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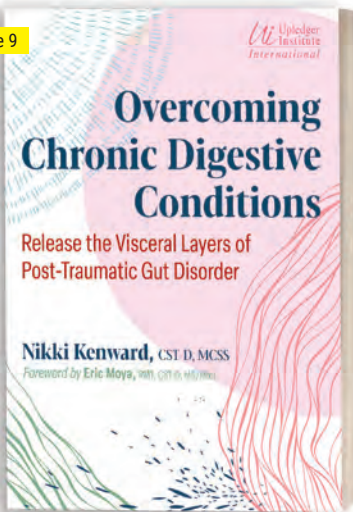
Books for Spiritual & Healing Journeys

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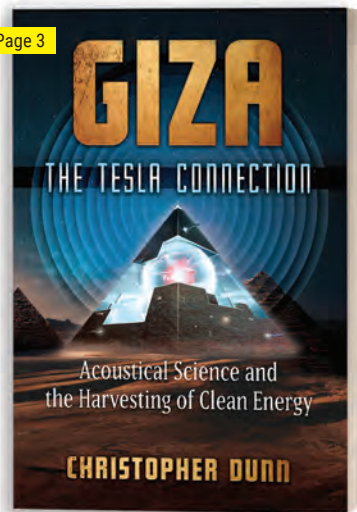
WINTER 2024 CATALOG

25 NEW TITLES • Selected Titles on Sale Through Apr. 1, 2024

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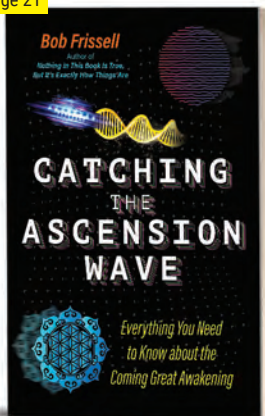


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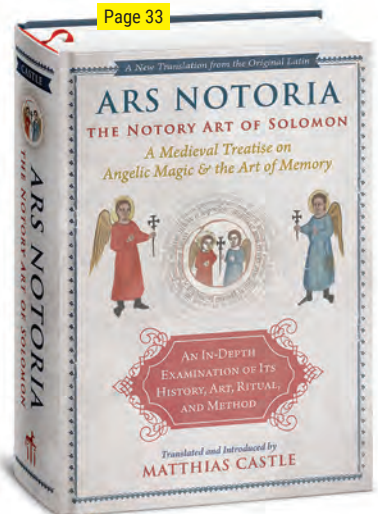
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Resources for Good Health & Self-Care

See Health & Healing Books on pