9  
3 b&w illustrations  
Includes a 78-minute CD of a guided visualization

Using shamanic techniques, *Planetary Healing* empowers readers to combine their healing intentions with the intelligent field of creation to tackle environmental degradation and other urgent global issues. Includes a 78-minute CD of a guided visualization.



### Sekhmet

*Transformation in the Belly of the Goddess*

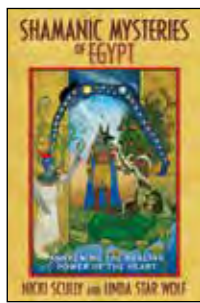
Nicki Scully

Forewords by Normandi Ellis and Hank Wesselman, Ph.D.

ISBN 978-1-59143-207-4  
\$18.00 (CAN \$22.00) pb  
288 pages, 6 x 9  
Includes 16 color and 25 b&w illustrations

Healer Nicki Scully teaches shamanic rituals with the Egyptian goddess Sekhmet to bring about transformation at the deepest levels of being. Feared as the goddess of war and destruction, Sekhmet also represents the transformative power of kundalini energy, or *sekhmet*.

**Audiobook available**



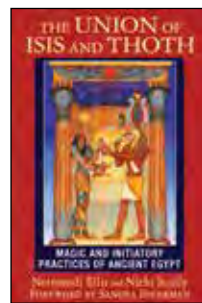
### Shamanic Mysteries of Egypt

*Awakening the Healing Power of the Heart*

Nicki Scully and Linda Star Wolf, Ph.D.

ISBN 978-1-59143-068-1  
\$18.00 (CAN \$22.00) pb  
264 pages, 6 x 9  
Includes 8 full-page color illustrations

Nicki Scully and Linda Star Wolf renew humanity's connection to the ancient gods of Egypt, the *neteru*, with this book of wisdom teachings and rituals that invoke ancient Egyptian deities. The shamanic initiations provided evoke the power to unite heart and mind in the sacred marriage that brings transformation, renewal, and the awakening of consciousness.



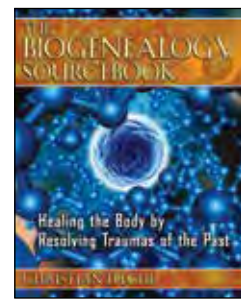
### The Union of Isis and Thoth

*Magic and Initiatory Practices of Ancient Egypt*

Normandi Ellis and Nicki Scully

Foreword by Sandra Ingerman  
ISBN 978-1-59143-208-1  
\$18.00 (CAN \$21.95) pb  
320 pages, 6 x 9  
52 b&w illustrations

In Ancient Egypt, temples were centers of community, healing, and wisdom, represented by the union of Thoth and Isis: the god of creative cosmic force joining with the goddess of civilizing knowledge. This initiatic guide explains how to create a sacred temple within and without and restore the magic of the Egyptian mysteries to our time.



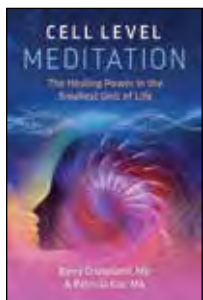
### The Biogenealogy Sourcebook

*Healing the Body by Resolving Traumas of the Past*

Christian Flèche

ISBN 978-1-59477-206-1  
\$19.95 (CAN \$24.95) pb  
224 pages, 8 x 10  
28 b&w illustrations

*The Biogenealogy Sourcebook* is a practical guide to understanding the relationship between emotions, organ systems and disease. It includes detailed information about how emotional trauma creates physical illness in the major organs of the body, helping readers understand causes, rather than just effects, of illness.



### Cell Level Meditation

*The Healing Power in the Smallest Unit of Life*

Barry Grundland, MD, and Patricia Kay, MA

ISBN 978-1-64411-224-3  
\$14.99 (CAN \$18.99) pb  
176 pages, 6 x 9  
2 b&w illustrations

In this simple guide, the authors give you the tools to connect with the intelligence of your cells and work with them to heal. They offer sample meditations to help you connect with specific cells, yet emphasize that you should use the technique to follow your intuition and discover the cells that are inviting you in.



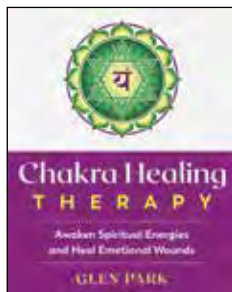
### Chakra Balancing Crystal Alignment

Margaret Ann Lembo

Performed by Dudley Evenson and Dean Evenson

ISBN 978-1-84409-664-0  
\$17.99 (CAN \$22.50) CD

Awaken the crystal healer within you with this CD that offers self-reflection through a deeper understanding of color, chakras, thoughtforms, and vibrations. Learn how to use crystals to restore balance and promote healing and how to use gems for manifesting and attracting your desired reality.



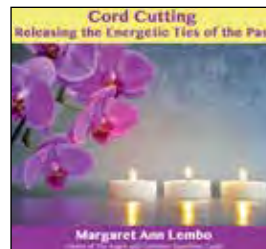
### Chakra Healing Therapy

*Awaken Spiritual Energies and Heal Emotional Wounds*

Glen Park

ISBN 978-1-64411-049-2  
\$24.99 (CAN \$31.50) pb  
312 pages, 8 x 10  
Includes 8-page color insert and 36 b&w illustrations

In this in-depth guide to working with the chakras, Park explains how each chakra represents a different developmental stage from infancy through adulthood. She examines the chakras individually on the physical, psychological, psychic, and spiritual level and offers practical exercises to nourish and support each chakra as well as practices for daily chakra maintenance.



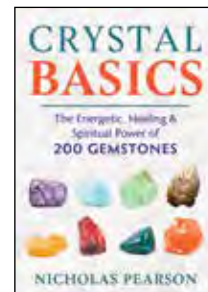
### Cord Cutting

*Releasing the Energetic Ties of the Past*

Margaret Ann Lembo

ISBN 978-1-84409-691-6  
\$14.99 (CAN \$18.99) CD

Cutting the cords with a past situation or person is fully explored in this full length CD, starting with an in-depth explanation and continuing with a guided meditation and visualization that can be used each time the user wishes to let go of negative ties.



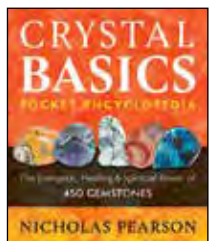
### Crystal Basics

*The Energetic, Healing, and Spiritual Power of 200 Gemstones*

Nicholas Pearson

ISBN 978-1-62055-934-5  
\$29.99 (CAN \$37.50) pb  
416 pages, 6.63 x 9.5  
Full-color throughout

In this in-depth yet easy-to-follow guide, Nicholas Pearson pairs a full-color compendium of 200 crystals and gemstones with a hands-on practical handbook on crystal healing. He explores the physical, psychological, and spiritual healing qualities for every stone, offers templates for crystal grids, and explains how to cleanse and program stones.



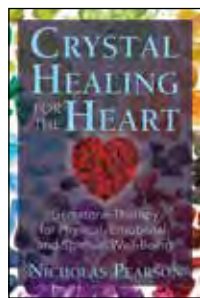
## Crystal Basics Pocket Encyclopedia

*The Energetic, Healing, and Spiritual Power of 450 Gemstones*

Nicholas Pearson

ISBN 978-1-64411-503-9  
\$19.99 (CAN \$24.99) pb  
288 pages, 4.5 x 5.25  
Full-color throughout

Crystal healing teacher Nicholas Pearson offers a quick-start guide for working with crystals and stones as well as a full-color A-to-Z compendium of 450 crystals, rocks, minerals, and fossils. Each entry features a color photo of the stone and defines its physical, psychological, and spiritual healing properties and its corresponding chakra, element, planet, and zodiac sign.



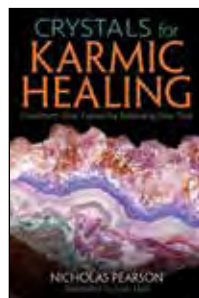
## Crystal Healing for the Heart

*Gemstone Therapy for Physical, Emotional, and Spiritual Well-Being*

Nicholas Pearson

ISBN 978-1-62055-656-6  
\$29.99 (CAN \$37.50) pb  
288 pages, 6 x 9  
Full-color throughout

Offering hands-on exercises and meditations with more than 60 gemstones and minerals, each a heart-healing stone, the author explains how to build a better relationship with the heart as your spiritual center as well as how to fortify your heart with emotional strength, reclaim your will, and cultivate forgiveness.



## Crystals for Karmic Healing

*Transform Your Future by Releasing Your Past*

Nicholas Pearson

Foreword by Judy Hall  
ISBN 978-1-62055-618-4  
\$26.99 (CAN \$33.99) pb  
288 pages, 6 x 9  
Full-color throughout

Crystals and gemstones offer a powerful resource for resolving negative karma patterns. Detailing the spiritual and chemical interpretations of more than 50 healing stones, Nicholas Pearson guides readers toward resolving karmic knots and obstructions. He shows how you can transform your life by consciously and reverently working with crystals.



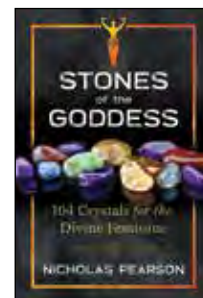
## The Seven Archetypal Stones

*Their Spiritual Powers and Teachings*

Nicholas Pearson

ISBN 978-1-62055-547-7  
\$18.95 (CAN \$23.95) pb  
312 pages, 6 x 9  
Includes 8-page color insert

In this book, Nicholas Pearson guides readers on a journey into the inner realm of the mystery teachings of the mineral kingdom. Pearson reveals the archetypal wisdom embodied within 7 essential crystal and gemstone mentors, enabling each of us to harness the power of stones for spiritual evolution and healing.



## Stones of the Goddess

*104 Crystals for the Divine Feminine*

Nicholas Pearson

ISBN 978-1-62055-764-8  
\$40.00 (CAN \$49.99) pb  
480 pages, 6 x 9  
Full-color throughout

Pearson offers a practical guide to working with more than 100 stones and crystals strongly connected with the energies of the Divine Feminine. He details each stone's spiritual and healing properties, astrological and elemental correspondences, Goddess archetypes, and magickal uses. He includes instructions for Goddess-centered rituals, crystal grids, guided meditations, crystal elixirs, and spells.

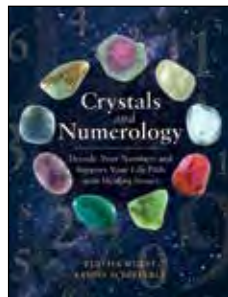


## Crystal Protection from 5G and EMF Pollution

Barbara Newerla

ISBN 978-1-64411-143-7  
\$9.99 (CAN \$12.50) pb  
80 pages, 4.5 x 6.5  
Full-color throughout

This book explains what electromagnetic pollution is, including the potential effects of 5G technology and explores in depth the use of 5 essential anti-electromagnetic pollution crystals and contains a directory of 35 healing crystals that offer support when we're experiencing electromagnetic stress.



## Crystals and Numerology

*Decode Your Numbers and Support Your Life Path with Healing Stones*

Editha Wuest and  
Sabine Schieferle

ISBN 978-1-64411-273-1  
\$16.99 (CAN \$21.50) pb  
160 pages, 5.75 x 7.5  
Full-color throughout

Learn how to calculate your personal numbers and work with the healing energies of gemstones to unfold the full potential your numbers reveal. The authors describe which crystals resonate most with each number's energy and offer affirmations, meditations, and crystal healing techniques to connect with gemstone energies.



## New—Available

A Sacred Planet Book  
Revised Edition

## Death Nesting

*The Heart-Centered Practices of a Death Doula*

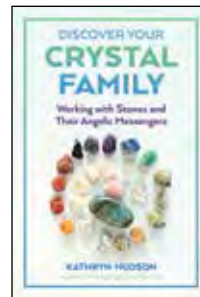
Anne-Marie Keppel

Foreword by Karen Wyatt, M.D.

ISBN 978-1-59143-482-5  
\$18.00 (CAN \$22.50) pb  
192 pages, 6 x 9

Death doula educator Anne-Marie Keppel shows how anyone can mindfully care for the dying, whether at home, in hospice, or in the ICU. She presents practices for emotional soothing and anxiety relief, techniques to physically care for the dying, and ceremony and energetic boundary guidelines for nourishing and healing on a spirit level.

**Audiobook available**



## Discover Your Crystal Family

*Working with Stones and Their Angelic Messengers*

Kathryn Hudson

ISBN 978-1-64411-302-8  
\$24.99 (CAN \$31.50) pb  
240 pages, 6 x 9  
Full-color throughout

Looking at the dynamics between crystals, humans, and angels, Kathryn Hudson reveals why we are drawn to certain crystals and presents a compendium of 44 crystal allies and their angelic counterparts, explaining their uses and energies as well as their spiritual messages. She also includes exercises, meditations, and visualizations for working with crystals.



## Discover Your Soul Template

*14 Steps for Awakening Integrated Intelligence*

Marcus T. Anthony, Ph.D.

Foreword by Ervin Laszlo

ISBN 978-1-59477-426-3  
\$16.95 (CAN \$19.95) pb  
320 pages, 6 x 9  
8 b&w illustrations

With integrated intelligence you can create the life you were meant to live. Marcus Anthony shows how to tap in to the wisdom of your soul template using 14 easy steps that will strengthen your intuition to profound levels.





### Dreaming Techniques

*Working with Night Dreams, Daydreams, and Liminal Dreams*

Serge Kahili King, Ph.D.

ISBN 978-1-59143-388-0  
\$16.00 (CAN \$19.99) pb  
240 pages, 6 x 9

Learn techniques to harness the power of dreams for healing, transformation, manifestation, and changing your experience of reality. King examines the types of dreams we have, how to remember and interpret them, and how to use them for insight and creativity and to improve health and well-being.



### Dreams That Can Save Your Life

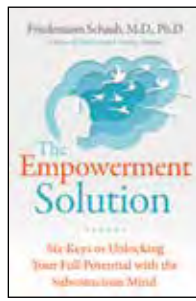
*Early Warning Signs of Cancer and Other Diseases*

Larry Burk, M.D., C.E.H.P. and Kathleen O'Keefe-Kanavos  
Foreword by Bernie Siegel, M.D.

ISBN 978-1-84409-744-9  
\$23.99 (CAN \$29.99) pb  
288 pages, 6 x 9

Your dreams can provide inner guidance filled with life-saving information. Showcasing the important role of dreams and their power to detect and heal illness, Dr. Larry Burk and Kathleen O'Keefe-Kanavos, a three-time breast cancer survivor, share amazing medical research and true stories of physical and emotional healings triggered by dreams.

**Audiobook available**



### The Empowerment Solution

*Six Keys to Unlocking Your Full Potential with the Subconscious Mind*

Friedemann Schaub, M.D., Ph.D.

ISBN 978-1-64411-641-8  
\$24.99 (CAN \$31.50) pb  
352 pages, 6 x 9  
2 b&w illustrations

Our subconscious employs survival patterns to protect us from rejection, failure, and hurt, which disconnect us from our true, empowered selves. In this step-by-step guide, Friedemann Schaub, M.D., Ph.D., explores how to break free from the six most common subconscious survival patterns and make authenticity and confidence your everyday way of being.

**Audiobook available**



### An Energy Healer's Book of Dying

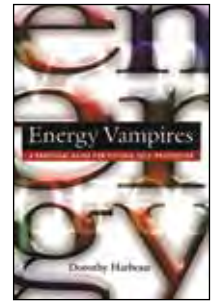
*For Caregivers and Those in Transition*

Suzanne Worthley

ISBN 978-1-64411-032-4  
\$14.99 (CAN \$18.99) pb  
176 pages, 5 x 7.75

In this compassionate guidebook to the nine energetic levels of the dying process, intuitive energy worker Suzanne Worthley reveals what is happening energetically during each stage of the transition back to spirit, including what the dying person may see and experience and how to provide support during any phase of losing a loved one.

**Audiobook available**



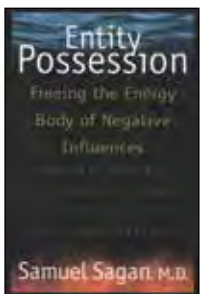
### Energy Vampires

*A Practical Guide for Psychic Self-protection*

Dorothy Harbour

ISBN 978-0-89281-910-2  
\$14.95 (CAN \$17.95) pb  
192 pages, 6 x 9

The author offers a guide to self-protection from individuals and situations that take excessive amounts of energy without giving anything in return, leaving us drained and ineffectual. Included is an exercise program that helps strengthen our auras and ground ourselves psychologically, as well as helpful practices that demonstrate how to cleanse our subconscious of "psycho-trash."



### Entity Possession

*Freeing the Energy Body of Negative Influences*

Samuel Sagan, M.D.

ISBN 978-0-89281-612-5  
\$16.95 (CAN \$19.95) pb  
208 pages, 6 x 9

Using actual case studies, Dr. Sagan presents the facts of entity possession, analyzes their mechanisms and motivations, and includes many tips on how to dislodge these parasites from the individuals whose lives are thrown out of balance by their presence.



### Fierce Feminine Rising

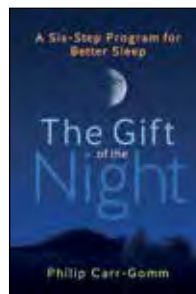
*Heal from Predatory Relationships and Recenter Your Personal Power*

Anaiya Sophia

ISBN 978-1-62055-859-1  
\$16.99 (CAN \$21.50) pb  
256 pages, 6 x 9  
15 b&w illustrations

After millennia of suppression, the Fierce Feminine, or Dark Mother, is making a dramatic resurgence to express our universal outrage. Sharing constructive energetic and spiritual practices, this guide explains how to embody the courage of the Fierce Feminine and channel her sacred rage to heal yourself and the world at large.

**Audiobook available**



### New—Available The Gift of the Night

*A Six-Step Program for Better Sleep*

Philip Carr-Gomm

Foreword by Kristen LaMarca, Ph.D., DBSM

ISBN 978-1-64411-929-7  
\$18.99 (CAN \$23.99) pb  
192 pages, 6 x 9

Combining his knowledge of sleep science and cognitive behavioral therapy (CBT) with techniques drawn from spiritual traditions and insights from the emerging field of psychedelic therapy, Philip Carr-Gomm presents a fast and easy-to-follow six-step program to help you sleep better. Includes 13 specific techniques to help you fall asleep and stay asleep.

**Audiobook available**



### Good Grief

*Healing Through the Shadow of Loss*

Deborah Morris Coryell

ISBN 978-1-59477-159-0  
\$19.99 (CAN \$23.99) pb  
160 pages, 5.38 x 8.25  
Includes 60-minute CD

**Also available in Spanish without CD (see page 215)**

In *Good Grief: Healing Through the Shadow of Loss*, Deborah Morris Coryell describes grief as the experience of not having anywhere to place our love. She reminds us that all losses must be grieved and that paying attention to even the most minute experience of loss can help us to be more in tune with ourselves, allowing us to once again join the rhythm of life from which we have become disconnected.



### A Good Night's Sleep

*A Drug-Free Solution*

Jan Sadler

ISBN 978-1-59477-234-4  
\$16.95 (CAN \$19.95) pb  
128 pages, 6 x 9  
Includes 65-minute CD

Learn how to use visualization, breathwork, and meditation to break the patterns and frustration of insomnia. *A Good Night's Sleep* explains how to retrain the body to sleep solidly and includes an audio CD of guided visualizations and relaxation techniques.

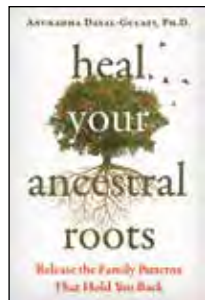


## Pain Relief without Drugs

*A Self-Help Guide for Chronic Pain and Trauma*  
Jan Sadler

ISBN 978-1-59477-151-4  
\$19.95 (CAN \$23.95) pb  
208 pages, 6 x 9  
6 b&w illustrations  
Includes 55-minute CD

This practical, effective, and inspiring guidebook for dealing with chronic pain explains how to reduce pain's grip on the body and mind by changing your personal reaction to pain. Presenting successful strategies from the author's 25 years of coping with her own pain, it also includes a 55-minute CD of author's key techniques for controlling pain.



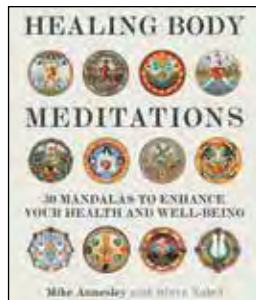
## Heal Your Ancestral Roots

*Release the Family Patterns That Hold You Back*  
Anuradha Dayal-Gulati, Ph.D.

ISBN 978-1-64411-774-3  
\$18.99 (CAN \$23.99) pb  
288 pages, 5.5 x 8.5

Exploring the energetic principles that govern your family lineage, Anuradha Dayal-Gulati explains the many ways your ancestral field can support you as well as how it can hold you captive. She discusses the importance of honoring your ancestors and provides exercises and tools to help you recognize and release negative family patterns and heal ancestral trauma.

**Audiobook available**



## Healing Body Meditations

*30 Mandalas to Enhance Your Health and Well-being*  
Mike Annesley

Foreword by Steve Nobel  
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\$19.99 (CAN \$24.99)  
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160 pages, 8 x 9.25  
Full-color throughout

Contemplate these 30 beautiful color mandalas each with a focus on a particular body part and chakra to tap into the endless power of the spirit and help restore your being to wholeness and balance.



## The Healing Power of Color

*Using Color to Improve Your Mental, Physical, and Spiritual Well-Being*  
Betty Wood

ISBN 978-0-89281-706-1  
\$14.95 (CAN \$17.95) pb  
120 pages, 5.38 x 8.25

The author shows how color was used in ancient civilizations, its applications in healing traditions, and the ways it is currently used to affect mood and behavior.



## The Healing Power of the Sacred Woman

*Health, Creativity, and Fertility for the Soul*  
Christine R. Page, M.D.

ISBN 978-1-59143-144-2  
\$20.00 (CAN \$24.00) pb  
400 pages, 6 x 9  
80 b&w illustrations

Women were once seen as living representatives of the Great Mother, whose cyclical and potent energy gave birth to all existence. Although this sacred understanding has become obscured, the physical body itself—its curves, sensuality, and monthly rhythm—still contains the power to reconnect women to the creative energy of Mother Earth.



**New—Available**

A Sacred Planet Book

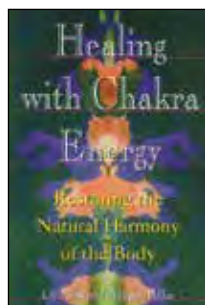
## Healing Trauma through Family Constellations and Somatic Experiencing

*Ancestral Wisdom from the Snail Clan of Tanzania*

Efu Nyaki

Foreword by Peter A. Levine, Ph.D.  
ISBN 978-1-64411-852-8  
\$19.99 (CAN \$24.99) pb  
192 pages, 6 x 9

The journey to healing trauma is not always straightforward. As Efu Nyaki reveals in detail, the healing process is a complex ritual of energy movement on the physical, emotional, and spiritual levels. Here she shares stories from her healing work around the world, showing how her system can help resolve issues of trauma.



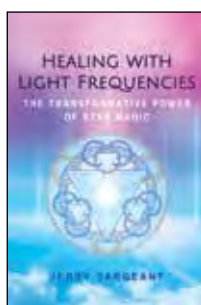
## Healing with Chakra Energy

*Restoring the Natural Harmony of the Body*

Lilla Bek and Philippa Pullar

ISBN 978-0-89281-513-5  
\$12.95 (CAN \$19.95) pb  
160 pages, 6 x 9

Spiritual healing enhances and supplements the work of health care practitioners by enabling you to trigger within yourself the will to be well. The authors describe special techniques, including meditation, visualization, and relaxation, to develop healing capacities that apply the energy centered in the seven major chakras to the process of healing.



## Healing with Light Frequencies

*The Transformative Power of Star Magic*

Jerry Sargeant

ISBN 978-1-64411-109-3  
\$18.99 (CAN \$23.99) pb  
260 pages, 6 x 9  
Includes 4-page color insert and 67 b&w illustrations

Jerry Sargeant reveals how to use Star Magic Healing to connect with and harness extraterrestrial light frequencies to energize, uplift, and consciously empower your mind and body. He shares basic, intermediate, and advanced Star Magic tools and exercises to shift your vibration and bring about rapid healing that lasts.



## Healing with Past Life Therapy

*Transformational Journeys through Time and Space*

Lorraine Flaherty

ISBN 978-1-84409-634-3  
\$19.95 (CAN \$23.95) pb  
256 pages, 6 x 9

This self-help guide explores past life regression and future life potentials, offering a thorough understanding of each step of the process. It includes transcripts of sessions, people speaking about their experiences, and exercises to clear away blocks, discover life's purpose, reach full potential, and create a fabulous future.



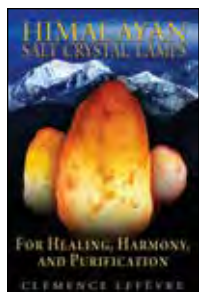
## Inner Freedom II

Lorraine Flaherty

ISBN 978-1-84409-641-1  
\$19.99 (CAN \$21.99) CD

With *Inner Freedom II* CD, transformational therapist Lorraine Flaherty takes you on a transformational journey that reveals positive past lives, heals and clears energy with angels, achieves future life progressions, enacts inner child and ancestral healings, and concludes with a chakra meditation.





### Himalayan Salt Crystal Lamps

*For Healing, Harmony, and Purification*

Clémence Lefèvre

ISBN 978-1-59477-309-9  
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144 pages, 6 x 9  
32 b&w illustrations

When Himalayan salt crystal lamps are turned on, they release healing negative ions into the air. Like the energizing negative ions released by waterfalls, salt crystal lamps naturally alleviate stress, boost energy, and counteract electromagnetic waves from televisions, computers, and air conditioners.



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Revised and Expanded Edition

### Ho'oponopono

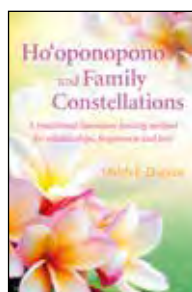
*The Hawaiian Ritual of Forgiveness*

Ulrich E. Duprée

ISBN 978-1-64411-880-1  
\$9.99 (CAN \$12.50) pb  
112 pages, 4.5 x 6.5  
Full-color throughout

Ho'oponopono is the ancient Hawaiian method for transforming personal problems, resolving interpersonal conflicts, and healing the past through the power of forgiveness. This book shares practical exercises and contemplations centered on Ho'oponopono to help you immediately create positive changes in your everyday life.

**Audiobook available**



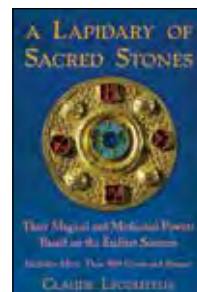
### Ho'oponopono and Family Constellations

*A traditional Hawaiian healing method for relationships, forgiveness and love*

Ulrich E. Duprée

ISBN 978-1-84409-717-3  
\$16.99 (CAN \$16.99) pb  
160 pages, 5.5 x 8.13  
21 color halftones

In *Ho'oponopono*, Ulrich Emil Duprée revealed a healing method for solving problems and conflicts by using the Hawaiian reconciliation ritual to forgive both ourselves and others. This is given even greater power when combined with the method of systemic family constellations, allowing underlying conflicts to be aired and resolved.



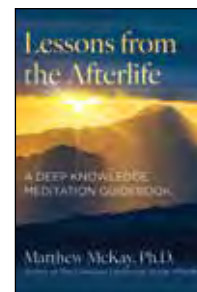
### A Lapidary of Sacred Stones

*Their Magical and Medicinal Powers Based on the Earliest Sources*

Claude Lecouteux

ISBN 978-1-59477-463-8  
\$26.95 (CAN \$30.95) hardcover  
376 pages, 6 x 9  
Includes 8-page color insert and 92 b&w illustrations

Our ancestors believed stones were home to sacred beings of power, entities that if properly cultivated could provide protection from ill fortune, grant magical powers, and heal a wide variety of diseases. This book presents a synthesis of the ancient lore and practices associated with more than 1,000 stones.



**New—May 2024**

A Sacred Planet Book

### Lessons from the Afterlife

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ISBN 978-1-64411-940-2  
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128 pages, 6 x 9

In this workbook, Matthew McKay offers a step-by-step process to unleash the intuitive wisdom held in the awareness of your soul. Channeling his late son, Jordan, McKay shares Jordan's lessons on life's mysteries as well as journal prompts to help you listen to your heart and shine a light on your own soul knowledge.



A Sacred Planet Book

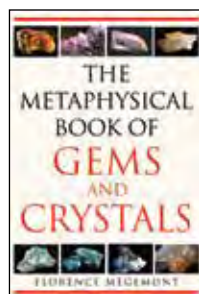
### Love in the Time of Impermanence

Matthew McKay, Ph.D.

ISBN 978-1-64411-398-1  
\$14.99 (CAN \$18.99) pb  
128 pages, 6 x 9

Offering ways to keep love alive in a world of impermanence, psychologist Matthew McKay shows how change and loss can support rather than diminish love. He shares practices and meditations to help love endure in the face of loss, disappointment, change, or any of the ways relationships and circumstances are altered by time.

**Audiobook available**

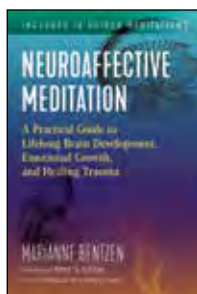


### The Metaphysical Book of Gems and Crystals

Florence Mégemont

ISBN 978-1-59477-214-6  
\$24.95 (CAN \$29.95) pb  
320 pages, 6 x 9  
125 color and b&w illustrations

Gemstones have been used for therapeutic and spiritual purposes since antiquity in all traditions. This book examines the "life" energy of stones, their basic vibratory patterns, and how this energy is used to treat various disorders. The physical, healing, and astrological properties of over 70 stones are detailed, along with instructions for maintaining and recharging their powers.



A Sacred Planet Book

### Neuroaffective Meditation

*A Practical Guide to Lifelong Brain Development, Emotional Growth, and Healing Trauma*

Marianne Bentzen

ISBN 978-1-64411-352-3  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9  
18 b&w illustrations

Drawing on her 25 years of research into brain development as well as decades of meditation practice, psychotherapist Bentzen shows how this holistic integration of meditation, neuroscience, and psychology can be used for personal growth and conscious maturation.



### The Power of Your Angels

*28 Days to Finding Your Path and Realizing Your Life's Dreams*

Isabelle von Fallois

ISBN 978-1-84409-629-9  
\$19.95 (CAN \$23.95) pb  
256 pages, 6 x 9  
5 b&w illustrations

This guide reveals a 28-day program designed to correct toxic behavior patterns so that readers can connect with their true essence. Offering exercises, rituals, and case studies, this step-by-step process increases contact with angels and helps form a positive belief system allowing miracles to become a standard part of life.



### Profound Healing

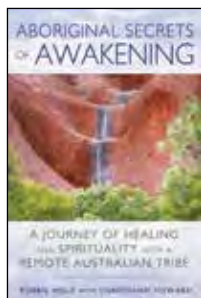
*The Power of Acceptance on the Path to Wellness*

Cheryl Canfield

Foreword by Joseph Chilton Pearce

ISBN 978-0-89281-097-0  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9

At the age of 41 Cheryl Canfield was diagnosed with advanced cervical cancer. She rejected proposed surgeries that would involve removing her uterus, cervix, lymph nodes, and surrounding nerves. Instead, she decided to accept death and focused her energy on attempting to die well. In the process, she cured herself.



## Aboriginal Secrets of Awakening

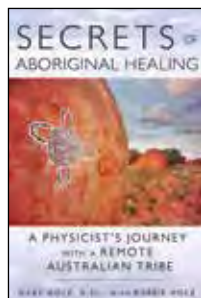
*A Journey of Healing and Spirituality with a Remote Australian Tribe*

Robbie Holz with Christiann Howard

ISBN 978-1-59143-219-7  
\$16.00 (CAN \$19.50) pb  
288 pages, 6 x 9

Robbie Holz describes the powers that her late husband Gary developed after his transformative healing with Aborigines, powers that included telepathy and seeing the inner workings of his patients' bodies. Robbie herself participated in secret Aboriginal women's ceremonies where her own healing powers blossomed, including the capability of working with a team of spirit guides.

**Audiobook available**



## Secrets of Aboriginal Healing

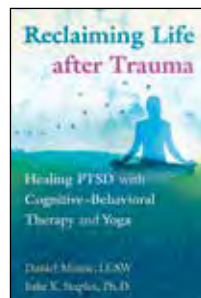
*A Physicist's Journey with a Remote Australian Tribe*

Gary Holz, D.Sc. with Robbie Holz

ISBN 978-1-59143-175-6  
\$15.00 (CAN \$18.00) pb  
128 pages, 6 x 9

Suffering from chronic progressive multiple sclerosis and with apparently only two years to live, Gary Holz went to Australia to live with a remote Aboriginal tribe. He embarked on a remarkable healing transformation guided by the 60,000-year-old healing system of the world's oldest continuous culture.

**Audiobook available**



## Reclaiming Life after Trauma

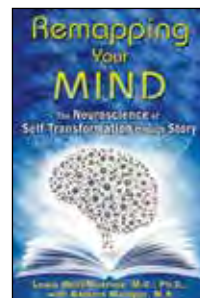
*Healing PTSD with Cognitive-Behavioral Therapy and Yoga*

Daniel Mintie, LCSW and Julie K. Staples, Ph.D.

ISBN 978-1-62055-634-4  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
59 b&w illustrations

This book addresses both the physical and psychological expressions of PTSD, presenting an integrative, fast-acting, evidence-based, and drug-free path to recovery. Offering yoga and cognitive-behavioral therapy techniques, the authors provide a suite of simple, powerful, and easily learned tools readers can put to immediate use to reset their traumatized bodies and minds.

**Audiobook available**



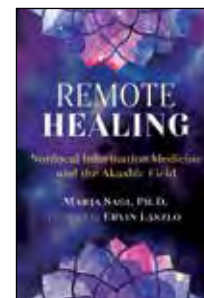
## Remapping Your Mind

*The Neuroscience of Self-Transformation through Story*

Lewis Mehl-Madrona, M.D., Ph.D., with Barbara Mainguy, M.A.

ISBN 978-1-59143-209-8  
\$18.00 (CAN \$21.50) pb  
320 pages, 6 x 9

We are born into a world of stories that shape our behavior. But by reshaping our personal, family, and cultural narratives we can reshape the patterns of our lives. This book lays out this practice, showing how to create new characters and new stories, ones that inspire us and help us build healthier relationships with each other and the planet.



## Remote Healing

*Nonlocal Information Medicine and the Akashic Field*

Maria Sagi, Ph.D.

Foreword by Ervin Laszlo  
ISBN 978-1-62055-951-2  
\$18.99 (CAN \$23.99) pb  
348 pages, 6 x 9  
Includes 8-page color insert and 35 b&w illustrations

In this practical guide to the Sagi method of healing across space and time, Maria Sagi, Ph.D., explains her techniques for accessing the Akashic information field to diagnose illnesses, treat symptoms, and heal the causes of disease, whether we are in the same room as our patient or on the other side of the earth.

**Audiobook available**



## New—Available Shamanic Reiki Drumming

*Intuitive Healing with Sound and Vibration*

Fay Johnstone

Foreword by Carol Day

ISBN 978-1-64411-884-9  
\$19.99 (CAN \$24.99) pb  
208 pages, 6 x 9  
10 b&w illustrations

Reiki master and shamanic teacher Fay Johnstone explores in detail the practices and benefits of shamanic drum journeying in the context of Reiki healing. She shares Reiki drum techniques and step-by-step shamanic practices to strengthen the potency of Reiki symbols and treatments and bring empowerment, healing, connection, and clarity to you and your clients.



## Soul Medicine

*Healing through Dream Incubation, Visions, Oracles, and Pilgrimage*

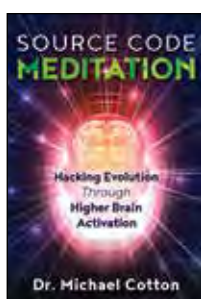
Edward Tick, Ph.D.

Foreword by Mark Nepo

ISBN 978-1-64411-089-8  
\$24.99 (CAN \$31.50) pb  
288 pages, 6 x 9

Exploring the soul-healing practices missing in our contemporary health systems, Edward Tick, Ph.D., looks at the dream incubation tradition of Asklepios, sacred theatre of Dionysos, oracle gifting of Apollo, and their roots in Neolithic shamanism and indigenous traditions. He includes techniques and case studies to reveal how healings are achieved with these methods.

**Audiobook available**



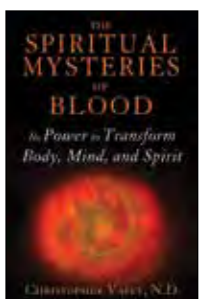
## Source Code Meditation

*Hacking Evolution through Higher Brain Activation*

Dr. Michael Cotton

ISBN 978-1-84409-747-0  
\$16.99 (CAN \$21.50) pb  
240 pages, 6 x 9  
26 b&w illustrations

With the techniques of Source Code Meditation, you can activate latent energy in your body to energize and awaken your higher brain before meditation begins. With the higher brain prepped and tuned, meditation is efficiently received, leading to quantum breakthroughs in higher consciousness as well as deep flow states.



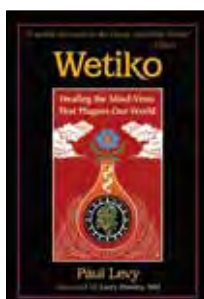
## The Spiritual Mysteries of Blood

*Its Power to Transform Body, Mind, and Spirit*

Christopher Vasey, N.D.

ISBN 978-1-62055-417-3  
\$14.95 (CAN \$17.95) pb  
160 pages, 5.38 x 8.25

Blood does far more than transport nutrients and remove waste. Like everything, it radiates, and it is blood's radiation that connects body to spirit. Processed foods, vitamin deficiencies, heavy metals, and medications negatively affect blood radiation and lead to various imbalances. Thus, there is a spiritual purpose in eating rightly—it provides a foundation for our soul to further its development.



## A Sacred Planet Book Wetiko

*Healing the Mind-Virus That Plagues Our World*

Paul Levy

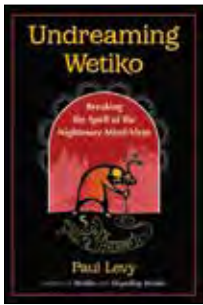
Foreword by Larry Dossey, M.D.

ISBN 978-1-64411-410-0  
\$19.99 (CAN \$24.99) pb  
336 pages, 6 x 9

Examining the concept of wetiko as it appears in the Kabbalah, Hawaiian Kahuna shamanism, mystical Christianity, and Jung's writings, Paul Levy shows how this mind-virus is embedded in our psyches and how our blindness to it gives wetiko its destructive power. And, by recognizing this highly contagious mind parasite, we can break free from its hold.

**Audiobook available**





A Sacred Planet Book

### Undreaming Wetiko

*Breaking the Spell of the Nightmare Mind-Virus*

Paul Levy

ISBN 978-1-64411-566-4  
\$24.99 (CAN \$31.50) pb  
416 pages, 6 x 9

The profound and radical Native American idea of "wetiko," a virus of the mind, underlies the collective insanity and evil that is destructively playing out around the world. Yet, as Paul Levy reveals in depth, encoded within wetiko itself lies the very medicine needed to combat the mind-virus and heal both ourselves and our world.

Audiobook available



### The Wisdom of Wildness

*Healing the Trauma of Domestication*

Ren Hurst

ISBN 978-1-64411-679-1  
\$16.99 (CAN \$21.50) pb  
160 pages, 6 x 9  
4 b&w illustrations

Revealing how our own domestication—and our resultant disconnection from nature—is the root trauma for much of the human experience, Ren Hurst explores 13 principles of unconditional love and experiential practices for addressing the trauma of domestication, healing relationships, and restoring deep connection to the inner guidance of your wild soul.



### Working with Chakras for Belief Change

*The Healing InSight Method*  
Nikki Gresham-Record

ISBN 978-1-62055-902-4  
\$24.99 (CAN \$31.50)  
Paper with lay flat binding  
304 pages, 6 x 9  
Full-color throughout

Detailing the Healing InSight Method for belief change, this practical full-color book explains how to transform unhelpful belief patterns and raise your vibration through a combination of chakra work, affirmations, therapeutic processes, visualization, and bodywork exercises. Includes 56 high-vibration color chakra images for therapeutic guidance, healing, and positive manifestation.

Audiobook available



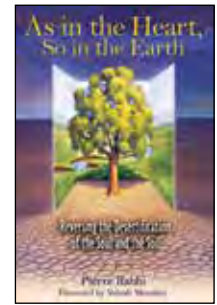
### Answering the Call of the Elementals

*Practices for Connecting with Nature Spirits*

Thomas Mayer

ISBN 978-1-64411-214-4  
\$16.99 (CAN \$21.50) pb  
160 pages, 5 x 7.75

Thomas Mayer reveals how he learned to develop his sense of perception and other supersensible abilities to make direct personal contact with the unseen world of the elementals. He shares his experiences with different elementals like fairies, dwarfs, and giants as well as the elemental world's urgent call for help.



### As in the Heart, So in the Earth

*Reversing the Desertification of the Soul and the Soil*  
Pierre Rabhi

Foreword by Yehudi Menuhin

ISBN 978-1-59477-081-4  
\$14.95 (CAN \$17.95) pb  
160 pages, 6 x 9

*As in the Heart, So in the Earth* is a strong indictment of a civilization that, while seeking domination over the earth, mutilates, tortures, and desecralizes it. For Pierre Rabhi ecology is inseparable from spirituality. A reconciliation with Mother Earth must be accompanied by relearning our ancestors' reverence for the soil.



### Ask Mother Nature

*A Conscious Gardener's Guide*

Ellen Vande Visse

ISBN 978-1-84409-163-8  
\$15.99 (CAN \$18.99) pb  
176 pages, 6.25 x 9.13  
5 b&w illustrations

Functioning as a spiritual-development manual as well as a beginner's gardening guide, this reference teaches how to bring the angelic dimension of co-creation into green thumb work by communicating with nature. Sections include fertilizer and compost, specific vegetables, soils, and insects, and others to bring forth the continual miracles that maximize a garden's potential.



### Communicating with Plants

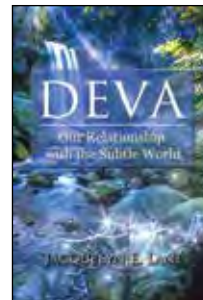
*Heart-Based Practices for Connecting with Plant Spirits*

Jen Frey

Foreword by Pam Montgomery

ISBN 978-1-59143-459-7  
\$24.00 (CAN \$29.99) pb  
352 pages, 6 x 9  
19 b&w illustrations

Everyone has an innate ability to consciously communicate with Plants. Jen Frey explains the synergistic process of communicating with Plants and how they can help us heal and teach us to trust, forgive, and embrace self-love. She also shares teachings from a variety of Plants such as Yarrow, Mugwort, Maple, Dandelion, and Poison Ivy.



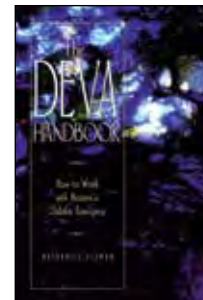
### Deva

*Our Relationship with the Subtle World*

Jacquelyn E. Lane

ISBN 978-1-64411-074-4  
\$18.99 (CAN \$23.99) pb  
320 pages, 6 x 9

Jacquelyn Lane introduces us to the hierarchy of the Deva kingdom, from elementals and nature spirits to higher Deva and the levels in between. Sharing her personal experiences with Deva, she investigates our relationship with Deva and how we can communicate with the Deva of trees and plants as well as the angelic kingdom.



### The Deva Handbook

*How to Work with Nature's Subtle Energies*

Nathaniel Altman

ISBN 978-0-89281-552-4  
\$16.99 (CAN \$19.99) pb  
176 pages, 6 x 9  
26 b&w photographs

When we experience the powerful force of a waterfall, the elusive beauty of a rainbow, or the stark strength of a craggy expanse of a cliff, many of us have perceived "something else" that goes beyond the five senses: feelings of peace, comfort, healing, and inspiration. The author shows how to use these intuitive impressions for healing and meditation.



### Earth Acupuncture

*Healing the Living Landscape*

Gail Reichstein Rex, L.Ac.

ISBN 978-1-59143-202-9  
\$16.00 (CAN \$19.50) pb  
208 pages, 6 x 9

Acupuncturist Gail Rex applies the principles of Chinese medicine and Native American shamanism to heal the Earth and its polluted landscapes. Different methods of Earth acupuncture treatment are explored, including building stone circles, planting crystals, and working with wooden and copper-rod needles to treat these specific points and restore energy balance.



## Earth Alchemy *Aligning Your Home with Nature's Energies*

Anne Parker and  
Dominique Susani

ISBN 978-1-84409-567-4  
\$17.95 (CAN \$19.95) pb  
160 pages, 6 x 9  
60 b&w illustrations

This guide offers day-to-day applications of earth-energy work from the simple act of bed placement to choosing the location of a home. Practical tools are offered for making living and working spaces healthier, encouraging realignment with the natural earth patterns and influences on both personal and planetary levels.



## Earth Spirit Dreaming

*Shamanic Ecotherapy Practices*

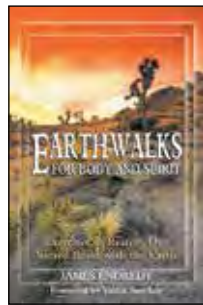
Elizabeth E. Meacham, Ph.D.

Foreword by  
Christopher M. Bache, Ph.D.

ISBN 978-1-62055-987-1  
\$16.99 (CAN \$21.50) pb  
224 pages, 6 x 9

In this practical guide, the author details her field-tested method of shamanic ecotherapy practices to resolve the centuries-old trend of disconnection from nature. She explains the Earth Spirit Dreaming process for rebirthing your shamanic abilities and provides experiential exercises to foster interactions with the intelligences and energies of nature and the Spirit realm.

**Audiobook available**



## Earthwalks for Body and Spirit

*Exercises to Restore Our Sacred Bond with the Earth*

James Endredy

Foreword by Victor Sanchez

ISBN 978-1-879181-78-6  
\$18.00 (CAN \$22.50) pb  
200 pages, 5.38 x 8.25

Contains 45 walking exercises based on techniques that have been developed from the author's work with traditional indigenous practices of the Huichol Indians of western Mexico. This book teaches us how to use an easy, accessible form of movement, the surroundings of the natural world, and the magic of attention to open our hearts to a rediscovery of our sacred relationships with each other and the Earth.



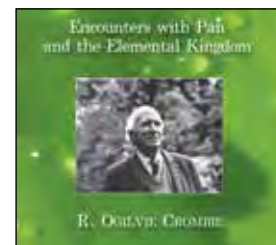
## Ecosomatics

*Embodiment Practices for a World in Search of Healing*

Cheryl Pallant, Ph.D.

ISBN 978-1-59143-476-4  
\$20.00 (CAN \$24.99) pb  
224 pages, 6 x 9

In this practical guide, Cheryl Pallant explains how ecosomatics—embodiment work for personal and planetary health—can help us shift our consciousness by embracing the interconnections between our inner and outer worlds. She shares exercises to develop somatic intelligence, let go of limiting beliefs, lessen fear and anxiety, and open to new levels of awareness.

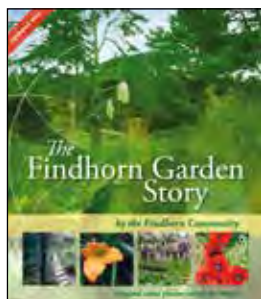


## Encounters with Pan and the Elemental Kingdom

R. Ogilvie Crombie

ISBN 978-1-84409-199-7  
\$19.95 (CAN \$23.95) CD

This book describes the author's path as he meets the faun Kurmos in the Royal Botanic Garden in Edinburgh, discovers the realm of the elementals, and meets the great god Pan himself. Roc shows that true co-creation with nature can bring about vital positive change to our endangered ecosystem.



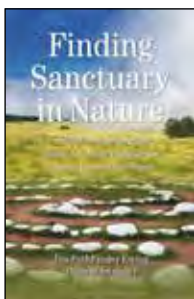
## The Findhorn Garden Story

*Inspired Color Photos Reveal the Magic*

The Findhorn Community

ISBN 978-1-84409-135-5  
\$24.95 (CAN \$29.95) pb  
208 pages, 8.13 x 9  
Full color throughout

The history of the Findhorn Community founded more than 40 years ago in Scotland on barren sand dunes. Plants of enormous size began to grow in a small plot inhabited by a family on unemployment benefits. By cooperating with nature spirits they have created a thriving village and a spiritual learning center.



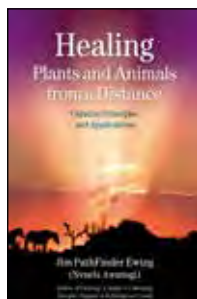
## Finding Sanctuary in Nature

*Simple Ceremonies in the Native American Tradition for Healing Yourself and Others*

Jim PathFinder Ewing

ISBN 978-1-84409-095-2  
\$16.95 (CAN \$18.99) pb  
192 pages, 5 x 7.75

Spiritual lessons based on Native American shamanism explain how to clear spaces of unwanted energy, create simple ceremonies, connect with spirit guides and angels, and interpret symbols. An extended discussion tells how to make a medicine wheel and use it as an engine for distance healing.



## Healing Plants and Animals from a Distance

*Curative Principles and Applications*

Jim PathFinder Ewing

ISBN 978-1-84409-111-9  
\$16.95 (CAN \$19.95) pb  
192 pages, 5 x 7.75  
6 b&w line drawings

This manual shows how to gain wisdom from spirit guides and apply this knowledge in the natural world. It describes key methods to talk to plants and animals and understand what they say, and it explains how healing and wholeness can be attained in urban and rural settings.



## Finding Your ElvenHeart

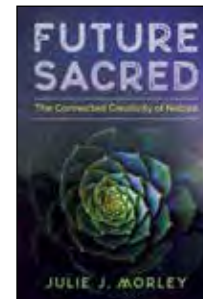
*Working with the Inner Realm of the Sidhe*

Søren Hauge

Foreword by David Spangler

ISBN 978-1-64411-149-9  
\$16.99 (CAN \$21.50) pb  
224 pages, 6 x 9  
22 b&w illustrations

Awaken to your closest kin, the Sidhe or Faery People, and let them inspire you to rediscover your gentle, wild, innermost nature, your ElvenHeart. This guide shares close encounters with the Sidhe and offers simple exercises to bring you into contact with your magical kin, connect with the Earth, and rewild yourself.



## Future Sacred

*The Connected Creativity of Nature*

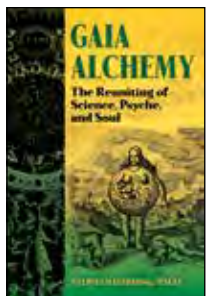
Julie J. Morley

Foreword by  
Glenn Aparicio Parry

ISBN 978-1-62055-768-6  
\$19.99 (CAN \$24.99) pb  
272 pages, 6 x 9

Rejecting the "survival of the fittest" theory in favor of sacred symbiosis, creative cooperation, and complexity consciousness, Morley shows how nature's intelligence and creativity abound everywhere and expounds that our sacred future depends on achieving synergy with nature and with each other as diverse expressions of nature's creativity.





### Gaia Alchemy

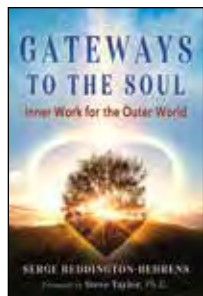
*The Reuniting of Science, Psyche, and Soul*

Stephan Harding, Ph.D.

Foreword by Stephen Harrod Buhner

ISBN 978-1-59143-425-2  
\$20.00 (CAN \$24.99) pb  
320 pages, 6 x 9  
64 b&w illustrations

During the scientific revolution, science and soul were drastically separated. But, as scientist and ecologist Stephan Harding, Ph.D., demonstrates in detail, by reintegrating science with personal experiences of psyche and soul, we can reclaim our lost sacred wholeness and help heal ourselves and our planet. Includes guided meditations and contemplative exercises.



### Gateways to the Soul

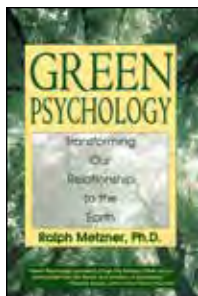
*Inner Work for the Outer World*

Serge Beddington-Behrens

Foreword by Steve Taylor, Ph.D.

ISBN 978-1-64411-045-4  
\$18.99 (CAN \$23.99) pb  
304 pages, 6 x 9

In this guide to engaging in inner work to bring change into the world, Dr. Serge Beddington-Behrens reveals how the healing of our personal wounds combined with the growing of our soul life leads us directly to the addressing of world problems. Includes inspirational stories, exercises, and meditations.



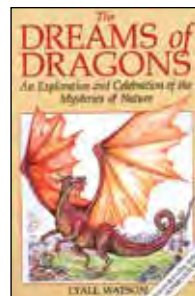
### Green Psychology

*Transforming Our Relationship to the Earth*

Ralph Metzner, Ph.D.

ISBN 978-0-89281-798-6  
\$19.99 (CAN \$24.99) pb  
240 pages, 6 x 9  
25 b&w illustrations

The idea of domination over nature has led to an unprecedented destruction of the very systems which support us. Ralph Metzner explores the history of this global pathology and shows that disciplines such as deep ecology and ecofeminism are creating a worldview in which the mind of humanity and the health of the Earth may be harmoniously intertwined.



### The Dreams of Dragons

*An Exploration and Celebration of the Mysteries of Nature*

Lyall Watson

ISBN 978-0-89281-372-8  
\$14.95 (CAN \$17.95) pb  
176 pages, 5.38 x 8.25

Lyall Watson maintains that there is a truth to be found behind every seemingly impossible legend. In insightful descriptions of his extraordinary travels, we encounter phenomenon that defy traditional scientific explanation. Watson looks beyond the scientific "facts" and helps us—through his own remarkable discoveries—to see the poetry and wonder of the natural world.



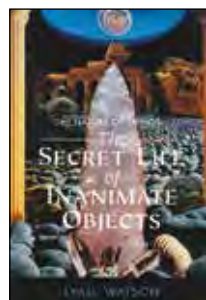
### Gifts of Unknown Things

*A True Story of Nature, Healing, and Initiation from Indonesia's Dancing Island*

Lyall Watson

ISBN 978-0-89281-353-7  
\$16.95 (CAN \$19.95) pb  
256 pages, 5.38 x 8.25

Discover the extraordinary island of Nus Tarian, in Indonesia, where everyday reality contains terrifying, inexplicable, and miraculous phenomena. Magical feats, extrasensory perception, and psychic healing are commonplace in this land where the natural and the supernatural coexist and challenge our beliefs about reality.



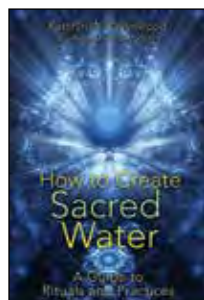
### The Nature of Things

*The Secret Life of Inanimate Objects*

Lyall Watson

ISBN 978-0-89281-408-4  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9

Watson explores the subtle forces of memory fields and suggests that matter has the capacity to absorb emotional "fingerprints," the mental fossils that channel echoes from the past. He demonstrates the complexity of inanimate life and offers possible proof of our sensitivity to its minute, natural patterns of energy.



### How to Create Sacred Water

*A Guide to Rituals and Practices*

Kathryn W. Ravenwood

Foreword by Nicki Scully  
ISBN 978-1-59143-141-1  
\$19.99 (CAN \$24.99) pb  
232 pages, 6 x 9  
Includes 8-page color insert

This book explains how to make homeopathic elixirs that can purify bodies of water both near and far. It describes how to create a personal altar in your home, the crystals most suitable for this work, and how to program them with your healing intentions using a full moon to full moon cycle of ritual and prayer.



### Journeys with Plant Spirits

*Plant Consciousness Healing and Natural Magic Practices*

Emma Farrell

Foreword by Pam Montgomery  
ISBN 978-1-59143-407-8  
\$18.00 (CAN \$22.50) pb  
288 pages, 6 x 9  
15 b&w illustrations

Emma Farrell explains how to access plant spirit healing through meditation with plants. She offers a progressive series of preparatory meditations, adapted from wisdom traditions, followed by meditation journeys with specific plant spirits, focusing on specific frequencies within the plant's bio-resonance to assist you.

**Audiobook available**



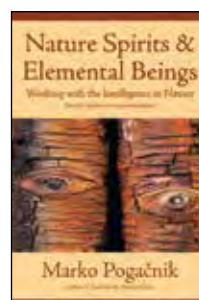
### Moonrise

*The Power of Women Leading from the Heart*

Edited by Nina Simons with Anneke Campbell

Foreword by Terry Tempest Williams  
ISBN 978-1-59477-352-5  
\$18.95 (CAN \$22.95) pb  
320 pages, 6 x 9

Essays from more than 30 eminent women who are reinventing leadership by emphasizing collaboration, inner awareness, and relational intelligence. Their passionate stories can inspire us to cocreate a healthy, peaceful, just, and sustainable world.



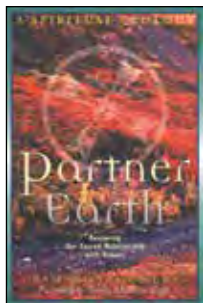
### Nature Spirits & Elemental Beings

*Working with the Intelligence in Nature*

Marko Pogacnik

ISBN 978-1-84409-175-1  
\$19.99 (CAN \$23.99) pb  
320 pages, 6.13 x 9.25  
52 b&w line drawings

This guide to healing the earth teaches how to work with elemental beings by describing each in detail and defining their roles within the web of life. This book can set anyone with earth and landscape concerns—gardeners, growers, designers, and builders—one step closer toward becoming environmental warriors.



**Partner Earth**  
*A Spiritual Ecology*  
Pam Montgomery

ISBN 978-0-89281-741-2  
\$16.99 (CAN \$21.50) pb  
176 pages, 6 x 9  
10 b&w illustrations

*Partner Earth* provides a wide range of practical exercises that can help us become whole beings again by reclaiming our birthright as partners with all of creation. If we open ourselves to the devas—the spirits of plants, animals, and the elements—we can heal the rift between the physical body and the energetic patterns that support all life.



**Plant Spirit Healing**  
*A Guide to Working with Plant Consciousness*  
Pam Montgomery

Foreword by  
Stephen Harrod Buhner

ISBN 978-1-59143-077-3  
\$18.00 (CAN \$22.50) pb  
248 pages, 6 x 9  
Includes 8-page color insert  
and 10 b&w illustrations

Herbalist Pam Montgomery's triple spiral path—working through the heart to connect with the soul and gain access to the spirit—is a hands-on approach to partnering with plant spirits that promotes a profound healing, one that moves beyond mere symptomatic treatment into aligning us with the vast web of nature.



**Plant Spirit Reiki**  
*Energy Healing with the Elements of Nature*  
Fay Johnstone

ISBN 978-1-64411-104-8  
\$16.99 (CAN \$21.50) pb  
224 pages, 6 x 9  
19 b&w illustrations

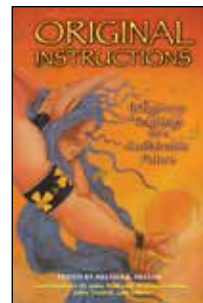
In this practical workbook, Fay Johnstone demonstrates how energy healers and Reiki practitioners can partner with planet spirit allies and the forces of nature for powerful healing for themselves, others, and our planet. Includes many simple exercises, meditations, and Reiki practices to help you intuitively work with plants as part of your Reiki practice.



**Plants That Speak,  
Souls That Sing**  
*Transform Your Life with the Spirit of Plants*  
Fay Johnstone

ISBN 978-1-84409-751-7  
\$14.99 (CAN \$21.50) pb  
164 pages, 6 x 9  
Includes 4-page color insert

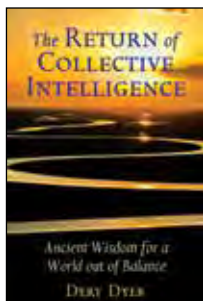
Fay Johnstone provides a practical guide to rekindling your connection with nature and opening up to plant consciousness. She includes more than 40 simple exercises, shamanic journeys, and meditations to guide you on a heart-centered journey of transformation as you commune with the environment, the seasons, the moon, plant spirits, and the Earth Heart.



**Original Instructions**  
*Indigenous Teachings for a Sustainable Future*  
Edited by Melissa K. Nelson

ISBN 978-1-59143-079-7  
\$20.00 (CAN \$24.00) pb  
384 pages, 6 x 9

*Original Instructions* presents the ancient teachings for sustainable living that are safeguarded and maintained by indigenous peoples. With contributions from John Mohawk, Winona LaDuke, Chief Oren Lyons, and others, these voices tell us how to live with a light footprint—in gratitude and with reverence for community and all creation.

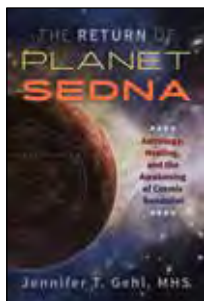


**The Return of Collective Intelligence**  
*Ancient Wisdom for a World out of Balance*  
Dery Dyer

ISBN 978-1-59143-352-1  
\$18.00 (CAN \$22.50) pb  
288 pages, 6 x 9  
34 b&w illustrations

Collective intelligence is the mysterious force that enables flocks of birds and schools of fish to function together. As Dery Dyer reveals, collective intelligence still resides within each of us. Drawing on recent science and traditional teachings, she offers ways for us to reconnect to this infinite source of wisdom.

**Audiobook available**



**The Return of Planet Sedna**  
*Astrology, Healing, and the Awakening of Cosmic Kundalini*  
Jennifer T. Gehl, MHS

ISBN 978-1-62055-707-5  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
32 b&w illustrations

Gehl explores how the Inuit legend of the sea woman Sedna offers clues about the message of the same-named planet's return, including a warning about the sustainability of our planet. She also details how we can tune ourselves to Sedna's energies and harness them for healing ourselves and our planet.

**Audiobook available**



**Sacred Places**  
*How the Living Earth Seeks Our Friendship*  
James Swan

ISBN 978-0-939680-66-5  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9

Supporting Lovelock's thesis that the Earth is a living being, Swan suggests natural sites such as Serpent Mound, Machu Pichu, and Kilauaea Center have the power to move us in ways modern science cannot explain.



**Sacred Plant Initiations**  
*Communicating with Plants for Healing and Higher Consciousness*  
Carole Guyett

Foreword by Pam Montgomery  
ISBN 978-1-59143-213-5  
\$20.00 (CAN \$24.00) pb  
328 pages, 6 x 9  
Includes 8-page color insert  
and 50 b&w illustrations

This book explains how you can commune with plants and their spirits through "plant dieting", which involves ingesting a particular plant over a period of time so you receive its vibratory energy as well as its medicinal actions. It details eight ceremonial initiations that allow you to receive the plant's sacred teachings, and forge a relationship for guidance and healing.



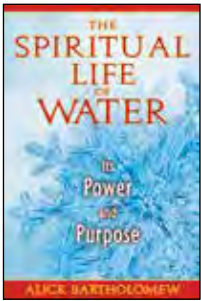
**Speaking with Nature**  
*Awakening to the Deep Wisdom of the Earth*  
Sandra Ingerman and Lynn Roberts

ISBN 978-1-59143-190-9  
\$18.00 (CAN \$22.50) pb  
288 pages, 6 x 9  
30 b&w illustrations

Sandra Ingerman and Lynn Roberts share transformative teachings from their own conversations with nature spirits, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt. These practices can be used in the wilderness, in a city park, or even purely through imagination, allowing anyone to communicate with and seek guidance from nature.

**Audiobook available**



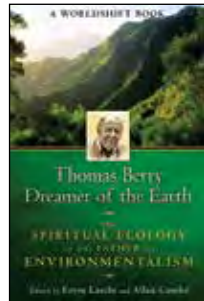


### The Spiritual Life of Water

*Its Power and Purpose*  
Alick Bartholomew

ISBN 978-1-59477-360-0  
\$29.99 (CAN \$35.99) pb  
368 pages, 6 x 9  
Includes 16-page color insert  
and 30 b&w illustrations

This book reveals water to be a conscious organism that is self-creating and self-organizing. Examining new discoveries in quantum biology, it shows how water binds all of life into one vast network of energy, allowing instant communication and coherence.



### Thomas Berry, Dreamer of the Earth

*The Spiritual Ecology of the Father of Environmentalism*

Edited by Ervin Laszlo and Allan Combs

ISBN 978-1-59477-395-2  
\$14.95 (CAN \$17.95) pb  
160 pages, 6 x 9

This anthology of ten essays reiterate Thomas Berry's most important conclusion: that we must reestablish a connection with universal consciousness and return to our fundamental spontaneous nature in order to navigate our ecological challenges.



### The Universe Is a Green Dragon

*A Cosmic Creation Story*  
Brian Swimme, Ph.D.

ISBN 978-0-939680-14-6  
\$14.00 (CAN \$16.95) pb  
168 pages, 5.5 x 8.5

Communicating his ideas in the form of a classical dialogue between a youth and a wise elder, cosmologist Brian Swimme crafts a fascinating exploration into the creativity suffusing the universe. His explication of the fundamental powers of the cosmos is mystical and ecstatic and points directly to the need to activate one's own creative powers.



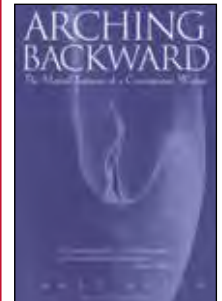
### Weather Shamanism

*Harmonizing Our Connection with the Elements*

Nan Moss with David Corbin

ISBN 978-1-59143-074-2  
\$18.00 (CAN \$22.00) pb  
272 pages, 6 x 9

Through anthropological research, shamanic journeys, and anecdotes, Moss and Corbin show how humans and weather have always affected and influenced each other. As global warming worsens, creating an alliance with weather spirits can help restore harmony between humankind and the Earth.



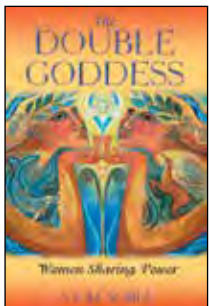
### Arching Backward

*The Mystical Initiation of a Contemporary Woman*

Janet Adler

ISBN 978-0-89281-546-3  
\$16.99 (CAN \$19.99) pb  
264 pages, 6 x 9

*Arching Backward* is the extraordinary account of an American woman who found herself suddenly and violently immersed in a mystical initiation for which she was not prepared. Her story offers a guide for others on this journey and provides a powerful affirmation of women's experience of the spirit.



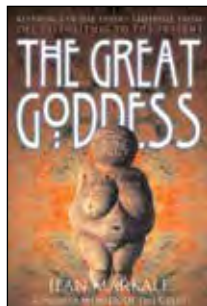
### The Double Goddess

*Women Sharing Power*

Vicki Noble

ISBN 978-1-59143-011-7  
\$18.00 (CAN \$22.00) pb  
296 pages, 6 x 9  
179 b&w line illustrations

A study of the "double goddess" iconography prominent in Neolithic and Bronze Age cultures that expands our understanding of female sovereignty. Celebrates this archetype of sacred female bonding and depicts a vast array of relationships women may form with themselves and each other to explore a sense of self and empowerment, and to share power with each other.

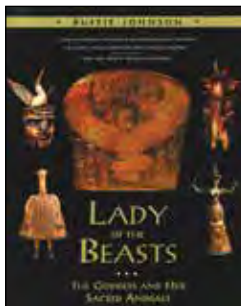


### The Great Goddess

*Reverence of the Divine Feminine from the Paleolithic to the Present*  
Jean Markale

ISBN 978-0-89281-715-3  
\$18.95 (CAN \$22.95) pb  
272 pages, 6 x 9

Patriarchal societies forced the preeminent power of the feminine into an obscure and subservient position, yet the Great Goddess did not simply disappear when her position was usurped. This book provides evidence of the extraordinary permanence of her worship—even at the heart of those religions that tried to destroy her.



### Lady of the Beasts

*The Goddess and Her Sacred Animals*  
Buffie Johnson

ISBN 978-0-89281-523-4  
\$29.99 (CAN \$35.99) pb  
400 pages, 7.25 x 9  
400 b&w illustrations

This is the classic book on the Goddess as defined by the ancient societies that worshiped her, richly illustrated with art and artifacts from prehistory to the present.

**"Contains a wealth of symbolic material on the Goddess, presented through the perceptive eye of an artist."**

Merlin Stone, author of  
*When God Was a Woman*



### Soul Talk

*The New Spirituality of African American Women*

Akasha Gloria Hull

ISBN 978-0-89281-943-0  
\$18.99 (CAN \$23.99) pb  
272 pages, 6 x 9

Through fascinating and heartfelt conversations with some of today's most creative and powerful women the author explores how a new spiritual consciousness is manifested, how it affects the women who practice it, and how its effects can be carried to others. Using a unique and readable blend of interviews, storytelling and literary critique, *Soul Talk* shows how personal and social change become possible by reconnecting with the spirit.



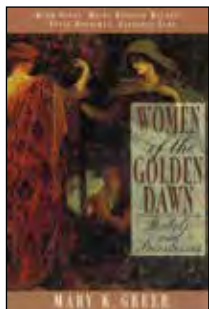
### Women Healers

*Portraits of Herbalists, Physicians, and Midwives*

Elisabeth Brooke

ISBN 978-0-89281-548-7  
\$16.95 (CAN \$19.95) pb  
176 pages, 5.38 x 8.25

Drawing from primary sources to offer a reconstruction of the history of women's healing practices, the author argues that the medieval image of the healer as witch was deliberately constructed by Church officials to discredit women's powers. In its place she provides a more accurate picture of these innovative, compassionate, and capable practitioners.



## Women of the Golden Dawn

**Rebels and Priestesses:**  
Maud Gonne, Moina Bergson Mathers, Annie Horniman, Florence Farr  
Mary K. Greer

ISBN 978-0-89281-607-1  
\$29.95 (CAN \$35.95) pb  
512 pages, 6 x 9  
72 b&w illustrations

These four remarkable women, core members of the Hermetic Order of the Golden Dawn, left a lasting imprint on the politics, literature, and theater of 19th-century Europe. Less well-known than the famous men in their lives, including Yeats and Shaw, their stories are now told.

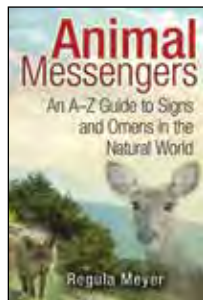


## Animal Healing with Australian Bush Flower Essences

Marie Matthews

ISBN 978-1-84409-610-7  
\$19.95 (CAN \$21.95) pb  
192 pages, 7 x 10.25  
12 b&w illustrations

This reference gives extraordinary insights into the emotional world of animals and explores the healing powers of Australian Bush Flower Essences, providing practical hints for keeping creatures fit, happy, and healthy with safe and time saving naturopathic remedies. The book includes a Repertory of Symptoms section for exotic creatures.

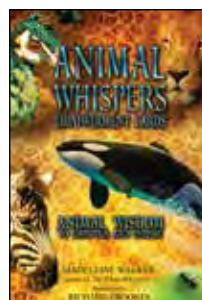


## Animal Messengers

*An A-Z Guide to Signs and Omens in the Natural World*  
Regula Meyer

ISBN 978-1-59143-161-9  
\$18.00 (CAN \$21.50) pb  
320 pages, 7 x 9  
90 b&w illustrations

Each encounter with an animal in the natural world signals something to us about our inner world. Providing sophisticated insight into encounters with more than 150 animals, birds, reptiles, insects, and aquatic life, Regula Meyer shows how animal encounters cause us to meditate on matters of which we are otherwise unaware.

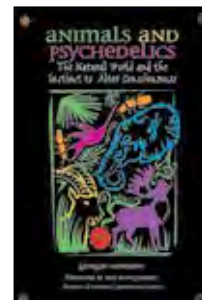


## Animal Whispers Empowerment Cards

*Animal Wisdom to Empower and Inspire*  
Madeleine Walker

Illustrated by Richard Crookes  
ISBN 978-1-84409-595-7  
\$19.95 (CAN \$23.95)  
Boxed set, 5.13 x 7.38  
Includes 44 color cards and a 96-page booklet

This divination deck brings empowerment and inspiration in tune with the rhythms of nature and the planet from the animal kingdom. Daily usage of animal cards allows access to messages that pinpoint troublesome life situations, and foster renewed self-belief and release of self-doubt. Expanded interpretations in the booklet enhance the experience.



## Animals and Psychedelics

*The Natural World and the Instinct to Alter Consciousness*  
Giorgio Samorini

Foreword by  
Rob Montgomery, founder of  
Botanical Preservation Corps  
ISBN 978-0-89281-986-7  
\$12.95 (CAN \$14.95) pb  
112 pages, 5.38 x 8.25

The animal kingdom offers amazing examples of wild animals and insects seeking out and consuming psychoactive substances. Giorgio Samorini explores this little-known phenomenon and suggests that, far from being confined to humans, the desire to experience altered states of consciousness is a natural drive shared by all living beings.



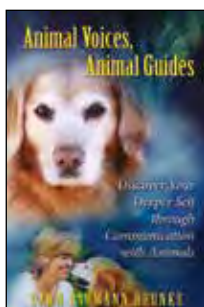
## Animal Voices

*Telepathic Communication in the Web of Life*

Dawn Baumann Brunke

ISBN 978-1-879181-91-5  
\$18.00 (CAN \$21.95) pb  
288 pages, 6 x 9  
35 b&w photographs

Our earliest ancestors had an ongoing shamanic dialogue with the animal kingdom, but this ability has been lost to most in the modern world. Brunke provides the techniques to reopen these connections. The main contributors to this book are actual animals, who reveal themselves to be sentient beings with their own thoughts, emotions, and spiritual reasons for being on the planet.



## Animal Voices, Animal Guides

*Discover Your Deeper Self through Communication with Animals*

Dawn Baumann Brunke

ISBN 978-1-59143-098-8  
\$16.00 (CAN \$19.50) pb  
256 pages, 6 x 9  
46 b&w illustrations

*Animal Voices, Animal Guides* explains how we can tune in to the "universal language" of all life by reconnecting with the animal kingdom more consciously. Includes techniques for communicating with animal guides, exploring dreams, shamanic journeys, healing, and shapeshifting with animals.



## Shadow Animals

*How Animals We Fear Can Help Us Heal, Transform, and Awaken*

Dawn Baumann Brunke

ISBN 978-1-59143-457-3  
\$25.00 (CAN \$31.50) pb  
320 pages, 6 x 9  
231 b&w illustrations

As Dawn Baumann Brunke explains, the animals we fear or dislike can help us to recognize our Shadow: the hated, abandoned, judged, and denied aspects of ourselves. She explores the lessons of a wide variety of shadow animals and presents thirteen animal-inspired exercises designed to examine, embrace, and integrate our shadow selves.



## Shapeshifting with Our Animal Companions

*Connecting with the Spiritual Awareness of All Life*

Dawn Baumann Brunke

ISBN 978-1-59143-083-4  
\$18.00 (CAN \$21.99) pb  
272 pages, 6 x 9  
9 b&w illustrations

*Shapeshifting with Our Animal Companions* takes us on a journey with animals for personal transformation and enlightenment. It reveals how shapeshifting with the animal kingdom lets us experience different forms of consciousness and expand our perception of the world.



## Bach Flower Remedies for Animals

Gregory Vlamis and  
Helen Graham

ISBN 978-1-899171-72-9  
\$12.95 (CAN \$15.95) pb  
128 pages, 6 x 9

Practical guide to treat animal behavioral and health problems naturally using flower essences. The authors offer detailed descriptions of 38 Bach Flower Remedies and explain how to apply them to treat a range of domestic animals, including dogs, cats, and horses.





## Cat Magic

*Mews, Myths, and Mystery*

Patricia Telesco

ISBN 978-0-89281-774-0

\$16.95 (CAN \$19.95) pb

176 pages, 7 x 7

152 b&w illustrations

Mysterious and independent, cunning and fierce, gentle and affectionate, cats have charmed their way into our folklore, history, and art. Patricia Telesco takes us on a fascinating tour of the different roles cats have played in human experience, with over 150 illustrations documenting the appearance and importance of cats in our mythology, in the religious practices of our ancestors, and in totems, spells, and other rituals.



## New—Available

A Sacred Planet Book

## Cats

*Keepers of the Spirit World*

John A. Rush

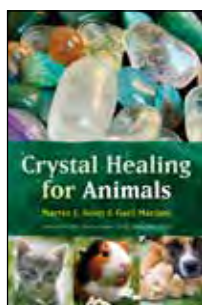
ISBN 978-1-64411-746-0

\$18.99 (CAN \$23.99) pb

208 pages, 6 x 9

John A. Rush looks at humanity's fascination and fear of cats through the ages. He examines spiritual and occult beliefs connected to cats, including their "psychic" abilities, and explores the similarities between cat and human emotions. He also looks at modern biological research into cat behavior and their highly sophisticated sensory systems.

**Audiobook available**



## Crystal Healing for Animals

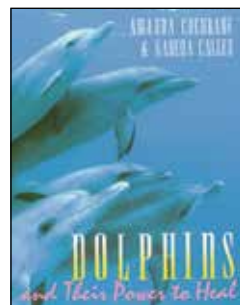
Martin Scott and  
Gael Mariani

ISBN 978-1-899171-24-8

\$14.95 (CAN \$16.99) pb

144 pages, 6 x 9.25

Discover how the healing power of crystals can be used to enhance the well-being and happiness of the animals in your care. This guide details how healing crystal and gemstones can be used to treat a range of animal problems, including trauma, allergies, grief, hyperactivity, constipation, inflammation, training problems, and much more.



## Dolphins and Their Power to Heal

Amanda Cochrane and  
Karena Callen

ISBN 978-0-89281-476-3

\$24.95 (CAN \$31.95) pb

192 pages, 7.38 x 9.5

32 color plates

Since ancient times dolphins have been known to uplift and inspire human beings through empathetic interaction. Cochrane and Callen review the myths, legends, and history of dolphins as well as current research, showing how close contact with these graceful mammals can trigger our inherent healing powers.



## Emotional Freedom Technique for Animals and Their Humans

*Creating a Harmonious Relationship through Tapping*

Joan Ranquet

Foreword by Ellie Laks

ISBN 978-1-64411-807-8

\$16.99 (CAN \$21.50) pb

192 pages, 6 x 9

10 b&w illustrations

Well known for its effectiveness with humans, Emotional Freedom Technique (EFT) also provides an excellent hands-on method for treating behavioral, emotional, and health challenges in animals. Learn how to apply EFT on animals such as dogs, cats, and horses.



## Energy Medicine for Animals

*The Bioenergetics of Animal Healing*

Diane Budd

ISBN 978-1-62055-840-9

\$16.99 (CAN \$21.50) pb

192 pages, 6 x 9

Full-color throughout

In this full-color handbook, animal communicator and healer Diane Budd reveals how to work with the energy fields, auras, and chakras of horses, cats, and dogs. She illustrates what happens in the energy fields of humans and animals when they connect telepathically and describes in detail the use of healing tools and practices.



## Enlightened Dog Training

*Become the Peaceful Alpha Your Dog Needs and Respects*

Jesse Sternberg

ISBN 978-1-64411-370-7

\$14.99 (CAN \$18.99) pb

176 pages, 6 x 9

15 b&w illustrations

Combining mindfulness teachings with animal psychology, master dog trainer Jesse Sternberg teaches you how to communicate non-verbally with your dog using the signals dogs use with each other. He shares training exercises to help build a calm and peaceful mindset for both your dog and yourself and address many common canine behavioral problems.

**Audiobook available**



## The Healthy Pet Manual

*A Guide to the Prevention and Treatment of Cancer*

Deborah Straw

Foreword by

Gary Kowalski, author of  
*The Souls of Animals*

ISBN 978-1-59477-057-9

\$18.99 (CAN \$22.99) pb

288 pages, 6 x 9

This revised and expanded edition of *Why Is Cancer Killing Our Pets?* includes information on the factors that may cause cancer in pets, and preventive measures that can be taken. The full spectrum of conventional and alternative treatments is presented in this essential resource for the care and protection of our beloved pets.



## The Heart That Is Loved Never Forgets

*Recovering from Loss: When Humans and Animals Lose Their Companions*

Kaetheryn Walker

ISBN 978-0-89281-702-3

\$14.99 (CAN \$17.99) pb

160 pages, 6 x 9

10 b&w illustrations

Anyone who has lost a treasured animal companion knows that it can be as devastating as losing a human loved one. This collection of stories addresses the grieving process of humans and animals who have lost their companions and gives advice on how best to help yourself, your surviving animals, and others recover.



## Homeopathic First Aid for Animals

*Tales and Techniques from a Country Practitioner*

Kaetheryn Walker

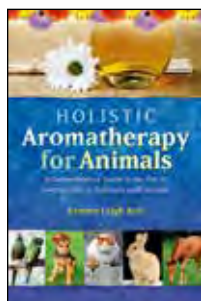
ISBN 978-0-89281-737-5

\$19.99 (CAN \$24.99) pb

240 pages, 6 x 9

62 b&w illustrations

The gentle and effective qualities that have made homeopathy such a popular remedy for humans make it the perfect treatment method for animals as well. This reader-friendly guide is an A-to-Z reference for treating almost any emergency that may befall our beloved animal companions. The perfect guide for those who want to give animals the natural care they need.



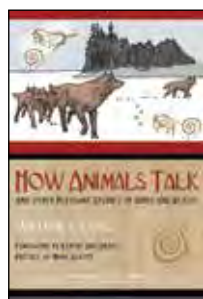
## Holistic Aromatherapy for Animals

*A Comprehensive Guide to the Use of Essential Oils & Hydrosols with Animals*

Kristen Leigh Bell

ISBN 978-1-899171-59-0  
\$16.95 (CAN \$19.95) pb  
228 pages, 6.25 x 9.13  
68 b&w illustrations

Aromatherapy is a science with more scientific data than other holistic methods. Practitioners have enjoyed great success treating people and animals with aromatherapy for many years. Bell offers a resource of effective aromatherapy treatments to improve and maintain animal health, as well as prevent common ailments in dogs, cats, and other animals.



## How Animals Talk And Other Pleasant Studies of Birds and Beasts

William J. Long

Foreword by Rupert Sheldrake

Preface by Marc Bekoff

ISBN 978-1-59143-056-8  
\$18.00 (CAN \$22.00) pb  
312 pages, 6 x 9  
50 b&w illustrations

Exploring animal telepathy and communication, William J. Long theorizes that animals are much more intelligent, emotional, and moral than we have thought, and share with us an innate ability to sense the presence of other living beings. Long's findings on the impact of our presence on animal life—and the cost incurred in separating ourselves from them—is more relevant today than ever before.



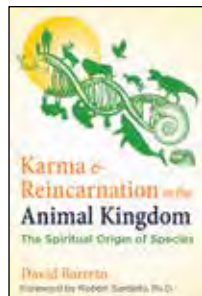
## Jin Shin for Cats and Dogs

*Healing Touch for Your Animal Companions*

Tina Stumpf

ISBN 978-1-64411-459-9  
\$19.99 (CAN \$24.99) pb  
240 pages, 6 x 9  
Full-color throughout

This practical guide to Jin Shin Jyutsu shows how to support your animal companion's health and alleviate common ailments and injuries with simple hands-on healing. It presents body maps to clearly show the positions of the energy points on cats and dogs and step-by-step illustrations and explanations for point sequences.



## New—Available A Sacred Planet Book Karma and Reincarnation in the Animal Kingdom

*The Spiritual Origin of Species*

David Barreto

Foreword by Robert Sardello, Ph.D.

ISBN 978-1-64411-813-9  
\$18.99 (CAN \$23.99) pb  
192 pages, 6 x 9  
21 b&w illustrations

Where do the spirits of animals go after they die? Do animals have chakras or auras? Why were animals worshipped in ancient religions? Exploring these questions and more, David Barreto presents a deep investigation into the spiritual, energetic, and psychic abilities of the animal kingdom.

**Audiobook available**



## Psychic Communication with Animals for Health and Healing

Laila del Monte

ISBN 978-1-59143-100-8  
\$16.00 (CAN \$19.50) pb  
224 pages, 6 x 9

The unconditionally loving nature of animals often leads them to take on the pains and imbalances of the human beings in their lives. This book shows how the physical healing of animals is directly tied to the emotional healing of the people to whom they are close.



## Soul Dog

*A Journey into the Spiritual Life of Animals*

Elena Mannes

Foreword by Robert Thurman

ISBN 978-1-59143-326-2  
\$16.00 (CAN \$20.00)  
Paper with French flaps  
192 pages, 6 x 9

Chronicling her profound relationship with her dog, Brio, Elena Mannes details her quest to explore animal thoughts and feelings, animal souls, animal reincarnation, and interspecies communication, even in the afterlife. Mannes shares her investigations into the spiritual life of animals, showing how their connections with us extend far beyond life and death.



## Animal Soul Contracts

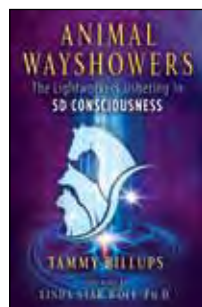
*Sacred Agreements for Shared Evolution*

Tammy Billups

ISBN 978-1-59143-364-4  
\$14.99 (CAN \$18.99) pb  
192 pages, 5.38 x 8.25  
18 b&w illustrations

Revealing the higher purpose and soul mission behind our relationships with our animal companions, Tammy Billups explores the spiritual agreements that are created when a human bonds with an animal. She explains how to identify the different types of animal soul contracts and align with them to assist your shared evolutionary journey.

**Audiobook available**



## Animal Wayshowers

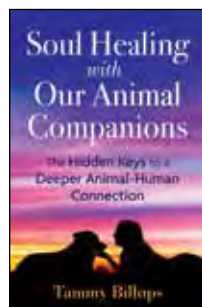
*The Lightworkers Ushering In 5D Consciousness*

Tammy Billups

Foreword by Linda Star Wolf, Ph.D.

ISBN 978-1-59143-443-6  
\$18.00 (CAN \$22.50) pb  
256 pages, 5.38 x 8.25  
40 b&w illustrations

Tammy Billups explains how animals who have chosen, at a soul level, to live alongside humans are lightworkers on the front lines of the animal kingdom's mission to help people to heal, evolve, and attune to their divine purpose as well as assist in raising the vibration of the planet and collective consciousness to 5D.



## Soul Healing with Our Animal Companions

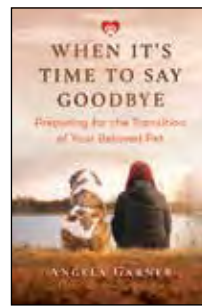
*The Hidden Keys to a Deeper Animal-Human Connection*

Tammy Billups

ISBN 978-1-59143-305-7  
\$14.99 (CAN \$18.99) pb  
192 pages, 5.38 x 8.25

The animals we attract in our lives reflect us in many ways. Offering a soulful and bioenergetic perspective on decoding our animals' actions, behaviors, and physical issues, Billups explains how our animal companions share our energetic patterns and emotional wounds, revealing issues in our own lives that may be hidden or suppressed.

**Audiobook available**



## When It's Time to Say Goodbye

*Preparing for the Transition of Your Beloved Pet*

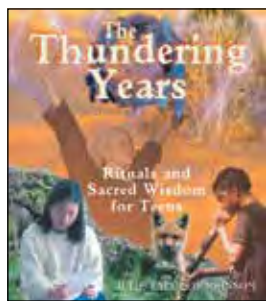
Angela Garner

Foreword by  
Victoria M. Nicholls, BVetMed,  
Cert AVP (EM), MRCVS

ISBN 978-1-64411-121-5  
\$16.99 (CAN \$21.50) pb  
160 pages, 6 x 9

In this compassionate guide, based on 20 years' experience helping individuals and teaching veterinary professionals, Angela Garner offers practical support and guidance to help you prepare for your pet's death ahead of time, do your best by your animal friend when the time comes, and work through your grieving process afterward.





## The Thundering Years

*Rituals and Sacred Wisdom for Teens*

Julie Tallard Johnson

ISBN 978-0-89281-880-8

\$16.95 (CAN \$19.95) pb

256 pages, 8 x 9

In Native American tradition, the Thundering Years are a time on the way to adulthood when we need to listen to our intense feelings, dreams, desires, and goals. Drawing on wisdom from cultures around the world, the author offers ideas for teens to creatively harness the powerful emotions and energy of the teen years. Here are exercises, rituals, and resources that show how to steer a successful course through this time of life without heading toward self-destructive behaviors.



## Tarot for Teens

M. J. Abadie

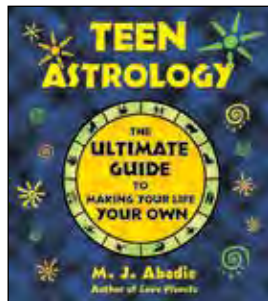
ISBN 978-0-89281-917-1

\$16.95 (CAN \$19.95) pb

256 pages, 8 x 9

100 b&w illustrations

*Tarot for Teens* uses examples common to the teen experience to teach how to interpret the cards and apply the oracle to life's timeless themes and challenges: the quest for love, issues of work and career, and the search for spiritual insight and personal growth.



## Teen Astrology

*The Ultimate Guide to Making Your Life Your Own*

M. J. Abadie

ISBN 978-0-89281-823-5

\$16.95 (CAN \$19.95) pb

320 pages, 8 x 9

b&w illustrations throughout

This book of astrology, addressed specifically to teens, provides a useful tool for helping you gain insight into yourself and your relationships with others. Absolutely no previous knowledge of astrology is needed to use this book—it provides full explanations of all astrological influences and all the necessary tables for locating planetary placements of yourself, friends, and family.



## Teen Dream Power

*Unlock the Meaning of Your Dreams*

M. J. Abadie

ISBN 978-0-89281-086-4

\$16.95 (CAN \$19.95) pb

224 pages, 8 x 9

b&w illustrations throughout

*Teen Dream Power* explores the dream wisdom of earlier societies and what it means for teens today. Teens will learn to increase dream recall, interpret dreams using their own personal dream symbol dictionary, handle nightmares, explore inner changes, enhance learning skills, and increase their creativity.



## Acorns to Great Oaks

*Meditations for Children*

Marie Delanote

Illustrated by Jokanies

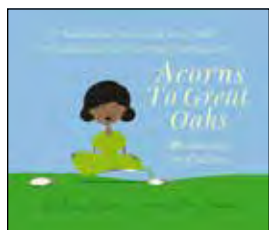
ISBN 978-1-84409-721-0

\$14.99 (CAN \$18.99) hardcover

64 pages, 5.75 x 8.25

60 color illustrations

Delanote teaches children to manage their behavior instead of having others manage it for them by giving them control over their feelings, what's happening, and where they want to be in life. Through visualization, children can access a place where they are happy, so they can feel good again in and after any difficult situation.



## Acorns to Great Oaks (CD)

*Meditations for Children*

Marie Delanote

Composed by Ellen Verheyen

ISBN 978-1-84409-727-2

\$14.99 (CAN \$20.50) CD

Delanote teaches children to manage their behavior instead of having others manage it for them by giving them control over their feelings, what's happening, and where they want to be in life. Through visualization, children can access a place where they are happy, so they can feel good again in and after any difficult situation.



## The Ancient Celtic Festivals and How We Celebrate Them Today

Clare Walker Leslie and Frank E. Gerace

ISBN 978-1-59477-256-6

\$14.99 (CAN \$17.99) pb

64 pages, 11 x 8.5

Full-color illustrations throughout

Children ages 9–12 will delight in this charmingly illustrated book that explores the ancient Celtic roots of many of our modern holidays. Hands-on activities include projects for observing the natural cycle of the seasons and new ways to enjoy traditional celebrations.



## Angel Cards for Children

Diana Cooper

ISBN 978-1-84409-027-3

\$15.99 (CAN \$19.50) Cards

33 pages, 3.88 x 5.5

33 color line drawings

This deck consists of 33 colorful cards that will encourage the natural tendency of young children to connect and play with their angels and to experience these loving beings as friends who give them support, comfort, and a sense of identity and importance.



## Animals in the Stars

*Chinese Astrology for Children*

Written and Illustrated by Gregory Crawford

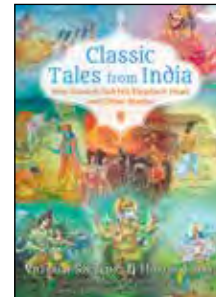
ISBN 978-1-59143-000-1

\$16.95 (CAN \$19.95) hardcover

32 pages, 11 x 8.5

Full-color illustrations throughout

This wonderful introduction to the foundations of Chinese astrology is a perfect resource for the child seeking to know more about Chinese culture, zodiac animal characteristics, relationship dynamics, or esoteric traditions, as well as those seeking the simple fun inherent in the combination of astrology and animals. For children ages 8–12.



## Classic Tales from India

*How Ganesh Got His Elephant Head and Other Stories*

Vatsala Sperling, Ph.D. and Harish Johari

Illustrated by Pieter Weltevrede, Nona Weltevrede and Sandeep Johari

ISBN 978-1-59143-386-6

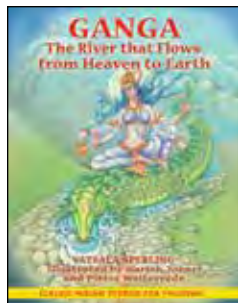
\$18.99 (CAN \$23.99) pb

240 pages, 6.75 x 9.5

Full-color throughout

With this full-color illustrated collection of classic tales from India, you will learn about the playful, loyal, strong, loving, and wise gods, goddesses, and heroes of India. Richly detailed, the illustrations bring to life the colorful cast of characters.

**Audiobook available**



### Ganga

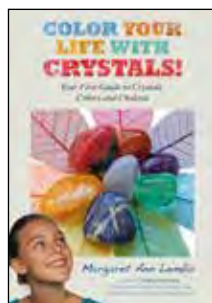
*The River that Flows from Heaven to Earth*

Vatsala Sperling

Illustrated by Harish Johari and Pieter Weltevrede

**Only Available as an Ebook through most Ebook sellers**

*Ganga* tells how the Hindu goddess Ganga came to Earth as the Ganges River, a river sacred to Hindus. Illustrated with full-color paintings in the traditional Indian style, *Ganga* introduces to one of the most beloved characters in Hindu mythology.



### Color Your Life with Crystals

*Your First Guide to Crystals, Colors and Chakras*

Margaret Ann Lembo

978-1-84409-605-3

\$16.99 (CAN \$19.99) pb

112 pages, 5.75 x 8.38

62 color halftones

This introduction to gemology provides youngsters with a basic understanding of crystals, the chakras, the power of colors, and the importance of positive thinking. Each crystal has a photograph and text describing its appearance and energy qualities. Also includes visualization exercises related to the chakras.



### The Journey of Tunuri and the Blue Deer

*A Huichol Indian Story*

James Endrey

Illustrated by María

Hernández de la Cruz and

Casimiro de la Cruz López

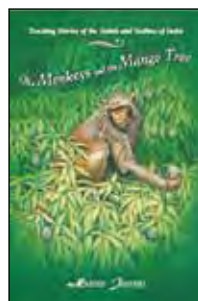
ISBN 978-1-59143-016-2

\$15.95 (CAN \$18.95) hardcover

32 pages, 11 x 8.5

Full-color throughout

This is a modern adaptation of a traditional story of the Huichol Indians of western Mexico. While lost in the woods young tunuri meets a magical Blue Deer, who introduces Tunuri to Father Sun and Mother Earth. Through this lovely tale and the traditional Huichol yarn drawings, children can learn about their place in the sacred web of life. For children ages 6–9.



### The Monkeys and the Mango Tree

*Teaching Stories of the Saints and Sadhus of India*

Harish Johari

ISBN 978-0-89281-564-7

\$12.95 (CAN \$14.95) pb

160 pages, 6 x 9

50 b&w illustrations

These twenty-five beautifully illustrated tales capture the mystery, the enchantment, and the profound spiritual learning that is India. Drawn from the great Indian epics the Puranas, the Upanishads, and the Mahabharata, these tales put ageless Indian wisdom into the form of stories to delight young and old alike.



### Tai Chi for Kids

*Move with the Animals*

Stuart Alve Olson

Illustrated by

Gregory Crawford

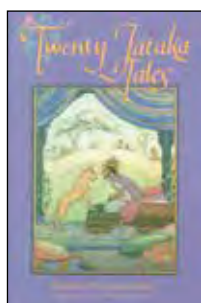
ISBN 978-1-879181-65-6

\$16.95 (CAN \$19.95) hardcover

32 pages, 11 x 8.5

Full-color illustrations throughout

This tai chi book for children appeals to their sense of play to teach them the eight basic forms of a tai chi practice. Children ages 4–8 will have fun imitating animals while learning skills that offer a lifetime of physical fitness.



### Twenty Jataka Tales

Retold by Noor Inayat Khan

ISBN 978-0-89281-323-0

\$14.95 (CAN \$20.95) pb

152 pages, 5.38 x 8.25

These delightful fables, drawn from legends of the former lives of the Buddha, tell of acts of sacrifice inspired by the noble example of others. The flavor is suggestive of Aesop, as are the lessons that are so subtly and keenly conveyed.

**Audiobook available**



### Once Around the Sun

*Stories, Crafts, and Recipes to Celebrate the Sacred Earth Year*

Ellen Evert Hopman

Illustrated by Lauren Mills

Foreword by Jane Yolen

ISBN 978-1-64411-414-8

\$16.99 (CAN \$21.50) pb

160 pages, 6.75 x 9.5

Full-color throughout

Designed to be read out loud, these original stories, based on traditional folktales, are designed to teach children about the holy days and festivals and the Gods and Goddesses who reign over the changing seasons. The stories are complemented with traditional games, hands-on projects special to the holiday, and delicious seasonal recipes.



### Walking the World in Wonder

*A Children's Herbal*

Ellen Evert Hopman

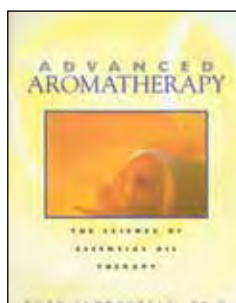
ISBN 978-0-89281-878-5

\$19.95 (CAN \$24.00) pb

160 pages, 8 x 10

67 color photographs

Created especially for children ages five to ten years old, *Walking the World in Wonder* identifies sixty-seven common herbs that could be found on a walk or field trip. Includes full-color photographs of each plant and simple recipes that children can use with the herbs they find, such as peppermint tea to soothe a troubled tummy.



### Advanced Aromatherapy

*The Science of Essential Oil Therapy*

Kurt Schnaubelt, Ph.D.

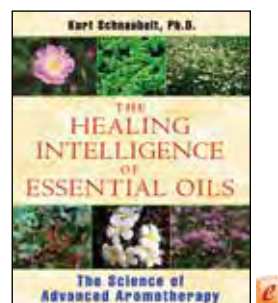
ISBN 978-0-89281-743-6

\$16.95 (CAN \$19.95) pb

144 pages, 8 x 10

75 b&w illustrations

A chemist and aromatherapy professional provides scientific proof for the effectiveness of using essential oils. This is an essential textbook for aromatherapy practitioners.



### The Healing Intelligence of Essential Oils

*The Science of Advanced Aromatherapy*

Kurt Schnaubelt, Ph.D.

ISBN 978-1-59477-425-6

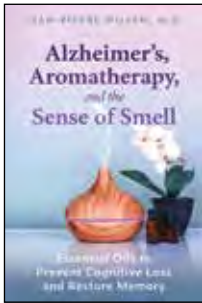
\$19.95 (CAN \$24.95) pb

240 pages, 8 x 10

Full-color throughout

Dr. Kurt Schnaubelt shows why pathogens cannot develop resistance toward essential oils as they do with antibiotics and antivirals. This book presents simple healing protocols, ranging from treatments for common ailments to the amelioration of the effects of chemotherapy.





### Alzheimer's, Aromatherapy, and the Sense of Smell

*Essential Oils to Prevent Cognitive Loss and Restore Memory*

Jean-Pierre Willem, M.D.

ISBN 978-1-64411-443-8  
\$24.99 (CAN \$31.50) pb  
256 pages, 6 x 9

Sharing the striking results seen in France where aromatherapy has been used as a therapy for Alzheimer's for more than 10 years, Jean-Pierre Willem, M.D., details how to use essential oils to stimulate memory, prevent cognitive loss, and counter the isolation, withdrawal, and depression these patients are likely to feel.

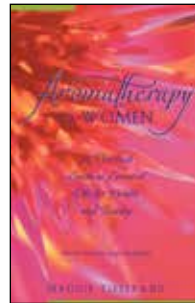


### Aromatherapy and Massage for Mother and Baby

Allison England, R.N.

ISBN 978-0-89281-898-3  
\$14.95 (CAN \$17.95) pb  
176 pages, 6 x 9  
12 b&w illustrations

This revised edition provides the reader with expert advice on using essential oils in massage, baths, compresses, lotions, and inhalations. Special sections give complete instructions for using massage to ease the discomforts of pregnancy and relieve the pain of labor and birth, as well as to soothe and comfort restless babies and facilitate the bonding of mother and child.



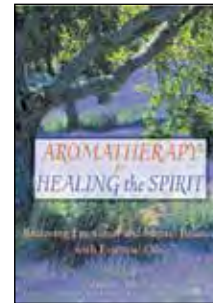
### Aromatherapy for Women

*A Practical Guide to Essential Oils for Health and Beauty*

Maggie Tisserand

ISBN 978-0-89281-628-6  
\$14.95 (CAN \$17.95) pb  
176 pages, 5.38 x 8.25

This easy-to-use guide focuses on women's needs, and includes aromatherapy for health and beauty, massage, and use during pregnancy and childbirth. Instructions for preparing personal care products are also included.



### Aromatherapy for Healing the Spirit

*Restoring Emotional and Mental Balance with Essential Oils*

Gabriel Mojay

ISBN 978-0-89281-887-7  
\$19.95 (CAN \$24.00) pb  
192 pages, 6.5 x 9.25  
77 color and 81 b&w illustrations

The first aromatherapy guide to combine the practice of aromatherapy with traditional Chinese medicine. Easy-to-use charts and full-color illustrations teach simple massage and acupressure techniques that restore balance to the body and psyche.

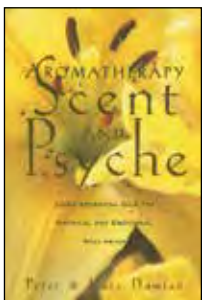


### Aromatherapy Handbook for Beauty, Hair, and Skin Care

Erich Keller

ISBN 978-0-89281-831-0  
\$14.95 (CAN \$17.95) pb  
200 pages, 6 x 9

This complete guide to aromatherapy for hair and skin care explains how to create cosmetics that are custom-made, natural, vibrant, and healthy—and that avoid the preservatives and additives of commercial products. More than 100 recipes provide an endless variety of formulas and fragrances to choose from.



### Aromatherapy: Scent and Psyche

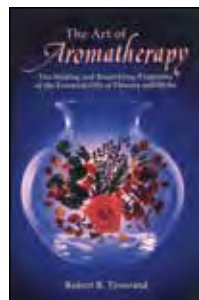
*Using Essential Oils for Physical and Emotional Well-Being*

Peter Damian and Kate Damian

ISBN 978-0-89281-530-2  
\$16.95 (CAN \$19.95) pb  
264 pages, 6 x 9

Also available in Spanish (see page 215)

Aromatic oils have been used for thousands of years and has returned to widespread use in recent years. *Aromatherapy: Scent and Psyche* is the perfect guide to their history and application. Included are profiles for forty-four essential oils and instructions for creating essential oil blends.



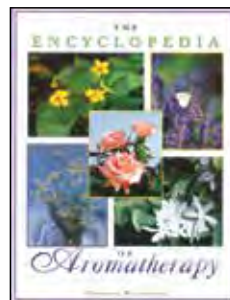
### The Art of Aromatherapy

*The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs*

Robert B. Tisserand

ISBN 978-0-89281-001-7  
\$19.95 (CAN \$23.95) pb  
328 pages, 5.38 x 8.25

Often called the father of modern aromatherapy, Tisserand introduced the use of essential oils in healing in this seminal bestseller. Includes a glossary and therapeutic index.

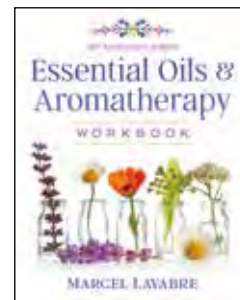


### The Encyclopedia of Aromatherapy

Chrissie Wildwood

ISBN 978-0-89281-638-5  
\$29.95 pb  
320 pages, 7.38 x 9.75  
75 color, 19 b&w illustrations

*The Encyclopedia of Aromatherapy* explores the many aspects of this healing art in a single, up-to-date, full-color volume. This comprehensive reference is an invaluable addition to the library of anyone interested in aromatherapy, whether beginner or professional.



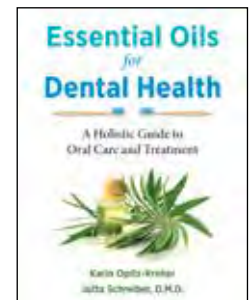
30th Anniversary Edition of *The Aromatherapy Workbook*

### Essential Oils and Aromatherapy Workbook

Marcel Lavabre

ISBN 978-1-64411-070-6  
\$19.99 (CAN \$24.99) pb  
256 pages, 8 x 10  
Full-color throughout

Updated throughout with recent research on the use of essential oils, this 30th-anniversary edition of the classic *Aromatherapy Workbook* provides the most comprehensive practical guide to the history, folklore, science, and art of aromatherapy available today. Details more than 70 essential oils, explains techniques for using them, and provides specific formulas for common ailments.



### Essential Oils for Dental Health

*A Holistic Guide to Oral Care and Treatment*

Karin Opitz-Kreher and Jutta Schreiber, D.M.D.

ISBN 978-1-64411-578-7  
\$15.99 (CAN \$19.99) pb  
128 pages, 5.75 x 7.5  
Full-color throughout

In this comprehensive guide to holistic dental self-care, authors Karin Opitz-Kreher and Jutta Schreiber, D.M.D., detail how essential oils offer many effective and natural ways to support oral health. They share simple practical techniques to easily incorporate essential oils into your daily routine and detail how to combine oils to alleviate specific ailments.



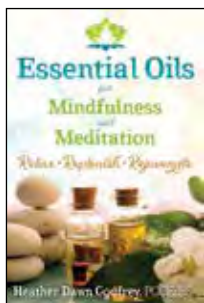
### Twelve Essential Oils of the Bible

*Ancient Healing Oils and Their Contemporary Uses*

Karin Opitz-Kreher and Johannes Huber

ISBN 978-1-64411-765-1  
\$14.99 (CAN \$18.99) pb  
96 pages, 5.75 x 7.5  
Full-color throughout

Examining the ancient uses of essential oils, both in ritual and for health, Karin Opitz-Kreher and Johannes Huber present an in-depth look at 12 essential oils mentioned frequently in the Bible, including how to use them for healing and well-being today.



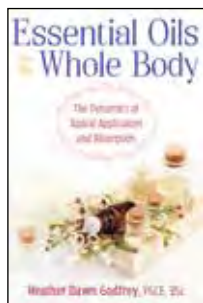
### Essential Oils for Mindfulness and Meditation

*Relax, Replenish, and Rejuvenate*

Heather Dawn Godfrey, PGCE, BSc

ISBN 978-1-62055-762-4  
\$16.99 (CAN \$21.50) pb  
160 pages, 6 x 9  
Full-color throughout

Providing a hands-on guide, complete with the latest scientific research, Godfrey details safe and effective methods to incorporate essential oils into your mindfulness or meditation practice. She shows how they reduce stress, promote a peaceful attitude, support concentration, and regulate breathing, making them ideal aids for mindfulness and meditation.



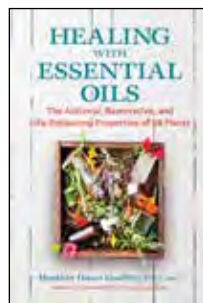
### Essential Oils for the Whole Body

*The Dynamics of Topical Application and Absorption*

Heather Dawn Godfrey, PGCE, BSc

ISBN 978-1-62055-871-3  
\$24.99 (CAN \$31.50) pb  
320 pages, 6 x 9  
Full-color throughout

In this practical guide to topical application of essential oils, the author examines the body's many absorption pathways and explains how to safely use essential oils for physical and emotional health and healing. She provides in-depth, easy-to-reference charts to select the appropriate oil or oils for each situation.



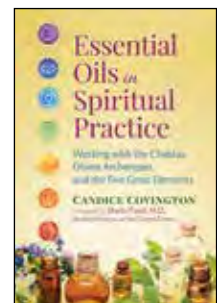
### Healing with Essential Oils

*The Antiviral, Restorative, and Life-Enhancing Properties of 58 Plants*

Heather Dawn Godfrey, PGCE, BSc

ISBN 978-1-64411-389-9  
\$24.99 (CAN \$31.50) pb  
352 pages, 6 x 9  
Full-color throughout

The author examines the botany of how essential oils evolved and the various roles they play, from protecting the plant to aiding propagation. She provides in-depth profiles for 58 common essential oils, identifying the phytochemicals that contribute to each oil's healing qualities and exploring each oil's safe therapeutic applications.



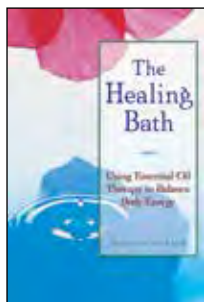
### Essential Oils in Spiritual Practice

*Working with the Chakras, Divine Archetypes, and the Five Great Elements*

Candice Covington  
Foreword by Sheila Patel, M.D.

ISBN 978-1-62055-305-3  
\$18.99 (CAN \$23.99) pb  
226 pages, 6 x 9  
Includes 1 full-color page

Candice Covington details how to use essential oils energetically to affect the *tattvas*, the elemental energies behind your unique personal characteristics. She provides energetic profiles of each *tattva*, *chakra*, and essential oil, explains their relationships to one another, and details how to craft your own ritual practice with essential oils.



### The Healing Bath

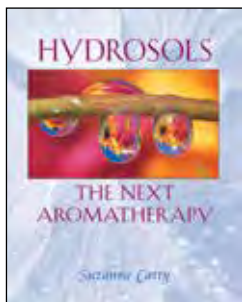
*Using Essential Oil Therapy to Balance Body Energy*

Milli D. Austin

ISBN 978-0-89281-632-3  
\$12.95 (CAN \$15.50) pb  
160 pages, 6 x 9  
20 b&w illustrations

Also available in Spanish (see page 215)

*The Healing Bath* is the first book to describe how to use essential oils in the bath to heal the body's energy field and alleviate a wide range of physical and emotional illnesses, including depression, substance abuse, stress, allergies, hyperactivity, insomnia, radiation sickness, and trauma from sexual abuse.



### Hydrosols

*The Next Aromatherapy*  
Suzanne Catty

ISBN 978-0-89281-946-1  
\$24.95 (CAN \$29.95) pb  
312 pages, 8 x 10

The first book devoted exclusively to aromatic hydrosols—gentle, water-based plant extracts that expand the healing, cosmetic, and culinary applications of aromatherapy. The author details the specifics of 67 hydrosols, provides formulas to treat more than 50 health concerns, and offers 40 delicious recipes in which hydrosols can be used.



### The Practice of Aromatherapy

*A Classic Compendium of Plant Medicines and Their Healing Properties*

Jean Valnet, M.D.

Edited by Robert Tisserand

ISBN 978-0-89281-398-8  
\$18.95 (CAN \$22.00) pb  
280 pages, 5.38 x 8.25

Valnet's original research, collected here, provided the first modern-day bridge between traditional healing with plants and modern medicine.



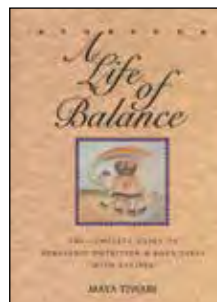
### Ayurveda

*The Indian Art of Natural Medicine and Life Extension*

Birgit Heyn

ISBN 978-0-89281-333-9  
\$16.99 (CAN \$21.50) pb  
176 pages, 5.38 x 8.25

Ayurveda, the ancient Indian "science of longevity," is a holistic healing system that balances health and well-being through consistent attention to natural lifestyle, good eating habits, and the healing power of herbs. The author explains how sunlight, air, and water, together with animal, vegetable, and mineral substances stimulate the body's natural immunity and healing capacity.



### Ayurveda: A Life of Balance

*The Complete Guide to Ayurvedic Nutrition and Body Types with Recipes*

Maya Tiwari

ISBN 978-0-89281-490-9  
\$24.95 (CAN \$29.95) pb  
368 pages 8.5 x 11  
30 b&w illustrations

Cancer survivor Maya Tiwari shows how the Ayurvedic science of balanced living can help anyone achieve complete well-being. Includes recipes keyed to the seven body types, home remedies, and practices that activate the "cognitive memory" of right living.





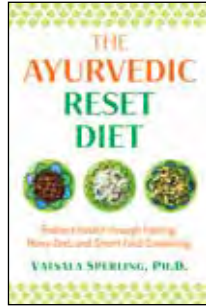
## Ayurveda for Women

*A Guide to Vitality and Health*

Dr. Robert E. Svoboda

ISBN 978-0-89281-939-3  
\$16.99 (CAN \$19.99) pb  
192 pages, 6 x 9

*Ayurveda for Women* explores the landmark changes associated with the three stages of life—childhood, adulthood, and old age—and provides practical advice on issues central to women's lives including sleep, diet, beauty care, massage, relationships, childcare, and menopause.



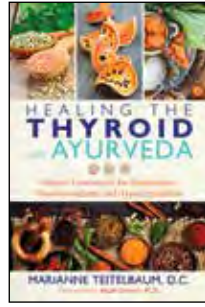
## The Ayurvedic Reset Diet

*Radiant Health through Fasting, Mono-Diet, and Smart Food Combining*  
Vatsala Sperling, Ph.D.

ISBN 978-1-64411-130-7  
\$16.99 (CAN \$21.50) pb  
160 pages, 6 x 9  
6 b&w illustrations

In this easy-to-follow guide to Ayurvedic dietary resets, Vatsala Sperling, Ph.D., details how to rest and gently cleanse your digestive system, lose extra pounds, and reboot your body and mind with the Ayurvedic techniques of fasting, mono-diets, and food combining.

**Audiobook available**



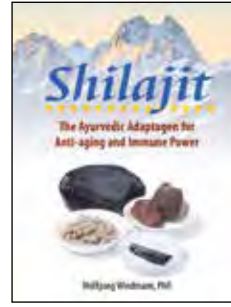
## Healing the Thyroid with Ayurveda

*Natural Treatments for Hashimoto's, Hypothyroidism, and Hyperthyroidism*  
Marianne Teitelbaum, D.C.

Foreword by Anjali Grover, M.D.  
ISBN 978-1-62055-782-2  
\$16.99 (CAN \$21.50) pb  
288 pages, 6 x 9  
6 b&w illustrations

In this comprehensive guide based on the treatment of over 90,000 patients, the author integrates Ayurveda with modern scientific findings to address thyroid disease, providing treatment protocols for Hashimoto's thyroiditis, hypothyroidism, and hyperthyroidism.

**Audiobook available**

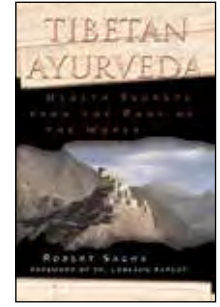


## Shilajit

*The Ayurvedic Adaptogen for Anti-aging and Immune Power*  
Wolfgang Windmann, Ph.D.

ISBN 978-1-64411-763-7  
\$17.99 (CAN \$22.50) pb  
160 pages, 5.75 x 7.5  
Full-color throughout

Known as the "black gold of the Himalayas," Shilajit, or mumijo, is a traditional Ayurvedic remedy little known in the Western world. In this practical guide, Wolfgang Windmann, Ph.D., explores how to use Shilajit for a strong immune system, enhanced cognitive performance, protection from toxic stress, healing inflammation, and anti-aging benefits.

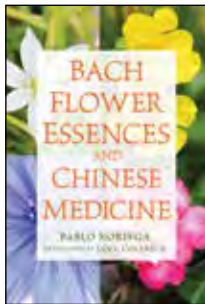


## Tibetan Ayurveda

*Health Secrets from the Roof of the World*  
Robert Sachs

ISBN 978-0-89281-936-2  
\$16.95 (CAN \$19.95) pb  
256 pages, 6 x 9  
35 b&w illustrations

*Tibetan Ayurveda* provides a comprehensive guide to the four levels of traditional Tibetan medicine with a wealth of traditional health practices and teachings. Includes material on little-known therapies such as Pancha Karma and Kum Nye, as well as guidelines for nutrition, longevity, detoxification, and meditation.



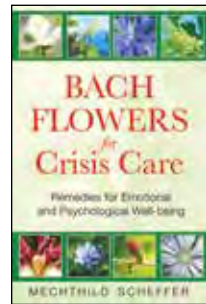
## Bach Flower Essences and Chinese Medicine

Pablo Noriega

Translated by  
Loey Colebeck

ISBN 978-1-62055-571-2  
\$19.95 (CAN \$23.95) pb  
256 pages, 6 x 9  
7 b&w illustrations

Bach flower essences provide excellent tools for balancing energetic disturbances generated by emotions. This guide helps Chinese Medicine practitioners incorporate Flower Essences into their practice. Author Pablo Noriega provides detailed profiles about each of the original 38 Bach flower remedies according to Chinese Medicine.

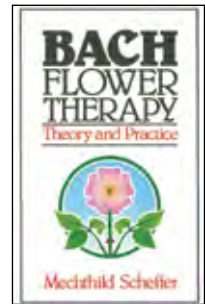


## Bach Flowers for Crisis Care

*Remedies for Emotional and Psychological Well-being*  
Mechthild Scheffer

ISBN 978-1-59477-296-2  
\$29.99 (CAN \$35.99) pb  
256 pages, 6 x 9  
Full-color throughout

*Bach Flowers for Crisis Care* examines 50 common life crises and how the 38 Bach Flower remedies can turn crises into growth opportunities. The appendix lists strengths and benefits of each flower, explaining how to personalize remedies for your current condition.

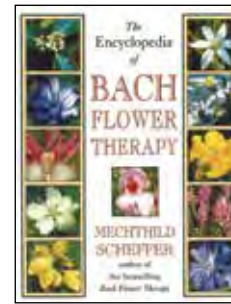


## Bach Flower Therapy

*Theory and Practice*  
Mechthild Scheffer

ISBN 978-0-89281-239-4  
\$14.99 (CAN \$18.99) pb  
240 pages, 5.38 x 8.5

Over many years of study, English physician Dr. Edward Bach discovered 38 flower remedies that act on the disharmony within the patient and pave the way toward recovery. Intended for practitioners and lay readers alike, *Bach Flower Therapy* describes these remedies and their underlying psychological concepts. Author Mechthild Scheffer is Europe's leading practitioner of the method.

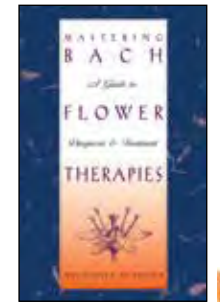


## The Encyclopedia of Bach Flower Therapy

Mechthild Scheffer

ISBN 978-0-89281-941-6  
\$34.95 (CAN \$39.95) pb  
352 pages, 8 x 10  
190 color photographs  
48 b&w illustrations

Scheffer provides a therapeutic profile for each remedy, diagnostic guidelines, interview questions, progress evaluations, and body maps to guide both practitioner and novice to the proper remedies for many emotional and physical ailments.



## Mastering Bach Flower Therapies

*A Guide to Diagnosis and Treatment*  
Mechthild Scheffer

ISBN 978-0-89281-630-9  
\$18.95 (CAN \$22.95) pb  
144 pages, 5.38 x 8.5  
8 color plates

The first practitioner to recognize the psychological underpinnings of the Bach flower remedies, Scheffer demonstrates that emotional and physical well-being are inextricably linked and shows how the therapies can be a powerful tool not only for healing individual symptoms, but for putting the course of one's life back on track. Includes a thorough diagnostic questionnaire and color plates of the most popular flowers.



## Advanced Bach Flower Therapy

*A Scientific Approach to Diagnosis and Treatment*

Götz Blome, M.D.

ISBN 978-0-89281-828-0  
\$22.95 (CAN \$27.95) pb  
400 pages, 6 x 9

This reference book marks a major advancement in the scientific use of flower essences, detailing 200 clinically proven combinations of Bach Flower essences for treating hundreds of psychological conditions at their source.



## Bach Flower Massage

Daniele Lo Rito, M.D.

ISBN 978-0-89281-736-8  
\$16.95 (CAN \$19.95) pb  
208 pages, 6 x 9  
80 b&w illustrations

*Bach Flower Massage* contains all the information you need to begin treating yourself and others with the 38 flower remedies. Includes a list of the indications treated by each essence, illustrations of the flowers themselves, and tips on where to find them in the wild.



## Bach Flower Remedies for Children

*A Parents' Guide*

Barbara Mazzarella

ISBN 978-0-89281-649-1  
\$14.95 (CAN \$17.95) pb  
192 pages, 6 x 9

The first easy-to-use guide to safe and gentle Bach flower remedies that is specifically intended for maintaining children's health and well-being.



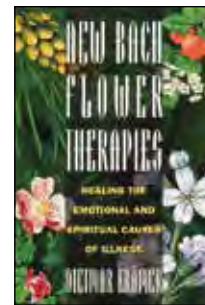
## New Bach Flower Body Maps

*Treatment by Topical Application*

Dietmar Krämer

ISBN 978-0-89281-531-9  
\$19.95 (CAN \$23.95) pb  
296 pages, 6 x 9  
237 b&w illustrations

One of Germany's most innovative Bach flower practitioners presents his healing system, which correlates zones of the body with appropriate remedies. Profusely illustrated. Includes many case studies.



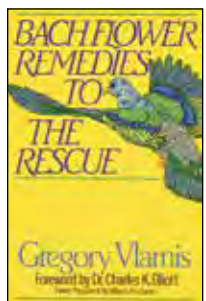
## New Bach Flower Therapies

*Healing the Emotional and Spiritual Causes of Illness*

Dietmar Krämer

ISBN 978-0-89281-529-6  
\$16.95 (CAN \$19.95) pb  
168 pages, 6 x 9

Building on the work of Dr. Edward Bach, the author has developed new refinements in the use of Bach flower remedies that address both acute problems and the underlying causes of illness.



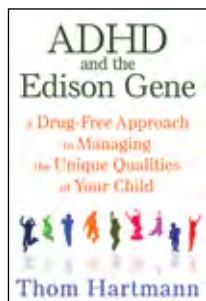
## Bach Flower Remedies to the Rescue

Gregory Vlamis

Foreword by  
Dr. Charles K. Elliot

ISBN 978-0-89281-378-0  
\$16.95 (CAN \$19.95) pb  
176 pages, 5.38 x 8.25

Discover the many uses of Rescue Remedy in reducing stress, anxiety, fear, emotional upset, and trauma.



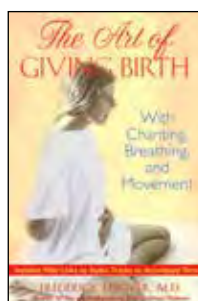
## ADHD and the Edison Gene

*A Drug-Free Approach to Managing the Unique Qualities of Your Child*

Thom Hartmann

ISBN 978-1-62055-506-4  
\$18.99 (CAN \$23.99) pb  
288 pages, 6 x 9  
3 b&w illustrations

The impulsiveness, risk-taking, and novelty-seeking that are characteristic of Attention Deficit Hyperactivity Disorder are not signs of a disorder at all but components of a skill set utilized by our hunting and gathering ancestors. This book shows that rather than being "problems" ADHD children are a vital gift to our society and the world.



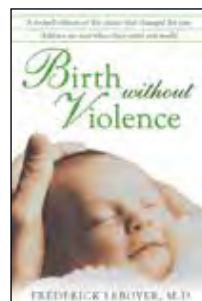
## The Art of Giving Birth

*With Chanting, Breathing, and Movement*

Frédéric Leboyer, M.D.

ISBN 978-1-59477-276-4  
\$16.95 (CAN \$19.95) pb  
112 pages, 6 x 9  
18 b&w illustrations

Dr. Frédéric Leboyer's book *Birth without Violence*, looks at birth from the baby's point of view. In this book he explores the process from the mother's perspective, revealing how breathing, vocalizing and movement can create a successful and joyous birth. Includes access to 26-minute audio tracks of tambura music.



## Birth without Violence

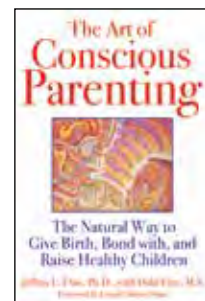
Frédéric Leboyer, M.D.

ISBN 978-1-59477-297-9  
\$14.95 (CAN \$17.95) pb  
144 pages, 6 x 9  
b&w photographs throughout

A revised edition of the classic that revolutionized how we view the birth process. The author shows how to create an atmosphere of tranquility to ease a newborn's transition from womb to world. Includes a new preface by the author.

*"One of the twenty books that changed the world."*

Uthe Reader



## The Art of Conscious Parenting

*The Natural Way to Give Birth, Bond with, and Raise Healthy Children*

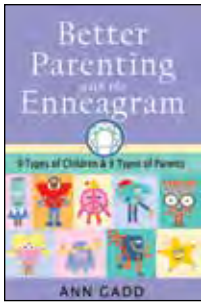
Jeffrey L. Fine, Ph.D.,  
with Dalit Fine, M.S.

Foreword by  
Joseph Chilton Pearce

ISBN 978-1-59477-322-8  
\$16.95 (CAN \$19.95) pb  
272 pages, 6 x 9

The first days and months of life are critical, when physical contact and conscious interaction with your infant, for example eye contact, have an observable positive effect. The authors also introduce "green parenting" practices that are economically and environmentally sustainable.





## Better Parenting with the Enneagram

*Nine Types of Children and Nine Types of Parents*  
Ann Gadd

ISBN 978-1-64411-422-3  
\$18.99 (CAN \$23.99) pb  
256 pages, 6 x 9  
18 b&w illustrations

Certified Enneagram practitioner and experienced parent Ann Gadd explores the 9 Enneagram parenting types and the 9 Enneagram child types, revealing each type's strengths and challenges, as well as exploring all 81 parent-child type combinations. She offers a quiz to determine your Enneagram type and explains how to discover your child's type.



## Celebrating the Great Mother

*A Handbook of Earth-Honoring Activities for Parents and Children*  
Cait Johnson  
and Maura D. Shaw

ISBN 978-0-89281-550-0  
\$19.95 (CAN \$24.95) pb  
248 pages, 8 x 8  
35 b&w illustrations

*Celebrating the Great Mother* is a handbook to help parents, caregivers, teachers, and counselors create meaningful spiritual experiences to inspire children of all ages. The ideas and activities collected here show how to bring children into rituals that celebrate cycles and reclaim the spiritual roots of today's modern holidays.



## Children at Play

*Using Waldorf Principles to Foster Childhood Development*

Heidi Britz-Crecelius

ISBN 978-0-89281-629-3  
\$14.99 (CAN \$18.99) pb  
144 pages, 5.38 x 8.25

*Children at Play* is an insightful exploration into the world of children's play and its tremendous significance in the shaping of each child's humanity. A mother and proponent of Rudolf Steiner's Waldorf system of education, author Heidi Britz-Crecelius offers practical suggestions and an up-to-date list of resources for today's families.



New Edition of *Gentle Birth Choices* Boxed Set

## Gentle Birth Choices

Barbara Harper, R.N.

Photographs by  
Suzanne Arms

ISBN 978-1-59477-067-8  
\$24.95 (CAN \$26.95) pb  
320 pages, 8 x 10  
49 b&w photographs  
Includes 60-minute DVD

In *Gentle Birth Choices* Barbara Harper, nurse, former midwife, and mother of three, helps parents to plan a meaningful, family-centered birth experience. The DVD blends interviews with midwives and physicians and shows six actual births, including water birth, home birth, and vaginal birth. A powerful instructional tool for expectant parents, midwives, hospitals, birth centers, and doctors.



## The Infertility Cleanse

*Detox, Diet and Dharma for Fertility*

Tami Quinn and Beth Heller

ISBN 978-1-84409-508-7  
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192 pages, 7.5 x 9.13  
102 color halftones

Three-part program of yoga, hypoallergenic and anti-inflammatory nutrition, and stress-reduction techniques cleanse the body, mind, and spirit in preparation for pregnancy. This program draws from traditional Chinese medicine and Ayurveda and has been designed for women who are trying naturally or with assisted-reproduction plans. Plan includes a DVD of yoga exercises.



## Labor Pain

*A Natural Approach to Easing Delivery*

Nicky Wesson

ISBN 978-0-89281-895-2  
\$16.95 (CAN \$19.95) pb  
160 pages, 5.25 x 8.5

Fortunately, there are alternative ways to relieve the pain of childbirth, and Wesson offers many options for effective natural pain relief, including acupressure and acupuncture, hydrotherapy, herbal remedies, aromatherapy and massage, relaxation techniques, homeopathy, and reflexology.



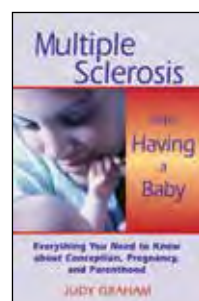
## How to Improve Your Child's Eyesight Naturally

*A Thoughtful Parent's Guide*

Janet Goodrich, Ph.D.

ISBN 978-0-89281-130-4  
\$19.95 (CAN \$28.95) pb  
272 pages, 8 x 10  
191 b&w illustrations

This is a staple reference book for parents who wish to preserve and improve their child's eyesight. Filled with practical and imaginative exercises, this book includes detailed instructions for reversing eyesight blur, tips for adjusting living environments to support healthy vision, and hints for dealing proactively with doctors. The 90 scientifically based vision games and songs are fun, age-appropriate, and reinforce good vision habits.



## Multiple Sclerosis and Having a Baby

*Everything You Need to Know about Conception, Pregnancy, and Parenthood*

Judy Graham

ISBN 978-0-89281-788-7  
\$12.95 (CAN \$15.95) pb  
192 pages, 6 x 9

Judy Graham provides answers for nearly every question a woman with MS might ask before having a baby. With data culled from hundreds of interviews, she addresses such issues as the possibility of relapse, genetic predisposition to MS, pregnancy, postnatal care, and breastfeeding.



## Natural Health after Birth

*The Complete Guide to Postpartum Wellness*

Aviva Jill Romm

ISBN 978-0-89281-930-0  
\$18.95 (CAN \$22.95) pb  
272 pages, 6 x 9

Also available in Spanish  
(see page 220)

*Natural Health after Birth* addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who are stay-at-home moms and those who must return to their jobs soon after the birth.



## Vaccinations: A Thoughtful Parent's Guide

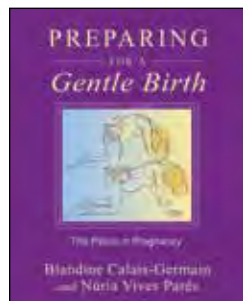
*How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives*

Aviva Jill Romm

ISBN 978-0-89281-931-7  
\$16.95 (CAN \$19.95) pb  
304 pages, 6 x 9

Also available in Spanish  
(see page 221)

The author shares research on vaccine safety and efficacy and offers a balanced discussion of the pros and cons of childhood vaccination. She presents the full spectrum of options available, and guides parents as they make the choices that are right for their child.

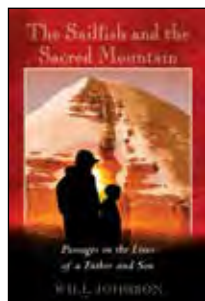


### Preparing for a Gentle Birth

*The Pelvis in Pregnancy*  
Blandine Calais-Germain  
and Núria Vives Parés

ISBN 978-1-59477-388-4  
\$24.99 (CAN \$29.99) pb  
192 pages, 8 x 10  
Full-color throughout

This book details the anatomical adaptability of the female pelvis, including its capability to expand during labor and return to its original form after the birth. Provides fully illustrated exercises to help the expectant mother prepare for this transformation.



### The Sailfish and the Sacred Mountain

*Passages in the Lives of a Father and Son*  
Will Johnson

ISBN 978-0-89281-193-9  
\$16.95 (CAN \$24.95) pb  
224 pages, 6 x 9

*The Sailfish and the Sacred Mountain* presents a unique view into how we can create the circumstances that invite profound spiritual awakenings to occur in our lives. Part spiritual travelogue, part personal memoir, Will Johnson reflects on his own life passages, and tells the story of the remarkable journey with his son to Mount Kailas—a journey that proves to be a moment of passage for both father and son.

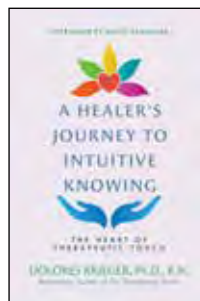


### Accepting Your Power to Heal

*The Personal Practice of Therapeutic Touch*  
Dolores Krieger, Ph.D., R.N.

ISBN 978-1-879181-04-5  
\$16.00 (CAN \$19.95) pb  
224 pages, 5.5 x 8.5

The co-developer of Therapeutic Touch encourages us to acknowledge our own innate healing abilities and provides experiential exercises to teach the basic techniques of this widely used healing modality.



### A Healer's Journey to Intuitive Knowing

*The Heart of Therapeutic Touch*  
Dolores Krieger, Ph.D., R.N.

ISBN 978-1-59143-393-4  
\$20.00 (CAN \$24.99) pb  
272 pages, 6 x 9  
3 b&w illustrations

In this, her final book, respected Therapeutic Touch cofounder Dolores Krieger explores the energetic flow, intuitive knowing, and sustained state of grounded centeredness that occur for a healer during a healing session. She reveals how healing transforms the healer and how that transformation may elicit more profound and radical healing results.

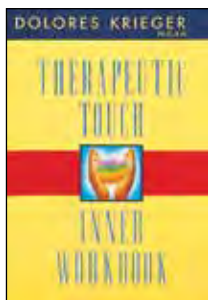


### The Spiritual Dimension of Therapeutic Touch

Dora Kunz with Dolores Krieger, Ph.D., R.N.  
co-founders of  
Therapeutic Touch

ISBN 978-1-59143-025-4  
\$18.00 (CAN \$21.50) pb  
272 pages, 6 x 9

Since 1972 Therapeutic Touch has been taught to tens of thousands of health care professionals. *The Spiritual Dimension of Therapeutic Touch* teaches how to rebalance the body's energy through touch and visualization and provides an intimate glimpse into the work of Dolores Krieger and her mentor, Dora Kunz (1904–1999). Included are previously unpublished lectures by Dora Kunz, with commentary from Dolores Krieger.



### Therapeutic Touch Inner Workbook

Dolores Krieger, Ph.D., R.N.

ISBN 978-1-879181-39-7  
\$16.00 (CAN \$19.50) pb  
204 pages, 6 x 9

This work by the co-developer of Therapeutic Touch goes beyond technique to explore the transpersonal nature of the process, and demonstrates how the inner work engaged through the act of healing deeply affects and transforms the philosophy of both the healer and the client.



### New—Available

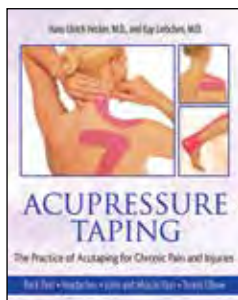
New Edition of *The Encyclopedia of Healing Points*

### Acupressure Self-Care Handbook

*Healing at Your Fingertips*  
Roger Dalet, M.D.

ISBN 978-1-64411-903-7  
\$29.99 (CAN \$37.50) pb  
352 pages, 6 x 9  
350 b&w illustrations

With the simple touch of your fingertips you can quickly and easily bring comfort and relief from pain and illness. In this illustrated guide, Roger Dalet, M.D., shares step-by-step treatment protocols for more than 150 diseases and disorders, from cold and flu to emotional issues to chronic conditions such as arthritis and thyroid disorders.



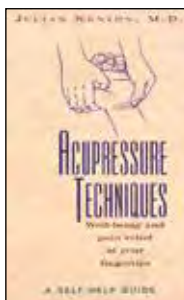
### Acupressure Taping

*The Practice of Acutaping for Chronic Pain and Injuries*

Hans-Ulrich Hecker, M.D.,  
and Kay Liebchen, M.D.

ISBN 978-1-59477-148-4  
\$24.99 (CAN \$29.99) pb  
128 pages, 8 x 10  
117 four-color illustrations

Combining elements of Chinese medicine with osteopathy, acutaping can treat ailments ranging from back pain and tennis elbow to menstrual pain and migraines. In acutaping, elastic tape is placed over the afflicted area's corresponding acupuncture points. Because the skin adheres to the tape, it is shifted against the sub-tissue during motion, causing the lymph system to drain and connective tissue to be massaged.

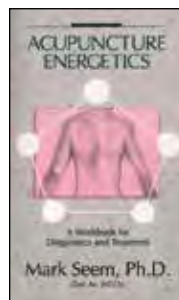


### Acupressure Techniques

*A Self-Help Guide*  
Julian Kenyon, M.D.

ISBN 978-0-89281-641-5  
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224 pages, 5.38 x 8.5

This guide to the effective use of acupressure can treat a wide range of conditions, from migraines and carpal tunnel syndrome to tennis elbow and tendonitis. Designed for individuals seeking to alleviate their own physical ailments, these easily mastered methods use deep finger and thumb pressure over acupuncture points to enhance the natural energy flow of the body.



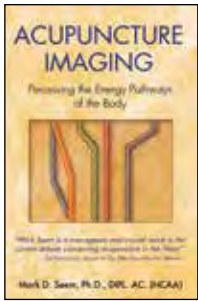
### Acupuncture Energetics

*A Workbook for Diagnostics and Treatment*  
Mark Seem, Ph.D.

ISBN 978-0-89281-435-0  
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144 pages, 5.25 x 8.38

A leading practitioner offers a new approach to acupuncture that integrates Eight-Principle and Five-Phase diagnosis. Includes case histories and a workbook for treatment strategies.





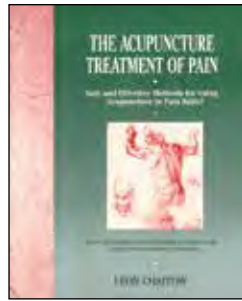
### Acupuncture Imaging

*Perceiving the Energy Pathways of the Body*

Mark D. Seem, Ph.D., DPL. AC. (NCAA)

ISBN 978-0-89281-187-8  
\$12.95 (CAN \$15.95) pb  
128 pages, 5.38 x 8.25  
9 b&w illustrations

A pioneer in the field of body energetics, Mark Seem explains how to understand physical and psychological problems in terms of disrupted energy flow. *Acupuncture Imaging* will be of great help to students, teachers, practitioners, and patients of energetic and meridian therapies, particularly shiatsu and acupressure, as well as psychotherapists and those interested in Eastern concepts of medicine.



### The Acupuncture Treatment of Pain

*Safe and Effective Methods for Using Acupuncture in Pain Relief*

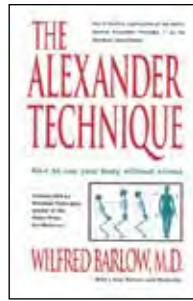
Leon Chaitow, D.O., N.D.

ISBN 978-0-89281-383-4  
\$19.95 (CAN \$23.95) pb  
192 pages, 8 x 10

Here are safe and effective drug-free methods of pain control for use by those in the healing professions. Includes treatment for chemical dependency.

*"Tears away much of the mystique of acupuncture to present a simple approach to pain relief."*

*American Journal of Acupuncture*



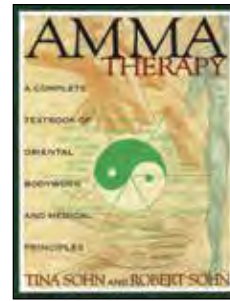
### The Alexander Technique

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Wilfred Barlow, M.D.

ISBN 978-0-89281-385-8  
\$16.95 (CAN \$19.95) pb  
256 pages, 5.38 x 8.25

F. M. Alexander was the first to master and teach the secret of successful body dynamics—balanced physical use with minimum stress and tension. This book is by his foremost student.



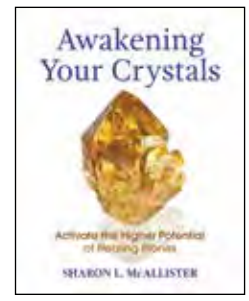
### Amma Therapy

*A Complete Textbook of Oriental Bodywork and Medical Principles*

Tina Sohn and Robert Sohn

ISBN 978-0-89281-488-6  
\$60.00 (CAN \$75.00) hardcover  
448 pages, 8.38 x 10.88  
170 b&w illustrations

This groundbreaking form of holistic bodywork incorporates elements of acupuncture, herbalism, diet, and exercise. This step-by-step guide is the comprehensive text for all bodyworkers.



### Awakening Your Crystals

*Activate the Higher Potential of Healing Stones*

Sharon L. McAllister

ISBN 978-1-62055-972-7  
\$19.99 (CAN \$24.99) pb  
176 pages, 6.75 x 8.38  
Full-color throughout

In this vibrantly illustrated crystal guide, Sharon McAllister offers an introduction to programming crystals and gemstones to harness their full potential. She details how to cleanse your crystals before programming and provides programming recipes for personal healing as well as therapeutic use. Focuses on 8 crystals in depth, with programming guidance on 60 additional crystals.



### Balancing Your Body

*A Self-Help Approach to Roling Movement*

Mary Bond

ISBN 978-0-89281-642-2  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9

Mary Bond presents a unique self-help approach to Roling Movement and body transformation. By learning to recognize and respond appropriately to our body's internal messages, we can discover a new freedom of expression in our bodies, leading to a marked increase in health and vitality. Practical structural awareness exercises are included.



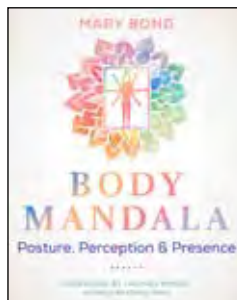
### Roling in Motion

*A Guide to Balancing Your Body*

Mary Bond

ISBN 978-1-59477-074-6  
\$14.95 (CAN \$18.95)  
90-minute CD

This CD presents 38 structural awareness exercises featured in the book, *Balancing Your Body*. Following an exploration of your habitual standing and walking patterns, a variety of exercises are offered that will help you in standing, sitting, and walking with fluidity and ease, creating new freedom in your physical expression and improving your well-being and overall vitality.



### New—Available

New Edition of *Your Body Mandala*

### Body Mandala

*Posture, Perception, and Presence*

Mary Bond

ISBN 978-1-64411-882-5  
\$24.99 (CAN \$31.50) pb  
288 pages, 8 x 10  
78 b&w illustrations

Exploring the profound connections between physical structure and perception, Mary Bond teaches you to unlock your body's inner wisdom through a journey of embodiment that will improve your posture in the process. Includes more than 50 physical self-explorations that invite you to transform your sensory experience, expand your awareness, and practice embodied presence.



### The New Rules of Posture

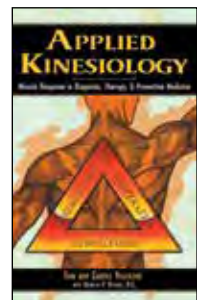
*How to Sit, Stand, and Move in the Modern World*

Mary Bond

ISBN 978-1-59477-124-8  
\$18.95 (CAN \$22.95) pb  
240 pages, 8 x 10  
41 b&w illustrations

Also available in Spanish (see page 219)

Mary Bond explains that healthy posture comes not by training our muscles into an ideal shape, but from a new sense that we can develop by learning to feel. She identifies the key anatomical features that impact alignment, and, proposing six zones that help create postural changes, she offers self-help exercises that enable healthy function in each zone.



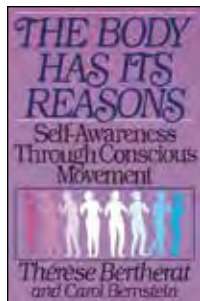
### Applied Kinesiology

*Muscle Response in Diagnosis, Therapy, and Preventive Medicine*

Tom and Carole Valentine with Douglas P. Hetrick, D.C.

ISBN 978-0-89281-328-5  
\$14.99 (CAN \$18.99) pb  
160 pages, 5.38 x 8.25

Kinesiology is the study of the mechanics of bodily motion, especially muscle movements and their relationship to our body systems. This diagnostic method measures muscle response to specific stimulation in order to pinpoint the underlying causes of health problems. *Applied Kinesiology* demonstrates how this technique can be of practical use for everyone.



## The Body Has Its Reasons

*Self-Awareness Through Conscious Movement*

Therese Bertherat  
and Carol Bernstein

ISBN 978-0-89281-298-1  
\$14.95 (CAN \$17.95) pb  
176 pages, 5.38 x 8.25

Gentle "anti-exercises" help develop the body's freedom of movement, release constraints, and reawaken dormant muscles. By using the appropriate energy for each techniques, relief can be found for a multitude of ills. At the same time senses can be awakened and perceptions sharpened.



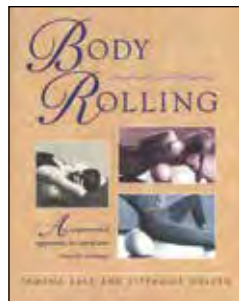
## The Body of Life

*Creating New Pathways for Sensory Awareness and Fluid Movement*

Thomas Hanna

ISBN 978-0-89281-481-7  
\$14.95 (CAN \$16.95) pb  
224 pages, 5.38 x 8.25

This classic work on bodywork education builds on Moshe Feldenkrais's theories of functional integration to improve coordination and range of movement.



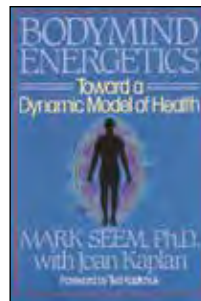
## Body Rolling

*An Experiential Approach to Complete Muscle Release*

Yamuna Zake  
and Stephanie Golden

ISBN 978-0-89281-730-6  
\$19.95 (CAN \$24.95) pb  
224 pages, 8 x 10  
200 b&w photographs

Body Rolling is a revolutionary method that teaches bodywork practitioners and their clients how to feel the inner logic of the muscular system while freeing restrictions in the body, increasing blood flow, and promoting health. Detailed chapters focus on treating specific conditions such as lower back pain, neck problems, and the effects of aging.



## Bodymind Energetics

*Toward a Dynamic Model of Health*

Mark Seem, Ph.D.  
with Joan Kaplan

ISBN 978-0-89281-246-2  
\$18.95 (CAN \$22.95) pb  
272 pages, 6 x 9

Dr. Seem proposes an integration of traditional Chinese medicine and psychosomatics in this model of health care that acknowledges the connection of body and mind.



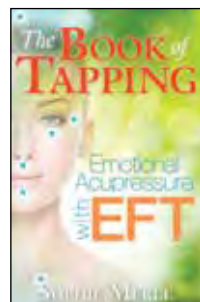
## BodyWork Shiatsu

*Bringing the Art of Finger Pressure to the Massage Table*

Carl Dubitsky

ISBN 978-0-89281-526-5  
\$29.95 (CAN \$35.95) pb  
264 pages, 8.5 x 11  
275 b&w illustrations

The director of Healthsprings Clinic in Boulder, Colorado presents his innovative method of integrating the energetic concepts and techniques of shiatsu with Western osteopathic and therapeutic massage.



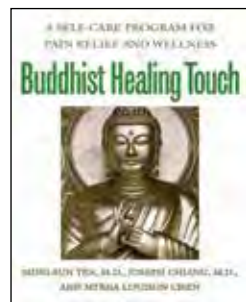
## The Book of Tapping

*Emotional Acupressure with EFT*

Sophie Merle

ISBN 978-1-62055-601-6  
\$12.95 (CAN \$16.50) pb  
112 pages, 5.38 x 8.25  
4 b&w illustrations

Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order.



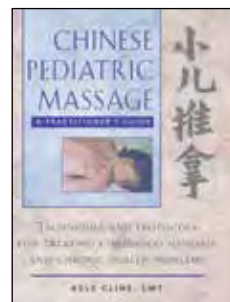
## Buddhist Healing Touch

*A Self-Care Program for Pain Relief and Wellness*

Ming-Sun Yen, M.D.,  
Joseph Chiang, M.D.,  
and Myrna Louison Chen

ISBN 978-0-89281-886-0  
\$19.95 (CAN \$23.95) pb  
128 pages, 8 x 10  
60 b&w illustrations

Dr. Yen teaches us how to care for ourselves naturally by using acupressure, self-massage, breathing techniques, exercises, and herbal remedies. Illustrations of the acupressure points accompany each treatment as do tips regarding diet and relevant folk cures.



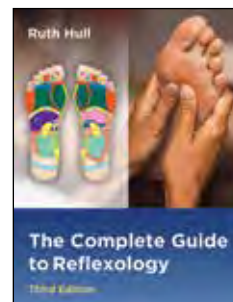
## Chinese Pediatric Massage

*A Practitioner's Guide*

Kyle Cline, L.M.T.

ISBN 978-0-89281-842-6  
\$45.00 (CAN \$72.00) hardcover  
304 pages, 8.5 x 11  
181 b&w illustrations

Chinese pediatric massage takes into account how a child's energetic framework differs from that of an adult, making it tolerable for children, easy on their parents, and highly effective in improving the child's long-term health. This clearly-illustrated guide is designed to give all health care providers the tools they need to successfully use Chinese pediatric massage.

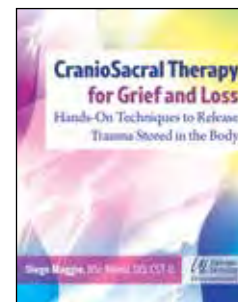


## The Complete Guide to Reflexology

Ruth Hull

ISBN 978-1-64411-625-8  
\$29.99 (CAN \$37.50) pb  
312 pages, 7.44 x 9.69  
Full-color throughout

Providing detailed and accurate anatomical drawings, zone and reflex maps, muscle tables, and case studies, this guide to reflexology outlines each body system, explaining how, when, and why to work the reflexes. Each chapter also includes a study outline as well as review and multiple choice questions.



## CranoSacral Therapy for Grief and Loss

*A Sacred Planet Book*

**CranoSacral Therapy for Grief and Loss**

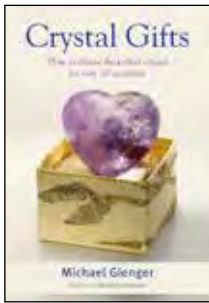
*Hands-on Techniques to Release Trauma Stored in the Body*

Diego Maggio, BSc (Hons),  
DO, CST-D

ISBN 978-1-64411-819-1  
\$75.00 (CAN \$93.99) pb  
560 pages, 8.5 x 11  
300 b&w illustrations

Sharing Dr. Upledger's techniques and his own innovative applications of CranoSacral Therapy and SomatoEmotional Release in 20 years of practice, Diego Maggio presents tools and exercises to facilitate your inner self-healing mechanisms and support yourself and others through the stages of grief and bereavement following a loss.





### Crystal Gifts

*How to choose the perfect crystal for over 20 occasions*

Michael Gienger

ISBN 978-1-84409-665-7  
\$9.95 (CAN \$9.95) pb  
98 pages, 4.5 x 6.5  
111 color illustrations

Stones deliver their messages wordlessly, reaching out to us, touching our hearts to be understood by our whole being. This book suggests the appropriate stone for each occasion, be it birthday, marriage, or illness, so readers can send best wishes to those close to them with added power and emphasis.



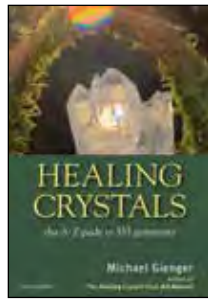
### Gem Water

*How to Prepare and Use More than 130 Crystal Waters for Therapeutic Treatments*

Michael Gienger and Joachim Goebel

ISBN 978-1-84409-131-7  
\$11.95 (CAN \$14.95) pb  
96 pages, 4.5 x 6.5  
Full-color throughout

Effective and healthy remedies produced by infusing water with crystalline energies are carefully described in this manual. The book covers preparation and correct methods of use as well as poisonous crystals. Gienger examines more than 100 usable crystals and 34 special mixtures, revealing their intended uses and effects for the optimum therapeutic results.



### Healing Crystals

*The A-Z Guide to 555 Gemstones*

Michael Gienger

ISBN 978-1-84409-647-3  
\$9.95 (CAN \$12.50) pb  
128 pages, 4.5 x 6.5  
555 color halftones

The author presents a comprehensive directory of 555 gemstones used today in crystal healing, with clear descriptions of their characteristics, healing functions, and photographs of each crystal. This 2nd edition includes new findings in mineralogy, experiences, and research results in the field of gem therapy in a neat pocket size book.



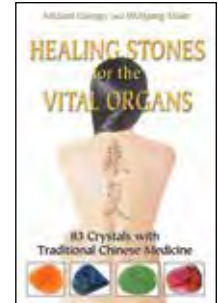
### The Healing Crystals First Aid Manual

*A Practical A to Z of Common Ailments and Illnesses and How They Can Be Best Treated with Crystal Therapy*

Michael Gienger

ISBN 978-1-84409-084-6  
\$28.95 (CAN \$34.95) pb  
320 pages, 6 x 8.25  
100 color halftones

Gienger provides a reference list for more than 100 medical conditions and describes the physical symptoms, psychological ramifications, and correct healing gemstones for each. The book includes a comprehensive appendix with color photos of all prescribed gemstones, a guide to assembling basic home crystal kits, and a bibliography.



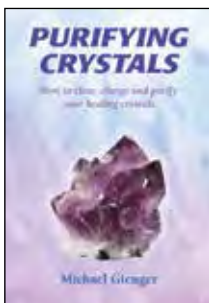
### Healing Stones for the Vital Organs

*83 Crystals with Traditional Chinese Medicine*

Michael Gienger and Wolfgang Maier

ISBN 978-1-59477-275-7  
\$16.95 (CAN \$19.95) pb  
192 pages, 6 x 9  
Full-color throughout

This book explains how to use gems and crystals to tune the body's circadian rhythm or "organ clock." It shows how to select the right stones, the time of day they should be used, and how long treatment should last.



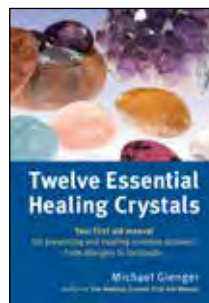
### Purifying Crystals

*How to Clear, Charge and Purify Your Healing Crystals*

Michael Gienger

ISBN 978-1-84409-147-8  
\$9.95 (CAN \$12.50) pb  
64 pages, 4.5 x 6.5  
60 color halftones

This guide shows the most effective methods for cleansing, purifying, and recharging crystals. Learn how tools become impure and corrupted and how to properly purify them. Gienger includes a cleansing ceremony that can be used on crystals and jewelry and shows the correct application of crystals for cleansing rooms.



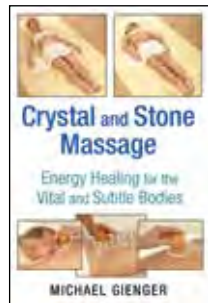
### Twelve Essential Healing Crystals

*Your first aid manual for preventing and treating common ailments from allergies to toothache*

Michael Gienger

ISBN 978-1-84409-642-8  
\$9.95 (CAN \$9.95) pb  
64 pages, 4.5 x 6.5  
15 color illustrations

This pocket pharmacy for common ailments focuses on twelve stones that cover a wide range of applications. This guide shows you how to identify the right stone for every ailment from allergies to toothache. The twelve stones selected will help you maintain your health and heal your body and mind.



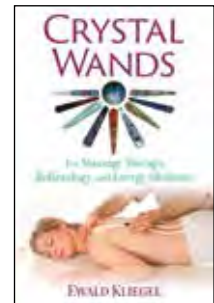
### Crystal and Stone Massage

*Energy Healing for the Vital and Subtle Bodies*

Michael Gienger

ISBN 978-1-62055-411-1  
\$16.95 (CAN \$20.50) pb  
176 pages, 6 x 9  
Full-color throughout

This book details the energetics and healing properties of more than 50 crystals and gemstones for use in massage explaining how to select the correct stone to aid in the healing of specific conditions. It includes a detailed chapter on the harmonizing effects of amber whose unique electromagnetic vibrations make it especially conducive to creating homeostasis in the body.



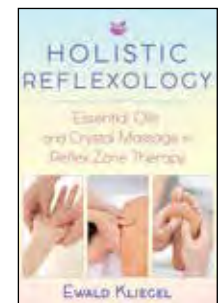
### Crystal Wands

*For Massage Therapy, Reflexology, and Energy Medicine*

Ewald Kliegel

ISBN 978-1-62055-648-1  
\$19.95 (CAN \$24.95) pb  
192 pages, 6 x 9  
Full-color throughout

Exploring the healing properties and indications for more than 70 crystal wands, the author explains how the versatile shape of a crystal wand amplifies a crystal's energetic effects. He provides step-by-step instructions for using crystal wands in massage, reflexology, and energy medicine and for tuning the aura and balancing the chakras.



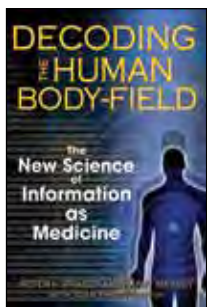
### Holistic Reflexology

*Essential Oils and Crystal Massage in Reflex Zone Therapy*

Ewald Kliegel

ISBN 978-1-62055-753-2  
\$24.99 (CAN \$29.99) pb  
192 pages, 6 x 9  
Full-color throughout

Kliegel offers a guide to integrating reflexology treatments with complementary therapies such as essential oils, crystal massage, and visualization techniques, to restore energetic balance, relieve pain, and maximize healing. He also includes more than 30 full-color maps of reflex zones systems from head to toe, including the ears, mouth, tongue, fingernails, and torso.



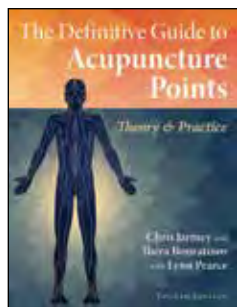
## Decoding the Human Body-Field

### *The New Science of Information as Medicine*

Peter H. Fraser  
and Harry Massey  
with Joan Parisi Wilcox

ISBN 978-1-59477-225-2  
\$24.99 (CAN \$31.50) pb  
416 pages, 6 x 9  
14 b&w illustrations

In this revolutionary look at the energetic physiology of the human body, Peter Fraser and Harry Massey introduce Infoceuticals—liquid remedies infused with electrodynamic information. Infoceuticals promote health by reestablishing the proper flow of information in the body's energetic fields.



## New Edition

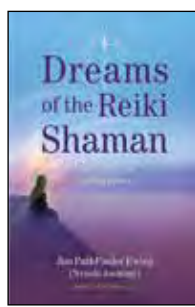
### The Definitive Guide to Acupuncture Points

#### *Theory and Practice*

Chris Jarney and  
Ilaira Bouratinos  
with Lynn Pearce

ISBN 978-1-64411-623-4  
\$29.99 (CAN \$37.50) pb  
392 pages, 7.44 x 9.69  
Full-color throughout

Lavishly illustrated, this atlas explores in precise detail the acupuncture points of the 12 main channels/meridians, plus the conception and governor vessels. This fourth edition is updated to offer comparisons of Eastern and Western teaching models and new theoretical material to help intuitive understanding.



## Dreams of the Reiki Shaman

### *Expanding Your Healing Power*

Jim PathFinder Ewing

ISBN 978-1-84409-568-1  
\$16.95 (CAN \$19.95) pb  
192 pages, 5 x 7.75  
4 b&w illustrations

Based on more than a decade of successful workshops, this resource expands and refines the unique combination of the hands-on healing of Reiki with life-changing shamanic practices, presented clearly and concisely for those with no previous background in Reiki or shamanism.



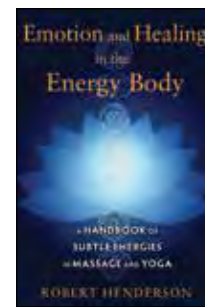
## Reiki Shamanism

### *A Guide to Out-of-Body Healing*

Jim PathFinder Ewing

ISBN 978-1-84409-133-1  
\$16.95 (CAN \$19.95) pb  
192 pages, 6.63 x 7.75  
6 b&w illustrations

This book connects Reiki techniques and shamanic principles and provides examples of how Reiki can be practiced within the shamanic journey. Through exercises, references, and internet resources, novices and practitioners will expand their knowledge and ability to help subjects clear old energies and accelerate their soul purpose.



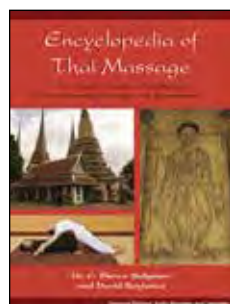
## Emotion and Healing in the Energy Body

### *A Handbook of Subtle Energies in Massage and Yoga*

Robert Henderson

ISBN 978-1-62055-427-2  
\$19.95 (CAN \$23.95) pb  
320 pages, 6 x 9  
Full-color throughout

Negative energies can accumulate in the energy body much like fat deposits, manifesting as a variety of physical ailments. But these conditions can be treated through massage and yoga. This book explains how to interpret and work with energies as they are released, including an in-depth section of the release of repressed sexual energy.



## Revised Edition

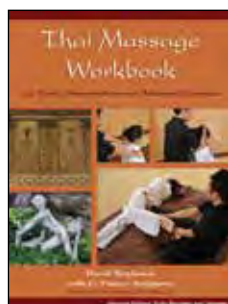
### Encyclopedia of Thai Massage

#### *A Complete Guide to Traditional Thai Massage Therapy and Acupressure*

C. Pierce Salguero, PhD,  
and David Roylance

ISBN 978-1-84409-563-6  
\$35.00 (CAN \$42.00) pb  
288 pages, 7.5 x 10  
431 color halftones

Drawing from Thai history, cultural studies, Buddhist religion, yogic practices, anatomy, and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand—a therapeutic medical science. Includes photos and diagrams illustrating a variety of techniques and examples.



## Revised Edition

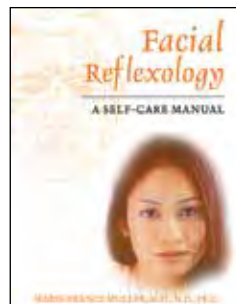
### Thai Massage Workbook

#### *For Basic, Intermediate, and Advanced Courses*

David Roylance, with  
C. Pierce Salguero, PhD

ISBN 978-1-84409-564-3  
\$19.99 (CAN \$23.99) pb  
192 pages, 7.5 x 8.88  
200 b&w halftones

A companion volume to *Encyclopedia of Thai Massage*, this interactive teaching tool provides an overview of the basic course for classic Thai massage routines. Updated with new content and a revamped layout, this handy reference also includes alternate steps from advanced courses as well as a section on Sen lines.



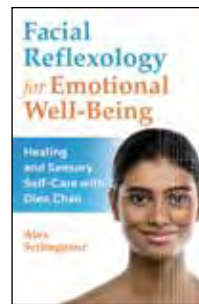
## Facial Reflexology

### *A Self-Care Manual*

Marie-France Muller, M.D.,  
N.D., Ph.D.

ISBN 978-1-59477-013-5  
\$19.95 (CAN \$23.95) pb  
288 pages, 8.5 x 11  
507 b&w illustrations

Facial reflexology is simple enough that it can be self-administered by a beginner, yielding immediate results, and is also a valuable tool for healthcare professionals. In *Facial Reflexology*, Marie-France Muller describes the mechanics of facial reflexology and provides healing routines both for treating acute ailments and for maintaining overall good health.



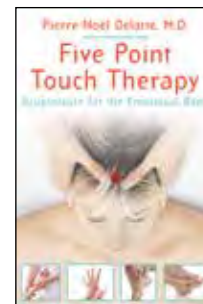
## Facial Reflexology for Emotional Well-Being

### *Healing and Sensory Self-Care with Dien Chan*

Alex Scrimgeour

ISBN 978-1-64411-586-2  
\$24.99 (CAN \$31.50) pb  
320 pages, 6 x 9  
27 b&w illustrations

With the simple Vietnamese facial reflexology practice of Dien Chan, you can use points on the face to tap into the innate healing and regenerative powers of the body. Master practitioner Alex Scrimgeour shows how to use Dien Chan to treat a variety of emotional issues, from anxiety, addiction, and stress to trauma, dissociation, and PTSD.



## Five Point Touch Therapy

### *Acupressure for the Emotional Body*

Pierre-Noël Delatte, M.D.

ISBN 978-1-59477-495-9  
\$16.95 (CAN \$19.50) pb  
208 pages, 6 x 9  
Full-color throughout

Five Point Touch Therapy is a technique that activates acupressure points in sequences of five to produce an energetic healing circuit in the body. This book presents 22 five-point sequences for specific emotional issues, such as panic attacks or suppressed anger, and for removing the emotional blocks that underlie eczema, asthma, and weight gain. Dr. Delatte explains how to combine the 22 sequences to treat more than 70 additional conditions.





## Foundations of Reiki Ryoho

*A Manual of Shoden and Okuden*

Nicholas Pearson

ISBN 978-1-62055-673-3  
\$24.99 (CAN \$31.50) pb  
352 pages, 6 x 9  
70 b&w illustrations

Bridging Eastern and Western lineages to reclaim Reiki's roots as both a healing art and a spiritual practice, Nicholas Pearson offers a new comprehensive exploration of the original Japanese techniques and modern tools of the first degree and second degree of Reiki Ryoho practice, including effective hand positions, self-healing exercises, and spiritual meditations.



Revised Edition

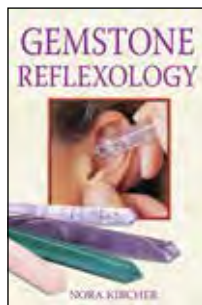
## From the Heart Through the Hands

*The Power of Touch in Caregiving*

Dawn Nelson

ISBN 978-1-84409-083-9  
\$25.95 (CAN \$25.95) pb  
192 pages, 8.5 x 11  
50 b&w halftones

This book offers practical advice and true stories for those who want to improve their ability to communicate through touch. The physical and psychosocial benefits of skilled touch are elucidated, providing a greater understanding of how touch can be a tool to communicate with individuals with Alzheimer's and other dementias.



## Gemstone Reflexology

Nora Kircher

ISBN 978-1-59477-121-7  
\$16.95 (CAN \$19.95) pb  
112 pages, 6 x 9  
92 four-color illustrations

Every gemstone has specific healing properties. When crafted into wands, these gems enable the patient to apply the perfect amount of pressure on the appropriate acupressure point. The energies of the crystal combine with those released by the pressure on the reflexology point to produce a powerful force for healing.



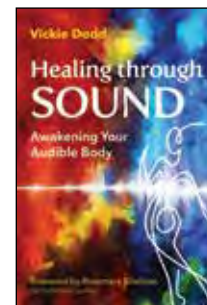
## Hands-on Healing

*A Practical Guide to Channeling Your Healing Energies*

Jack Angelo

ISBN 978-0-89281-734-4  
\$18.95 (CAN \$22.95) pb  
256 pages, 7.25 x 9.25  
53 b&w illustrations

An illustrated, step-by-step guide that makes it easy for anyone to awaken and develop their own healing gift. *Hands-on Healing* allows the reader to both understand the body's energies and to practice healing exercises. Chapters focus on such topics as healing touch, chakras, the wisdom of the body, visualization, and meditation.



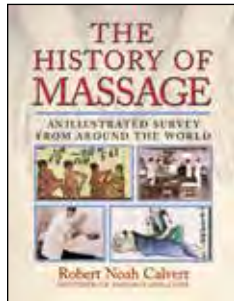
## New—March 2024 Healing through Sound

*Awakening Your Audible Body*

Vickie Dodd

Foreword by Rosemary Gladstar  
ISBN 979-8-88850-031-6  
\$18.99 (CAN \$23.99) pb  
176 pages, 6 x 9

In this guide to sound as bodywork, Vickie Dodd shares her system for addressing trauma locked in the physical body with the healing power of sound. She offers practices to help you intuit the sounds required for healing and explains how to use your voice to release emotional conflicts so your body can naturally heal.



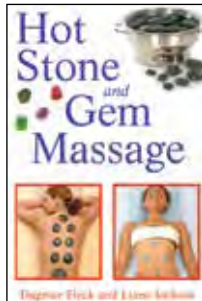
## The History of Massage

*An Illustrated Survey from around the World*

Robert Noah Calvert

ISBN 978-0-89281-881-5  
\$29.95 (CAN \$35.95) pb  
288 pages, 8.5 x 11  
200 b&w illustrations

Robert Noah Calvert offers a comprehensive history of massage that spans the globe. Starting with the healing art's ancient foundations, *The History of Massage* leads us through Greek temples and Middle Eastern bathhouses, Chinese martial arts traditions and Native American sweat lodges, to discover the significant role of touch therapy in the life of the world's people.

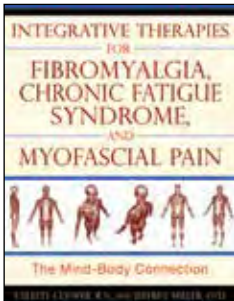


## Hot Stone and Gem Massage

Dagmar Fleck and Liane Jochum

ISBN 978-1-59477-246-7  
\$16.95 (CAN \$19.95) pb  
160 pages, 6 x 9  
Full-color throughout

A fully illustrated guide to the ancient Hawaiian art of massage using hot stones. Included are instructions for each area of the body; information on the healing powers of gemstones; and recommendations on which base oils and essential oils enhance the treatment.



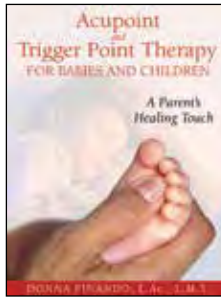
## Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain

*The Mind-Body Connection*

Celeste Cooper, R.N., and Jeffrey Miller, Ph.D.

ISBN 978-1-59477-323-5  
\$34.95 (CAN \$48.95) pb  
448 pages, 8.5 x 11  
25 b&w illustrations

Fibromyalgia, myofascial pain, and chronic fatigue are often seen as interchangeable. However, treatment of one can exacerbate the others. This thorough guide to natural treatments also offers techniques to dispel the "brain fog" these disorders often create.



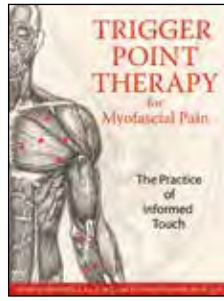
## Acupoint and Trigger Point Therapy for Babies and Children

*A Parent's Healing Touch*

Donna Finando, L.Ac., L.M.T.

ISBN 978-1-59477-189-7  
\$29.99 (CAN \$36.99) pb  
240 pages, 8.5 x 11  
Two-color illustrations throughout

Trigger point therapy releases restricted muscles while acupressure allows energy to flow freely, activating the body's remarkable healing abilities. Author Donna Finando reveals the importance of touch in both childhood development and healing, and details acupoint and trigger point therapy techniques for most common childhood ailments, including asthma.



## Trigger Point Therapy for Myofascial Pain

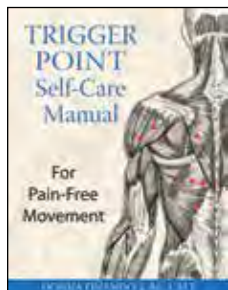
*The Practice of Informed Touch*

Donna Finando, L.Ac., L.M.T., and Steven Finando, Ph.D., L.Ac.

ISBN 978-1-59477-054-8  
\$19.95 (CAN \$23.95) pb  
256 pages, 8.38 x 10.88  
147 two-color illustrations

Also available in Spanish (see page 220)

In this easy-to-use guide to the treatment of muscle pain, medical educators present evaluation and palpation techniques for reducing trigger points and alleviating pain. Detailed information on each muscle, including pain-pattern and trigger-point illustrations, enable clinicians to locate specific areas quickly and accurately.



## Trigger Point Self-Care Manual

*For Pain-Free Movement*

Donna Finando, L.Ac., L.M.T.

ISBN 978-1-59477-080-7  
\$19.95 (CAN \$23.95) pb  
208 pages, 8.38 x 10.88  
228 two-color illustrations

Also available in Spanish  
(see page 220)

Donna Finando presents at-home methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques. The pain associated with trigger points in each muscle of the body is identified and instructions are provided for palpating, treating, and stretching the muscle in order to release it.



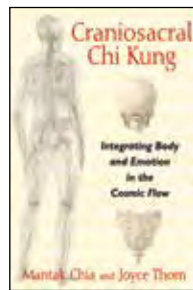
## Jin Shin Healing Touch

*Quick Help for Common Ailments*

Tina Stümpfig

ISBN 978-1-64411-076-8  
\$17.99 (CAN \$22.50) pb  
176 pages, 6 x 9  
Full-color throughout

Jin Shin Jyutsu is an ancient Japanese healing art akin to an easier form of acupressure. This full-color guide details the 52 energy points of Jin Shin Jyutsu and explains the sequence of points to hold to address specific ailments, conditions, and injuries and stimulate the body's self-healing response.



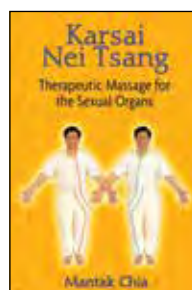
## Craniosacral Chi Kung

*Integrating Body and Emotion in the Cosmic Flow*

Mantak Chia and Joyce Thom

ISBN 978-1-62055-423-4  
\$24.99 (CAN \$29.99) pb  
288 pages, 6 x 9  
Full-color throughout

This book introduces a practice that links the craniosacral rhythm—the gentle flow of cerebrospinal fluid from the head to the tailbone—to the flow of chi throughout the body. The alliance of these two energetic channels can enable the practitioner to enter the Cosmic Flow—a state of calm well-being and extraordinary creativity that is at one with the universe.



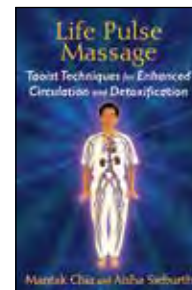
## Karsai Nei Tsang

*Therapeutic Massage for the Sexual Organs*

Mantak Chia

ISBN 978-1-59477-114-9  
\$16.95 (CAN \$19.95) pb  
144 pages, 6 x 9  
189 b&w illustrations

Illustrating complete sexual organ massages for women and for men, Karsai Nei Tsang treats common problems associated with the sexual organs including impotency, painful menstruation, and low libido. It is also effective in alleviating back pain and sciatica.



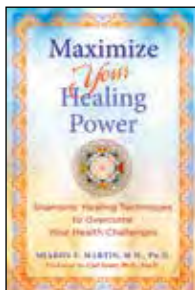
## Life Pulse Massage

*Taoist Techniques for Enhanced Circulation and Detoxification*

Mantak Chia and Aisha Sieburth

ISBN 978-1-62055-309-1  
\$18.95 (CAN \$22.95) pb  
320 pages, 6 x 9  
Full-color throughout

Areas of slow or congested circulation in the body lead to toxin accumulation. The practice of Life Pulse Massage allows these blockages to be cleared. This fully illustrated guide explains the ancient art of reading the pulses and details massage practices that synchronize the master pulses with the 52 pulses of the whole body.



## Maximize Your Healing Power

*Shamanic Healing Techniques to Overcome Your Health Challenges*

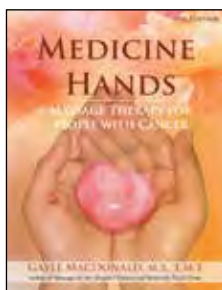
Sharon E. Martin, M.D., Ph.D.

Foreword by Carl Greer, PhD, PsyD

ISBN 978-1-64411-660-9  
\$18.99 (CAN \$23.99) pb  
208 pages, 6 x 9

In this practical guide, Dr. Sharon Martin blends allopathic medicine with ancient shamanic and energy techniques to help you shift your health and increase your life force. She reveals how to sense the energy body to understand imbalances and visualize the potential for healing using symbolic medicine wheels and the Andean symbol of the Chacana.

**Audiobook available**



Revised Edition

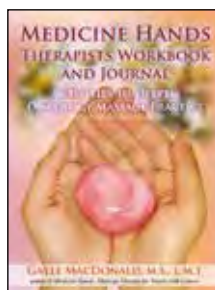
## Medicine Hands

*Massage Therapy for People with Cancer*

Gayle MacDonald, M.S., L.M.T.

ISBN 978-1-84409-639-8  
\$39.95 (CAN \$47.95) pb  
336 pages, 7.5 x 10  
Full-color throughout

Oncology massage is growing into a discipline with a deep body of knowledge. The 3rd edition of *Medicine Hands* reflects this maturation. Every chapter contains updated information on massaging people affected by cancer and new chapters cover each stage of the experience: treatment, recovery, survivorship, side effects, and end of life.



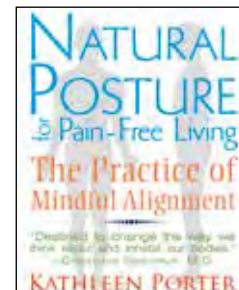
## Medicine Hands Therapists Workbook and Journal

*Activities to Deepen Oncology Massage Practice*

Gayle MacDonald, M.S., L.M.T.

ISBN 978-1-84409-672-5  
\$19.95 (CAN \$25.99) pb  
176 pages, 7.5 x 10  
15 b&w illustrations

Oncology massage is growing into a discipline with a deep body of knowledge. This workbook and journal includes quizzes, supplemental activities, awareness exercises, reflective questions, ethical dilemmas, touch exercises, and case studies so that the information becomes more ingrained.



New Edition of *Ageless Spine, Lasting Health*

## Natural Posture for Pain-Free Living

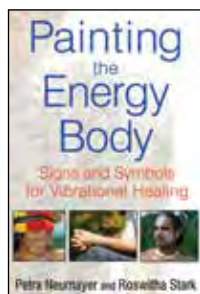
*The Practice of Mindful Alignment*

Kathleen Porter

ISBN 978-1-62055-099-1  
\$29.99 (CAN \$37.50) pb  
320 pages, 8 x 10  
b&w illustrations throughout

When the body is aligned as nature intended, supported by the bones rather than the muscles, a blissful release from chronic muscular tension can occur. With full-color diagrams, Kathleen Porter reveals the body's naturally pain-free design, providing easy-to-follow instructions for mindful alignment during the most ordinary daily activities. Includes a chapter on practicing yoga safely.





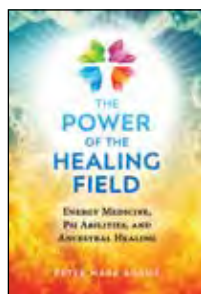
## Painting the Energy Body

*Signs and Symbols for Vibrational Healing*

Petra Neumayer and Roswitha Stark

ISBN 978-1-59477-480-5  
\$16.95 (CAN \$19.95) pb  
160 pages, 6 x 9  
80 b&w illustrations

Symbols have the power to transfer information through energetic vibration. They have long been drawn on the body to stimulate its powers of self-healing, the most ancient example being the 5,000-year-old iceman "Ötzi," who had symbols tattooed over his arthritic joints. This book shows how to use signs directly on areas of pain for quick relief, on bandages to speed healing, and on acupressure meridians to treat more complex conditions.



Revised Edition of *The Healing Field*

## The Power of the Healing Field

*Energy Medicine, Psi Abilities, and Ancestral Healing*

Peter Mark Adams  
ISBN 978-1-64411-358-5

\$16.99 (CAN \$21.50) pb  
176 pages, 6 x 9  
9 b&w illustrations

Sharing remarkable cases of healing and transformation from more than 20 years of professional energy healing work, Adams illustrates the role of transpersonal fields of consciousness in healing a range of issues, from inherited family and ancestral problems to past lives, near-death experiences, and spirit attachment.

**Audiobook available**



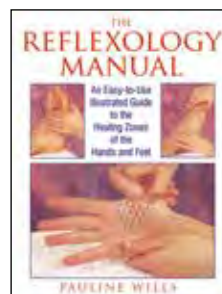
## Quartz Crystals

*A Guide to Identifying Quartz Crystals and Their Healing Properties, Including the Many Types of Clear Quartz Crystals*

Isabel Silveira

ISBN 978-1-84409-148-5  
\$17.95 (CAN \$21.95) pb  
80 pages, 6.25 x 8.25  
100 color halftones

An innovative work in theme and presentation that allows readers to quickly and easily identify an array of quartz crystals and become familiar with their distinctive features. Colorful pictures bring the reader up close to the beauty and diversity of the quartz crystal family, illustrating specific details of each crystal formation described.



## The Reflexology Manual

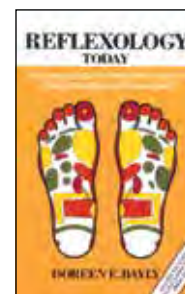
*An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet*

Pauline Wills

ISBN 978-0-89281-547-0  
\$19.95 (CAN \$24.95) pb  
144 pages, 8.5 x 11  
150 color photographs and illustrations

Clear, step-by-step instructions and sequential photographs guide you through complete reflexology treatments. Ideal for beginners as well as practitioners.

**"The photographs and drawings are easy to follow and precise. This ancient therapy can now be understood clearly with the aid of this book. An excellent text."**—New Vision



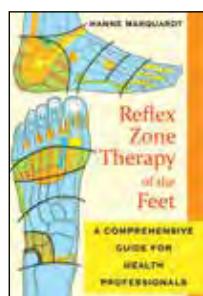
## Reflexology Today

*The Stimulation of the Body's Healing Forces through Foot Massage*

Doreen E. Bayly

ISBN 978-0-89281-284-4  
\$14.99 (CAN \$17.99) pb  
68 pages, 5.25 x 8.5  
17 photographs and illustrations

Stimulating the body's healing forces through massage of the reflex areas of the feet helps to increase blood circulation and relax tension in the nervous system, and can do much to retard the ageing process. Ailments that respond to reflexology, include glaucoma, migraine, liver disease, cataracts, asthma, neuritis, shingles (herpes zoster), arthritis, and sinus trouble.



Revised Edition

## Reflex Zone Therapy of the Feet

*A Comprehensive Guide for Health Professionals*

Hanne Marquardt

ISBN 978-1-59477-361-7  
\$19.95 (CAN \$23.95) pb  
192 pages, 6 x 9  
Full-color throughout

This revised edition contains updated color illustrations, new case studies, and an expanded list of treatments. It reveals breakthrough discoveries in reflexology such as the solar plexus zone and includes a guide to treating many common ailments.



## Reiki Energy Medicine

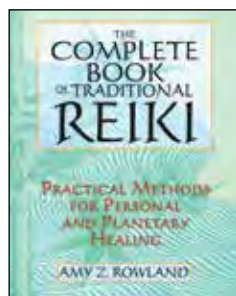
*Bringing Healing Touch into Home, Hospital, and Hospice*

Libby Barnett and Maggie Babb  
with Susan Davidson

ISBN 978-0-89281-633-0  
\$14.95 (CAN \$17.95) pb  
144 pages, 5.88 x 9  
25 b&w illustrations

**Also available in Spanish**  
(see page 220)

As our health-care system challenges institutions to offer high-quality but cost-effective service, Reiki can be an important tool that can help maximize patient care and minimize recovery time. This is the first book to show how this ancient art of touch therapy can work within our mainstream health care system.



Updated Second Edition of *Traditional Reiki for Our Times*

## The Complete Book of Traditional Reiki

*Practical Methods for Personal and Planetary Healing*

Amy Z. Rowland

ISBN 978-1-59477-351-8  
\$19.95 (CAN \$23.95) pb  
288 pages, 8 x 10  
83 b&w illustrations

Rowland takes the reader through a traditional Reiki level I class. She discusses Reiki's origins, describes the attunement process by which a student is imbued with the power to channel life-force energy, and gives complete instructions for the basic and advanced hand positions.



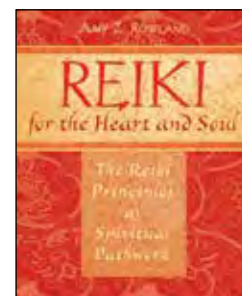
## Intuitive Reiki for Our Times

*Essential Techniques for Enhancing Your Practice*

Amy Z. Rowland

ISBN 978-1-59477-099-9  
\$22.99 (CAN \$27.99) pb  
288 pages, 8 x 10  
65 b&w photographs

Most Western Reiki practitioners are taught Reiki without acknowledgment of the integral role intuition can play in helping to heal a client. Rowland shows practitioners how to inventory their intuitive abilities, and offers fully illustrated, practical techniques that certified Reiki practitioners and teachers can readily apply in their own practices.



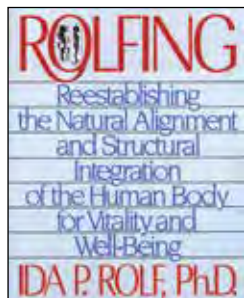
## Reiki for the Heart and Soul

*The Reiki Principles as Spiritual Pathwork*

Amy Z. Rowland

ISBN 978-1-59477-252-8  
\$22.99 (CAN \$28.99) pb  
256 pages, 8 x 10  
32 b&w photographs

Explores how practitioners of all levels and lineages can use the five principles of Reiki for healing and for spiritual growth. Includes exercises for healing anger and fear, for living with gratitude, integrity, and compassion and meditations to deepen the practice of Reiki.



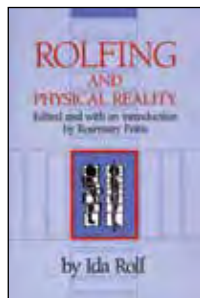
## Rolfing

*Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being*

Ida P. Rolf, Ph.D.

ISBN 978-0-89281-335-3  
\$24.95 (CAN \$29.95) pb  
304 pages, 8 x 10  
600 b&w illustrations and photographs

In this new edition of her seminal work, the late Dr. Rolf illustrates her theory and practice of Structural Integration, which brings the body into alignment and balance by manipulation of the connective tissue. This is the original and classic text, an indispensable reference.



## Rolfing and Physical Reality

Ida P. Rolf, Ph.D.

ISBN 978-0-89281-380-3  
\$16.95 (CAN \$19.95) pb  
224 pages, 5.38 x 8.25

A self-portrait of the warm, wise woman who created the therapy that bears her name. Here, Ida Rolf tells of her life and the wonder of the human body, and explains her technique of manipulating muscle tissue to induce correct alignment in the body.



A Sacred Planet Book

## The Secret of Resilience

*Healing Personal and Planetary Trauma through Morphogenesis*

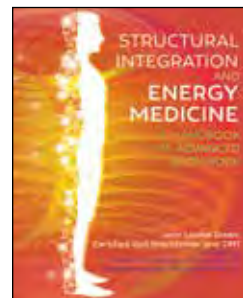
Stephanie Mines, Ph.D.

Foreword by Cherionna Menzam-Sills, Ph.D.

ISBN 978-1-64411-608-1  
\$18.99 (CAN \$23.99) pb  
192 pages, 6 x 9  
23 b&w illustrations

Sharing the author's journey of healing her own trauma and learning the energetic art of Jin Shin, this book shows how subtle touch in combination with trauma resolution amplifies neuroresilience, enhances creativity, restores motivation, and heals the disconnection associated with trauma and shock.

**Audiobook available**



## Structural Integration and Energy Medicine

*A Handbook of Advanced Bodywork*

Jean Louise Green, Certified Rolf Practitioner and CMT

Foreword by James L. Oschman, Ph.D.

ISBN 978-1-62055-798-3  
\$24.99 (CAN \$31.50) pb  
208 pages, 8 x 10  
51 b&w illustrations

In this illustrated guide to Dr. Ida P. Rolf's Structural Integration bodywork process, the author explores the relationship between alignment and the energetics of the body. She details each of the 10 sessions in the SI process, explaining how optimal body alignment eliminates pain and enhances the flow of energy in the body.



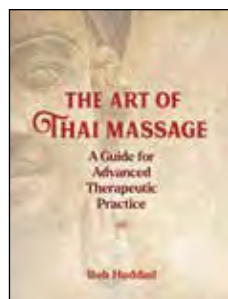
## Spine Vibrations

*Healing Music for the Spine, Muscles, Organs and Subtle Body*

Karen Grace

ISBN 978-1-84409-723-4  
\$16.99 (CAN \$21.50) CD

With this CD, the 12 spine vibrations of color and sound are fed back to the body via the brain to re-mind the body of its original healthy frequency. By troubleshooting the problematic part of the spine a person can heal a specific area of the body as well as improve a certain emotion.



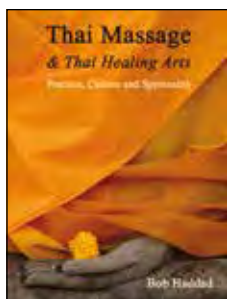
## The Art of Thai Massage

*A Guide for Advanced Therapeutic Practice*

Bob Haddad

ISBN 978-1-64411-372-1  
\$24.99 (CAN \$31.50) pb  
256 pages, 7.5 x 10  
165 b&w illustrations

Sharing insights from his many years of practice and teaching, Bob Haddad presents guidelines for effortless and effective bodywork practice. He explores body mechanics, breathing patterns, and exercises to improve sensing and strengthen intuition and offers ways to refine and improve classic techniques that are often performed incorrectly.



## Thai Massage & Thai Healing Arts

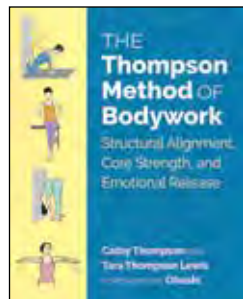
*Practice, Culture and Spirituality*

Bob Haddad

Contributed by Kira Balaskas, Michael Reed Gach, C. Pierce Salguero, PhD, Enrico Corsi, and Nephry Jacobsen

ISBN 978-1-84409-616-9  
\$32.95 (CAN \$39.95) pb  
336 pages, 7.5 x 10  
102 b&w illustrations

Presenting a wider scope than traditional how-to books on Thai Massage, this authoritative study uncovers a wealth of previously unavailable information on the historical, spiritual, and cultural connections to this powerful healing art.



## The Thompson Method of Bodywork

*Structural Alignment, Core Strength, and Emotional Release*

Cathy Thompson and Tara Thompson Lewis

Foreword by Ohashi

ISBN 978-1-62055-664-1  
\$35.00 (CAN \$43.95) pb  
336 pages, 8 x 10  
Full-color throughout

Developed by bodywork therapist Cathy Thompson, the Thompson Method heals pain in the physical body through bodywork and by recognizing the emotional blockages that often underlie chronic pain, tension, and poor alignment. Includes 90 illustrated exercises to release body tensions, realign and strengthen the body, and release the vocal mechanism.



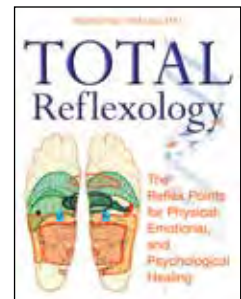
## The Three Secrets of Reiki Tao Te Qi

*The Original Teachings of Master Huang Zhen Hui*

Idris Lahore

ISBN 978-1-59477-362-4  
\$19.95 (CAN \$23.95) pb  
224 pages, 8 x 10

Includes 151 b&w photographs  
Reiki originated with the Chen Yen masters who called it Tao Te Qi. This illustrated guide reveals the 1st-, 2nd-, and 3rd-degree initiations transmitted to Idris Lahore by his grandfather, a student of Master Huang Zhen Hui.



## Total Reflexology

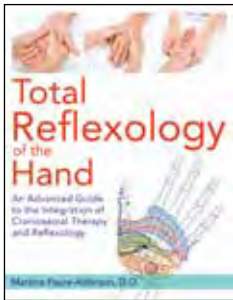
*The Reflex Points for Physical, Emotional, and Psychological Healing*

Martine Faure-Alderson, D.O.

ISBN 978-1-59477-247-4  
\$29.95 (CAN \$35.95) pb  
176 pages, 8.5 x 11  
Full-color throughout

This is the first truly complete book of reflexology, incorporating craniosacral therapy, acupuncture, naturopathy, homeopathy and the chakra system. Dr. Faure-Alderson has entirely remapped the feet, providing full-color, precise illustrations of the pressure points and how they relate to all the body's major systems.





## Total Reflexology of the Hand

*An Advanced Guide to the Integration of Craniosacral Therapy and Reflexology*

Martine Faure-Alderson, D.O.

ISBN 978-1-62055-531-6

\$19.95 (CAN \$23.95) pb

144 pages, 8.5 x 11

Full-color throughout

Dr. Martine Faure-Alderson explains how to use hand reflexology to treat the brain and each of the body's systems, from the digestive system to the human energetic system. She provides precise full-color mapped hand diagrams illustrating the exact placement of the points according to the bones of the hands.



New edition of *The Handbook of Chinese Massage*

## The Tui Na Manual

*Chinese Massage to Awaken Body and Mind*

Maria Mercati

ISBN 978-1-62055-749-5

\$19.99 (CAN \$24.99) paper with French flaps

160 pages, 7.5 x 9.25

Full-color throughout

Tui Na is a Chinese system of massage therapy to relieve pain, release tension, treat common ailments, and stimulate the overall flow of qi, or vital energy, throughout the body. This illustrated guide includes full-color photos with detailed step-by-step instructions to demonstrate each Tui Na technique and ways to work with the qi-points.



Revised and Updated Edition

## Tuning the Human Biofield

*Healing with Vibrational Sound Therapy*

Eileen Day McKusick

ISBN 978-1-64411-318-9

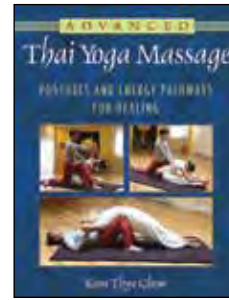
\$16.99 (CAN \$21.50) pb

288 pages, 6 x 9

32 b&w illustrations

Also available in Spanish (see page 221)

In this award-winning book, Eileen McKusick provides a precise map of the energetic biofield that surrounds the body, showing where specific emotions, traumas, and pain are stored. Sharing her sound-healing method, she details how to use tuning forks to locate and clear unresolved pain and trauma and restore order to the biofield.



## Advanced Thai Yoga Massage

*Postures and Energy Pathways for Healing*

Kam Thyé Chow

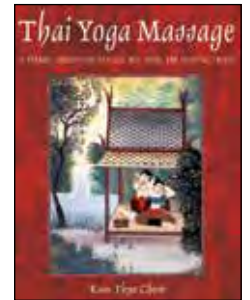
ISBN 978-1-59477-427-0

\$28.99 (CAN \$36.50) pb

216 pages, 8.5 x 11

Includes 8-page color insert and 117 b&w illustrations

This book presents 50 advanced Thai yoga postures as well as treatment plans for 8 common ailments including back pain, headaches, and anxiety. Each treatment plan includes a one-hour Thai yoga routine and practices for continued healing.



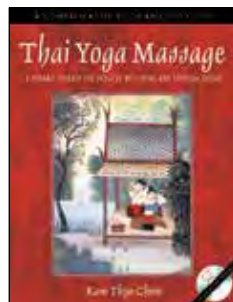
## Thai Yoga Massage

*A Dynamic Therapy for Physical Well-Being and Spiritual Energy*

Kam Thyé Chow

Only Available as an Ebook through most Ebook sellers

In this comprehensive guide for practitioners, Kam Thyé Chow leads readers through every aspect of this unique therapy that combines stretching, breath work, assisted yoga postures, and pressure point therapy, from its history and philosophy to an illustrated presentation of a complete Thai yoga massage session. Information on contraindications, anatomy, and physiology integrates Western medical knowledge and theory with this ancient tradition.



## Thai Yoga Massage

*A Dynamic Therapy for Physical Well-Being and Spiritual Energy Book & DVD Set*

Kam Thyé Chow

ISBN 978-0-89281-146-5

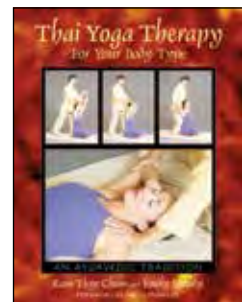
\$24.95 (CAN \$29.95) pb

160 pages, 8.5 x 11

144 b&w photographs and 49 b&w illustrations

Includes 45-minute DVD

In the temples of Thailand many centuries ago, a dynamic bodywork therapy based on yoga, ayurveda, and the martial arts was born. Kam Thyé Chow leads readers through every aspect of this ancient bodywork therapy using more than 125 detailed photographs, and he also demonstrates the techniques in the accompanying DVD.



## Thai Yoga Therapy for Your Body Type

*An Ayurvedic Tradition*

Kam Thyé Chow and Emily Moody

Foreword by David Frawley

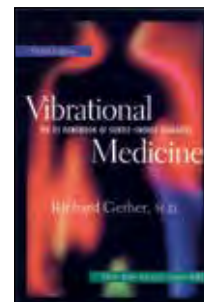
ISBN 978-0-89281-184-7

\$24.95 (CAN \$29.95) pb

240 pages, 8.5 x 11

152 b&w illustrations

*Thai Yoga Therapy for Your Body Type* bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality. Practitioners learn how to customize their work with the appropriate massage approach, recommended yoga asanas, breathing techniques, and diet and lifestyle tips.



Third Edition

## Vibrational Medicine

*The #1 Handbook of Subtle-Energy Therapies*

Richard Gerber, M.D.

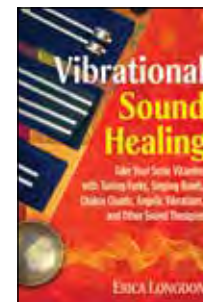
ISBN 978-1-879181-58-8

\$18.00 (CAN \$22.00) pb

608 pages, 6 x 9

40 b&w illustrations

In this revised and updated third edition, Dr. Gerber provides an encyclopedic treatment of energetic healing, covering subtle-energy fields, acupuncture, Bach flower remedies, homeopathy, radionics, crystal healing, electrotherapy, radiology, chakras, meditation, and psychic healing.



## Vibrational Sound Healing

*Take Your Sonic Vitamins with Tuning Forks, Singing Bowls, Chakra Chants, Angelic Vibrations, and Other Sound Therapies*

Erica Longdon

ISBN 978-1-64411-161-1

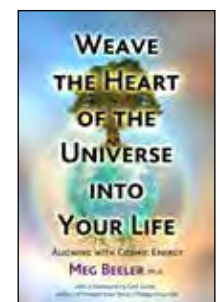
\$14.99 (CAN \$18.99) pb

176 pages, 5.38 x 8.25

19 b&w illustrations

This practical and accessible book presents a wide range of sound-healing methods and explores tools such as tuning forks, gongs, singing bowls, drumming, and chanting, showing how to connect with your inner healer, restore balance and harmony, and harness the power of vibration for sound health.

Audiobook available



## Weave the Heart of the Universe into Your Life

*Aligning with Cosmic Energy*

Meg Beeler

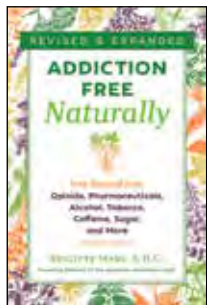
Foreword by Carl Greer, PhD, PsyD

ISBN 978-1-84409-739-5

\$16.99 (CAN \$22.50) pb

240 pages, 6 x 9

This transformational guide offers simple, effective, potent ways to connect with the energy, mystery, and power of nature and the universe. Imbued with indigenous wisdom and shamanic insight, the book guides you in dissolving worry and self-doubt as you find fluidity in the face of complexity.



Revised, Expanded Edition

## Addiction-Free Naturally

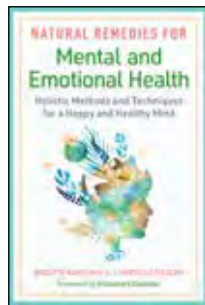
*Free Yourself from Opioids, Pharmaceuticals, Alcohol, Tobacco, Caffeine, Sugar, and More*

Brigitte Mars, A.H.G.

ISBN 978-1-64411-111-6  
\$16.99 (CAN \$21.50) pb  
320 pages, 6 x 9  
2 b&w illustrations

Brigitte Mars shares specific herbs, supplements, homeopathic remedies, behavioral therapies, and alternative practices such as yoga that can help liberate you from habitual substance use and ease the withdrawal period and suggests methods for cleansing the body of toxins.

**Audiobook available**



**New—Available**

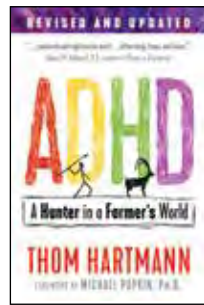
## Natural Remedies for Mental and Emotional Health

*Holistic Methods and Techniques for a Happy and Healthy Mind*

Brigitte Mars, A.H.G., and  
Chrystle Fiedler

Foreword by Rosemary Gladstar  
ISBN 978-1-64411-786-6  
\$29.99 (CAN \$37.50) pb  
352 pages, 6 x 9

Explores common mental health concerns and stress-related issues—such as anxiety, depression, anger, insomnia, brain fog, and trauma—and shares remedies and practices to address and heal their root causes.



Revised and Updated Edition of *Attention Deficit Disorder: A Different Perception*

## ADHD

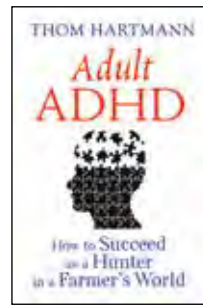
*A Hunter in a Farmer's World*  
Thom Hartmann

Foreword by Michael Popkin, Ph.D.  
ISBN 978-1-62055-898-0  
\$16.99 (CAN \$21.50) pb  
240 pages, 6 x 9

Also available in Spanish  
(see page 215)

Thom Hartmann explains that people with ADHD are not abnormal or dysfunctional, but possess a unique mental skill set that would have allowed them to thrive in a hunter-gatherer society. Providing a supportive "survival" guide with helpful non-drug methods, he shows that each mind has value and great potential waiting to be tapped.

**Audiobook available**



New Edition of *ADHD Secrets of Success*

## Adult ADHD

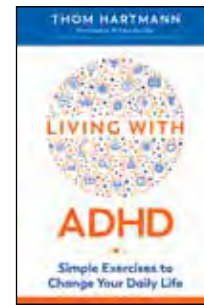
*How to Succeed as a Hunter in a Farmer's World*

Thom Hartmann

ISBN 978-1-62055-575-0  
\$14.95 (CAN \$17.95) pb  
144 pages, 6 x 9

Learn how to embrace your ADHD traits. In this guide, author Thom Hartmann provides easy-to-follow organizational strategies and tools for ADHD Hunters to set goals, build a business plan, and discover the right business project to keep you motivated.

**Audiobook available**



Revised Edition of *Healing ADD*

## Living with ADHD

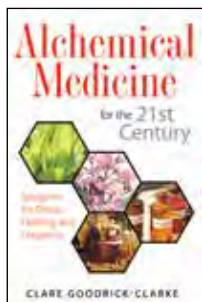
*Simple Exercises to Change Your Daily Life*

Thom Hartmann

Foreword by Richard Bandler  
ISBN 978-1-62055-900-0  
\$14.99 (CAN \$18.99) pb  
192 pages, 6 x 9

In this accessible guide for adults with ADHD and the parents and teachers of ADHD children, Thom Hartmann offers a practical system of useful tools and strategies to heal the damage done to a person who grew up labeled as "dysfunctional" and help them cope with—and succeed at—daily life.

**Audiobook available**



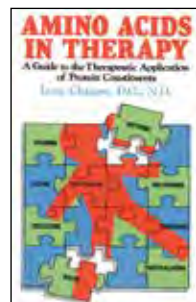
## Alchemical Medicine for the 21st Century

*Spagyrics for Detox, Healing, and Longevity*

Clare Goodrick-Clarke

ISBN 978-1-59477-319-8  
\$16.95 (CAN \$19.95) pb  
192 pages, 6 x 9

Developed in the 16th century, spagyrics is a branch of medicinal alchemy that captures the full therapeutic spectrum of plants, including the cosmic energies they have absorbed. This book contains detailed indications for using spagyrics to treat physical and mental disorders.



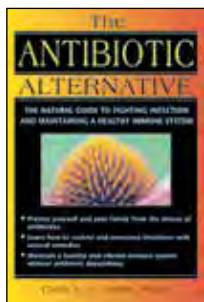
## Amino Acids in Therapy

*A Guide to the Therapeutic Application of Protein Constituents*

Leon Chaitow, D.O., N.D.

ISBN 978-0-89281-287-5  
\$14.95 (CAN \$17.95) pb  
112 pages, 5.38 x 8.5

Directed primarily to the health professional, this book covers all aspects of amino acid therapy and discusses conditions that respond particularly well to this treatment.



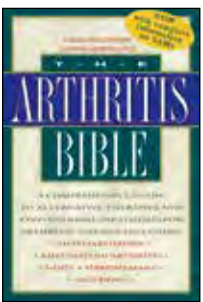
## The Antibiotic Alternative

*The Natural Guide to Fighting Infection and Maintaining a Healthy Immune System*

Cindy L. A. Jones, Ph.D.

ISBN 978-0-89281-877-8  
\$16.95 (CAN \$19.95) pb  
248 pages, 6 x 9

While antibiotics have their place in treating acute life-threatening conditions, this book shows how the best defense against infectious disease is to strengthen your own immune system. With advice on stress management and diet and complete monographs of a dozen readily available herbs, Dr. Jones shows you how to ward off infectious disease naturally without antibiotic overdependence.



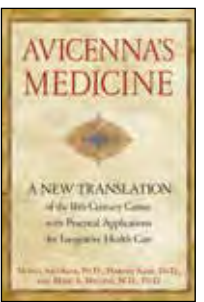
## The Arthritis Bible

*A Comprehensive Guide to Alternative Therapies and Conventional Treatments for Arthritic Diseases Including Osteoarthritis, Rheumatoid Arthritis, Gout, Fibromyalgia, and More*

Craig Weatherby and  
Leonid Gordin, M.D.

ISBN 978-0-89281-825-9  
\$19.99 (CAN \$24.99) pb  
272 pages, 6 x 9

A specialist in functional medicine provides the most up-to-date information on a variety of treatments, including drugs, exercise, diet, vitamins, herbs, nutraceuticals, and homeopathy.



## Avicenna's Medicine

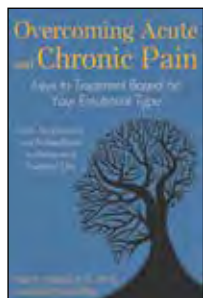
*A New Translation of the 11th-Century Canon with Practical Applications for Integrative Health Care*

Mones Abu-Asab, Ph.D.,  
Hakima Amri, Ph.D., and  
Marc S. Micozzi, M.D., Ph.D.

ISBN 978-1-59477-432-4  
\$35.00 (CAN \$42.00) hardcover  
480 pages, 6 x 9

Avicenna's *Canon of Medicine* was long ago translated into Latin, Persian, and Urdu, yet many of the inaccuracies from those first translations linger in current English translations. This volume, newly translated directly from the original Arabic, includes detailed commentary to explain current biomedical interpretations of Avicenna's theories and ways to apply his treatments today.





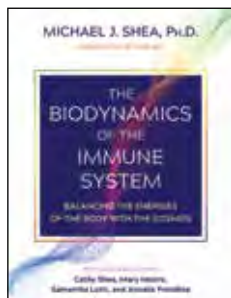
## Overcoming Acute and Chronic Pain

*Keys to Treatment Based on Your Emotional Type*

Marc S. Micozzi, M.D., Ph.D., and Sebhia Marie Dibra

ISBN 978-1-62055-563-7  
\$18.95 (CAN \$23.95) pb  
288 pages, 6 x 9

In this guide to safe and effective natural therapies for acute and chronic pain, find the holistic treatment that will work best for you based on your emotional type and specific pain condition. Authors Marc S. Micozzi, M.D., Ph.D., and Sebhia Marie Dibra, provide an easy questionnaire and an interactive self-assessment.



A Sacred Planet Book

## The Biodynamics of the Immune System

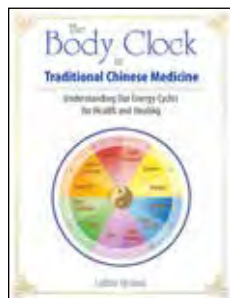
*Balancing the Energies of the Body with the Cosmos*

Michael J. Shea, Ph.D.

Foreword by Bill Harvey

ISBN 978-1-64411-525-1  
\$45.00 (CAN \$56.50) pb  
456 pages, 8.5 x 11  
Includes an 8-page color insert and 281 b&w illustrations

Michael J. Shea, Ph.D., examines the need to restore balance to the immune system through a deeper spiritual connection to the energies of the universe. He shares unique biodynamic protocols to balance the metabolism with the cosmos as well as optimize the immune system and the function of the vagus nerve.



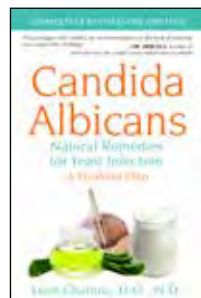
## The Body Clock in Traditional Chinese Medicine

*Understanding Our Energy Cycles for Health and Healing*

Lothar Ursinus

ISBN 978-1-64411-036-2  
\$15.99 (CAN \$19.99) pb  
128 pages, 5.75 x 7.5  
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In this guide to our organs' daily energetic cycles according to Traditional Chinese Medicine, the author shows how to support the body's natural rhythms of activity, recognize the body's signals of imbalance and find their sources, and achieve healing on the physical and energetic levels.



Revised Fourth Edition

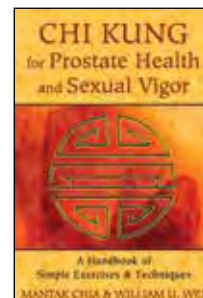
## Candida Albicans

*Natural Remedies for Yeast Infection*

Leon Chaitow, D.O., N.D.

ISBN 978-1-62055-581-1  
\$12.95 (CAN \$15.95) pb  
192 pages, 5.38 x 8.25

Today's all-too-common sugar-rich diet along with widespread use of antibiotics, antacids, contraceptive pills, and steroids can lead to a proliferation of this parasitic yeast within the body. Dr. Leon Chaitow explains how to recognize if yeast is your problem and offers a 10-point program to control Candida naturally with enzymes and herbs.



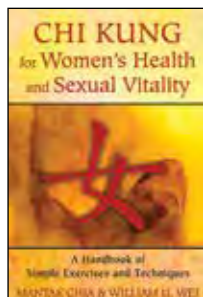
## Chi Kung for Prostate Health and Sexual Vigor

*A Handbook of Simple Exercises and Techniques*

Mantak Chia and William U. Wei

ISBN 978-1-62055-227-8  
\$16.95 (CAN \$19.95) pb  
176 pages, 6 x 9  
112 b&w illustrations

Age need not be a death sentence for men's sexual health and vitality. Mantak Chia and William U. Wei explain how to use Chi Kung to maintain a flourishing sex life well into old age, reduce prostate enlargement and prevent prostate gland cancer. They provide daily exercise routines as well as guidance on nutritional supplements.



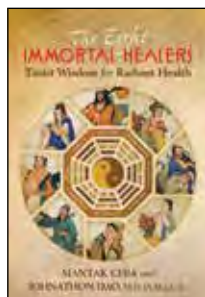
## Chi Kung for Women's Health and Sexual Vitality

*A Handbook of Simple Exercises and Techniques*

Mantak Chia and William U. Wei

ISBN 978-1-62055-225-4  
\$16.95 (CAN \$20.50) pb  
192 pages, 6 x 9  
135 b&w illustrations

This fully illustrated guide explains how to use Chi Kung to restore sexual vigor to the female reproductive system. It provides protocols that clear energy blockages that lead to sexual dysfunction and illness, including advanced Kegel-type exercises using a jade egg that stimulate age-delaying hormones and strengthen the pelvic floor; dietary guidance; restorative cleanses; and herbal remedies.



## The Eight Immortal Healers

*Taoist Wisdom for Radiant Health*

Mantak Chia and Johnathon Dao, M.D. (A.M.), L.Ac.

ISBN 978-1-62055-650-4  
\$26.99 (CAN \$33.99) pb  
416 pages, 6 x 9  
92 b&w illustrations

The Eight Immortals are a group of legendary ancient Taoist masters, each associated with a specific area of health or a powerful healing technique. By following the Eight Immortal Healers, you can take control of your health, remove the root causes of the chronic ailments, and live life to the fullest.



## EMDR and the Universal Healing Tao

*An Energy Psychology Approach to Overcoming Emotional Trauma*

Mantak Chia and Doug Hilton

ISBN 978-1-62055-551-4  
\$19.95 (CAN \$24.95) pb  
224 pages, 6 x 9  
Full-color throughout

Through the energy psychology practices from the 5000-year-old Taoist Chi Kung system, you can recycle negative emotional states into positive energy for your spiritual, emotional, and physical benefit. In this guide, Master Mantak Chia and Doug Hilton provide illustrated step-by-step instructions through combining the eye movements of EMDR therapy with the energetic practices of the Universal Healing Tao.



## Candling for Optimal Health

*Common and Lesser Known Benefits*

Jili Hamilton

ISBN 978-1-84409-130-0  
\$16.99 (CAN \$19.99) pb  
128 pages, 5 x 7.75  
7 color illustrations

Suitable for lay-persons and therapists, the book gives case histories of people who have found relief from hearing loss, sinusitis, tinnitus, headaches, ear ache, stress, and other health problems using ear candling. A comprehensive workbook offering all the information needed to use ear candles on family, friends, or patients.



## Colloidal Silver

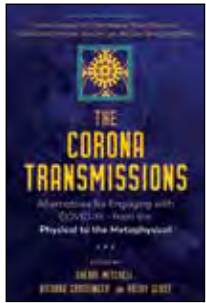
*The Natural Antibiotic*

Werner Kühni and Walter von Holst

ISBN 978-1-62055-500-2  
\$14.95 (CAN \$17.95) pb  
160 pages, 6 x 9  
14 b&w illustrations

Colloidal silver was widely used as a natural antibiotic until the mid-20th century when its use was overshadowed by the development of pharmaceutical antibiotics. In this complete guide, the authors detail the correct dosages and applications for specific ailments and for daily use and explain what to look for when purchasing colloidal silver.

**Audiobook available**



## A Sacred Planet Book **The Corona Transmissions**

*Alternatives for Engaging with COVID-19—from the Physical to the Metaphysical*

Edited by Sherri Mitchell, Richard Grossinger, and Kathy Glass

ISBN 978-1-64411-307-3  
\$19.99 (CAN \$24.99) pb  
384 pages, 6 x 9

Exploring a broad spectrum of new perspectives on COVID-19, from the physical to the metaphysical, from ecological to political, with scientific facts, health tips, imaginings, poems, and awakenings, this anthology offers an antidote to mainstream speculation and a new vision of the way forward.



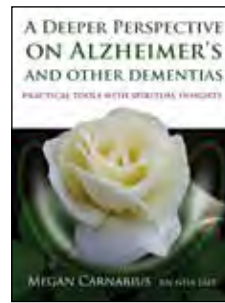
## **The Cox-2 Connection**

*Natural Breakthrough Treatment for Arthritis, Alzheimers & Cancer*

James B. LaValle, R.Ph., N.M.D., C.C.N.

ISBN 978-0-89281-984-3  
\$12.95 (CAN \$15.50) pb  
176 pages, 6 x 9

In this innovative text, James LaValle clearly explains what can cause joint and muscle inflammation, then sets forward multiple treatments, with step-by-step instructions on how to use these treatments most effectively. Furthermore, he writes about exciting new studies that indicate the possible effectiveness of Cox-2 inhibitors in treating diseases such as cancer and Alzheimer's.



## **A Deeper Perspective on Alzheimer's and other Dementias**

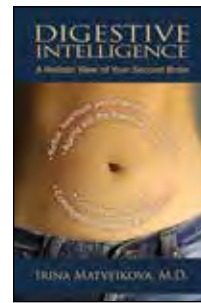
*Practical Tools with Spiritual Insights*

Megan Carnarius, RN NHA LMT

ISBN 978-1-84409-662-6  
\$18.99 (CAN \$18.99) pb  
192 pages, 7.5 x 10  
6 color Illustrations

This book takes a compassionate, professional look at Alzheimer's disease and other dementias, offering insights into care and the spiritual dimensions of the diseases. Looking at soul-searing, life-testing situations as "fall-out blessings" and understanding the deeper lessons we learn by caring for individuals with Alzheimer's and other types of dementia.

**Audiobook available**



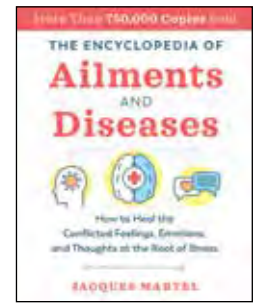
## **Digestive Intelligence**

*A Holistic View of Your Second Brain*

Irina Matveikova, M.D.

ISBN 978-1-84409-643-5  
\$16.99 (CAN \$18.50) pb  
172 pages, 6 x 9

Doctor Matveikova tells how our digestive system contains more than one million neurons and is responsible for producing 90% of the body's serotonin, the all-important hormone which makes us feel happy. Not surprising, if our stomach is upset we feel irritable and those feelings block our intellectual productivity.



New Edition of *The Complete Dictionary of Ailments and Diseases*

## **The Encyclopedia of Ailments and Diseases**

*How to Heal the Conflicted Feelings, Emotions, and Thoughts at the Root of Illness*

Jacques Martel

ISBN 978-1-64411-189-5  
\$34.99 (CAN \$43.99) pb  
608 pages, 8 x 10

In this reference and healing tool, Jacques Martel explains how to uncover the conflicted conscious or unconscious thoughts and emotions at the root of many illnesses and conditions. He offers prompts and affirmations to effect change for nearly 900 ailments and diseases.



## **Energetic Cellular Healing and Cancer**

*Treating the Emotional Imbalances at the Root of Disease*

Tjitze de Jong

Foreword by Robert Holden, Ph.D.

ISBN 978-1-64411-151-2  
\$16.99 (CAN \$21.50) pb  
256 pages, 6 x 9  
5 b&w illustrations

Offering a guide to the psychological causes of cancer and how energetic healing can assist in a mind-body cure, the author unravels the psychological aspects of an individual's energetic defense system and examines where possible energetic blocks might develop and how they can be dissolved.



## **Energy Medicine Technologies**

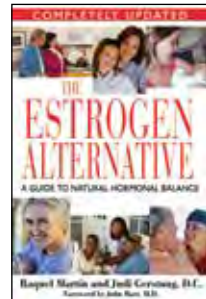
*Ozone Healing, Microcrystals, Frequency Therapy, and the Future of Health*

Edited by Finley Eversole, Ph.D.

Foreword by Karl Maret, M.D.

ISBN 978-1-62055-102-8  
\$18.95 (CAN \$22.95) pb  
368 pages, 6 x 9  
40 b&w illustrations

This book presents a compendium of revolutionary discoveries that have been suppressed by the medical-pharmaceutical complex including the use of microcrystals to harmonize the energies of body and mind, the cancer-curing electromedicine of Royal Raymond Rife, and technologies for tapping into the healing antioxidant electrons of the Earth.



## **The Estrogen Alternative**

*A Guide to Natural Hormonal Balance*

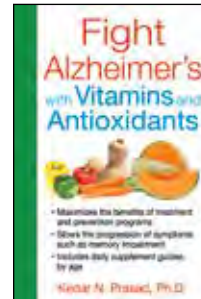
Raquel Martin and Judi Gerstung, D.C.

Foreword by John Hart, M.D.

ISBN 978-1-59477-033-3  
\$16.95 (CAN \$19.95) pb  
352 pages, 6 x 9

**Second Edition also available in Spanish (see page 215)**

Despite increasing awareness, confusion about the risks of conventional hormone replacement therapy remains widespread. This updated fourth edition offers the latest information on how botanical progesterone therapy, also known as natural Hormone Replacement Therapy (HRT), can provide safe, natural relief.

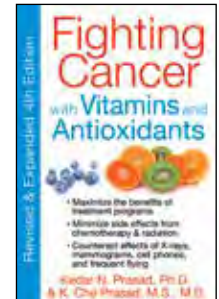


## **Fight Alzheimer's with Vitamins and Antioxidants**

Kedar N. Prasad, Ph.D.

ISBN 978-1-62055-317-6  
\$18.99 (CAN \$22.99) pb  
208 pages, 6 x 9

Vitamin and antioxidant supplements in synergistic combinations can greatly increase the effectiveness of standard medical treatments for Alzheimer's as well as delay or even prevent onset despite a family history of the disease. This book provides a daily supplement regime that can stop the progression of Alzheimer's and related complications such as altered sleep patterns and depression.



Revised and Expanded 4th Edition

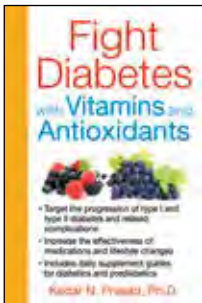
## **Fighting Cancer with Vitamins and Antioxidants**

Kedar N. Prasad, Ph.D., and K. Che Prasad, M.S., M.D.

ISBN 978-1-59477-423-2  
\$16.95 (CAN \$19.95) pb  
288 pages, 6 x 9

This book reveals the latest revolutionary discoveries in the use of micro-nutrients, vitamins, and antioxidants to prevent and treat cancer—and also help with heart disease, Alzheimer's, and Parkinson's. The authors include a simple nutritional program for you to follow.



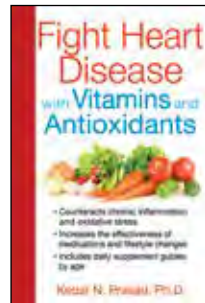


### Fight Diabetes with Vitamins and Antioxidants

Kedar N. Prasad, Ph.D.

ISBN 978-1-62055-166-0  
\$16.95 (CAN \$20.50) pb  
240 pages, 6 x 9

The proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of medical treatments for both type I and type II diabetes and can help prevent onset in those who are prediabetic. Chronic inflammation, oxidative stress, and free radical damage are the chief culprits for the progression of diabetes and this book provides an easy-to-follow daily supplement regime, in multiple age groups, that targets free radical damage and cell injury.

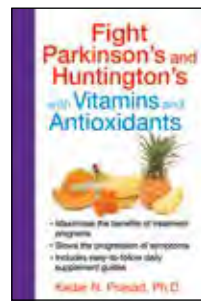


### Fight Heart Disease with Vitamins and Antioxidants

Kedar N. Prasad, Ph.D.

ISBN 978-1-62055-296-4  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9

This practical scientific guide details how the proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of standard medical treatments for heart disease. It provides an easy-to-follow daily supplement regime to target free radical damage, and debunks the dismissals of the medical community whose studies focused on specific micronutrients rather than synergistic combinations.

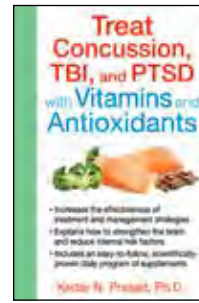


### Fight Parkinson's and Huntington's with Vitamins and Antioxidants

Kedar N. Prasad, Ph.D.

ISBN 978-1-62055-433-3  
\$16.95 (CAN \$20.50) pb  
240 pages, 6 x 9

Researcher Kedar N. Prasad, Ph.D. details how the proper combinations of vitamin and antioxidant supplements, along with polyphenic compounds such as curcumin and resveratrol, can greatly increase the effectiveness of standard medical treatments for both Parkinson's and Huntington's disease.

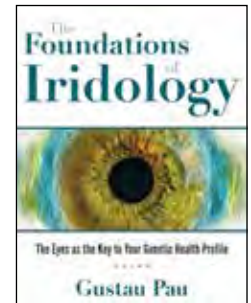


### Treat Concussion, TBI, and PTSD with Vitamins and Antioxidants

Kedar N. Prasad, Ph.D.

ISBN 978-1-62055-435-7  
\$16.95 (CAN \$20.50) pb  
224 pages, 6 x 9

Kedar N. Prasad, Ph.D., reveals the latest discoveries on the use of antioxidants and micronutrients to manage and prevent concussive injury, TBI, and PTSD. Includes an easy-to-follow supplement program, outlining the correct daily amounts and proper combinations of vitamins, antioxidants, micronutrients, and polyphenolic compounds.



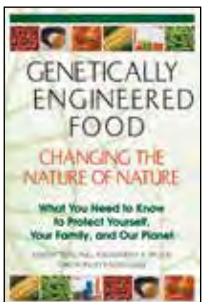
### The Foundations of Iridology

*The Eyes as the Key to Your Genetic Health Profile*

Gustau Pau

ISBN 978-1-62055-778-5  
\$40.00 (CAN \$50.00) hardcover  
160 pages, 8.5 x 11  
Full-color throughout

In this full-color guide, Gustau Pau explains how to decode the iris of the eye to reveal health predispositions for prevention and early treatment. He details the signs expressed in the eyes and how to use them to identify organs and their function as well as susceptibility to specific ailments.



### Genetically Engineered Food: Changing the Nature of Nature

*What You Need to Know to Protect Yourself, Your Family, and Our Planet*

Martin Teitel, Ph.D., and Kimberly A. Wilson

**Only Available as an Ebook through most Ebook sellers**

Also available in Spanish (see page 215)

This revised and updated second edition is both an exposé and educational primer on this controversial technology that is already a part of every American's diet.



### Gesundheit!

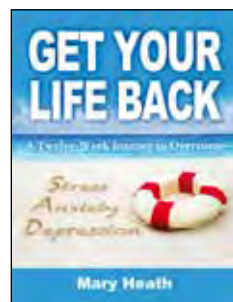
*Bringing Good Health to You, the Medical System, and Society through Physician Service, Complementary Therapies, Humor, and Joy*

Patch Adams, M.D., with Maureen Mylander

ISBN 978-0-89281-781-8  
\$16.99 (CAN \$21.50) pb  
256 pages, 6 x 9, 17 b&w photographs

Also available in Spanish (see page 217)

Today's high-tech medicine has become too costly, impersonal, and grim. In his frequent lectures to colleges, churches, community groups, medical schools, and conferences, Patch Adams shows how healing can be a loving, creative, humorous human exchange—not a business transaction.



### Get Your Life Back

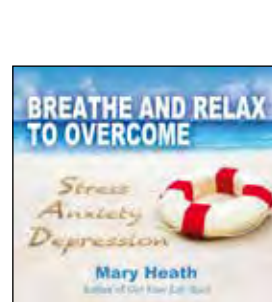
*A Twelve-Week Journey to Overcome Stress*

*Anxiety Depression*

Mary Heath

ISBN 978-1-84409-677-0  
\$19.95 (CAN \$24.99) pb  
240 pages, 7.5 x 10

In *Get Your Life Back*, Heath presents a 12-week program of relaxation, reflections, and exercises to facilitate positive change in body, mind, and spirit. Gain a better understanding of what causes stress, find solutions for managing anxiety and panic attacks, and discover techniques for boosting self-esteem and organizing your life.



### Breathe and Relax to Overcome

*Stress Anxiety Depression*

Mary Heath

ISBN 978-1-84409-673-2  
\$14.99 (CAN \$18.99) CD

In *Breathe and Relax to Overcome*, Heath offers a powerful sequence of breath control exercises from Pranayama Yoga, which supports calming the mind and controlling emotions. A 25-minute creative visualization takes you from relaxation to realization. The guided imagery enables you to empower yourself and encourages personal growth and positive change.



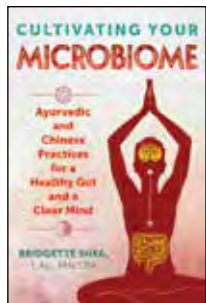
### Grow Your Own HRT

*Sprout hormone-rich greens in only two minutes a day*

Sally J. Duffell

ISBN 978-1-84409-737-1  
\$16.99 (CAN \$22.99) pb  
224 pages, 6 x 9  
9 b&w illustrations

Sprouted foods are one of the world's richest sources of plant hormones, the densest form of nutrients on the planet, and are easy to digest. Duffell shows why some women experience menopause without problems and how to become one of them by growing hormone-rich plants on your windowsill in just two minutes a day.



## Cultivating Your Microbiome

*Ayurvedic and Chinese Practices for a Healthy Gut and a Clear Mind*

Bridgette Shea, L.Ac., MACOM

ISBN 978-1-62055-780-8

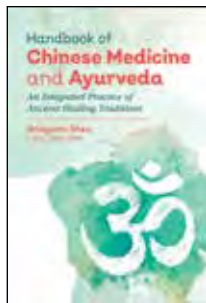
\$16.99 (CAN \$21.50) pb

240 pages, 6 x 9

7 b&w illustrations

In this holistic guide to cultivating a healthy microbiome and managing gut health naturally, Bridgette Shea explores digestive functioning from the perspectives of Western science, Ayurveda, and traditional Chinese medicine. She presents herbal remedies, acupressure techniques, and dietary methods to restore balance to your gut flora, including a microbiome reset.

**Audiobook available**



## Handbook of Chinese Medicine and Ayurveda

*An Integrated Practice of Ancient Healing Traditions*

Bridgette Shea, L.Ac., MACOM

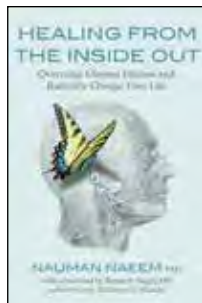
ISBN 978-1-62055-616-0

\$29.99 (CAN \$37.50) hardcover

384 pages, 6 x 9

27 b&w illustrations

Drawing on the shared roots and spiritual principles of Chinese medicine and Ayurveda, Shea shows how these two practices integrate seamlessly, with the two traditions' individual strengths harmonizing to form a practical basis for prevention, wellness, and treatment. Includes tools for self-assessment, breathing exercises, dietary regimens, herbal recommendations, and detoxification guidelines.



## Healing from the Inside Out

*Overcome Chronic Disease and Radically Change Your Life*

Nauman Naeem, MD

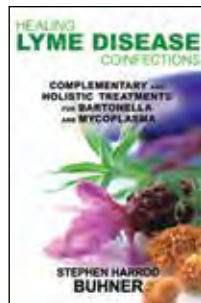
Foreword by Bernie S. Siegel

ISBN 978-1-84409-736-4

\$15.99 (CAN \$20.99) pb

192 pages, 6 x 9

Clarify your mission, heal emotional wounds, lift subconscious blocks, remove limiting beliefs, enter the natural flow of the Universe, and embrace uncertainty with Dr. Naeem's insights into healing, based on a decade of experience as a critical care specialist, pulmonologist, and palliative care specialist for thousands of chronically ill patients.



## Healing Lyme Disease Coinfections

*Complementary and Holistic Treatments for Bartonella and Mycoplasma*

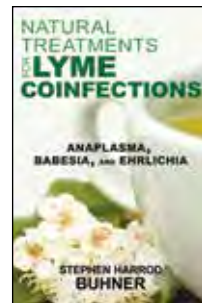
Stephen Harrod Buhner

ISBN 978-1-62055-008-3

\$19.95 (CAN \$24.00) pb

512 pages, 6 x 9

Each year there are nearly 250,000 new Lyme disease infections, only ten percent of which will be accurately diagnosed due to the presence of other tick-borne infections, the most common of which can send the immune system into an uncontrolled response. Stephen Buhner reveals how to treat these coinfections using natural methods centered on herbs and supplements.



## Natural Treatments for Lyme Coinfections

*Anaplasma, Babesia, and Ehrlichia*

Stephen Harrod Buhner

ISBN 978-1-62055-258-2

\$19.95 (CAN \$23.95) pb

448 pages, 6 x 9

There are nearly 250,000 new Lyme disease infections each year, only 10 percent of which will be accurately diagnosed. One of the largest factors in misdiagnosis of Lyme is the presence of other tick-borne infections, three of which—Babesia, Ehrlichia, and Anaplasma—are newly emergent. Stephen Buhner examines the complex synergy between these infections and details effective natural holistic treatments centered on herbs and supplements.



New Edition of *The Natural Testosterone Plan*

## Natural Remedies for Low Testosterone

*How to Enhance Male Sexual Health and Energy*

Stephen Harrod Buhner

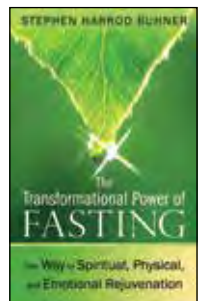
ISBN 978-1-62055-504-0

\$14.95 (CAN \$17.95) pb

192 pages, 6 x 9

Also available in Spanish (see page 218)

Testosterone-blocking estrogen agents are present in insecticides, pharmaceuticals, and foods, altering the fine balance of testosterone in men. This book shows how men can maintain their testosterone levels as they age using phytoandrogens—plant medicines that contain male hormones—to safely remedy the depletion exerted by the modern environment.



New Edition of *The Fasting Path*

## The Transformational Power of Fasting

*The Way to Spiritual, Physical, and Emotional Rejuvenation*

Stephen Harrod Buhner

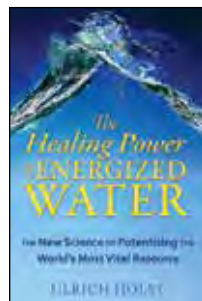
ISBN 978-1-59477-466-9

\$16.95 (CAN \$19.95) pb

224 pages, 5.38 x 8.25

During a fast, the body enters the same healing cycle it normally enters during sleep allowing its systems to purify and be refreshed. This step-by-step guide to fasting offers a means to truly inhabit the body, experience its sacredness, and help or heal many chronic conditions.

**Audiobook available**



## The Healing Power of Energized Water

*The New Science of Potentizing the World's Most Vital Resource*

Ulrich Holst

ISBN 978-1-59477-338-9

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160 pages, 6 x 9

Full-color throughout

Most modern techniques for making water available have resulted in damage to its structure and vitality, reducing the benefits it can provide. But there are now methods—commercially available—that can transform depleted water back to its natural potent state.



New Edition of *The Healing Sun*

## The Healing Power of the Sun

*A Comprehensive Guide to Sunlight as Medicine*

Richard Hobday, PhD

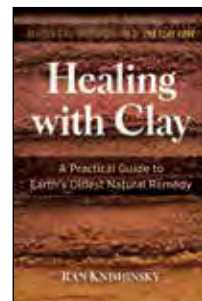
ISBN 978-1-64411-402-5

\$17.99 (CAN \$22.50) pb

224 pages, 6 x 9

35 b&w halftones

Drawing on historical and recent scientific evidence, Richard Hobday explores the many ways that sunlight affects our minds and bodies. He shows how the sun acts as a natural disinfectant, killing viruses and bacteria, and examines how sunlight therapy affects the immune system and conditions like osteoporosis, diabetes, and several forms of cancer.



Revised and Expanded Edition of *The Clay Cure*

## Healing with Clay

*A Practical Guide to Earth's Oldest Natural Remedy*

Ran Knishinsky

ISBN 978-1-64411-483-4

\$12.99 (CAN \$16.50) pb

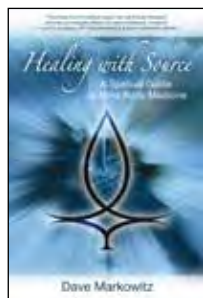
144 pages, 5 x 7.75

2 b&w illustrations

In this guide to using clay as a natural remedy, the author explores the science and history behind eating clay and explains how it can be used for detoxification, protection, and nutritional supplementation. He details how to select the appropriate type of clay as well as how to consume it for benefits throughout the body.

**Audiobook available**





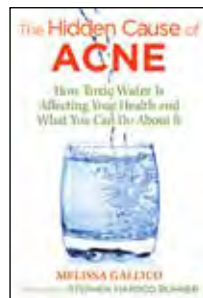
## Healing with Source

*A Spiritual Guide to Mind-Body Medicine*

Dave Markowitz

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176 pages, 6 x 9

This guide to understanding, preventing, and healing diseases offers simple steps for creating permanent well-being. Emphasizing how repressed emotions can manifest in pain and sickness, this book shows how new, more empowered choices—including forgiveness, openness, and radical acceptance—can prevent problems and heal without drugs or surgery.



## The Hidden Cause of Acne

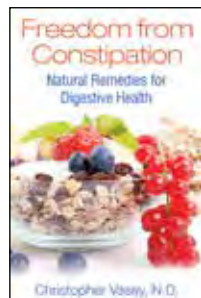
*How Toxic Water Is Affecting Your Health and What You Can Do about It*

Melissa Gallico

Foreword by  
Stephen Harrod Buhner

ISBN 978-1-62055-709-9  
\$16.99 (CAN \$21.50) pb  
272 pages, 6 x 9

FBI intelligence specialist Gallico explains how she pinpointed the cause of her treatment-resistant adult acne flare-ups: fluoridated water, foods, dental products, and the systemic build-up of childhood fluoride treatments. She details how to avoid these items and displace fluoride stored in your bones.



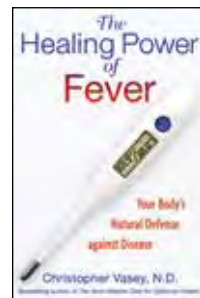
## Freedom from Constipation

*Natural Remedies for Digestive Health*

Christopher Vasey, N.D.

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\$14.95 (CAN \$18.95) pb  
192 pages, 5.38 x 8.25  
60 b&w illustration

In *Freedom from Constipation*, Christopher Vasey details the eight main causes of constipation and offers advice to determine the right natural remedy for your unique case. He reveals how treating constipation properly can restore full function not only to the digestive system but to the liver and kidneys as well.



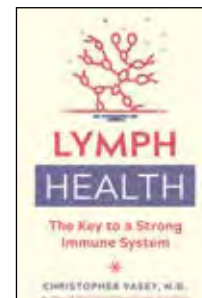
## The Healing Power of Fever

*Your Body's Natural Defense against Disease*

Christopher Vasey, N.D.

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Fever is not a symptom to be treated but a sign of a healthy immune system working naturally. Dr. Vasey explains how to create an artificial fever for detoxification, how to know when a fever is too high, and what to do to bring it down.



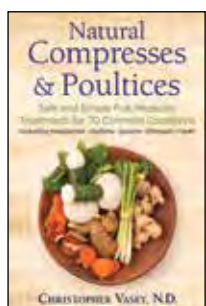
## Lymph Health

*The Key to a Strong Immune System*

Christopher Vasey, N.D.

ISBN 978-1-64411-635-7  
\$16.99 (CAN \$21.50) pb  
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11 b&w illustrations

Christopher Vasey explores the essential role played by the lymphatic system in the body's detoxification process, the immune system, and your overall health. He offers 12 self-care methods for strengthening and maintaining lymph health, including drainage therapies, detox methods, simple dietary changes, herbal remedies, compression therapies, breathing practices, and physical exercises.



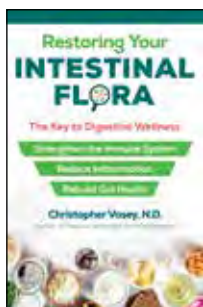
## Natural Compresses and Poultices

*Safe and Simple Folk Medicine Treatments for 70 Common Conditions*

Christopher Vasey, N.D.

ISBN 978-1-62055-737-2  
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Christopher Vasey explains how to use the hands-on natural healing method of compresses and poultices for 70 common ailments. He details how to apply the treatment hot or cold, where to apply it, and for how long. He also discusses why these remedies are effective for acute as well as chronic conditions.



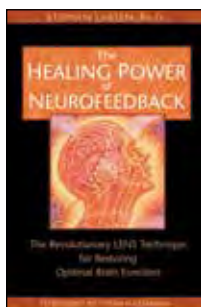
## Restoring Your Intestinal Flora

*The Key to Digestive Wellness*

Christopher Vasey, N.D.

ISBN 978-1-64411-093-5  
\$14.99 (CAN \$18.99) pb  
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3 b&w illustrations

In this easy-to-follow guide, Christopher Vasey explains how to restore your microbiome after taking medications such as antibiotics and how to support your flora with prebiotics, probiotics, and simple changes in your eating and drinking habits. He also examines the many functions of intestinal flora and their role in a healthy immune system.



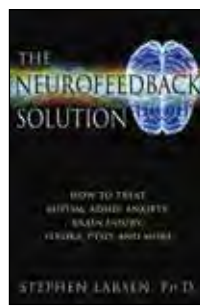
## The Healing Power of Neurofeedback

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Stephen Larsen, Ph.D.

Foreword by Thom Hartmann

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Neurofeedback uses weak electromagnetic fields to stimulate brain-wave activity and restore brain flexibility and function following an injury. Less invasive than drug therapies or surgery, it also provides an important alternative to chemical approaches for such chronic behavioral disorders as ADHD and bipolar depression.



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*How to Treat Autism, ADHD, Anxiety, Brain Injury, Stroke, PTSD, and More*

Stephen Larsen, Ph.D.

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Includes 8-page color insert

Neurofeedback can be effective in diagnosing and treating autism, ADHD, depression, stroke, Alzheimer's and much more. Dr. Larson explains how to combine neurofeedback with breathwork, mindfulness, meditation, and attention-control exercises.



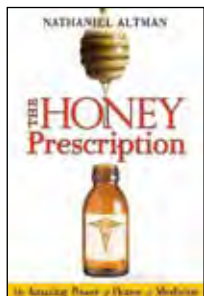
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Nathaniel Altman

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An abundance of medical evidence shows that in addition to relieving stress, mineral waters can help the body heal itself from liver and kidney problems, skin diseases, arthritis, and a host of other ailments. This guide to "taking the waters" presents more than 200 of the best hot springs and mineral springs in the world.



## The Honey Prescription

*The Amazing Power of Honey as Medicine*

Nathaniel Altman

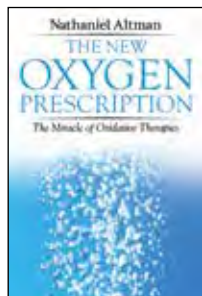
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Nathaniel Altman explores both modern and ancient medicinal uses of honey and how these remedies can be used safely at home as well as by health practitioners. He also examines the problem of Colony Collapse Disorder, suggesting methods for protecting our precious hives.



Revised and Updated Edition of *The Oxygen Prescription*

## The New Oxygen Prescription

*The Miracle of Oxidative Therapies*

Nathaniel Altman

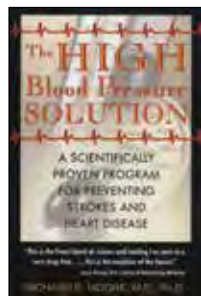
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This updated guide to the latest research in oxygen therapies explores the effectiveness of oxidative therapies for treating conditions including heart disease, cancer, HIV, hepatitis, diabetes, MS, macular degeneration, herniated discs, arthritis, Alzheimer's, Crohn's, candida, emphysema, and eczema.



Second Edition

## The High Blood Pressure Solution

*A Scientifically Proven Program for Preventing Strokes and Heart Disease*

Richard D. Moore, M.D., Ph.D.

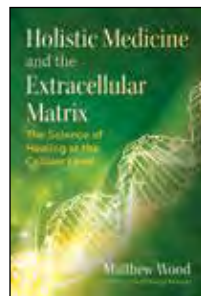
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Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension.



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Examining the function of the extracellular matrix, the inner ocean that unifies all our cells and controls them in a coordinated and integrated fashion, Matthew Wood explores how the extracellular matrix builds and repairs itself and how holistic therapies such as herbalism can be applied based on this knowledge.



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*The Revolutionary Cell-Reprogramming Discovery that Reverses Cancer and Degenerative Diseases*

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Foreword by Deepak Chopra, M.D.

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Sharing groundbreaking stem cell research, the authors explain how restoring communication between aberrant cells and the body's information network, or epigenetic code, restores healthy function, offering a new cellular "reprogramming" treatment for cancer and other degenerative diseases. This new science may shape future medicine.

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*A Psychology of Symptoms from A to Z*

Martin Brofman

Foreword by Christian Tal Schaller, M.D.

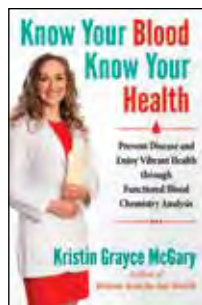
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Includes 4-page color insert

Exploring the body as a map of consciousness, Martin Brofman explains how physical symptoms reflect stresses on your mind, emotions, and Spirit. In this book, he offers an A-to-Z compendium of 800 symptoms and a psychology of their inner causes, the messages they are trying to send to your consciousness.



## Know Your Blood, Know Your Health

*Prevent Disease and Enjoy Vibrant Health through Functional Blood Chemistry Analysis*

Kristin Grayce McGary, L.Ac., M.Ac., CFMP, CST-T, CLP

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Revealing what healthy blood should look like and the critical markers that signal the beginnings of a health problem, such as thyroid dysfunction and inflammation, the author explains the benefits of Functional Blood Chemistry Analysis, which looks at far more markers than standard blood tests and interprets your results against healthy ranges.



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Ewald Kliegel

Illustrated by Anne Heng

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Includes 56 full-color cards and

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With this full-color card deck, you can intuitively explore the interconnected nature of the organs and the health of body, mind, and spirit. The deck includes 56 beautifully illustrated cards that depict the physical, soul, and spiritual layers of our anatomy. The guidebook explains how to use the cards and offers a channeled message for each.



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*The Essential Nature of Our Organs*

Ewald Kliegel

Illustrated by Anne Heng

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This book covers the self-healing properties of the body and the psychic, emotional, and physical elements central to existence. It provides a deeper understanding of the psychological function of each organ, including eyes, hands, hips, knees, shoulders, spine, and teeth, and explains how they act in concert within the body.



## Healing Therapies for Long Covid

*An Integrative and Intuitive Guide to Recovering from Post-Acute Covid*

Vir McCoy

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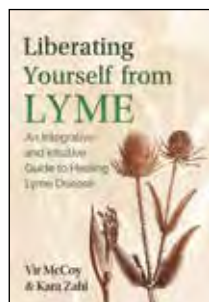
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Integrating his intuitive impressions with extensive scientific and medical research, Vir McCoy presents a comprehensive guide for a successful recovery from long Covid. He discusses how to deal with symptoms and presents medicines and methods ranging from pharmaceutical, herbal, and homeopathic remedies to breathwork, detox therapies, lymph drainage exercises, and shamanic techniques.





Updated Edition of  
*Liberating Lyme*

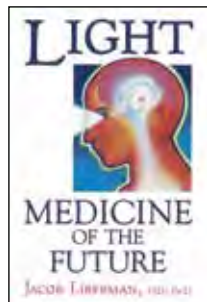
## Liberating Yourself from Lyme

*An Integrative and Intuitive Guide to Healing Lyme Disease*

Vir McCoy and Kara Zahl

ISBN 978-1-64411-155-0  
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In this medical intuitive approach to Lyme disease, the authors share their personal Lyme journeys as well as their integrative healing protocol that brought them each to full recovery after nearly 10 years battling chronic Lyme.



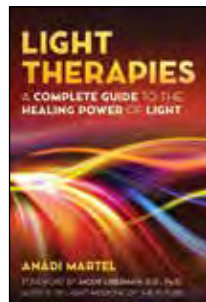
## Light: Medicine of the Future

*How We Can Use It to Heal Ourselves NOW*

Jacob Liberman, O.D., Ph.D.

ISBN 978-1-879181-01-4  
\$22.00 (CAN \$26.50) pb  
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Includes two 8-page color inserts

*Light: Medicine of the Future* challenges the modern myth that the sun is dangerous to our well-being. Dr. Liberman has worked effectively with more than 15,000 individuals, using light in the treatment of cancer, depression, stress, visual problems, PMS, sexual dysfunction, learning disabilities, and the human immune system.



## Light Therapies

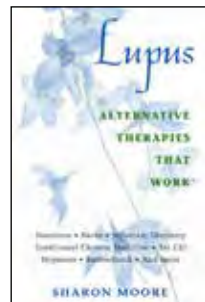
*A Complete Guide to the Healing Power of Light*

Anadi Martel

Foreword by  
Jacob Liberman, O.D., Ph.D.

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\$24.99 (CAN \$31.50) pb  
384 pages, 6 x 9  
Full-color throughout

Sharing his 30 years of research, Anadi Martel demonstrates light's incredible effects on the physical, energetic, and cognitive dimensions of life. He examines several forms of light therapy and explains how to get optimal benefits from sunlight and avoid the health risks of new artificial lighting such as compact fluorescents.



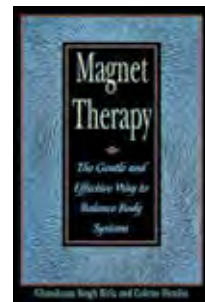
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*Alternative Therapies That Work*

Sharon Moore

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Sharon Moore, a lupus survivor, describes drug-free ways to nurture the mind, body, and spirit and writes with the understanding of someone who's been there. Chock full of specific, scientific, well-documented evidence on effective alternative treatments, this book is a godsend for anyone suffering from lupus.



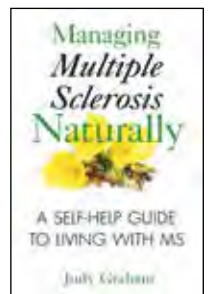
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*The Gentle and Effective Way to Balance Body Systems*

Ghanshyam Singh Birla  
with Colette Hemlin

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37 b&w illustrations

Modern scientific studies confirm that humans are strongly influenced by magnetic fields and that stiff joints, headaches, insomnia, and fatigue can all be relieved with magnet therapy. The authors show how to use magnets to increase oxygenation in the blood, lower cholesterol, enhance cellular regeneration, and even inhibit tumor growth.



Revised and Updated Edition of  
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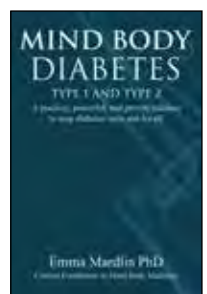
## Managing Multiple Sclerosis Naturally

*A Self-help Guide to Living with MS*

Judy Graham

ISBN 978-1-59477-290-0  
\$19.95 (CAN \$23.95) pb  
384 pages, 6 x 9  
15 b&w illustrations

Judy Graham shares the natural treatments that have helped her and many others with MS stabilize or even reverse the condition. Her methods include diet, detox, exercise, alternative therapies, and positive mental attitude.



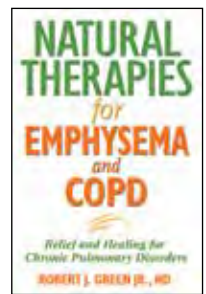
## Mind Body Diabetes Type 1 and Type 2

*A positive, powerful and proven solution to stop diabetes once and for all*

Emma Mardlin, PhD

ISBN 978-1-84409-687-9  
\$17.99 (CAN \$23.50) pb  
256 pages, 6 x 9  
6 b&w illustrations

Mardlin offers unique information to break free, emotionally and physically, from diabetes. The book describes ground-breaking resources to improve and stop the condition and tools to develop the mind-set to conquer the daunting baggage of the disease. It is written in a step-by-step format that includes personal experiences.



## Natural Therapies for Emphysema and COPD

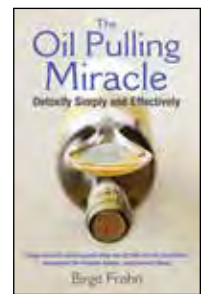
*Relief and Healing for Chronic Pulmonary Disorders*

Robert J. Green Jr., ND, RRT

ISBN 978-1-59477-163-7  
\$16.95 (CAN \$19.95) pb  
208 pages, 6 x 9  
8 b&w illustrations

Also available in Spanish  
(see page 221)

The first book to address emphysema and chronic obstructive pulmonary disease (COPD) from a nutritional and alternative medicine approach. Robert Green shows that holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPD's debilitating symptoms. He also details how to stop smoking and includes resources for alternative health practitioners.



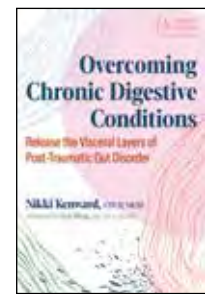
## The Oil Pulling Miracle

*Detoxify Simply and Effectively*

Birgit Frohn

ISBN 978-1-62055-327-5  
\$12.95 (CAN \$15.95) pb  
128 pages, 5.38 x 8.25  
Full-color throughout

Oil pulling, the practice of swishing coconut oil or other oils in the mouth, leads to better dental and gum health, a stronger immune system, and detoxification of major organs. Includes a step-by-step 7-day detox plan for those who want to maximize the effects of oil pulling and accelerate their return to better health.



## New—Available

*A Sacred Planet Book*  
Revised and Updated Edition of  
*It's All in Your Gut*

## Overcoming Chronic Digestive Conditions

*Release the Visceral Layers of Post-Traumatic Gut Disorder*

Nikki Kenward, CST-D, MCSS  
Foreword by Eric Moya, RMT, CST-D, MS/Mfct

ISBN 978-1-64411-788-0  
\$19.99 (CAN \$24.99) pb  
224 pages, 6 x 9  
11 b&w illustrations

As Nikki Kenward explains, past challenges and traumas are held in the enteric nervous system embedded in our digestive system. Exploring in depth what she calls "the Post-Traumatic Gut," she shares a hands-on process of listening to the gut layer by layer to help heal gut issues, renew the microbiome, and release intergenerational trauma.



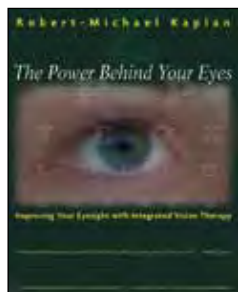
## Ozone Therapy for the Treatment of Viruses

*The Science and the Promise of Healing with Ozone*

Marc J. Seifer, Ph.D.

ISBN 978-1-64411-691-3  
\$19.99 (CAN \$24.99) pb  
288 pages, 6 x 9  
5 b&w illustrations

One of our immune system's key defenses is ozone, an oxygen molecule (O<sub>3</sub>) naturally produced by our antibodies to fight germs, viruses, and other invaders. Revealing ozone therapy's enormous potential to bring health to millions, Marc Seifer, Ph.D., explores its science and history as well as its success in the treatment of viruses.



## The Power Behind Your Eyes

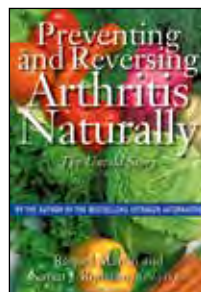
*Improving Your Eyesight with Integrated Vision Therapy*

Robert-Michael Kaplan, O.D.

ISBN 978-0-89281-536-4  
\$19.99 (CAN \$24.99) pb  
192 pages, 8 x 10  
23 b&w illustrations

Also available in Spanish  
(see page 220)

Dr. Kaplan addresses eyesight problems from a holistic and psychospiritual perspective, empowering readers to begin a self-healing journey.



## Preventing and Reversing Arthritis Naturally

*The Untold Story*

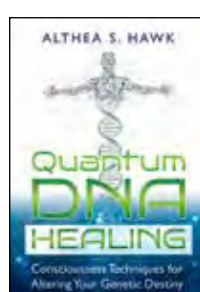
Raquel Martin and  
Karen J. Romano, R.N., D.C.

ISBN 978-0-89281-891-4  
\$19.95 (CAN \$23.95) pb  
272 pages, 6 x 9

A comprehensive self-help program designed to prevent and reverse degenerative inflammatory disease without drugs and their unwelcome or dangerous side effects. By the author of the bestselling *The Estrogen Alternative*.

**"I enthusiastically recommend this book for anyone who wishes to explore new ways to achieve optimum health."**

Ralph C. Lee, M.D.



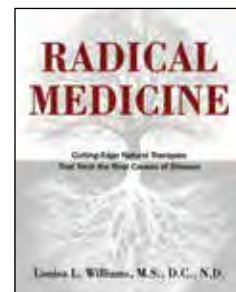
## Quantum DNA Healing

*Consciousness Techniques for Altering Your Genetic Destiny*

Althea S. Hawk

ISBN 978-1-59143-287-6  
\$16.00 (CAN \$20.00) pb  
240 pages, 6 x 9

Consciousness and quantum energies affect genetic expression and the development of disease and chronic health conditions. Althea S. Hawk explores mind-body techniques to re-encode your DNA, such as sound and breath work, DNA marker removal, recalibration of Akashic information, and cellular communication exercises that readers can apply to their own healing journeys.



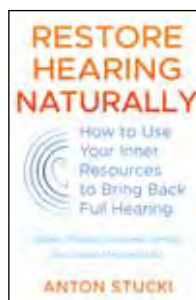
## Radical Medicine

*Cutting-Edge Natural Therapies That Treat the Root Causes of Disease*

Louisa L. Williams, M.S., D.C., N.D.

ISBN 978-1-59477-411-9  
\$85.00 (CAN \$99.99) hardcover  
712 pages, 8.5 x 11  
Includes 8-page color insert and 81 b&w illustrations

Radical medicine is needed to survive the onslaught of pollutants and chemicals in our lives. *Radical Medicine* reveals health problems triggered by dental amalgams, vaccinations, antibiotics, and chemical-laden products, and provides information on antitoxin, detoxification treatments, drainage and nutritional therapies.



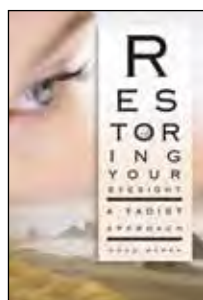
## Restore Hearing Naturally

*How to Use Your Inner Resources to Bring Back Full Hearing*

Anton Stucki

ISBN 978-1-62055-893-5  
\$29.99 (CAN \$37.50) pb  
288 pages, 6 x 9  
Full-color throughout

In this guide, Anton Stucki provides detailed instructions for 20 simple, practical exercises to improve your hearing through enhanced perception with all five senses. He also explains the mind-body connection between hearing loss and emotional stress and trauma and the positive effect restored hearing has for patients with dementia and Alzheimer's.



## Restoring Your Eyesight

*A Taoist Approach*

Doug Marsh

ISBN 978-1-59477-150-7  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9

Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. He combines proven methods pioneered a century ago by William Bates with the ancient Chinese wisdom of Taoism to provide guidelines for a holistic healing of outer and inner vision.



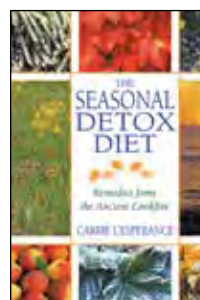
## The Science of Planetary Signatures in Medicine

*Restoring the Cosmic Foundations of Healing*

Jennifer T. Gehl, MHS, with  
Marc S. Micozzi, M.D., Ph.D.

ISBN 978-1-62055-498-2  
\$19.95 (CAN \$24.95) pb  
272 pages, 6 x 9  
100 b&w illustrations

In this comprehensive guide, the authors explore the cosmic influences that underlie health and healing, including how ancient and modern traditions interconnect through the doctrine of signature. "As above, so below." The authors reveal how to restore the cosmic foundations of healing for personal, planetary, and universal health and wellbeing.



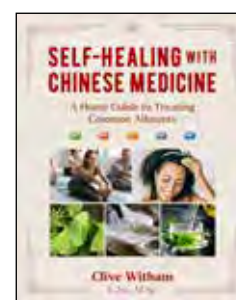
## The Seasonal Detox Diet

*Remedies from the Ancient Cookfire*

Carrie L'Esperance

ISBN 978-0-89281-982-9  
\$18.99 (CAN \$22.99) pb  
280 pages, 7 x 9

Unlike modern notions of fasting, the concept of this practice emphasizes dietary alteration rather than abstinence. The author offers recipes designed around seasonal changes and geared toward individual health concerns, including fatigue, digestive disturbances, and excess weight gain.



New Edition of *The Book of Oriental Medicine*

## Self-Healing with Chinese Medicine

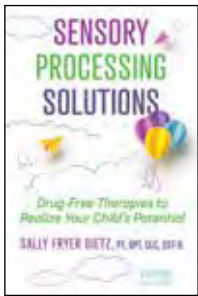
*A Home Guide to Treating Common Ailments*

Clive Witham, L.Ac., M.Sc.

ISBN 978-1-64411-705-7  
\$34.99 (CAN \$43.99) pb  
292 pages, 8 x 10  
Includes 4-page color insert and 151 b&w illustrations

Acupuncturist Clive Witham details what we can do to restore ourselves back to health according to Chinese medicine. With clear illustrations and step-by-step instructions, he explains how to recognize and understand patterns of illness through their ecological connections and shares self-care treatments for a number of common health disorders.





### New—Available

A Sacred Planet Book  
Revised and Updated Edition  
of *When Kids Fly*

### Sensory Processing Solutions

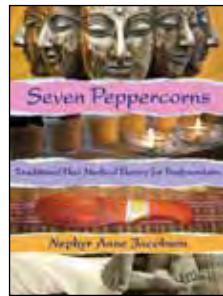
*Drug-Free Therapies to Realize Your Child's Potential*

Sally Fryer Dietz, PT, DPT, CLC, CST-D

ISBN 978-1-64411-790-3  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9

Speaking from her decades of professional experience and her own journey to help her son, sensory integration expert Dietz shares guidance in finding the right support for a child with sensory processing issues, including non-medication therapy.

**Audiobook available**



### Seven Peppercorns

*Traditional Thai Medical Theory For Bodyworkers*

Nephyr Jacobsen

ISBN 978-1-84409-655-8  
\$22.99 (CAN \$22.99) pb  
256 pages, 7.5 x 10

This book covers the vast scope of traditional Thai medicine practices including Thai element theory, physical therapies, medical Buddhism, herbal medicine for massage, divinatory practices, and spirit medicine; all held within the context of a Thai bodyworker's instructional manual.



### Shungite

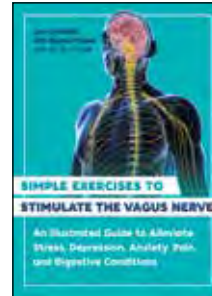
*Protection, Healing, and Detoxification*

Regina Martino

ISBN 978-1-62055-260-5  
\$16.95 (CAN \$19.95) pb  
168 pages, 6 x 9  
Includes 8-page color insert and 30 b&w illustrations

Found near the small village of Shunga in Russia, shungite formed naturally more than two billion years ago from living single-cell organisms. It contains almost the entire periodic table of the elements as well as fullerenes, the molecules that can slow both the growth of cancer cells and the development of the AIDS virus. Shungite's protective and healing properties include counteracting radiation from cell phones and water purification.

**Audiobook available**



New Edition

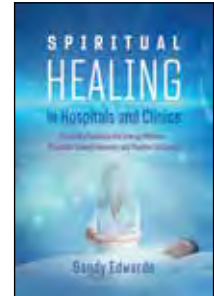
### Simple Exercises to Stimulate the Vagus Nerve

*An Illustrated Guide to Alleviate Stress, Depression, Anxiety, Pain, and Digestive Conditions*

Lars Lienhard and Ulla Schmid-Fetzer with Dr. Eric Cobb

ISBN 978-1-64411-629-6  
\$19.99 (CAN \$24.99) pb  
320 pages, 6.69 x 9.44  
Full-color throughout

Backed up by the latest scientific research, this book will guide you through more than 100 effective exercises to naturally and gently stimulate your vagus nerve and in turn help manage anxiety, depression, inflammation, sleep, and digestive disorders.



New Edition of *Healing in a Hospital*

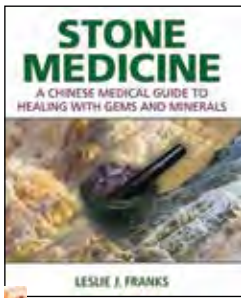
### Spiritual Healing in Hospitals and Clinics

*Scientific Evidence that Energy Medicine Promotes Speedy Recovery and Positive Outcomes*

Sandy Edwards

ISBN 978-1-64411-304-2  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9

Revealing the outstanding results of the two-year medical trial that she instigated, involving 200 chronically ill hospital patients, Sandy Edwards demonstrates that spiritual healing (energy medicine) can support the healing process of a patient and improve recovery times.



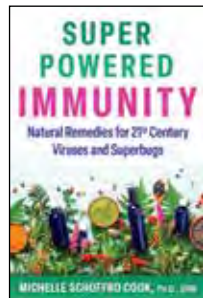
### Stone Medicine

*A Chinese Medical Guide to Healing with Gems and Minerals*

Leslie J. Franks

ISBN 978-1-62055-529-3  
\$60.00 (CAN \$72.00) hardcover  
544 pages, 8.5 x 11  
Includes 32-page color insert and 40 b&w illustrations

Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. Including a thorough primer on Traditional Chinese Medicine, this book explains how these stones initiate lasting change.



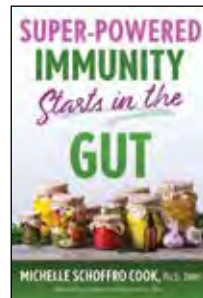
### Super-Powered Immunity

*Natural Remedies for 21st Century Viruses and Superbugs*

Michelle Schoffro Cook, Ph.D., DNM

ISBN 978-1-64411-602-9  
\$16.99 (CAN \$21.50) pb  
176 pages, 6 x 9

Viruses and superbugs have become a part of day-to-day living, but that doesn't mean you have to live in fear of catching one. In this easy-to-follow guide, Dr. Michelle Schoffro Cook reveals the most valuable natural remedies against viruses and superbugs and how to harness their powerful healing abilities for supercharged immunity.



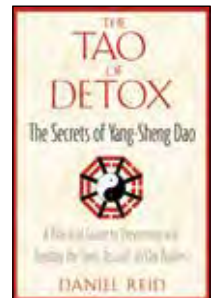
New—Available

### Super-Powered Immunity Starts in the Gut

Michelle Schoffro Cook, Ph.D., DNM

ISBN 978-1-64411-740-8  
\$16.99 (CAN \$21.50) pb  
160 pages, 6 x 9

In this practical guide, Dr. Cook presents a four-week plan to transform your gut health for greater immunity and well-being. She offers methods to assess your gut health, determine if you have a specific problem, and select which healing approach would be best. She also shares powerful natural remedies and explores the latest research.



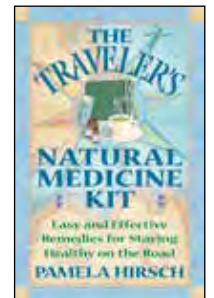
### The Tao of Detox

*The Secrets of Yang-Sheng Dao*

Daniel Reid

ISBN 978-1-59477-142-2  
\$24.99 (CAN \$29.99) pb  
352 pages, 6 x 9  
12 b&w illustrations

In this practical guide to preventing and treating the toxic assault on our bodies, Daniel Reid combines traditional Eastern practices and the latest of modern Western thinking to offer detoxification methods that can repair in as little as seven to ten days much of the long-term accumulation of toxins and acid waste in our bodies.



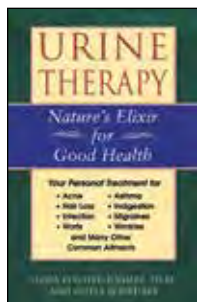
### The Traveler's Natural Medicine Kit

*Easy and Effective Remedies for Staying Healthy on the Road*

Pamela Hirsch

ISBN 978-0-89281-947-8  
\$12.00 (CAN \$14.00) pb  
176 pages, 5 x 7.75

In this pocket guide, Pamela Hirsch shares her hard-won secrets for getting through your business or pleasure trips with an easy stomach and a calm mind. Using herbs, aromatherapy, homeopathy, and supplements, the author shows you how to prepare a lightweight travel kit of remedies especially suited to your trip and your body's individual needs.



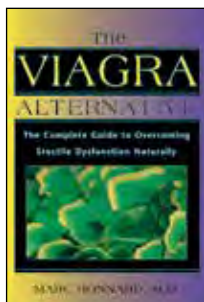
## Urine Therapy

*Nature's Elixir for Good Health*

Flora Peschek-Böhmer, Ph.D., and Gisela Schreiber

ISBN 978-0-89281-799-3  
\$14.95 (CAN \$17.95) pb  
160 pages, 5 x 7.75

This introduction to urine therapy's amazing effectiveness in treating a wide array of physical complaints contains effective treatments for acne, asthma, hair loss, indigestion, infections, migraines, warts, wrinkles, and many other common ailments.



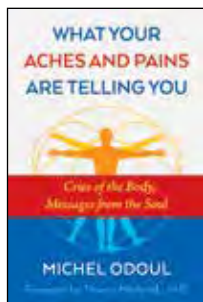
## The Viagra Alternative

*The Complete Guide to Overcoming Erectile Dysfunction Naturally*

Marc Bonnard, M.D.

ISBN 978-0-89281-789-4  
\$16.95 (CAN \$19.95) pb  
232 pages, 6 x 9

Recognizing that a healthy sex life is impossible without physical, mental, and emotional well-being, Dr. Marc Bonnard focuses on healing the whole person with treatments ranging from herbs such as ginkgo, ginseng, saw palmetto, and yohimbe to homeopathy, acupuncture, diet, yoga exercises, aromatherapy, and the introduction of new sexual techniques.



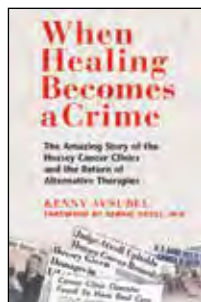
## What Your Aches and Pains Are Telling You

*Cries of the Body, Messages from the Soul*  
Michel Odoul

Foreword by  
Thierry Médynski, M.D.

ISBN 978-1-62055-675-7  
\$16.95 (CAN \$21.50) pb  
208 pages, 6 x 9  
24 b&w illustrations

Revealing the clear correspondences between emotional and mental tensions and specific ailments of the body, the author shows how the part of the body affected pinpoints what your soul is trying to tell you and what you need to work through emotionally. Includes a reference grid of body-mind connections.



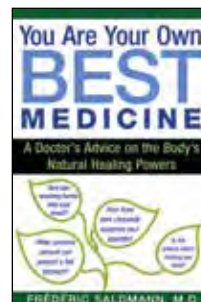
## When Healing Becomes a Crime

*The Amazing Story of the Hoxsey Cancer Clinics and the Return of Alternative Therapies*

Kenny Ausubel

ISBN 978-0-89281-925-6  
\$27.99 (CAN \$34.99) pb  
480 pages, 6 x 9  
62 b&w photographs

A companion to the author's award-winning documentary about Harry Hoxsey, who treated thousands of cancer patients with his herbal formulas despite relentless persecution by the AMA. As alternative medicine finally reenters mainstream practice, this compelling book will not only forever change the way you see medicine but could also save your life.



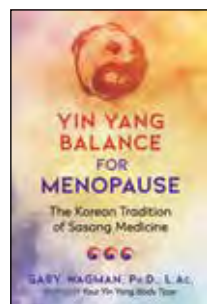
## You Are Your Own Best Medicine

*A Doctor's Advice on the Body's Natural Healing Powers*

Frédéric Saldmann, M.D.

ISBN 978-1-62055-429-6  
\$14.95 pb  
208 pages, 6 x 9

Frédéric Saldmann, M.D., verifies the common sense of folk medicine with the latest medical research to reveal simple do-it-yourself remedies that activate the body's natural healing powers and address common ailments. He explains how washing your hands helps your mood; why hitting snooze on your alarm makes you tired; how dark chocolate helps you lose weight; which sleep position increases your risk of cancer; and how kissing boosts the immune system.



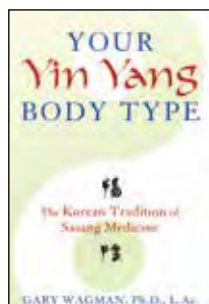
## Yin Yang Balance for Menopause

*The Korean Tradition of Sasang Medicine*

Gary Wagman, Ph.D., L.Ac.

Foreword by  
Ann Louise Gittelman, Ph.D., CNS  
ISBN 978-1-62055-848-5  
\$24.99 (CAN \$31.50) pb  
384 pages, 6 x 9  
13 b&w illustrations

Applying the ancient Korean art of Sasang medicine to the major life transition of menopause, Dr. Gary Wagman explores how each of the four Sasang body types has its own unique menopausal challenges and details body-type specific herbal remedies for common symptoms. Includes self-tests to determine your Sasang body type.



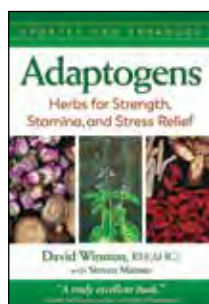
## Your Yin Yang Body Type

*The Korean Tradition of Sasang Medicine*

Gary Wagman, Ph.D., L.Ac.

ISBN 978-1-62055-370-1  
\$19.95 (CAN \$24.99) pb  
416 pages, 6 x 9  
120 b&w illustrations

The ancient Korean art of Sasang medicine explains how we each are born with a specific body "type" that establishes our physical and emotional strengths and weaknesses. These traits have a direct influence on how we interact with others and react to stress, trauma, and illness. Discovering your type with the quizzes in this book can empower you to make the best choices regarding your health and well-being.



Updated and Expanded Edition

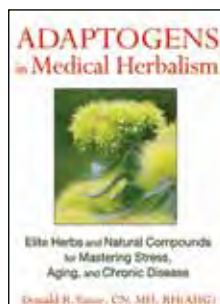
## Adaptogens

*Herbs for Strength, Stamina, and Stress Relief*

David Winston, RH(AHG)  
with Steven Maimes

ISBN 978-1-62055-958-1  
\$24.99 (CAN \$31.50) pb  
432 pages, 6 x 9  
Includes 16-page color insert and 2 b&w illustrations

An extensive Materia Medica includes monographs on 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropic herbs, such as milky oats, astragalus, St. John's wort, and ginkgo.



## Adaptogens in Medical Herbalism

*Elite Herbs and Natural Compounds for Mastering Stress, Aging, and Chronic Disease*

Donald R. Yance, CN, MH, RH(AHG)

ISBN 978-1-62055-100-4  
\$60.00 (CAN \$72.00) hardcover  
672 pages, 8.5 x 11  
25 b&w illustrations

This comprehensive reference work joins ancient herbal wisdom and scientific research to reveal how adaptogenic treatment begins at the cellular level with the mitochondria. Includes 60 monographs on herbs and nutritional compounds based on more than 25 years of clinical practice.



## Aloe Vera

*Nature's Soothing Healer*

Diane Gage

ISBN 978-0-89281-627-9  
\$12.95 (CAN \$14.95) pb  
128 pages, 5 x 7.75

The author discusses the properties of aloe vera and explains why it is effective in healing. She also explores the ways the plant has been used throughout history by cultures as diverse as the ancient Egyptian and Native American. Gage demystifies the proven curative properties of aloe vera and shows how it can be used to its best advantage for a wide variety of problems.



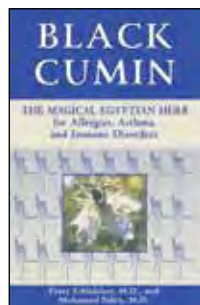


## Australian Bush Flower Essences

Ian White

ISBN 978-0-905249-84-1  
\$26.99 (CAN \$33.99) pb  
210 pages, 6.88 x 10.25  
50 b&w halftones

Applying the ancient art of flower essences to the flowering plants of the Australian bush, this fully illustrated guide explores 50 bush flower essences and provides detailed information about their preparation and use in all areas of healing.



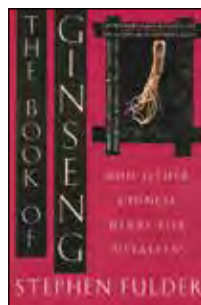
## Black Cumin

*The Magical Egyptian Herb for Allergies, Asthma, and Immune Disorders*

Peter Schleicher, M.D., and  
Mohamed Saleh, M.D.

ISBN 978-0-89281-843-3  
\$12.95 (CAN \$14.95) pb  
96 pages, 5 x 7.75  
10 b&w photographs

Written by leading experts on black cumin, this is the first book to fully explore the amazing effectiveness of this herb against immune-system disorders, allergies, asthma, and skin problems.

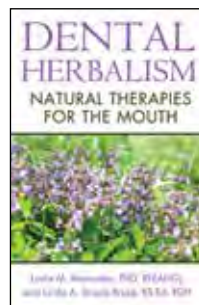


## The Book of Ginseng And Other Chinese Herbs for Vitality

Stephen Fulder, Ph.D.

ISBN 978-0-89281-491-6  
\$16.99 (CAN \$19.99) pb  
328 pages, 6 x 9

A doctor of pharmacology examines the healing properties and immune-boosting power of vitalizing plant substances, including ginseng, that have been valued in Chinese medicine for thousands of years.



## Dental Herbalism Natural Therapies for the Mouth

Leslie M. Alexander, Ph.D.,  
RH(AHG), and  
Linda A. Straub-Bruce,  
BS Ed, RDH

ISBN 978-1-62055-195-0  
\$24.99 (CAN \$29.99) pb  
488 pages, 6 x 9  
Includes 8-page color insert and 50 b&w illustrations  
This reference work details how to use 41 safe and effective herbs for optimum oral health. The authors present remedies for 47 common conditions that affect the mouth, such as gingivitis, periodontitis, bruxism, acid reflux/GERD, and tooth loss. Suitable for those looking to improve their own oral health, herbalists seeking the root cause of systemic inflammation, or dental professionals searching for natural alternatives.

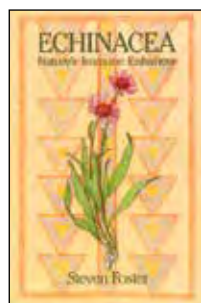


## The Dictionary of Modern Herbalism

*A Comprehensive Guide to Practical Herbal Therapy*  
Simon Mills

ISBN 978-0-89281-238-7  
\$16.99 (CAN \$21.50) pb  
224 pages, 5.38 x 8.25

This clear and comprehensive reference on the full range of healing herbs is an indispensable guide to the herbal remedies most used in the Anglo-American and European traditions. Each remedy is defined in terms of its main pharmacological actions and its therapeutic application to modern health problems.



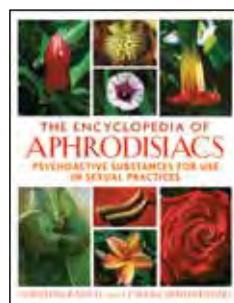
## Echinacea

*Nature's Immune Enhancer*

Steven Foster

ISBN 978-0-89281-386-5  
\$12.99 (CAN \$15.99) pb  
160 pages, 5 x 7.75

*Echinacea* provides both a contemporary and historical view of this important herb and its healing properties. Known as a non-specific stimulant to the immune system, it was highly valued in Native American medicine and was used more frequently than any other plant. Today, research shows clear scientific reasons for its effectiveness.



## The Encyclopedia of Aphrodisiacs

*Psychoactive Substances for Use in Sexual Practices*

Christian Rätsch and  
Claudia Müller-Ebeling

ISBN 978-1-59477-169-9  
\$125.00 (CAN \$140.00) hardcover  
736 pages, 8.5 x 11  
Full-color throughout

This stunning encyclopedia examines the botany, pharmacology, history, preparation, dosage, and practical use of more than 400 erotically stimulating substances from antiquity to the present day. Richly illustrated with more than 800 color photographs.



## Evening Primrose Oil

Judy Graham

ISBN 978-0-89281-288-2  
\$12.95 (CAN \$15.95) pb  
112 pages, 5.25 x 8.5

Here is the story of the remarkable evening primrose, and the uses to which the oil from its seeds can be put—one of the major ones being in the treatment of premenstrual tension. Unlike most natural products which are on the whole useful for one condition only, the oil of the evening primrose has properties which make it useful for a wide range of conditions, among them: MS, arthritis, vascular problems, and PMS.



## Flower Essences from the Witch's Garden

*Plant Spirits in  
Magickal Herbalism*

Nicholas Pearson

Foreword by Christopher Penczak

ISBN 978-1-64411-300-4  
\$24.99 (CAN \$31.50) pb  
512 pages, 6 x 9  
5 b&w illustrations

Sharing new magickal uses for flower essences, from creating sacred space to dressing candles to preparing incense, as well as how to use them in meditation, potions, spells, spagyrics, and ritual, Nicholas Pearson offers detailed instructions for making and using flower essences based on traditional Western magick practices.



## Garlic

*Nature's Original Remedy*

Stephen Fulder, Ph.D.  
and John Blackwood

ISBN 978-0-89281-725-2  
\$9.99 (CAN \$11.99) pb  
144 pages, 5 x 7.75

Garlic has been renowned for centuries as a healing food. Now current research is showing garlic to be an effective preventive against cardiovascular disease, cancer, and bacterial and fungal infections. Here is the latest research, explaining how garlic works and how to get the most benefit from it. *Garlic* is the complete guide to this remarkable natural medicine.



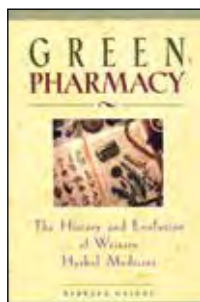
## Gemmotherapy

*The Science of Healing with Plant Stem Cells*

Roger Halfon, M.D.

ISBN 978-1-59477-341-9  
\$14.95 (CAN \$17.95) pb  
128 pages, 6 x 9  
1 b&w illustration

Gemmotherapy—the medicinal use of plant buds and young shoots—harnesses the healing power of trees and shrubs at the peak of their energetic activity. These plant “stem cells” are perfect for combatting the pollutants we encounter in modern society, and are primarily aimed at draining the body of toxins.



## Green Pharmacy

*The History and Evolution of Western Herbal Medicine*

Barbara Griggs

ISBN 978-0-89281-727-6  
\$24.95 (CAN \$29.95) pb  
448 pages, 6 x 9

An eloquent and engaging account of the use of herbal medicine from prehistoric times to the present. Newly revised to include the latest developments in the field of herbal medicine, this classic bestseller presents a fascinating account of the ideas that have shaped the course of medicine and pharmacology in the Western world.



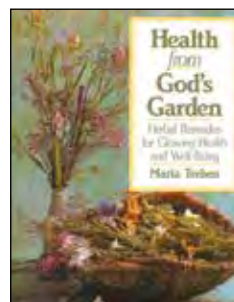
## The Green Witch Herbal

*Restoring Nature's Magic in Home, Health, and Beauty Care*

Barbara Griggs

ISBN 978-0-89281-496-1  
\$16.95 pb  
168 pages, 8 x 10  
30 b&w illustrations

Centuries ago, every woman was an herbal expert by necessity, and her garden supplied medicines, cosmetics, and soaps. Today, as we seek natural alternatives to synthetic products, researchers are discovering that herbal legends often turn out to encode hard medical fact. This modern compendium of herbal remedies shows how to tap the astonishing power of plants and herbs.



## Health from God's Garden

*Herbal Remedies for Glowing Health and Well-Being*

Maria Treben

ISBN 978-0-89281-235-6  
\$16.95 (CAN \$19.95) pb  
128 pages, 8.5 x 11  
16 color plates

Herbalist Maria Treben reveals the herbal formulas—including Swedish Bitters—that made her famous in Europe, where millions have been healed using her herbal remedies.



**New—Available**

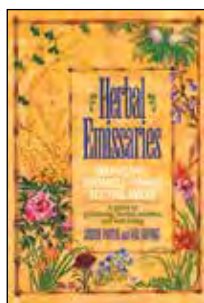
## The Heart and Its Healing Plants

*Traditional Herbal Remedies and Modern Heart Conditions*

Wolf D. Storl, Ph.D.

ISBN 978-1-64411-838-2  
\$29.99 (CAN \$37.50) pb  
320 pages, 6 x 9  
Full-color throughout

In this book, renowned ethnobotanist Wolf D. Storl, Ph.D., examines traditional understandings of the heart from early European cultures and indigenous peoples of the Americas, Asia, and Africa as well as a wealth of plants used in both ancient and contemporary times to treat heart conditions and ailments.



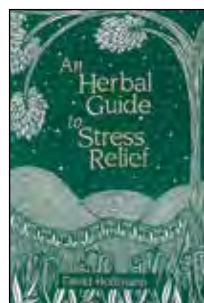
## Herbal Emissaries

*Bringing Chinese Herbs to the West: A Guide to Gardening, Herbal Wisdom, and Well-Being*

Steven Foster  
and Yue Chongxi

ISBN 978-0-89281-349-0  
\$22.95 (CAN \$26.95) pb  
368 pages, 6 x 9  
46 b&w illustrations

*Herbal Emissaries* is the first collaboration between a Chinese scientist and an American herbalist, blending traditional wisdom from both cultures with scientific verification of the effectiveness of forty-four medicinal plants. The authors supply specific techniques for cultivating these Chinese herbs and flowers in Western gardens and explain their medicinal use.



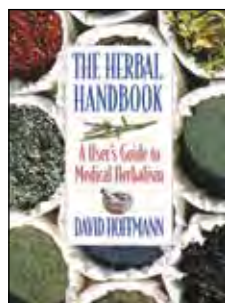
## An Herbal Guide to Stress Relief

*Gentle Remedies and Techniques for Healing and Calming the Nervous System*

David Hoffmann

ISBN 978-0-89281-426-8  
\$16.95 (CAN \$19.95) pb  
192 pages, 5.38 x 8.25

David Hoffmann, author of *Medical Herbalism*, shows how a wide variety of herbs can be used in alleviating the physical and mental problems caused by the stress of modern living. He also offers advice on the use of herbs in recovery from chemical dependencies.



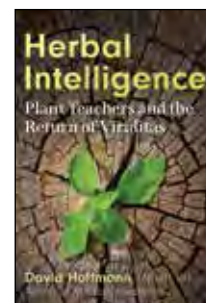
## The Herbal Handbook

*A User's Guide to Medical Herbalism*

David Hoffmann

ISBN 978-0-89281-782-5  
\$16.95 (CAN \$19.95) pb  
240 pages, 6.25 x 8.50

In this comprehensive guide, Hoffmann explains specific actions individual herbs have on the body and suggests herbal prescriptions for a variety of conditions. It includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses.



## Herbal Intelligence

*Plant Teachers and the Return of Viriditas*

David Hoffmann, FNIMH, RH (AHG)

ISBN 978-1-62055-614-6  
\$21.99 (CAN \$27.50) pb  
256 pages, 6 x 9

Using the concept of *viriditas*—the understanding of nature as divinely intelligent—renowned medical herbalist David Hoffmann reveals herbalism as a way to reconnect with the land and ourselves and a powerful way to participate in the earth-centered green transformation underway in our culture.



**New Edition of Herbal Prescriptions after 50**

## Herbs for Healthy Aging

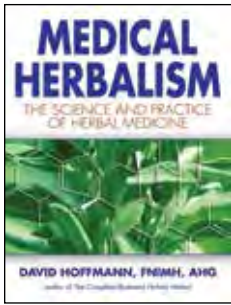
*Natural Prescriptions for Vibrant Health*

David Hoffmann, FNIMH, AHG

ISBN 978-1-62055-221-6  
\$24.99 (CAN \$31.50) pb  
384 pages, 6 x 9

David Hoffmann discusses how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect the body's major systems as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, varicose veins, and arthritis to minimize dependence on conventional medical treatments.





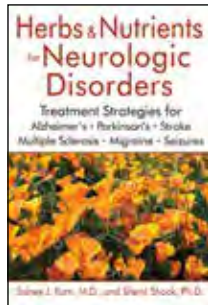
### Medical Herbalism

*The Science and Practice of Herbal Medicine*

David Hoffmann, FNIMH, AHG

ISBN 978-0-89281-749-8  
\$60.00 (CAN \$69.95) hardcover  
672 pages, 8.5 x 11  
487 b&w illustrations

*Medical Herbalism* is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices. It contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect. It also includes information on toxicology, contraindications, and dosages.



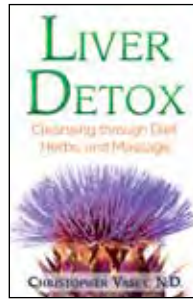
### Herbs and Nutrients for Neurologic Disorders

*Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures*

Sidney J. Kurn, M.D. and Sheryl Shook, Ph.D.

ISBN 978-1-62055-553-8  
\$29.95 (CAN \$35.95) hardcover  
256 pages, 6 x 9

In this guide the authors explain how to safely and easily incorporate herbs, antioxidants, and nutritional supplements into the standard conventional treatments for six common neurologic disorders. Integrating neuroscience, biochemistry, herbalism, and clinical experience, the authors lay the scientific foundation for a natural approach to neurologic disorders.



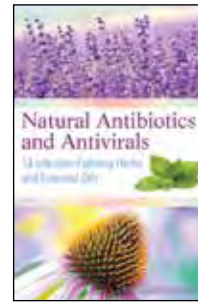
### Liver Detox

*Cleansing through Diet, Herbs, and Massage*

Christopher Vasey, N.D.

ISBN 978-1-62055-699-3  
\$12.99 (CAN \$16.50) pb  
128 pages, 5.38 x 8.25  
10 b&w illustrations

In this practical guide to liver health, Christopher Vasey details how to use diet, herbs, massage, and other practices to detoxify, strengthen, and regenerate your liver. He also explains specific foods to avoid and includes simple charts and questionnaires to help you determine to what degree your liver function is compromised.



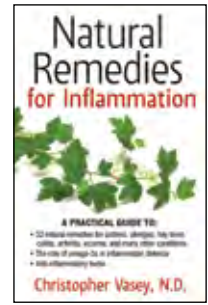
### Natural Antibiotics and Antivirals

*18 Infection-Fighting Herbs and Essential Oils*

Christopher Vasey, N.D.

ISBN 978-1-62055-735-8  
\$14.99 (CAN \$18.99) pb  
208 pages, 5.38 x 8.25  
11 b&w illustrations

Presenting 18 safe yet potent antibiotic and antiviral herbs from around the world, Vasey details how to use them and what illnesses each is best suited to treat. He also provides an index of more than 50 common ailments and diseases with the most effective medicinal plants and essential oils to use in each case.



### Natural Remedies for Inflammation

Christopher Vasey, N.D.

ISBN 978-1-62055-323-7  
\$16.99 (CAN \$19.99) pb  
192 pages, 5.38 x 8.25  
Color illustrations throughout

This illustrated guide presents 33 anti-inflammatory herbs and remedies, such as bay laurel, basil, turmeric, propolis, and fish oil, explaining which conditions each addresses most effectively, the proper dosage, and the best methods of ingestion. It shows how to deacidify the body, as acids have an inflammatory effect, and how to use hydrotherapy to calm inflammation.



### Herbal Teas for Health and Healing

Ceres

ISBN 978-0-89281-646-0  
\$9.95 (CAN \$11.95) pb  
96 pages, 5 x 7.75

Herbal teas have their own characteristic virtues. Some are slightly stimulating, others are soothing and induce quiet sleep or act as tranquilizers. Many are tonics that can bring an "out-of-gear" system back to complete health. The author describes a wide range of tea-making herbs and gives instructions for their preparation and use.



### Herbs: Partners in Life

*Healing, Gardening, and Cooking with Wild Plants*

Adele G. Dawson

ISBN 978-0-89281-934-8  
\$21.99 (CAN \$27.50) pb  
296 pages, 6 x 9  
104 b&w illustrations

Vermont herbalist Dawson traces the human-plant relationship through the seasons, providing practical and enlightening information about every aspect of herbalism. Includes chapters on how to identify, collect, and preserve herbs as well as detailed illustrations of plants and their anatomy.



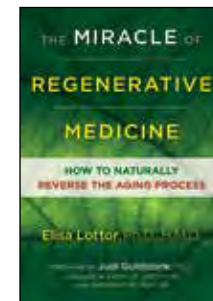
### Medicine Grove

*A Shamanic Herbal*

Loren Cruden

ISBN 978-0-89281-647-7  
\$18.99 (CAN \$23.99) pb  
224 pages, 6 x 9

Loren Cruden combines her firsthand experience as an herbalist with a profound knowledge of indigenous tradition to bring us a sacred herbal. With listings for every common herb and many wild plants in North America, she explains which plants are best for seasonal ceremonies and making offerings, and tells how to purify a sacred space. She covers topics such as vision quests, consciousness-altering, and the special connections between certain herbs and totem animals.



### The Miracle of Regenerative Medicine

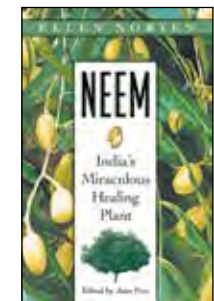
*How to Naturally Reverse the Aging Process*

Elisa Lottor, Ph.D., HMD

Foreword by Judi Goldstone, M.D.

ISBN 978-1-62055-603-0  
\$18.95 (CAN \$23.95) pb  
320 pages, 6 x 9

Elisa Lottor explains how to activate the body's self-healing abilities, prevent illness before it starts, and reverse the aging process to live longer, healthier, and happier. She reviews cutting-edge research on stem cell therapies and epigenetics and offers hands-on ways to reduce inflammation, detox, restore your microbiome, and utilize many other regenerative therapies.



### Neem

*India's Miraculous Healing Plant*

Ellen Norten

Edited by Jean Pütz

ISBN 978-0-89281-837-2  
\$9.95 (CAN \$11.95) pb  
96 pages, 5 x 7.75  
16 b&w photographs

Used in India for more than 4,000 years, neem is a powerful blood purifier, anti-viral agent, and immune system enhancer. Effective in the treatment of fever, malaria, skin diseases, dental problems, diabetes, arthritis, and jaundice, it is also a natural pesticide hailed by many for its diverse ecological benefits.



## Of People and Plants

*The Autobiography of Europe's Most Celebrated Healer*

Maurice Mességué

ISBN 978-0-89281-437-4  
\$19.95 (CAN \$23.95) pb  
336 pages, 5.38 x 8.25

This autobiography, flavored by Mességué's rich French heritage and the depth of his knowledge of native plant medicine, offers detailed information about the use of specific plants in treating a wide variety of ailments. Comprehensive appendices describe preparations for the principal chronic diseases and provide recommendations for seasonal and nutritional use of plants for optimal health.



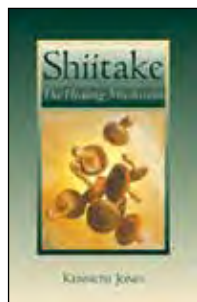
## Pau d'Arco

*Immune Power from the Rain Forest*

Kenneth Jones

ISBN 978-0-89281-497-8  
\$12.95 (CAN \$15.95) pb  
160 pages, 5 x 7.75

Traditionally used to treat a wide range of ailments, the bark of the pau d'arco tree is today widely used as an immunostimulant. Many have found it to be particularly valuable in managing allergies associated with *Candida*. Kenneth Jones describes the usage of pau d'arco in South American folk medicine, and gives clear directions for its preparation as a tea and as an extract.



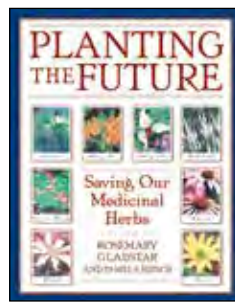
## Shiitake

*The Healing Mushroom*

Kenneth Jones

ISBN 978-0-89281-499-2  
\$12.95 (CAN \$17.95) pb  
128 pages, 5 x 7.75

The shiitake is a highly prized food, yet few are aware of its important role in traditional Chinese medicine where it been used as a folk treatment for colds, measles, and bronchial inflammations. But recent studies also indicate its usefulness in lowering blood cholesterol, bolstering the immune system, and increasing the body's ability to ward off tumors, viral infections, and chronic fatigue.



## Planting the Future

*Saving Our Medicinal Herbs*

Edited by Rosemary Gladstar and Pamela Hirsch

ISBN 978-0-89281-894-5  
\$29.95 (CAN \$35.95) pb  
328 pages, 8 x 10  
37 color photographs

*Planting the Future* shows how land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations.



## The Poison Path Herbal

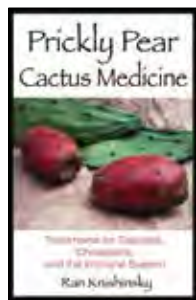
*Baneful Herbs, Medicinal Nightshades, and Ritual Entheogens*

Coby Michael

ISBN 978-1-64411-334-9  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9  
35 b&w illustrations

Also available in Spanish (see page 218)

Part grimoire and part herbal formulary, this guide to the Poison Path of occult herbalism shares history, lore, and practical information regarding the use of poisonous, consciousness-altering, and magical plants. The author explains how to work with baneful herbs through rituals and spells, as plant spirit familiars, and as visionary substances.



## Prickly Pear Cactus Medicine

*Treatments for Diabetes, Cholesterol, and the Immune System*

Ran Knishinsky

ISBN 978-0-89281-149-6  
\$12.95 (CAN \$15.95) pb  
144 pages, 5 x 7.75

The prickly pear cactus is destined to be the next big herbal superstar, following in the footsteps of St. John's wort and Echinacea, according to author Ran Knishinsky. Traditionally used as a panacea for over 100 ailments, it has also been the subject of blood cholesterol research sponsored by the American Heart Association.



## New—Available

A Sacred Planet Book

## Runes for the Green Witch

*An Herbal Grimoire*

Nicolette Miele

ISBN 978-1-64411-866-5  
\$22.99 (CAN \$28.99) pb  
288 pages, 6 x 9  
27 b&w illustrations

In this innovative grimoire, herbalist witch Nicolette Miele examines the herb and plant connections of each of the 24 runes of the Elder Futhark as well as correspondences with deities, astrology, tarot, and crystals. She also explores how runes and plants may be combined within spells and ritual for manifesting, protecting, healing, banishing, and more.

Audiobook available



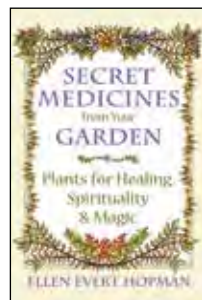
## A Russian Herbal

*Traditional Remedies for Health and Healing*

Igor Vilevich Zevin with Nathaniel Altman and Lilia Vasilevna Zevin

ISBN 978-0-89281-549-4  
\$14.95 (CAN \$17.95) pb  
240 pages, 6 x 9  
79 b&w illustrations

Blessed with a wide variety of climates, geography, and flora, Russia has a rich folk tradition of herbal healing that is among the most sophisticated in the world. *A Russian Herbal* explains the folkways, properties, and uses of the best-known Russian herbs—all widely available in North America, Europe, and Australia.



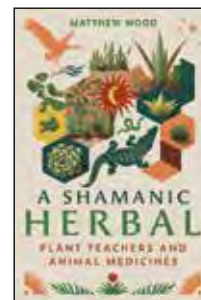
## Secret Medicines from Your Garden

*Plants for Healing, Spirituality, and Magic*

Ellen Evert Hopman

ISBN 978-1-62055-557-6  
\$19.95 (CAN \$23.95) pb  
384 pages, 6 x 9  
Includes four 8-page color inserts and 7 b&w illustrations

Weaving together ancient wisdom, mystical folklore, and modern plant research, master herbalist Ellen Evert Hopman explores the many uses of flowers, trees, common weeds, and ornamental plants for food, medicine, spiritual growth, and magical rituals. She reveals the herbal lore surrounding each plant, drawing on traditional knowledge and remedies from around the world.



## New—July 2024

A Sacred Planet Book

## A Shamanic Herbal

*Plant Teachers and Animal Medicines*

Matthew Wood

ISBN 979-8-88850-020-0  
\$29.99 (CAN \$37.50) pb  
416 pages, 6 x 9

Sharing profound experiences from his long career as well as his first years growing up on a remote Seminole reservation in the Everglades, renowned herbalist Matthew Wood interweaves practical herbalism and the spiritual potency of Nature to explore the plant teachers, animal medicines, and foundational principles of shamanism.





**New—July 2024**

A Sacred Planet Book  
Revised Edition of *The Forest Reminds Us Who We Are*

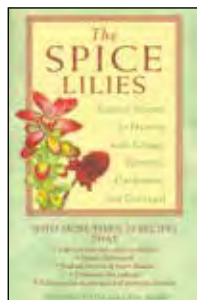
## The Silver Branch and the Otherworld

*Forest Magic with Plant and Fungi Allies*

Seán Pádraig O'Donoghue

ISBN 978-1-59143-472-6  
\$22.00 (CAN \$27.50) pb  
288 pages, 6 x 9

Braiding together insights from herbalism, ecology, neurobiology, psychology, Irish history, and magical tradition, Seán Pádraig O'Donoghue shows how we can tap into the flow of communication from the wild world and our ancestral traditions to transform our lives. He provides simple practices for engaging with wild plants and your ancestors.



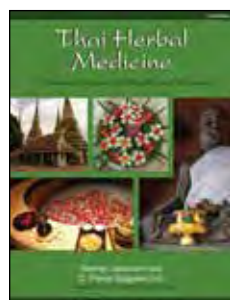
## The Spice Lilies

*Eastern Secrets to Healing with Ginger, Turmeric, Cardamom, and Galangal*

Susanne Poth  
and Gina Sauer

ISBN 978-0-89281-890-7  
\$9.95 (CAN \$11.95) pb  
136 pages, 5 x 7.75

From Thai soups to piquant chutneys, the recipes provided here offer more than good taste. Learn how people throughout history have used the spice lilies for their healing properties.



Revised Edition

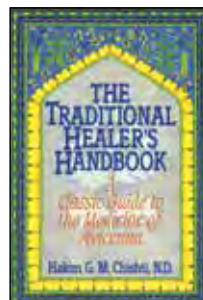
## Thai Herbal Medicine

*Traditional Recipes for Health and Harmony*

C. Pierce Salguero, PhD,  
and Nephry Jacobsen

ISBN 978-1-84409-627-5  
\$24.99 (CAN \$29.99) pb  
228 pages, 7.5 x 10  
17 color illustrations

This book introduces the basic principles of Thai herbal healing in simple and clear terms, and it includes a detailed compendium of individual herbs as well as recipes for home remedies, healthcare products, and cuisine that will make the world of Thai tradition come alive in your home.



## The Traditional Healer's Handbook

*A Classic Guide to the Medicine of Avicenna*

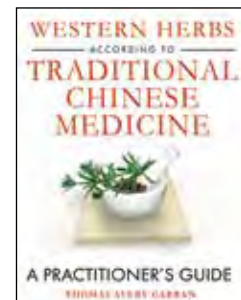
Hakim G. M. Chishti, N.D.

ISBN 978-0-89281-438-1  
\$24.95 (CAN \$29.95) pb  
416 pages, 6 x 9  
25 b&w illustrations

This comprehensive guide to healing synthesizes the principles and practices of Hippocratic, Chinese, Ayurvedic, and Persian medicine, and includes the first English translation of one of the handbooks of Avicenna.

*"A serviceable history of classical herbal medicine . . . still used by over half the world's population . . . a practical manual."*

*Los Angeles Times*



## Western Herbs according to Traditional Chinese Medicine

*A Practitioner's Guide*

Thomas Avery Garran

ISBN 978-1-59477-191-0  
\$50.00 (CAN \$60.00) hardcover  
272 pages, 8.5 x 11  
Full-color throughout

This is the first book to guide practitioners of Chinese medicine in the use of Western herbs. Including 58 monographs of common Western healing herbs, and detailing how each plant is used clinically, it explains how to combine and modify the standard TCM formulas to non-Chinese herbs.



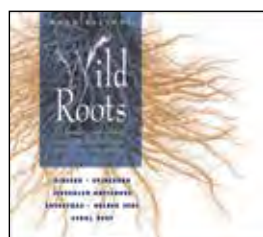
## The Wild Medicine Solution

*Healing with Aromatic, Bitter, and Tonic Plants*

Guido Masé

ISBN 978-1-62055-084-7  
\$21.99 (CAN \$27.50) pb  
328 pages, 6 x 9  
Includes 8-page color insert

There are three classes of wild plants necessary for optimal functioning: bitter plants that ignite digestion and improve metabolism, tonic plants that normalize cell functions and nourish the immune system, and aromatic plants that relax the organs and stimulate sluggish systems. The book provides easy recipes that will integrate these wild herbs into your diet for vibrant health and a tranquil spirit.



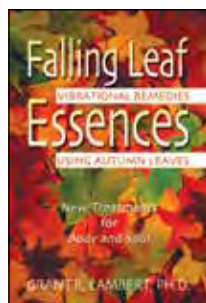
## Wild Roots

*A Forager's Guide to the Edible and Medicinal Roots, Tubers, Corms, and Rhizomes of North America*

Written and illustrated  
by Doug Elliott

ISBN 978-0-89281-538-8  
\$16.95 (CAN \$19.95) pb  
128 pages, 9 x 8  
66 b&w illustrations

For more than two decades Doug Elliott has wandered the fields, forests, and marshlands of North America gathering roots and herbs, and plant lore. A labor of love, *Wild Roots* is filled with practical information, extraordinary drawings and lively commentary, and offers a wealth of information about the roots, rhizomes, and tubers of North America.



## Falling Leaf Essences

*Vibrational Remedies Using Autumn Leaves*

Grant R. Lambert, Ph.D.

ISBN 978-0-89281-928-7  
\$16.99 (CAN \$19.99) pb  
224 pages, 6 x 9

Autumn embodies the energy of change, transformation, and release. Essences prepared from autumn leaves can relieve ailments associated with the autumn experiences of our lives: separation, job change, or the release of old patterns. Contains descriptions of 160 essences and their healing properties.



## Homeopathic Medicine for Mental Health

Trevor Smith, M.D.

ISBN 978-0-89281-291-2  
\$18.95 (CAN \$22.95) pb  
216 pages, 5.38 x 8.25

A physician and psychiatrist, Trevor Smith shows how homeopathy can be used effectively to treat a wide range of emotional and mental problems, including anxiety; depression and withdrawal; insecurity, shyness, and immaturity; fears and phobias; schizophrenia; and obsessional disorders.



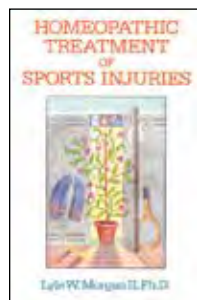
## Homeopathic Medicine for Women

*An Alternative Approach to Gynecological Health Care*

Trevor Smith, M.D.

ISBN 978-0-89281-236-3  
\$16.99 (CAN \$19.99) pb  
176 pages, 5.38 x 8.25

Many women's health concerns can be effectively addressed with homeopathic remedies. Here, Dr. Smith discusses both homeopathic and conventional treatments for a variety of conditions.

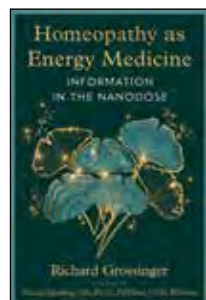


## Homeopathic Treatment of Sports Injuries

Lyle W. Morgan II, Ph.D., H.M.D.

ISBN 978-0-89281-227-1  
\$12.95 (CAN \$14.95) pb  
136 pages, 5.38 x 8.25

Dr. Morgan details the homeopathic remedies that are most effective in treating injuries commonly encountered in sports.



## New—July 2024 Homeopathy as Energy Medicine

*Information in the Nanodose*

Richard Grossinger

Foreword by Vatsala Sperling, M.S., Ph.D., PDHom, CCH, RSHom

ISBN 978-1-64411-966-2  
\$24.99 (CAN \$31.50) pb  
320 pages, 6 x 9

Helping first-time patients as well as longtime devotees gain a deeper understanding of just what homeopathy is, Richard Grossinger explores the full spectrum of the healing art, explaining its essential principles and methodology and showing how it relates to the broader concepts of energy medicine and nanodose treatments.

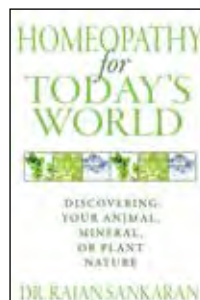


## Homeopathy for Menopause

Beth MacEoin

ISBN 978-0-89281-648-4  
\$16.99 pb  
256 pages, 5.38 x 8.25

This positive, holistic approach to menopause shows how to safely treat its symptoms with gentle, all-natural homeopathic remedies. Common discomforts that may arise before, during, or after menopause, and that can be treated homeopathically include: menstrual irregularities, hot flashes, night sweats, depression, low self-esteem, weight gain, sleep disturbances, and aching joints.



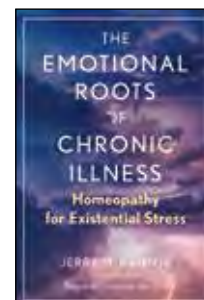
## Homeopathy for Today's World

*Discovering Your Animal, Mineral, or Plant Nature*

Dr. Rajan Sankaran

ISBN 978-1-59477-403-4  
\$18.95 (CAN \$22.95) pb  
288 pages, 6 x 9  
32 b&w illustrations

This new method of homeopathic diagnosis—the Sensation Method—reveals that we are shaped by an inner “song,” analogous to either the animal, plant, or mineral kingdom, revealing itself as an underlying felt sensation and expressed through illness.



## New—Available The Emotional Roots of Chronic Illness

*Homeopathy for Existential Stress*

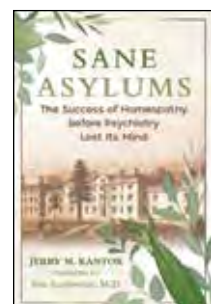
Jerry M. Kantor

Foreword by Begabati Lennihan, RN, CCH

ISBN 978-1-64411-784-2  
\$24.99 (CAN \$31.50) pb  
224 pages, 6 x 9  
14 b&w illustrations

Presenting diagnostic insight, homeopathic remedies, and successful case studies about the connections between emotions and their physical manifestations in illness, Jerry M. Kantor correlates the five classical miasms of homeopathy and their core existential quandaries with the Five Elements and Phase Theory of Chinese Medicine.

**Audiobook available**



## Sane Asylums

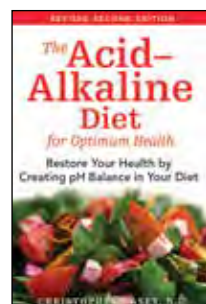
*The Success of Homeopathy before Psychiatry Lost Its Mind*

Jerry M. Kantor

Foreword by Eric Leskowitz, M.D.

ISBN 978-1-64411-408-7  
\$24.99 (CAN \$31.50) pb  
288 pages, 6 x 9  
25 b&w illustrations

Jerry Kantor examines the success of homeopathic psychiatric asylums in America from the post-Civil War era until 1920, focusing in particular on New York's Middletown State Homeopathic Hospital for the Insane, where superintendent Selden Talcott oversaw a compassionate and holistic treatment regime with thousands of successful outcomes.



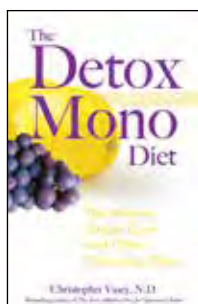
## Revised Second Edition The Acid-Alkaline Diet for Optimum Health

*Restore Your Health by Creating pH Balance in Your Diet*

Christopher Vasey, N.D.

ISBN 978-1-59477-154-5  
\$12.95 (CAN \$14.95) pb  
208 pages, 5.38 x 8.25  
Naturopath and detoxification expert Christopher Vasey shows how a change in diet to restore your acid-alkaline balance can result in vast improvements in health. With two new chapters, this updated and expanded second edition provides the latest information on proper hydration and deacidification and how to design a diet best suited for your health needs.

**Audiobook available**



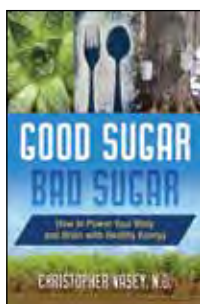
## The Detox Mono Diet

*The Miracle Grape Cure and Other Cleansing Diets*

Christopher Vasey, N.D.

ISBN 978-1-59477-126-2  
\$12.95 (CAN \$15.95) pb  
176 pages, 5.38 x 8.25

Christopher Vasey demonstrates why restricted diets, like the grape cure or lemon cure, are all remarkably effective in healing illness and restoring optimum health. This practical guide to following a detoxification regimen provides all the information necessary to adapt the cure to match your specific physiological needs, making your return to optimum health a unique journey.



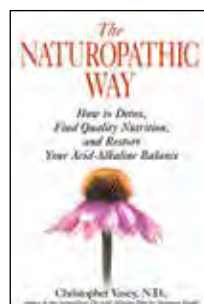
## Good Sugar, Bad Sugar

*How to Power Your Body and Brain with Healthy Energy*

Christopher Vasey, N.D.

ISBN 978-1-62055-808-9  
\$14.99 (CAN \$18.99) pb  
176 pages, 5.38 x 8.25  
4 b&w illustrations

Sugar supplies the essential energy the body and brain need to function. But there are healthful and harmful forms of sugar. In this practical guide, Dr. Vasey explains the harmful effects of bad sugars as well as how to replace them with good sugars for physical, emotional, and mental healing and more energy.



## The Naturopathic Way

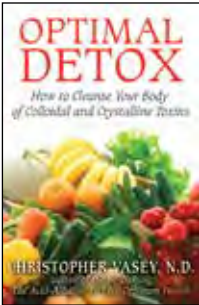
*How to Detox, Find Quality Nutrition, and Restore Your Acid-Alkaline Balance*

Christopher Vasey, N.D.

ISBN 978-1-59477-260-3  
\$14.95 (CAN \$17.95) pb  
144 pages, 5.38 x 8.25  
5 b&w illustrations

This naturopathic guide to health and healing shows how to remove toxins from the body using fasts and detoxifying cleanses, reveals the role of the acid-alkaline balance in maintaining peak energy and explains how supplements can restore nutritional deficiencies.





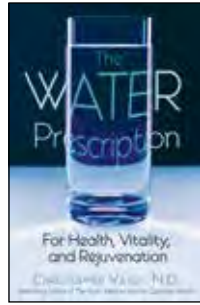
## Optimal Detox

*How to Cleanse Your Body of Colloidal and Crystalline Toxins*

Christopher Vasey, N.D.

ISBN 978-1-59477-489-8  
\$14.95 (CAN \$17.95) pb  
176 pages, 5.38 x 8.25  
26 b&w illustrations

The benefits of detox are well-known. But it is important to identify the type of toxin—either colloidal or crystalline—polluting your biological terrain. Colloidal toxins hinder circulation while crystals damage tissues and cause pain. *Optimal Detox* explains how to identify which type of toxin is triggering your illness; which herbs, hydrotherapy techniques, or nutritional options are your best choice; and which foods should be avoided.



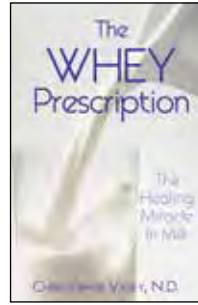
## The Water Prescription

*For Health, Vitality, and Rejuvenation*

Christopher Vasey, N.D.

ISBN 978-1-59477-095-1  
\$14.99 (CAN \$18.99) pb  
160 pages, 5.38 x 8.25  
7 b&w illustrations

Drinking sufficient quantities of water is a necessity for optimal physical functioning, but it can also play a major role in the prevention and treatment of many diseases. Christopher Vasey explains why water is so essential to our health, what quantities we should drink and when, and also what types of water will best address certain conditions.



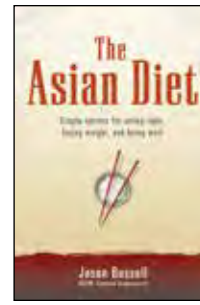
## The Whey Prescription

*The Healing Miracle in Milk*

Christopher Vasey, N.D.

ISBN 978-1-59477-127-9  
\$12.99 (CAN \$16.50) pb  
96 pages, 5.38 x 8.25

Beyond its nutritional value, whey has powerful detoxification properties, and its therapeutic action is beneficial for all the major organ centers of the body: heart, liver, kidneys, and intestines. Whey is also a proven invigorating supplement, promoting overall good health and vitality. Now, this highly nutritious and effective healing agent is within the reach of everyone.



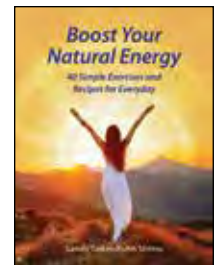
## The Asian Diet

*Simple Secrets for Eating Right, Losing Weight, and Being Well*

Jason Bussell

ISBN 978-1-84409-160-7  
\$14.95 (CAN \$16.99) pb  
144 pages, 6.25 x 9.13  
3 b&w illustrations

*The Asian Diet* teaches the effects food choices have on body weight, energy, mood, and quality and duration of life. It shows that all foods are good in the right proportion. This book covers the major food groups, dietary supplements, lifestyle, attitude, and recipes to demonstrate the principles of the diet.



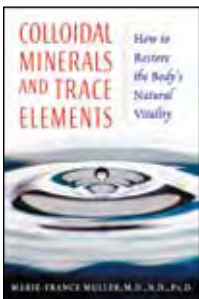
## Boost Your Natural Energy

*40 Simple Exercises and Recipes for Everyday*

Sandy Taikyu Kuhn Shimu

ISBN 978-1-62055-974-1  
\$9.99 (CAN \$12.50) pb  
96 pages, 4.5 x 6.5  
Full-color throughout

This handy pocket guide presents 40 easy, quick, yet effective ways to boost your energy, rebuild your focus, enhance performance, get better sleep, and bring your life back into balance. Includes simple mental and physical techniques, several recipes, as well as an index of the methods sorted by desired effect.



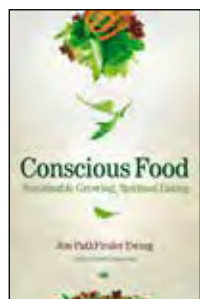
## Colloidal Minerals and Trace Elements

*How to Restore the Body's Natural Vitality*

Marie-France Muller, M.D., N.D., Ph.D.

ISBN 978-1-59477-023-4  
\$14.95 (CAN \$17.95) pb  
224 pages, 6 x 9

Colloidal mineral supplements allow 98 percent of the supplement to be absorbed by the body, as opposed to the 3 to 5 percent absorption of standard mineral supplements. *Colloidal Minerals and Trace Elements* details 55 trace elements, their beneficial effects, and the ideal combinations of colloid supplements to use based on your health concerns.



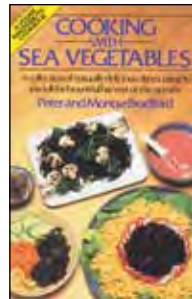
## Conscious Food

*Sustainable Growing, Spiritual Eating*

Jim PathFinder Ewing

ISBN 978-1-84409-596-4  
\$16.95 (CAN \$19.95) pb  
160 pages, 6.63 x 7.75

This book outlines how to avoid being victims of biocultural evolution and the declining global and personal health and, instead, contribute toward mindful food choices and improved world health. The book includes guidance for growing organic food, fostering a supportive community and urban agriculture, and provides expanded resources.

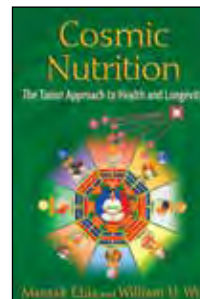


## Cooking with Sea Vegetables

Peter Bradford and Montse Bradford

ISBN 978-0-89281-283-7  
\$14.95 (CAN \$17.95) pb  
144 pages, 5.25 x 8.5

High in minerals and protein and low in calories, sea vegetables have always been valued for their rejuvenating and purifying properties. They can be combined with other foods to form the basis of a balanced diet free from meat, dairy products and additives. This book is a comprehensive guide to this traditional food of the future.



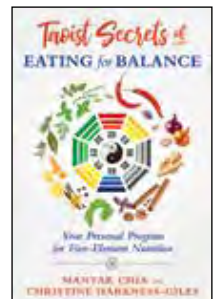
## Cosmic Nutrition

*The Taoist Approach to Health and Longevity*

Mantak Chia and William U. Wei

ISBN 978-1-59477-470-6  
\$24.95 (CAN \$27.95) pb  
424 pages, 6 x 9  
Includes 8-page color insert and b&w illustrations throughout

The secret to true health and longevity lies in keeping one's physical, emotional, mental, and spiritual bodies vibrant and balanced. *Cosmic Nutrition* provides guidelines on what to eat for different yin-yang constitutions, and for specific health problems and organ systems.



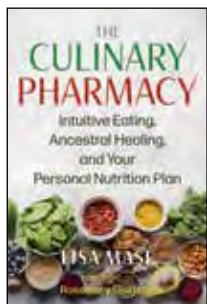
## Taoist Secrets of Eating for Balance

*Your Personal Program for Five-Element Nutrition*

Mantak Chia and Christine Harkness-Giles

ISBN 978-1-62055-751-8  
\$24.99 (CAN \$31.50) pb  
208 pages, 6 x 9  
Full-color throughout

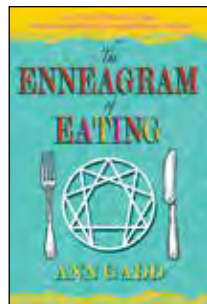
In this Inner Alchemy Astrology nutrition guide, the authors explain how to use your Taoist astrology birth chart as a personal nutritional guide for health, longevity, and organ energy balance. Includes detailed food lists based on ancient Taoist wisdom that reveal each food's effect on Yin, Yang, and Five Element energies.



## New—Available The Culinary Pharmacy

*Intuitive Eating, Ancestral Healing, and Your Personal Nutrition Plan*

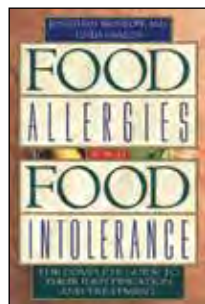
Lisa Masé  
Foreword by Rosemary Gladstar  
ISBN 978-1-64411-864-1  
\$24.99 (CAN \$31.50) pb  
274 pages, 6 x 9  
Includes 2-page color insert  
Exploring the healing power of food, holistic nutritionist Lisa Masé weaves together three ancestral healing philosophies—Ayurveda, traditional Chinese medicine (TCM), and the Mediterranean diet—with modern nutrition science to help you discover your ideal foods for vibrant health. Includes recipes, meal plans, food lists, and stories to illustrate the concepts discussed.



## The Enneagram of Eating

*How the 9 Personality Types Influence Your Food, Diet, and Exercise Choices*

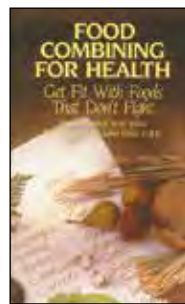
Ann Gadd  
ISBN 978-1-62055-827-0  
\$16.99 (CAN \$21.50) pb  
192 pages, 6 x 9  
Ann Gadd shows how the Enneagram system of 9 personality types can explain your relationship to food and exercise. Including an easy test to find your type, she provides an understanding of each type's emotional eating triggers, what exercise method will keep you motivated, and the best methods for weight loss or gain.



## Food Allergies and Food Intolerance

*The Complete Guide to Their Identification and Treatment*

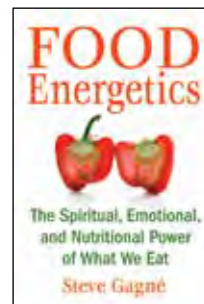
Jonathan Brostoff, M.D., and Linda Gamlin  
ISBN 978-0-89281-875-4  
\$19.95 pb  
480 pages, 6 x 9  
11 line illustrations  
Food sensitivity is behind many chronic and misdiagnosed ailments. The authors show how to systematically identify and eliminate problem foods to achieve dramatic improvements and lasting health.



## Food Combining for Health

*Get Fit with Foods that Don't Fight*

Doris Grant and Jean Joice  
ISBN 978-0-89281-348-3  
\$16.95 (CAN \$19.95) pb  
248 pages, 5.25 x 8.5  
Based on the Hay system of separating incompatible foods, this program shows you how to alleviate symptoms of gastric disturbance and food allergies, and enhance well-being.



## Food Energetics

*The Spiritual, Emotional, and Nutritional Power of What We Eat*

Steve Gagné  
ISBN 978-1-59477-242-9  
\$26.95 (CAN \$32.95) pb  
576 pages, 6 x 9  
Ancient peoples understood that food is more than fuel—it imparts a living wisdom that is beyond the science of calories and nutrient values. *Food Energetics* shows how to revitalize our connection to food and use the wisdom of food energetics to remedy physical and psychic imbalances.



## Fruit-Sweet and Sugar-Free

*Prize-Winning Pies, Cakes, Pastries, Muffins, and Breads from the Ranch Kitchen Bakery*

Janice Feuer  
ISBN 978-0-89281-449-7  
\$19.95 (CAN \$23.95) pb  
216 pages, 8 x 10  
8 color plates  
b&w illustrations throughout  
A Cordon Bleu-trained pastry chef transforms traditional bakery favorites into lighter, healthier alternatives, with more than 150 recipes sweetened only with natural, widely-available fruit sweetener and prepared using unbleached whole wheat or rice flour and fresh fruits, berries, and nuts. Many of the recipes have nondairy options and are low in cholesterol.



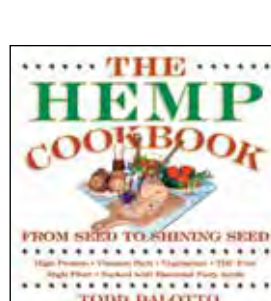
## Greek Vegetarian Cooking

Alkmini Chaitow  
ISBN 978-0-89281-340-7  
\$12.95 (CAN \$15.95) pb  
128 pages, 6 x 8.5  
The author, herself a native of Greece, offers ideas for gluten- and dairy-free cooking with 110 colorful dishes from the eastern shores of the Mediterranean as well as tips for the proper presentation and balance of Greek cuisine. Dips, soups, raw and cooked salads, main courses, and desserts are all easily achieved with readily available ingredients.



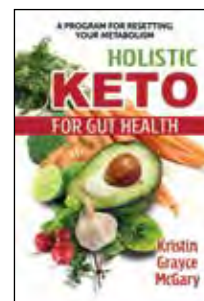
## The Healing Cuisine of China

*300 Recipes for Vibrant Health and Longevity*  
Zhuo Zhao and George Ellis  
ISBN 978-0-89281-778-8  
\$24.95 (CAN \$29.95) pb  
288 pages, 8.5 x 11  
14 b&w photographs  
This collection not only offers more than 300 authentic Chinese recipes for curing specific ailments and for promoting happiness and vitality, but also explains the theories behind traditional Chinese beliefs about health and diet and reconciles these with contemporary Western medical knowledge.



## The Hemp Cookbook

*From Seed to Shining Seed*  
Todd Dalotto  
ISBN 978-0-89281-787-0  
\$16.95 (CAN \$19.95) pb  
192 pages, 8 x 8  
9 b&w photographs  
*The Hemp Cookbook* serves up a tantalizing range of recipes that combine the unique nutritional advantages of hemp seed with other vitamin- and mineral-rich foods. From hearty breakfasts of Hemp Pancakes to gourmet dinners of Vegan Cannabis Stuffed Shells, *The Hemp Cookbook* will be welcomed by hempsters and mainstream cooks alike.



## Holistic Keto for Gut Health

*A Program for Resetting Your Metabolism*  
Kristin Grayce McGary, L.Ac., M.Ac., CFMP, CST-T, CLP  
ISBN 978-1-62055-981-9  
\$16.99 (CAN \$21.50) pb  
272 pages, 6 x 9  
9 b&w illustrations  
Combining the best gut-healthy elements of primal, paleo, and ketogenic nutritional plans, this book offers a one-of-a-kind approach for optimal digestive health. McGary's science-based, functional ketogenic program emphasizes a holistic nutritional and lifestyle plan to repair your gut while avoiding inflammatory foods, such as gluten, dairy, soy, starches, and sugars.

**Audiobook available**



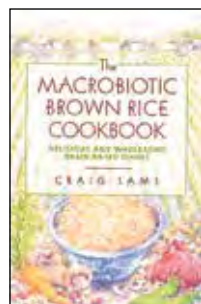


### Italian Vegetarian Cooking

Jo Marcangelo

ISBN 978-0-89281-343-8  
\$14.99 (CAN \$17.99) pb  
160 pages, 6.25 x 8.5

This wide and varied range of vegetarian fare features the finest of Italy's regional recipes, passed down through many generations of Italian family cooking. The 115 distinctively delicious recipes are accompanied by an introduction to the cheeses, herbs, and other essential ingredients that make Italian cuisine unique throughout the world.



### The Macrobiotic Brown Rice Cookbook

Craig Sams

ISBN 978-0-89281-447-3  
\$12.95 (CAN \$15.95) pb  
128 pages, 5.38 x 8.25

Craig Sams' collection of recipes features brown rice in delicious macrobiotic dishes, including soups, salads, main courses, and desserts. The authors offer tasty recipes for sauces as well as other information and advice for making this nutritious grain a delectable part of your diet.



### Meals That Heal

*A Nutraceutical Approach to Diet and Health*

Lisa Turner

ISBN 978-0-89281-625-5  
\$21.95 (CAN \$25.95) pb  
248 pages, 8 x 10

Presents a compilation of the most recent research on the proven benefits of various foods along with charts and graphs that relate this research to specific diseases. More than 100 recipes by a macrobiotic chef for creating healthy and delicious meals. Here is the perfect guide to eating well and living well.



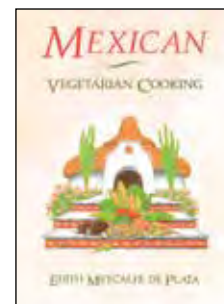
### Mostly Macro

*A Guide to Healthy Cuisine for the Discriminating Palate*

Lisa Turner

ISBN 978-0-89281-534-0  
\$18.95 (CAN \$21.95) pb  
232 pages, 8 x 10  
19 b&w illustrations

More than thirty years ago George Ohsawa introduced the principles of macrobiotics, a diet based on whole grains, vegetables, and fresh foods. Now, Lisa Turner summarizes these principles and provides practical information on how to use natural ingredients to plan healthy meals. One hundred twenty palate-pleasing dishes use the best macrobiotic principles adapted to our Western lifestyle and taste.

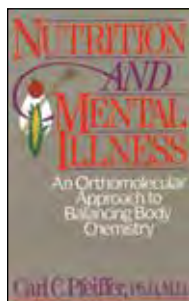


### Mexican Vegetarian Cooking

Edith Metcalfe de Plata

ISBN 978-0-89281-341-4  
\$14.95 (CAN \$17.95) pb  
128 pages, 6.25 x 8.5

The author compiled this fascinating and accessible cookbook from first-hand experience as manager of a vegetarian restaurant in Guadalajara, Mexico. More than 100 authentic national dishes are represented in these distinctive and delicious recipes. Exotic and spicy, de Plata's Mexican cuisine adds a new and welcome dimension to vegetarian dining.



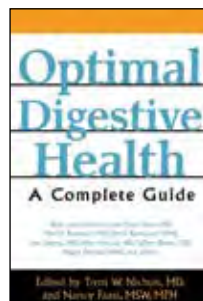
### Nutrition and Mental Illness

*An Orthomolecular Approach to Balancing Body Chemistry*

Carl C. Pfeiffer, Ph.D., M.D.

ISBN 978-0-89281-226-4  
\$12.95 (CAN \$15.95) pb  
136 pages, 5.25 x 8.5

Dr. Carl Pfeiffer's extensive program of research into the causes and treatment of mental illness found that many psychological problems can be traced to biochemical imbalances in the body. He achieved unprecedented success in treating a wide range of mental problems by adjusting diet and providing specific nutritional supplements for those conditions where deficiencies exist. This book documents his approach.



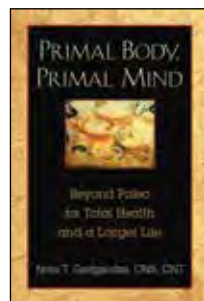
### Optimal Digestive Health

*A Complete Guide*

Edited by Trent W. Nichols, M.D., and Nancy Faass, MSW, MPH

ISBN 978-1-59477-036-4  
\$24.95 (CAN \$29.95) pb  
608 pages, 6 x 9  
12 b&w illustrations

Drawing on the expertise of 25 practitioners, *Optimal Digestive Health* explores the symptoms, causes, and effective treatments for 30 digestive disorders. The best of mainstream medicine and complementary therapies are paired with intelligent self-care in this integrated approach to health and healing.



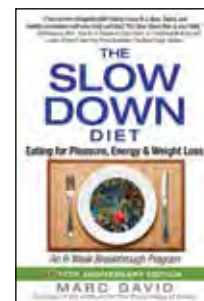
### Primal Body, Primal Mind

*Beyond Paleo for Total Health and a Longer Life*

Nora T. Gedgaudas, CNS, NTP, BCHN

ISBN 978-1-59477-413-3  
\$19.95 (CAN \$23.95) pb  
416 pages, 6 x 9  
28 b&w illustrations

Examining the healthy lives of our Paleolithic ancestors, this book shows how our modern diet leads to weight gain and "diseases of civilization." It provides dietary strategies to counter the nutritional problems of eating grains, gluten, soy, dairy, and starchy vegetables.



### The Slow Down Diet

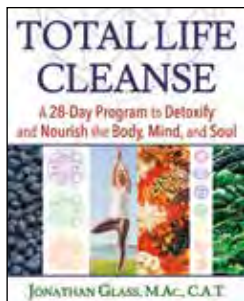
*Eating for Pleasure, Energy and Weight Loss*

Marc David

ISBN 978-1-62055-508-8  
\$14.95 (CAN \$17.95) pb  
208 pages, 6 x 9

First edition also available in Spanish (see page 216)

We eat fast, on the run, and often under stress, removing the pleasure of meal time and wreaking havoc on our metabolism. This book reveals the shortcomings of all quick-fix digestive aids and fad diets, and shows instead how slowing down and fully enjoying each meal is the optimal way to more energy and weight loss.



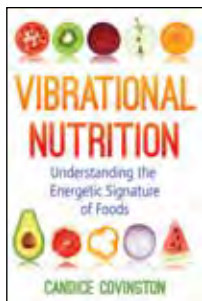
### Total Life Cleanse

*A 28-Day Program to Detoxify and Nourish the Body, Mind, and Soul*

Jonathan Glass, M.A.C., C.A.T.

ISBN 978-1-62055-691-7  
\$24.95 (CAN \$31.50) pb  
448 pages, 8 x 10  
32 b&w illustrations

Jonathan Glass presents a practical 28-day program to initiate and maximize detoxification of your body, mind, and spirit. Integrating the ancient wisdom of yoga, Ayurveda, and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science, he includes recipes, exercises, mental and physical detox practices, and tips on liver and digestive health.



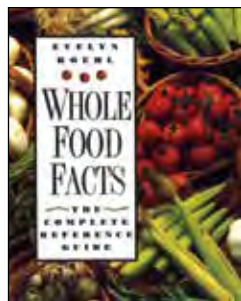
### Vibrational Nutrition

*Understanding the Energetic Signature of Foods*

Candice Covington

ISBN 978-1-62055-917-8  
\$16.99 (CAN \$21.50) pb  
240 pages, 6 x 9

In this hands-on guide, Candice Covington explores the vibrational signatures of the foods we eat and how they influence our behaviors and spirit. She details the energetic and spiritual qualities of more than 400 common foods, drinks, and seasonings. She also includes intriguing recipes with their energetic interpretations.



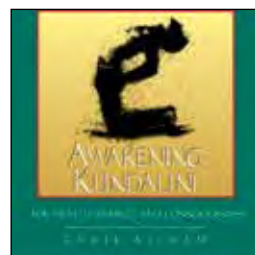
### Whole Food Facts

*The Complete Reference Guide*

Evelyn Roehl

ISBN 978-0-89281-635-4  
\$24.95 (CAN \$29.95) pb  
296 pages, 8 x 10  
20 b&w illustrations

No kitchen should be without this A-Z reference guide to natural foods. From amaze to shiitake, it offers up-to-date information on selecting and preparing all kinds of whole foods. Includes detailed nutritional charts.

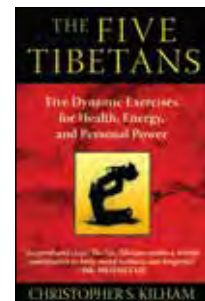


### Awakening Kundalini for Health, Energy, and Consciousness

Chris Kilham

ISBN 978-1-59477-004-3  
\$12.95 (CAN \$18.95)  
60-minute CD

Kundalini is the primordial life force that enlivens, vivifies, and motivates our body and mind. Awakened kundalini can become a geyser of energy that leads to greater creativity and health, heightened awareness, and states of ecstasy. On this CD, Chris Kilham explains kundalini and introduces time-honored meditation techniques for safely increasing its flow within the body.



New Edition

### The Five Tibetans

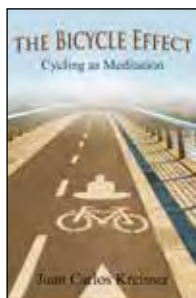
*Five Dynamic Exercises for Health, Energy, and Personal Power*

Christopher S. Kilham

ISBN 978-1-59477-444-7  
\$9.95 (CAN \$11.95) pb  
96 pages, 5.38 x 8.25  
18 b&w photographs

First edition also available in Spanish (see page 216)

The yogic exercises known as the Five Tibetans can dramatically increase energy, suppleness, and mental acuity. In this new edition the author shares his own positive experiences from more than 30 years' devotion to the practice.



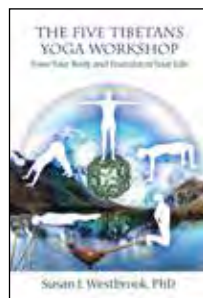
### The Bicycle Effect

*Cycling as Meditation*

Juan Carlos Kreimer

ISBN 978-1-84409-708-1  
\$14.99 (CAN \$19.50) pb  
192 pages, 5 x 7.75  
15 b&w illustrations

Kreimer explores the strong connection between the Zen practice of meditation and cycling, illustrating that it is possible to experience the natural flow of movement, the quietening of your mind, and a deepening into your essential being through the art of Zen cycling.



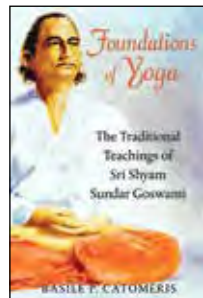
### The Five Tibetans Yoga Workshop

*Tone Your Body and Transform Your Life*

Susan Westbrook, PhD

ISBN 978-1-84409-197-3  
\$16.95 (CAN \$18.50) pb  
160 pages, 6 x 9

The Five Tibetans is a yoga routine based on a ritual of exercises discovered in the early 1900s by British Colonel Bradford while he was living in a Himalayan monastery. Discover for yourself the positive effects of performing the rites that have been touted as the "ancient secret of the fountain of youth."



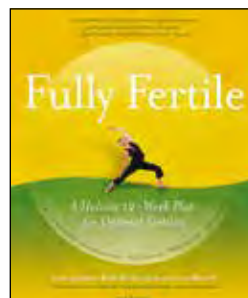
### Foundations of Yoga

*The Traditional Teachings of Sri Shyam Sundar Goswami*

Basile P. Catoméris

ISBN 978-1-59477-454-6  
\$16.99 (CAN \$19.99) pb  
160 pages, 6 x 9  
Includes 20 color and 144 b&w illustrations

*Foundations of Yoga* presents the full and rigorous yogic training of traditional Hatha Yoga as taught by the late Sri Shyam Sundar Goswami. Written by his spiritual heir, it offers Yoga practitioners the means to advance their practice through a deep understanding of physiology, psychology, and philosophy based on tantric principles.



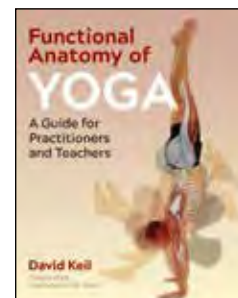
### Fully Fertile

*A Holistic 12-Week Plan for Optimal Fertility*

Tami Quinn, Jeanie Lee Bussell, and Beth Heller  
Foreword by Brian Kaplan

ISBN 978-1-84409-507-0  
\$22.99 (CAN \$28.99) pb  
280 pages, 7.5 x 9.13  
113 b&w illustrations

The healing powers of traditional yoga, Oriental medicine, nutrition, and other mind/body techniques are accessible with this do-it-yourself manual for women who are struggling with infertility or just looking to improve their odds of conception. With more than 30 pages of new information, this updated edition also includes a study guide.



New Edition

### Functional Anatomy of Yoga

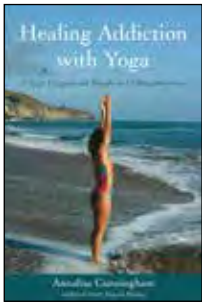
*A Guide for Practitioners and Teachers*

David Keil

ISBN 978-1-64411-627-2  
\$29.99 (CAN \$37.50) pb  
328 pages, 7.44 x 9.69  
Full-color throughout

Bringing the anatomy of the body in yoga asanas to life, David Keil outlines how practitioners and yoga teachers alike can utilize a deeper understanding of their anatomy and its movement and function to deepen their yoga practice, increase confidence, prevent injury, and better understand their students and their challenges.





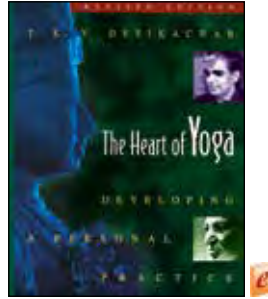
Revised Edition

## Healing Addiction with Yoga

*A Yoga Program for People in 12-Step Recovery*  
Annalisa Cunningham

ISBN 978-1-84409-170-6  
\$19.99 (CAN \$24.99) pb  
160 pages, 6 x 9  
70 b&w photographs

This 21-day program incorporates dynamic affirmations, relaxation techniques, nutrition and lifestyle suggestions, aerobic activities, and journal writing to help even the most hardened addicts quit. This book provides a map to a spiritual path and awakening that brings resolution, wholeness, and freedom from crippling addictions.

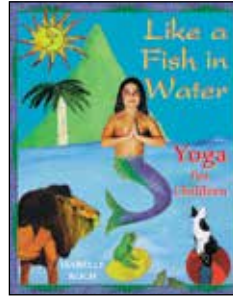


## The Heart of Yoga

*Developing a Personal Practice*  
T. K. V. Desikachar

ISBN 978-0-89281-764-1  
\$19.95 (CAN \$24.95) pb  
272 pages, 8 x 10  
100 b&w photographs  
and 200 b&w illustrations  
Also available in Spanish  
(see page 216)

Here is the first yoga text to outline a step-by-step sequence for developing a complete practice according to *vinnyoga*—yoga adapted to the needs of the individual. The author is a world-renowned teacher and the son of Krishnamacharya.

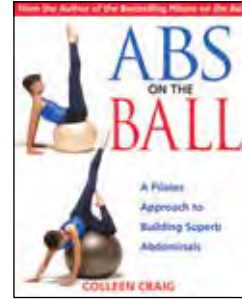


## Like a Fish in Water

*Yoga for Children*  
Isabelle Koch

ISBN 978-0-89281-773-3  
\$14.99 (CAN \$17.99) pb  
56 pages, 7.63 x 9.5  
Full-color art throughout

Here is a playful introduction to the practice of yoga that children and parents can do together. With more than 20 postures, colorful step-by-step instructions, and poetic narrative, children will learn the basics of breathing and a variety of relaxation exercises to get them started on a healthy daily practice. For children ages 4–8.

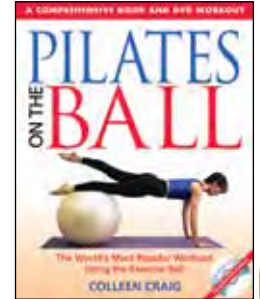


## Abs on the Ball

*A Pilates Approach to Building Superb Abdominals*  
Colleen Craig

ISBN 978-0-89281-098-7  
\$19.95 (CAN \$23.95) pb  
200 pages, 8 x 10  
262 b&w photographs and illustrations

Colleen Craig shows how traditional sit-ups and “ab” machines actually limit the degree to which abdominal muscles can be trained and can even aggravate lower back pain and neck tension. In contrast, the very mobility of the ball targets underutilized muscles. Includes a 10- and 20-minute workout.

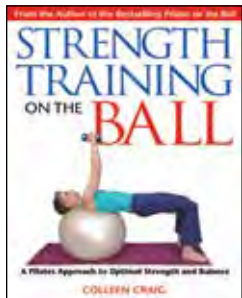


## Pilates on the Ball

*A Comprehensive Book and DVD Workout*  
Colleen Craig

ISBN 978-0-89281-095-6  
\$24.95 (CAN \$29.95) pb  
192 pages, 8 x 10  
182 b&w photographs and illustrations  
Includes 45-minute DVD  
Also available in Spanish w/out DVD  
(See page 219)

In her bestselling book *Pilates on the Ball*, certified Pilates trainer Colleen Craig combines the effectiveness of the Pilates workout with the unique capabilities of the Swiss exercise ball, providing an innovative and low-impact way to stay fit. The accompanying DVD allows readers to follow along as if in a class setting.

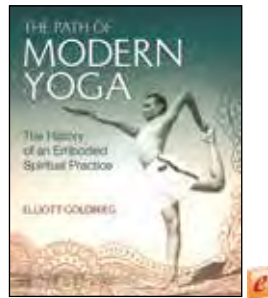


## Strength Training on the Ball

*A Pilates Approach to Optimal Strength and Balance*  
Colleen Craig

ISBN 978-1-59477-011-1  
\$19.99 (CAN \$24.99) pb  
272 pages, 8 x 10  
140 b&w photographs

*Strength Training on the Ball* offers step-by-step photographs for each exercise, realistic yet motivating goals, and teaching tips for physical educators. Three specialized workouts are included: a therapeutic workout for recovery from injuries, a basic beginner's workout, and a challenging workout for athletes and gym enthusiasts. Safe for beginners, children, teenagers and seniors, with new challenges for the seasoned athlete.

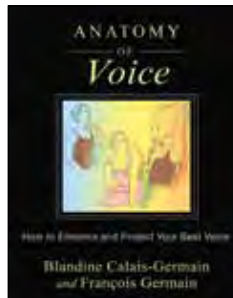


## The Path of Modern Yoga

*The History of an Embodied Spiritual Practice*  
Elliott Goldberg

ISBN 978-1-62055-567-5  
\$39.95 (CAN \$47.95) hardcover  
512 pages, 8 x 10  
99 b&w illustrations

Author Elliott Goldberg shows how yoga was transformed from a sacred practice into a health and fitness regime in the early 20th century and then gradually transformed over the course of the 20th century into today's embodied spiritual practice. Goldberg tells the sweeping story of modern yoga through the remarkable lives of 11 key figures. This is an original, authoritative, provocative, and illuminating interpretation of the history of modern yoga.

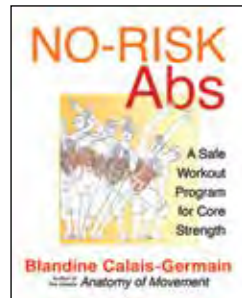


## Anatomy of Voice

*How to Enhance and Project Your Best Voice*  
Blandine Calais-Germain  
and François Germain

ISBN 978-1-62055-419-7  
\$35.00 (CAN \$40.00) pb  
304 pages, 8 x 10  
Full-color throughout

Using the signature anatomical style of the author's groundbreaking *Anatomy of Movement*, this illustrated guide presents a dynamic, integrated study of the physical structures of the vocal tract and their functional relationships to the entire musculoskeletal system.

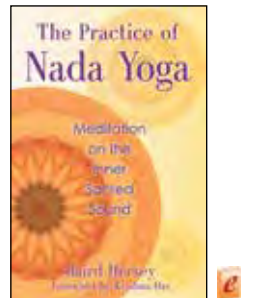


## No-Risk Abs

*A Safe Workout Program for Core Strength*  
Blandine Calais-Germain

ISBN 978-1-59477-389-1  
\$24.99 (CAN \$29.99) pb  
176 pages, 8 x 10  
Full-color throughout

Blandine Calais-Germain reveals how to build your core without hurting yourself. Using her trademark anatomical style, this book shows that strength alone is not the sole factor in a flat stomach and includes tips to get rid of belly fat.

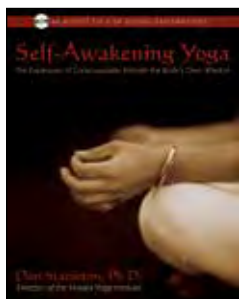


## The Practice of Nada Yoga

*Meditation on the Inner Sacred Sound*  
Baird Hersey

Foreword by Sri Krishna Das  
ISBN 978-1-62055-181-3  
\$16.95 (CAN \$19.95) pb  
224 pages, 6 x 9  
24 b&w illustrations

The ancient practice of nada is the yoga of listening. It is a journey from the noise of the world inward to a place of peace and bliss, to the source of the power of sound—the nada. By meditating on the inner sacred sound of the nada, we can release ourselves from mind chatter and obsessive thinking, still the body, quiet the mind, and open the heart, creating a state of mind where joy naturally arises.



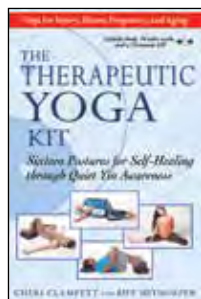
## Self-Awakening Yoga

*The Expansion of Consciousness through the Body's Own Wisdom*

Don Stapleton, Ph.D.

ISBN 978-0-89281-183-0  
\$29.95 (CAN \$35.95) pb  
320 pages, 8 x 10  
617 b&w photographs  
Includes 60-minute CD-V

After 30 years of extensive yoga training, an accident left artist and professor Don Stapleton with a severe spinal injury. Faced with this challenge, he drew on his knowledge of yoga to create exercises that allowed him to recover freedom of movement and unleash his spiritual and physical potential. More than a technique for health and fitness, *Self-Awakening Yoga* draws on the roots of yoga as a creative learning process.



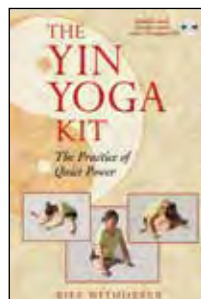
## The Therapeutic Yoga Kit

*Sixteen Postures for Self-Healing through Quiet Yin Awareness*

Cheri Clampett and Biff Mithoefer

ISBN 978-1-59477-251-1  
\$29.95 (CAN \$39.95)  
Boxed Set, 6 x 9  
256-page book with 75 b&w illustrations, 16 color cards, and a 75-minute CD

Therapeutic Yoga is a gentle technique for people who require support to perform the yoga postures. It is ideal for those with injury, pregnancy, illness or suffering the effects of aging. Includes a deck of 16 posture cards, and a 75-minute audio CD of guided practices.



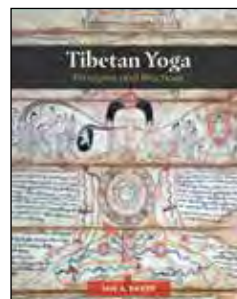
## The Yin Yoga Kit

*The Practice of Quiet Power*

Biff Mithoefer

ISBN 978-1-59477-116-3  
\$24.95 (CAN \$29.95)  
Boxed set, 6 x 9  
144-page book with 70 b&w illustrations, 14 color cards and a 75-minute CD

Yin Yoga, known as the quiet yoga, concentrates on the connective tissue and the bones, the parts of our body that are closest to our core and critical to our physical well-being and range of motion. Its meditative non-movement enables the muscles to relax, the nerves to calm, and the surrounding connective tissue to remain healthy and supple.



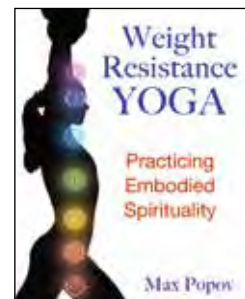
## Tibetan Yoga

*Principles and Practices*

Ian A. Baker  
Foreword by Bhakha Tulku Pema Rigdzin Rinpoche

ISBN 978-1-62055-912-3  
\$40.00 (CAN \$49.99) hardcover  
292 pages, 7.25 x 9.13  
Full-color throughout

In this pioneering overview, Ian A. Baker introduces the core principles and practices of Tibetan yoga alongside historical illustrations of the movements and beautiful, full-color works of Himalayan art, never before published.



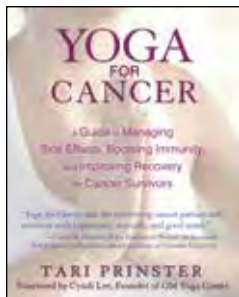
## Weight-Resistance Yoga

*Practicing Embodied Spirituality*

Max Popov

ISBN 978-1-59477-390-7  
\$18.95 (CAN \$27.50) pb  
224 pages, 8 x 10  
Includes 87 b&w illustrations

Applying the wisdom of hatha yoga to weight-lifting exercises, *Weight-Resistance Yoga* reveals how to transform a strength-training session into a mindful, calm, and meditative yoga practice. Includes 26 fully illustrated exercises and 20 themed meditations.



## Yoga for Cancer

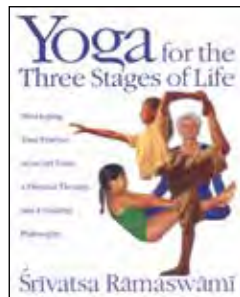
*A Guide to Managing Side Effects, Boosting Immunity, and Improving Recovery for Cancer Survivors*

Tari Prinster  
Foreword by Cyndi Lee

ISBN 978-1-62055-272-8  
\$19.95 (CAN \$23.95) pb  
324 pages, 8 x 10  
67 b&w illustrations

For those faced with a cancer diagnosis, yoga offers a way to regain control of your body and take an active part in your recovery and long-term health. This illustrated guide presents 53 traditional yoga poses and 9 practice sequences, adaptable for all levels of ability, that address challenges such as how to strengthen the immune system, rebuild bone density, and decrease anxiety and pain.

[Audiobook available](#)



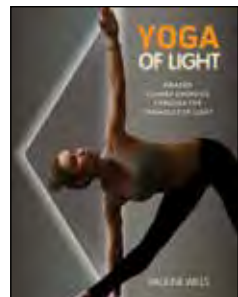
## Yoga for the Three Stages of Life

*Developing Your Practice As an Art Form, a Physical Therapy, and a Guiding Philosophy*

Srivatsa Ramaswami

ISBN 978-0-89281-820-4  
\$24.95 (CAN \$29.95) pb  
272 pages, 8 x 10  
100 b&w photographs

After studying with the legendary T. Krishnamacharya for 33 years, the author developed his teaching into a program that focuses on adapting yoga to individual needs and different stages of life.



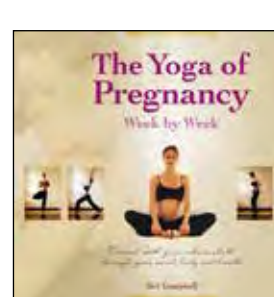
## Yoga of Light

*Awaken Chakra Energies through the Triangles of Light*

Pauline Wills

ISBN 978-1-62055-944-4  
\$21.99 (CAN \$27.50) paper with French flaps  
160 pages, 7 x 9  
Full-color throughout

Drawing on yoga's original teachings, Pauline Wills reveals how to awaken and energize the chakra triangles of light with the practice of yoga asanas, breathing, visualization, and meditation. Includes an illustrated step-by-step guide to performing the asanas correctly and depicts the triangles of light formed by each and their specific health benefits.



## The Yoga of Pregnancy

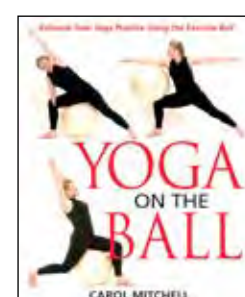
*Week by Week*

*Connect with Your Unborn Child through the Mind, Body and Breath*

Mel Campbell

ISBN 978-1-84409-593-3  
\$19.95 (CAN \$19.95) pb  
160 pages, 8.75 x 8.75  
112 color halftones

*The Yoga of Pregnancy* invites you to connect with your unborn child through the mind, body, and breath. Take a forty-week journey with your growing baby with week-by-week practices of yoga, meditation, and affirmations that reflect the developmental and physiological changes taking place for both of you.



## Yoga on the Ball

*Enhance Your Yoga Practice Using the Exercise Ball*

Carol Mitchell

ISBN 978-0-89281-999-7  
\$18.00 (CAN \$22.00) pb  
192 pages, 8 x 10  
240 b&w photographs and illustrations

Moving through yoga postures while using the exercise ball is meditation in motion. The exercise ball provides a cushioning base for the strong stretches and graceful movements of the yoga exercises, and with only a slight roll of the ball, the deep stretches can be altered to target different areas of the muscles.





## Alimentos genéticamente modificados: Cambiando la naturaleza de la naturaleza

(Genetically Engineered Food: Changing the Nature of Nature)

*Qué necesita saber para proteger a usted mismo, a su familia y a nuestro planeta*

Martin Teitel, Ph.D., y Kimberly A. Wilson

ISBN 978-0-89281-143-4  
\$14.95 (CAN \$18.95) pb  
202 pages, 6 x 9

Este libro expone los elementos básicos sobre esta tecnología controversial que ya forma parte de la dieta de todos los americanos.



## Alternativa al uso del estrógeno

(The Estrogen Alternative)

*Terapia hormonal con progesterona natural*

Raquel Martin con Judi Gerstung, D.C.

ISBN 978-0-89281-589-0  
\$16.99 (CAN \$21.50) pb  
248 pages, 6 x 9

Los autores examinan cuidadosamente la gran cantidad de estudios sobre la controversial terapia de hormonas y sugieren alternativas naturales.



## Aromaterapia: El olor y la psique

(Aromatherapy: Scent and Psyche)

*Utilización de los aceites esenciales para el bienestar físico y emocional*

Peter Damian y Kate Damian

ISBN 978-0-89281-473-2  
\$16.95 (CAN \$19.95) pb  
264 pages, 6 x 9

Los autores—profesionales en aromaterapia—investigan la fisiología y psicología del aroma basándose en investigaciones y estudios clínicos. Incluye esquemas explicativos de 44 aceites esenciales, además de instrucciones específicas para crear mezclas de los mismos.



## Aromaterapia libro práctico

(Aromatherapy Workbook)

Marcel Lavabre

ISBN 978-0-89281-464-0  
\$16.95 (CAN \$19.95) pb  
212 pages, 6 x 9

Aprende como aceites esenciales pueden beneficiar mente y cuerpo.

*"Una guía práctica que cubre la historia, el folklore, la ciencia y el arte de este antiguo sistema de curación. Este libro es una introducción al mundo de las fragancias."*

Yoga Journal



## El baño curativo

(The Healing Bath)  
*Usos de la terapia de aceites esenciales para equilibrar la energía del cuerpo*

Milli D. Austin

ISBN 978-0-89281-582-1  
\$12.95 (CAN \$15.95) pb  
160 pages, 6 x 9  
20 b&w illustrations

Este libro se dedica a la enseñanza de la Terapia de Aceites Esenciales con la finalidad de sanar el campo energético que rodea el cuerpo físico.



## Bendita pena

(Good Grief)

*Sanar a través del dolor y la pérdida*

Deborah Morris Coryell

ISBN 978-1-59477-301-3  
\$14.95 (CAN \$17.95) pb  
160 pages, 5.38 x 8.25

En *Bendita Pena*, Coryell describe pena como una experiencia en la que carecemos un lugar donde colocar nuestro amor. Nos recuerda que toda pérdida debe pasar por un proceso de duelo y que prestar atención a toda experiencia de pérdida ayuda a ponernos en sintonía con nosotros mismos, dándonos la oportunidad de integrarnos una vez más al ritmo de la vida del que nos hemos desconectado.



## La cábala y el poder de soñar

(Kabbalah and the Power of Dreaming)

*Despertar a una vida visionaria*

Catherine Shainberg

ISBN 978-1-59477-326-6  
\$16.95 (CAN \$19.95) pb  
240 pages, 6 x 9  
6 b&w illustrations

Basada en la antigua tradición sefardí de la cábala, Shainberg expone prácticas esotéricas para desbloquear los poderes transformativos e intuitivos de la mente cuando soñamos. Al enseñar a la mente consciente a estar despierta durante el sueño y a la mente soñadora a manifestarse en la conciencia diurna, seremos capaces de revolucionar nuestra conciencia y lograr autorrealización.



## El Calendario Maya y la transformación de la consciencia

(The Mayan Calendar and the Transformation of Consciousness)

Carl Johan Calleman, Ph.D.

ISBN 978-1-59477-038-8  
\$18.00 (CAN \$26.95) pb  
320 pages, 6 x 9  
93 b&w illustrations

El calendario profético Maya no está ajustado al movimiento de cuerpos planetarios. Más bien funciona como un mapa metafísico de la evolución de la conciencia y registra cómo fluye el tiempo espiritual, brindando una nueva ciencia del tiempo. Carl Johan Calleman revela los pasos concretos que podemos tomar para alinearnos con este desarrollo hacia el esclarecimiento.



## Caminar aleja la tristeza

(Walking Your Blues Away)

*Cómo sanar la mente y crear bienestar emocional*

Thom Hartmann

ISBN 978-1-62055-623-8  
\$12.95 (CAN \$16.95) pb  
128 pages, 6 x 9

En general, nuestros cuerpos se curan rápidamente de enfermedades, lesiones o heridas. Pero nuestras mentes y corazones sufren durante años por síntomas debilitantes de angustia y tristeza. ¿Por qué resulta tan difícil sanar el trauma emocional? Hartmann ha descubierto que, a sólo unos pasos, hay una terapia bilateral simple y efectiva para esa sanación.



## Nuevo—Junio de 2024 TDAH

(ADHD)

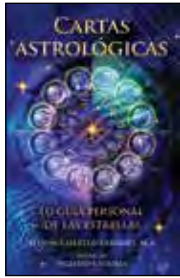
*Un cazador en un mundo de agricultores*

Thom Hartmann

Prólogo por Michael Popkin, Ph.D.

ISBN 979-8-88850-008-8  
\$18.99 (CAN \$23.99) pb  
240 pages, 6 x 9

Thom Hartmann explica que las personas con TDAH no son disfuncionales, sino que poseen un conjunto de habilidades mentales únicas, las cuales les habrían permitido prosperar en una sociedad de cazadores-recolectores. Además de ofrecer una guía de "supervivencia", con métodos y prácticas útiles y sin fármacos, Hartmann muestra que cada mente tiene un valor y un gran potencial a la espera de ser aprovechado.



### Cartas astroológicas (Astrology Reading Cards)

*Tu guía personal de las estrellas*

Alison Chester-Lambert, MA  
Ilustrado por  
Richard Crookes

ISBN 978-1-64411-632-6  
\$19.99 (CAN \$24.99)  
Estuche de 5.13 x 7.63  
36 cartas a color y un libro de 96 páginas en blanco y negro

Los consejos astroológicos de autoayuda nunca han sido tan fáciles de obtener como con este mazo de guía espiritual que incluye tres conjuntos de cartas: los signos del Zodiaco, los planetas y las casas. Los que buscan consejos pueden seleccionar una carta de cada conjunto y utilizar el manual para interpretar la respuesta.

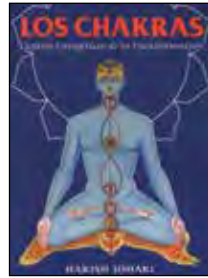


### Catastrofobia (Catastrophobia)

*La verdad detrás de los cambios de la tierra en el arribo de la era de luz*

Barbara Hand Clow  
ISBN 978-0-89281-140-3  
\$16.00 (CAN \$25.50) pb  
320 pages, 6 x 9  
76 b&w illustrations

Barbara Hand Clow muestra que una serie de desastres cataclísmicos de hace 11,500 años estremeció al mundo y dejó la psique humana colectiva profundamente cicatrizada. Este miedo es responsable de nuestra constante expectativa de apocalipsis. Pero, según la autora, cambios en la consciencia durante los últimos treinta años denota el comienzo de una colectiva curación de estos miedos.



### Los chakras (Chakras)

*Centros energéticos de la transformación*

Harish Johari  
ISBN 978-0-89281-469-5  
\$19.95 (CAN \$23.95) pb  
132 pages, 8.25 x 10.75  
8 color plates and  
29 b&w illustrations

Estudioso y practicante indú del tantra Johari, presenta los principios clásicos de los chakras, así como la aplicación práctica actual. En esta edición expandida, con arte y texto nuevo, Johari proporciona herramientas para activar los centros de la energía transformadora y elevar el conocimiento intelectual, convirtiéndolo en una experiencia del crecimiento espiritual.



### Chakras en la práctica chamánica

*(The Chakras in Shamanic Practice)*

*Ocho etapas de sanación y transformación*

Susan J. Wright  
Prólogo por John Perkins

ISBN 978-1-64411-545-9  
\$18.99 (CAN \$23.99) pb  
290 páginas, 6 x 9  
1 ilustración a color y 45 ilustraciones en blanco y negro

En esta nueva edición, Wright muestra cómo trabajar con los chakra para curar heridas psíquicas no resueltas. Ella identifica ocho etapas de desarrollo de la vida, desde el nacimiento hasta la vejez/ muerte, y vincula cada etapa a un chakra específico. El libro ofrece ejercicios físicos y meditaciones guiadas para cada chakra.

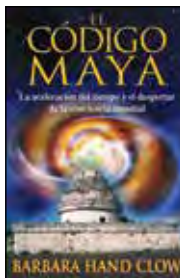


### Los Cinco Tibetanos (The Five Tibetans)

*Cinco ejercicios dinámicos para lograr buena salud, energía, y poder personal*

Christopher Kilham  
ISBN 978-0-89281-466-4  
\$9.95 (CAN \$12.50) pb  
96 pages, 6 x 9  
18 b&w photographs

Estos energizantes ejercicios de yoga requieren poco tiempo y esfuerzo, pero aumentan drásticamente la fuerza, flexibilidad física y la agudeza mental. La práctica diaria de estos ejercicios libera la tensión muscular y nerviosa, mejora la respiración y la digestión, beneficia el sistema cardiovascular y llevan a una relajación profunda y bienestar.



### El código maya (The Mayan Code)

*La aceleración del tiempo y el despertar de la conciencia mundial*

Barbara Hand Clow  
ISBN 978-1-59477-238-2  
\$20.00 (CAN \$24.99) pb  
336 pages, 6 x 9  
43 b&w illustrations

Barbara Hand Clow demuestra como el Calendario Maya es un puente a la sabiduría galáctica que fomenta crecimiento personal y evolución humana. Basándose en el trabajo de biólogo Carl Johan Calleman y otros investigadores del nuevo paradigma la autora revela el significado del calendario y su mensaje para la civilización moderna durante sus últimos cinco años.



### El corazón del Yoga (The Heart of Yoga)

*Desarrollando una práctica personal*

T. K. V. Desikachar  
ISBN 978-0-89281-593-7  
\$19.95 (CAN \$23.95) pb  
272 pages, 8 x 10  
100 b&w photographs  
and 200 b&w illustrations

Primer texto de yoga que bosqueja, paso a paso, la secuencia para desarrollar una práctica completa de acuerdo al viniyoga, adaptados a las necesidades del individuo. El autor es profesor de yoga reconocido mundialmente e hijo de Krishnamacharya, quien se dio a conocer por B. K. S. Iyengar. Esta edición incluye treinta y dos poemas compuestos por Krishnamacharya que capturan la esencia de sus enseñanzas.



### La Destrucción de la Atlántida

*(The Destruction of Atlantis)*

*Convincente evidencia de la repentina caída de la legendaria civilización*

Frank Joseph  
ISBN 978-0-89281-141-0  
\$25.00 (CAN \$31.50) pb  
288 pages, 6 x 9  
Includes 16-page color insert

Todas las culturas indígenas comparten el mito de un antiguo diluvio. Frank Joseph enlaza este fenómeno mundial con la historia de la civilización perdida de la Atlántida. Este cuento combina 20 años de investigación con una asombrosa representación de un gran imperio corrompido por codicia, ofreciendo una lección importante para nuestra civilización materialista.



### Los diarios del ácido (The Acid Diaries)

*La guía de un psiconauta sobre la historia y el uso del LSD*

Christopher Gray  
ISBN 978-1-62055-466-1  
\$16.95 (CAN \$20.50) pb  
288 pages, 6 x 9

Los numerosos viajes en LDS de Christopher Gray durante un periodo de tres años pasan por tres etapas distintas. Los diarios del ácido expone el potencial del LSD desde el punto de vista del crecimiento transpersonal y el desarrollo espiritual.



### La dieta del sosiego (The Slow Down Diet)

*Comer por placer, para obtener energía y para adelgazar*

Marc David  
ISBN 978-1-59477-239-9  
\$14.95 (CAN \$17.95) pb  
240 pages, 6 x 9

La dieta del sosiego presenta un programa de ocho semanas que resulta en disminución de peso al comprender que disfrutar cada comida es importante para lograr salud óptima. David muestra como este nuevo enfoque aumenta la energía y mejora la digestión. El autor revela las debilidades de dietas de moda y ofrece métodos que producen resultados sostenibles para transformar la vida.





## DMT: La molécula del espíritu

(DMT: The Spirit Molecule)

*Las revolucionarias investigaciones de un médico sobre la biología de las experiencias místicas y cercanas a la muerte*

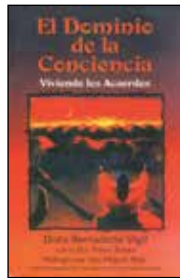
Dr. Rick Strassman

ISBN 978-1-59477-445-4

\$19.95 (CAN \$23.95) pb

400 pages, 6 x 9, 14 b&w illustrations

Las investigaciones de Strassman conecta DMT con la glándula pineal, considerada por Hindús la ubicación del séptimo chakra y por Rene Descartes la sede del alma. El libro argumenta que DMT, naturalmente liberado por la glándula pineal, facilita la entrada y salida del alma del cuerpo físico y es una parte integral de las experiencias de nacimiento y muerte.



## El dominio de la conciencia

(Mastery of Awareness)

*Viviendo los acuerdos*

Doña Bernadette Vigil  
con Arlene Broska, Ph.D.

Prólogo por don Miguel Ruiz,  
author of the bestselling *The Four Agreements*

ISBN 978-0-89281-695-8

\$15.00 (CAN \$18.00) pb

176 pages, 5.38 x 8.25

18 b&w line illustrations

Haciendo uso de la auténtica tradición Tolteca, doña Bernadette lo guía para hacer los cambios que transformarán su vida. *El dominio de la conciencia* le enseña a: descubrir antiguos patrones que lo mantienen esclavizado al pasado, crear nuevos acuerdos consigo mismo, hablar con su verdad y abrazar la verdadera libertad y vivir la vida en cada momento.



## El elemento perdido

(The Missing Element)

*Inspirando compasión por la condición humana*

Debra Silverman, M.A.

ISBN 978-1-64411-656-2

\$16.99 (CAN \$21.50) pb

160 pages, 6 x 9

A todo color en todas partes

Silverman muestra como conocernos a nosotros mismos con la sabiduría de los arquetipos, demostrando que el dolor es específico de cada personalidad. Ella revela como identificar el elemento más débil desde la compasión, ilustrando que la vida es diseñada por cada alma. Este libro describe la sabiduría de los siglos que te ayudara a crecer.

**Audiolibro disponible**



## Escribe el guion de la vida que quieres

(Scripting the Life You Want)

*Manifiesta tus sueños con tan solo lápiz y papel*

Royce Christyn

Prólogo por Mitch Horowitz

ISBN 978-1-64411-549-7

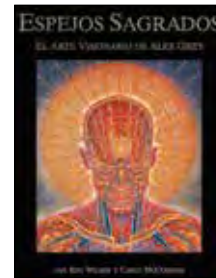
\$16.99 (CAN \$21.50) pb

224 pages, 6 x 9

43 ilustraciones en blanco y negro

En esta guía paso a paso, llena de historias exitosas y ejercicios prácticos, Royce Christyn detalla un sencillo pero efectivo método de "guionización" para aprovechar la ley de la atracción y manifestar lo que deseas en tu vida, así sea felicidad, riquezas, viajes, amor, salud, la carrera perfecta, o sencillamente un día productivo.

**Audiolibro disponible**



## Espejos sagrados

(Sacred Mirrors)

*El arte visionario de Alex Grey*

Alex Grey con Ken Wilber  
y Carlo McCormick

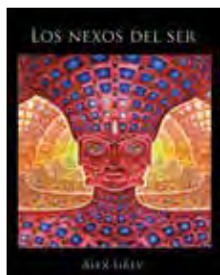
ISBN 978-0-89281-462-6

\$29.95 (CAN \$35.99) pb

96 pages, 10.5 x 13.5

50 color plates

El arte de Grey nos lleva a través la anatomía del yo físico, metafísico y espiritual, mostrando el corazón de la existencia humana cuando nos coloca cara a cara con nosotros mismos.



## Los nexos del ser

(Net of Being)

Alex Grey

con Allyson Grey

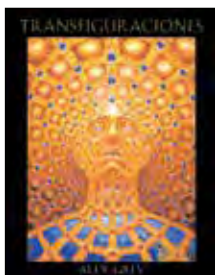
ISBN 978-1-62055-391-6

\$30.00 (CAN \$35.95) pb

208 pages, 10.5 x 13.5

Full-color throughout

*Los nexos del ser*, primer libro de Grey en diez años, contiene más de 200 imágenes a todo color, incluyendo pinturas nunca antes reproducidas. Este libro documenta el arte de la pintura en vivo del autor, la "Capilla de los espejos sagrados", y las formas en que sus obras han permeado los nexos del ser en nuestra cultura, desde vestuario y joyería hasta tatuajes y videos musicales.



## Transfiguraciones

(Transfigurations)

Alex Grey

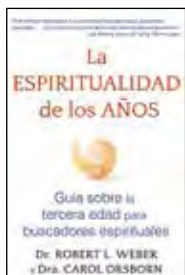
ISBN 978-0-89281-142-7

\$39.95 (CAN \$47.95) pb

176 pages, 10.5 x 13.5

202 color and 93 b&w images

*Transfiguraciones* es una continuación de *Espejos sagrados*, uno de los libros de arte más exitosos de los noventa. El arte de Grey mezcla detalles científicos con visionarias representaciones de energía universal, que nos conduce a un viaje transformativo a través de la oscuridad del mundo material hacia la recuperación de nuestro corazón, divinamente iluminado.



## La espiritualidad de los años

(The Spirituality of Age)

*Guía sobre la tercera edad para buscadores espirituales*

Robert L. Weber, Ph.D. and  
Carol Orsborn, Ph.D.

ISBN 978-1-62055-627-6

\$14.95 (CAN \$18.95) pb

272 pages, 5.38 x 8.25

19 b&w illustrations

Una guía compasiva para convertir el envejecimiento en una fase de crecimiento espiritual. Por medio de 25 preguntas claves, los autores muestran como usar de forma constructiva sentimientos de remordimiento y vergüenza, como encontrar nuestro valor a la sociedad y como aceptar la libertad de la tercera edad.



## Las frecuencias de los chakras

(Chakra Frequencies)

*El tantra del sonido*

Jonathan Goldman y  
Andi Goldman

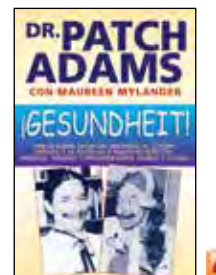
ISBN 978-1-62055-539-2

\$16.95 (CAN \$20.50) pb

224 pages, 6 x 9

19 b&w illustrations

Jonathan y Andi Goldman demuestran cómo la voz humana puede hacer que entren en resonancia nuestros cuerpos físicos y sutiles, con poderosos ejercicios que van desde los mantras de las bijas hasta sonidos vocálicos sagrados que balancean y alinean los chakras.



## ¡Gesundheit!

(Gesundheit!)

*Por la buena salud del individuo, el sistema médico, y la sociedad a través de servicios médicos, terapias complementarias, humor y alegría*

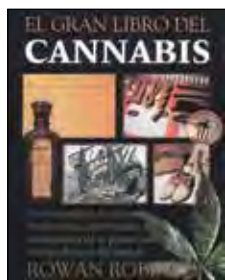
Patch Adams, M.D., con  
Maureen Mylander

ISBN 978-1-59477-369-3

\$16.95 (CAN \$19.95) pb

272 pages, 6 x 9 • 17 b&w photos

La medicina actual de alta tecnología se ha convertido en un recurso excesivamente caro e impersonal. En este libro, Patch Adams demuestra cómo la sanación puede ser un intercambio afectuoso, creativo y simpático, no una transacción comercial. Aquí está su historia real.



## El gran libro del cannabis

(The Great Book of Hemp)

*Guía completa de los usos medicinales, comerciales y ambientales de la planta más extraordinaria del mundo*

Rowan Robinson

ISBN 978-0-89281-585-2  
\$19.95 (CAN \$23.95) pb  
256 pages, 8 x 10  
92 b&w illustrations

Esta guía amplia e ilustrada es la más completa escrita sobre la Cannabis sativa. Rowan Robinson muestra la historia, usos actuales, organizaciones involucradas en la legalización, suplidores de producto, bibliografía y mucho más.



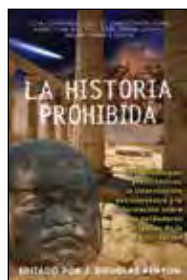
## Nuevo—Disponible Herbolario de la senda de los venenos

(The Poison Path Herbal)  
*Hierbas nocivas, solanáceas medicinales y enteógenos rituales*

Coby Michael

ISBN 978-1-64411-931-0  
\$18.99 (CAN \$23.99) pb  
256 pages, 6 x 9  
35 ilustraciones en blanco y negro

Parte grimorio y parte formulario herbal, esta guía de la senda de los venenos de la herboristería oculta comparte historia, tradición e información práctica sobre el uso de las plantas venenosas y mágicas, que pueden alterar la conciencia. Michael explica cómo trabajar con hierbas nocivas en rituales y hechizos, como espíritus familiares de las plantas, medicinas potentes y sustancias visionarias.



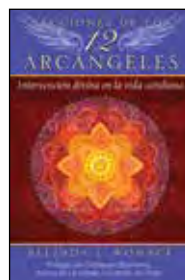
## La historia prohibida (Forbidden History)

*Las tecnologías prehistóricas, la intervención extraterrestre y la información sobre los verdaderos orígenes de la civilización*

Editado por  
J. Douglas Kenyon

ISBN 978-1-59477-446-1  
\$22.00 (CAN \$27.50) pb  
376 pages, 6 x 9  
130 b&w illustrations

J. Douglas Kenyon ofrece 42 ensayos que han aparecido en la revista Atlantis Rising proporcionando un panorama general sobre los misterios antiguos y las versiones alternativas de la historia. Una introducción excelente a Cambios de la Tierra, Remota Antigüedad de la Civilización, Darwinismo en Duda, y más.



## Lecciones de los 12 Arcángeles

(Lessons from the 12 Archangels)

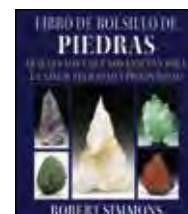
*Intervención divina en la vida cotidiana*

Belinda J. Womack  
Prólogo por  
Catherine Shainberg

ISBN 978-1-64411-551-0  
\$15.00 (CAN \$18.99) pb  
224 pages, 6 x 9

Belinda Womack era una científica que trabajaba en un laboratorio de biología cuando se encontró en presencia del Arcángel Gabriel y se dio cuenta de su vocación como canal de los Ángeles. En este libro, ella comparte lecciones de los 12 Arcángeles que curan heridas, liberan nuestros miedos y permiten que la vida se llene de poder divino.

**Audiolibro disponible**



## Libro de bolsillo de piedras

(The Pocket Book of Stones)

*Quiénes son y qué nos enseñan para la salud, felicidad y prosperidad*

Robert Simmons

ISBN 978-1-64411-795-8  
\$19.99 (CAN \$24.99) pb  
416 pages, 4.5 x 5.25  
A todo color

Esta guía resumida de la A a la Z, que se basa en el superventas *El libro de las piedras*, detalla las cualidades espirituales y curativas de 350 miembros del reino mineral. Presenta fotografías bellamente iluminadas y a todo color de cada piedra, a la vez que describe sus beneficiosas energías y efectos físicos, emocionales y espirituales.



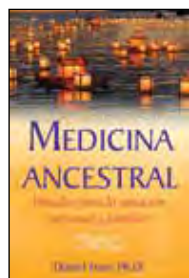
## Más allá de los niños indigo

(Beyond the Indigo Children)

*Los nuevos niños y la llegada del quinto mundo*  
P. M. H. Atwater, L.H.D.

ISBN 978-1-59477-215-3  
\$16.00 (CAN \$18.50) pb  
288 pages, 6 x 9

El primer estudio importante de los niños de hoy y su lugar en nuestro mundo cambiante que combina investigación objetiva con revelación mística y profecías. Atwater explora la relación de los nuevos niños con las profecías del calendario maya y la gran transformación de conciencia que está ocurriendo, que llevara a la humanidad al próximo nivel de desarrollo.



## Medicina ancestral (Ancestral Medicine)

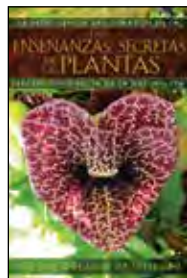
*Rituales para la sanación personal y familiar*

Daniel Foor, Ph.D.

ISBN 978-1-64411-547-3  
\$20.00 (CAN \$24.99) pb  
352 pages, 6 x 9

16 páginas insertas a color y 4 ilustraciones en blanco y negro  
Ofreciendo una guía práctica para entender y navegar las relaciones con los espíritus de aquellos que han fallecido, Daniel Foor detalla como relacionarse de forma segura y efectiva con tus antepasados para lograr sanación personal, de linaje y cultural. Foor incluye ejercicios y rituales para iniciar el contacto con los antepasados.

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## Las enseñanzas secretas de las plantas

(The Secret Teachings of Plants)

*La inteligencia del corazón en la percepción directa de la naturaleza*

Stephen Harrod Buhner

ISBN 978-1-59477-414-0  
\$19.99 (CAN \$24.99) pb  
352 pages, 6 x 9  
4 b&w illustrations

Pueblos antiguos y aborígenes afirman que sus conocimientos de remedios botánicos provienen de las plantas mediante percepción basada en el corazón y no de experimentación a través de pruebas y errores. Buhner explora esta modalidad, instigando el descubrimiento de los usos medicinales de las plantas y como reunir información mediante esa profunda conexión con el mundo.



## Medicina con plantas sagradas

(Sacred Plant Medicine)

*La sabiduría del herbalismo de los aborígenes norteamericanos*

Stephen Harrod Buhner

Prólogo por  
Brooke Medicine Eagle  
ISBN 978-1-59477-355-6  
\$19.99 (CAN \$24.99) pb  
256 pages, 6 x 9  
27 b&w illustrations

Pueblos aborígenes han acumulado conocimientos del uso de las plantas mediante comunicación directa y honrando la relación sagrada con el mundo vegetal. Stephen Harrod Buhner examina las técnicas que utilizan estas culturas y explora la dimensión sagrada de interacciones entre humanos y plantas.



## Remedios naturales para aumentar la testosterona

(Natural Remedies for Low Testosterone)

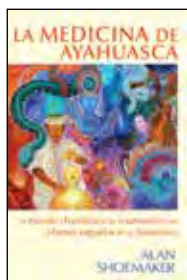
*Cómo mejorar la salud sexual y la energía masculina*

Stephen Harrod Buhner

ISBN 978-1-62055-625-2  
\$14.95 (CAN \$18.95) pb  
224 pages, 6 x 9

Agentes de estrógeno bloqueadores de testosterona que se encuentran en insecticidas, fármacos y alimentos alteran el nivel de testosterona en los hombres. Este libro muestra como hombres pueden mantener su nivel de testosterona a medida en que envejecen usando fitoandrogénos naturales — plantas medicinales que contienen hormonas masculinas— para corregir sin riesgos disminución de testosterona.





## La medicina de ayahuasca

(Ayahuasca Medicine)

*El mundo chamánico de la sanación con plantas sagradas de la Amazonía*  
Alan Shoemaker

ISBN 978-1-62055-543-9  
\$18.99 (CAN \$23.99) pb  
184 pages, 6 x 9  
11 color illustrations

Por más de 20 años, Alan Shoemaker fue aprendiz de chamanes en Ecuador y Perú, donde conoció los métodos tradicionales para la preparación de la ayahuasca, las ceremonias rituales para su uso y cómo comunicarse con el espíritu sanador de plantas sagradas, además del espíritu de San Pedro cactus y otras plantas aliadas.



## La mente inmortal

(The Immortal Mind)  
*La ciencia y la continuidad de la conciencia más allá del cerebro*

Ervin Laszlo con  
Anthony Peake

ISBN 978-1-62055-541-5  
\$16.95 (CAN \$20.50) pb  
176 pages, 6 x 9

La conciencia puede existir sin estar vinculada con un organismo vivo. Esto es afirmado por evidencia de experiencias cercanas a la muerte, comunicación post-muerte e información neurosensorial recibida en estados alterados. Adelantos en física postulan que cosas en nuestro plano espacio-temporal no son intrínsecamente reales sino manifestaciones de una dimensión velada en la que existen en forma de supercuerdas, campos de información y matrices energéticas.



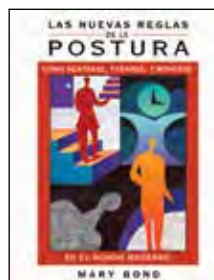
## El mundo es como uno lo sueña

(The World Is As You Dream It)

*Enseñanzas chamánicas del Amazonas y los Andes*  
John Perkins

ISBN 978-0-89281-465-7  
\$14.99 (CAN \$17.99) pb  
160 pages, 6 x 9

Mediante su música, mitología, medicina botánica, y la ceremonia sagrada con la planta alucinógena ayahuasca, los Shuaras nos invitan dentro de un sueño que han hecho realidad—uno de fomentación vital en el cual el gran privilegio de ser humano está en aceptar nuestro papel de cuidadores de la Madre Naturaleza.



## Las nuevas reglas de la postura

(The New Rules of Posture)

*Cómo sentarse, pararse, y moverse en el mundo moderno*  
Mary Bond

ISBN 978-1-59477-422-5  
\$19.95 (CAN \$24.95) pb  
256 pages, 8 x 10  
41 b&w illustrations

Mary Bond explica que lograr una postura saludable viene de aprender a sentir, en lugar de entrenamiento de músculos hasta que adquieran una forma ideal. Bond identifica las características anatómicas clave que influyen en la alineación y sugiere que es posible crear cambios de postura a partir de seis zonas del cuerpo. Ofrece ejercicios de autoayuda que propician el funcionamiento saludable en cada una de las zonas.



## Numerología

(Numerology)  
*Con Tantra, Ayurveda, y Astrología*

Harish Johari

ISBN 978-0-89281-463-3  
\$14.95 (CAN \$17.95) pb  
256 pages, 6 x 9

Johari explica cómo determinar nuestro numero psíquico (representa la auto-imagen), el número del destino (pertenece al karma y a cómo nos perciben los demás) y el número del nombre (vida profesional y social). Da recomendaciones, basadas en los números, respecto a periodos fuertes y débiles del día o año, colores favorables y meditaciones a practicar para obtener salud y prosperidad.



## Opciones para un parto suave

(Gentle Birth Choices)

*Guía para tomar decisiones informadas acerca de centros de alumbramiento, asistentes al parto, parto en el agua, parto en casa, y parto en el hospital*  
Barbara Harper, R.N.

Fotografías por Suzanne Arms  
ISBN 978-0-89281-471-8  
\$24.99 (CAN \$29.99) pb  
300 pages, 7.75 x 7.88  
55 b&w photographs

En *Opciones para un parto suave*, Barbara Harper, partera, enfermera y madre, define los elementos de un parto suave y muestra un nuevo modelo de maternidad que reduce la necesidad de intervención de alta tecnología, enfocándose en la preparación y buena salud de madre y bebé.



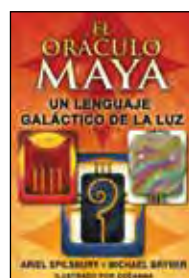
## Oráculo alquímico del agua

(Water Alchemy Oracle)

*Un mazo de 40 cartas con manual*  
Alexandra Wenman

Ilustrado por Aveliya Savina  
ISBN 978-1-64411-731-6  
\$25.00 (CAN \$31.50)  
Estuche de 5 x 6.75  
40 cartas a color y un libro de 144 páginas

En este oráculo curativo y adivinatorio, Alexandra Wenman explica cómo trabajar con el elemento sagrado del agua para mejorar tu intuición, aportar más fluidez y flexibilidad a tu vida diaria y ofrecer energías curativas personales a las vías fluviales contaminadas y dañadas de nuestro mundo.



## El oráculo maya

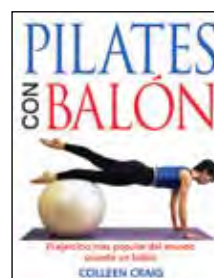
(The Mayan Oracle)

*Un lenguaje galáctico de la luz*

Ariel Spilsbury y  
Michael Bryner  
Ilustrada por Oceanna

ISBN 978-1-59477-392-1  
\$30.00 (CAN \$37.50)  
Boxed set, 6 x 9  
Includes 336-page book with 56 b&w illustrations and 44 full-color cards

Concebido en un sueño profético, *El oráculo maya*, contiene 44 tarjetas representando arquetipos mayas junto con un exhaustivo manual para aprovechar las energías activadas en este actual tiempo de esclarecimiento.



## Pilates con balón

(Pilates on the Ball)

*El ejercicio más popular del mundo usando un balón*  
Colleen Craig

ISBN 978-0-89281-694-1  
\$18.95 (CAN \$29.95) pb  
192 pages, 8 x 10  
182 b&w photographs and illustrations

Colleen Craig nos ofrece una síntesis única y emocionante del Método Pilates de acondicionamiento del cuerpo y el ejercicio con el balón suizo, proporcionado una manera nueva de bajo impacto, para estar en forma. Utilizado por entrenadores olímpicos, bailarines, y atletas para aumentar el conocimiento del cuerpo y realzar el desempeño.



## El poder curativo de la mente

(The Healing Power of the Mind)

*Técnicas prácticas para gozar de buena salud y aumentar el poder mental*  
Rolf Alexander, M.D.

ISBN 978-0-89281-590-6  
\$12.99 (CAN \$14.99) pb  
128 pages, 5.38 x 8.25

Con más de treinta años de investigación de las culturas Tibetana, India y otras, el doctor Alexander transmite con sentido espiritual y práctico, consejos sobre la verdadera naturaleza del proceso curativo, ilustrando como imaginación, deseo, poder de la sugestión, influencia psíquica y eliminación de las limitaciones, son herramientas valiosas para aumentar nuestra capacidad innata de autocuración.



## El poder detrás de sus ojos

(The Power Behind Your Eyes)

*Mejore su vista mediante la Terapia de Visión Integral*

Robert-Michael Kaplan, O.D.

ISBN 978-0-89281-576-0  
\$16.95 (CAN \$19.95) pb  
192 pages, 8 x 10  
23 b&w illustrations

El Dr. Kaplan se dirige a los problemas de visión desde una perspectiva holística y psico-espiritual, que permite comenzar un camino de autocuración.



## Puntos de activación: Manual de autoayuda

(Trigger Point Self-Care Manual)

*Movimiento sin dolor*

Donna Finando, L.Ac., L.M.T.

ISBN 978-1-59477-280-1  
\$19.95 (CAN \$23.95) pb  
224 pages, 8.38 x 10.88  
228 two-color illustrations

Finando presenta métodos para la sanación y prevención de lesiones musculares. Identifica causas y remedios relacionados con zonas de tensión y restricción muscular y detalla técnicas de autotratamiento. Dolores vinculados con los puntos de activación en cada músculo del cuerpo son identificados con instrucciones de como palpar, tratar y estirar el músculo para poder liberarlo.



## Terapia de puntos de activación para el dolor miofascial

(Trigger Point Therapy for Myofascial Pain)

*La práctica de saber dónde palpar*

Donna Finando, L.Ac., L.M.T. y Steven Finando, Ph.D., L.Ac.

ISBN 978-1-62055-478-4  
\$24.95 (CAN \$29.95) pb  
256 pages, 8.38 x 10.88  
147 two-color illustrations

Donna y Steven Finando presentan técnicas de evaluación y palpación para reducir los puntos de activación, y aliviar el dolor en los músculos. Información detallada de cada músculo incluyendo patrón de dolor, ilustraciones de puntos de activación e instrucciones específicas de palpación para ubicar áreas específicas rápidamente.



## Las prácticas sexuales del Quodoushka

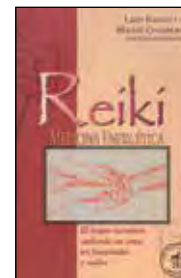
(The Sexual Practices of Quodoushka)

*Enseñanzas de las tradiciones naguales*

Amara Charles

ISBN 978-1-59477-478-2  
\$21.99 (CAN \$27.50) pb  
336 pages, 6 x 9  
57 b&w illustrations

Basado en antiguas enseñanzas mayas, olmecas y toltecas, transmitidas de generación en generación por los ancianos naguales del cabello torcido del sendero de la dulce medicina de la danza del sol, *Las prácticas sexuales del Quodoushka* ofrece orientación práctica sobre el sexo, la intimidad y las relaciones y sobre cómo alcanzar niveles más elevados de orgasmo y éxtasis sexual.



## Reiki medicina energética

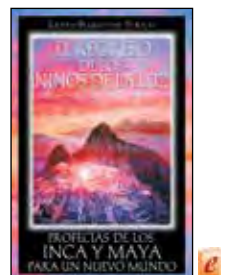
(Reiki Energy Medicine)

*El toque curativo aplicado en casa, en hospitales y asilos*

Libby Barnett y Maggie Babb con Susan Davidson

ISBN 978-0-89281-594-4  
\$14.99 (CAN \$18.99) pb  
144 pages, 6 x 9  
25 b&w illustrations

El sistema de atención a la salud obliga instituciones a brindar servicio de alta calidad pero bajo costo; por ello se ha reconocido que reiki es valioso para mejorar la atención al paciente y reducir su tiempo de recuperación. Este es el primer libro que muestra como el reiki funciona dentro del modelo tradicional de atención a la salud.



## El regreso de los niños de la luz

(Return of the Children of Light)

*Profecías de los Inca y Maya para un nuevo mundo*  
Judith Bluestone Polich

ISBN 978-1-59477-216-0  
\$14.00 (CAN \$17.00) pb  
208 pages, 6 x 9

Culturas incas y mayas se consideraban "los niños de la luz", descendientes de reinos celestiales. Sus profecías anuncian un tiempo de gran despertamiento espiritual. Ahora la semilla de dios humana está empezando a despertarse y la civilización moderna está comenzando a percibir el potencial humano que culturas antiguas aceptaban como verdad. Polich presenta técnicas para despertar nuestro potencial humano.



## Respiración, mente, y conciencia

(Breath, Mind, and Consciousness)

Harish Johari

ISBN 978-0-89281-474-9  
\$12.95 (CAN \$15.95) pb  
96 pages, 5.38 x 8.25

Yoguis han sabido desde hace siglos que la fuerza vital que da vida al cuerpo está regulada por la respiración y que la energía de la respiración está controlada por la mente. Johari presenta la ciencia esotérica y la práctica del Swara Yoga—la observación consciente y el control de la respiración que pueden establecer balance en el sistema nervioso y llevar a optima salud y vitalidad.



## Nuevo—Junio de 2024 Runas nórdicas

(Nordic Runes)

Paul Rhys Mountfort

ISBN 979-8-88850-010-1  
\$18.99 (CAN \$23.99) pb  
288 pages, 6 x 9  
ilustraciones en b&n

*Runas nórdicas* es una guía práctica sobre este antiguo oráculo que aborda tres áreas principales: su tradición, la historia de este oráculo nórdico de 2.000 años de antigüedad; sus pentagramas, el significado de cada runa y sus poderosas lecciones mitológicas, mágicas y prácticas para la vida diaria; y su tirada, una guía completa y contemporánea para la aplicación de este antiguo sistema de adivinación.



## Salud natural después del parto

(Natural Health after Birth)

*La guía completa para una buena salud postparto*  
Aviva Jill Romm

ISBN 978-0-89281-696-5  
\$17.99 (CAN \$22.50) pb  
276 pages, 6 x 9

*Salud natural después del parto* encauza la necesidad de madres nuevas de reponer su cuerpo, mente y espíritu para poder cuidar a su bebé. Este libro proporciona apoyo para nuevas madres, ayudando tanto a las que se quedan en casa, como a aquellas que regresan al trabajo poco después del parto.



## Santería Cubana

(Cuban Santería)

*El sendero de la noche*

Raul J. Canizares

ISBN 978-0-89281-961-4  
\$14.95 (CAN \$17.95) pb  
176 pages, 6 x 9  
Includes 8-page color insert

Iniciado en la santería a los siete años, Canizares nos desvela el mundo secreto y seductor de esta religión afro-cubana. Canizares explica la práctica de la santería con los conocimientos de un miembro de la misma y la perspicacia de un erudito, revelando sus dimensiones ocultas, y proporcionando a la vez un análisis fascinante sobre la mezcla de las tradiciones católicas, cubanas y africanas.





### Secretos sexuales (Sexual Secrets)

*La alquimia del éxtasis: el arte amatorio de las civilizaciones más exquisitas*

Nik Douglas y Penny Slinger

ISBN 978-0-89281-588-3  
\$26.95 (CAN \$32.95) pb  
384 pages, 7 x 9.5  
473 b&w illustrations

El libro más vendido sobre sexo y misticismo publicado hasta hoy que cubre filosofía, psicología, arte teoría y la práctica de la sexualidad del Occidente.

*"Por veinte años Secretos Sexuales ha sido la guía de copulación celestial para la persona espiritual. Carne conoce fe adentro de este libro y ambos son mejores por ello."*

ForeWord



### Secretos tántricos para hombres (Tantric Secrets for Men)

*Lo que toda mujer le gustaría que su hombre supiera acerca de intensificar el éxtasis sexual*

Kerry Riley con Diane Riley

ISBN 978-1-59477-007-4  
\$18.95 (CAN \$23.95) pb  
272 pages, 6 x 9  
17 b&w illustrations

Expertas enseñanzas de un comprometido matrimonio que practica sexualidad extática en un moderno estilo de vida. Proporciona todo lo que un hombre necesita saber para satisfacer los anhelos físicos, emocionales y espirituales en una relación sexual, además de cómo llevarse a sí mismo a nuevas alturas de éxtasis en el proceso.



### Nuevo—Disponible Sintoniza el biocampo humano

*(Tuning the Human Biofield)  
Sanación con terapia de sonido vibracional*

Eileen Day McKusick

ISBN 979-8-88850-006-4  
\$19.99 (CAN \$24.99) pb  
288 pages, 6 x 9  
32 ilustraciones en blanco y negro

En este libro premiado, Eileen McKusick proporciona un mapa preciso del biocampo energético que rodea el cuerpo, y nos muestra dónde se almacenan las emociones, traumas y dolores específicos. Por medio de su método de curación de sonido de Biofield Tuning, la autora detalla cómo usar los diapasones para localizar y eliminar el dolor y el trauma no resueltos y así restaurar el orden en el biocampo.



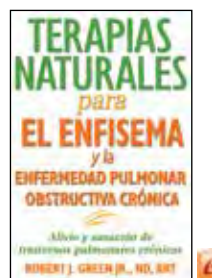
### Tarot de los espíritus de la naturaleza (Nature Spirit Tarot)

*Un mazo de 78 cartas y un libro para el viaje del alma*

Jean Marie Herzel

ISBN 978-164411-631-9  
\$35.00 (CAN \$43.99) pb  
Estuche de 6 x 9  
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Entrelazando la sabiduría del Tarot con el misterio del mundo natural, este mazo de 78 cartas a color de la artista Jean Marie Herzel ofrece los arcanos mayores y menores interpretados a través del lente de la naturaleza y la diversidad de formas que la conciencia despliega en la tierra, incluyendo plantas, aves, insectos, reptiles y gemas preciosas.



### Terapias naturales para el enfisema y la enfermedad pulmonar obstructiva crónica

*Alivio y sanación de trastornos pulmonares crónicos*

Robert J. Green Jr., ND, RRT

ISBN 978-1-62055-555-2  
\$16.95 (CAN \$20.50) pb  
224 pages, 6 x 9  
8 b&w illustrations

El primer libro que aborda el enfisema y la enfermedad pulmonar obstructiva crónica (EPOC) a partir de un enfoque basado en la nutrición y la medicina alternativa. Robert Green demuestra que las terapias holísticas alternativas, que van desde las hierbas medicinales hasta la homeopatía, son muy prometedoras para aliviar los síntomas debilitantes de la EPOC.



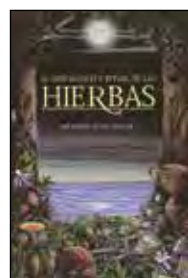
### Transmutación (Shapeshifting)

*Técnicas chamánicas para la transformación global y personal*

John Perkins

ISBN 978-0-89281-592-0  
\$14.99 (CAN \$17.99) pb  
184 pages, 6 x 9  
13 b&w photographs

La antigua práctica chamánica de transmutación permite que el individuo se convierta a nivel profundo y logre unidad con todas las cosas "volviéndose el otro". John Perkins muestra las técnicas mentales que permiten que un individuo no solo se una a otro, sino que logre transformar su vida personal, salud física, carrera y comunidad.



### El uso mágico y ritual de las hierbas (The Magical and Ritual Use of Herbs)

Richard Alan Miller

ISBN 978-0-89281-467-1  
\$12.95 (CAN \$15.95) pb  
112 pages, 6 x 9

Miller, bioquímico, físico y herbolario de profesión, describe el uso histórico, la estructura química, la preparación para el consumo y los rituales mágicos de hierbas narcóticas, alucinógenas, estimulantes y sedantes.

*"E rango de los conocimientos prácticos y arcaicos de Miller es impresionante. La integración de lo científico con lo místico es una de las partes más interesantes del libro."*

The Herb Companion



### Vacunas: Una guía para padres inteligentes

*(Vaccinations: A Thoughtful Parent's Guide)*

*Cómo tomar decisiones seguras y sensatas sobre los riesgos, beneficios, y alternativas*

Aviva Jill Romm

ISBN 978-1-59477-005-0  
\$16.95 (CAN \$24.95) pb  
320 pages, 6 x 9

Aviva Jill Romm presenta el espectro total de opciones para padres: un programa completo de vacunas, horario estándar o individual, vacunas selectivas, o no vacunar. El libro incluye sugerencias para fortalecer el sistema inmunológico de los niños y mantener la salud óptima, y recomienda remedios herbales y homeopáticos para enfermedades infantiles.

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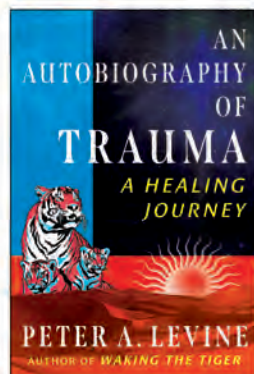
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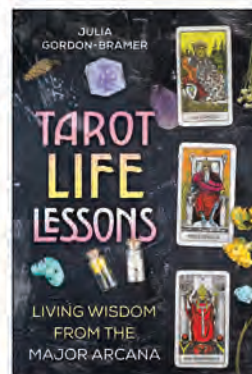


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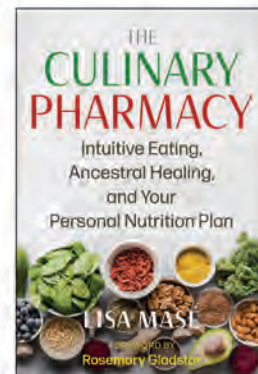


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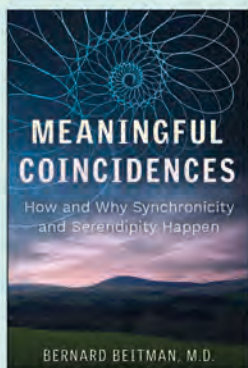
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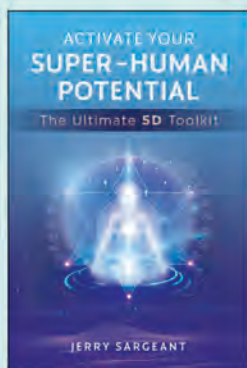


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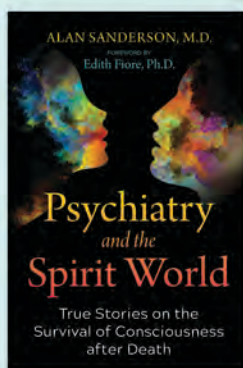


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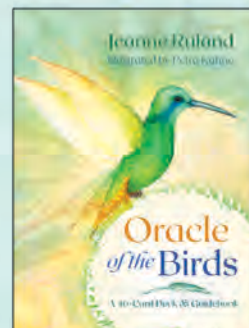


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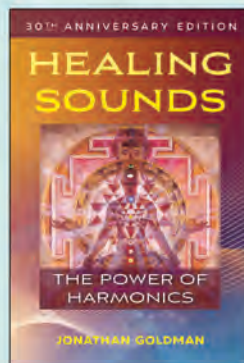


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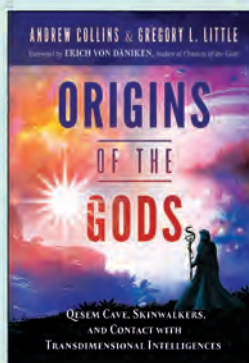


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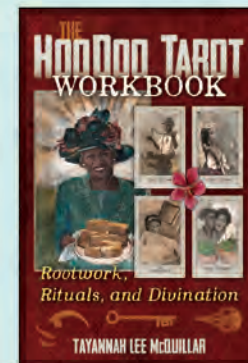


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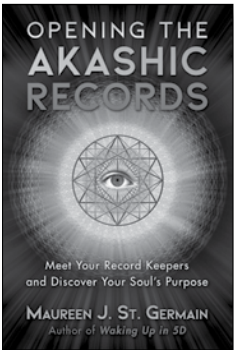
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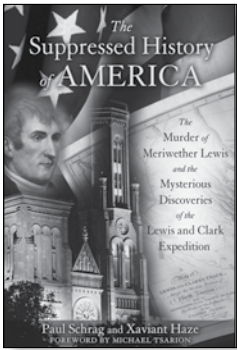
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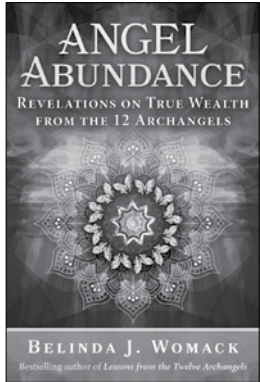
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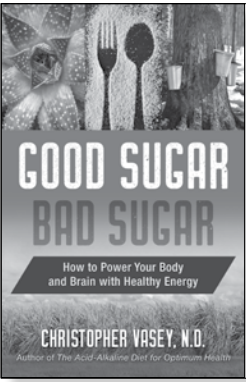
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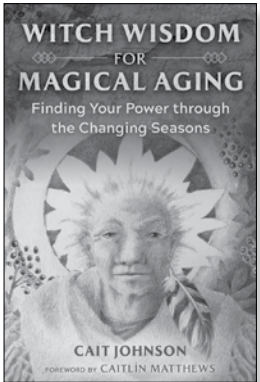
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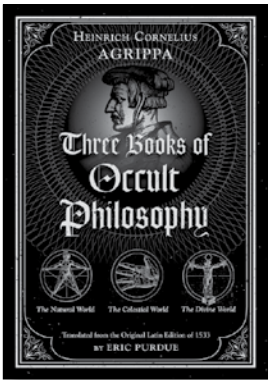
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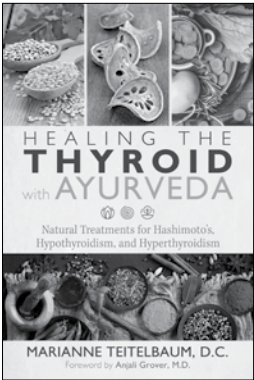
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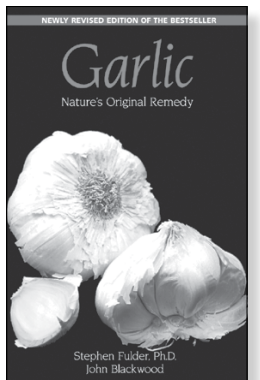
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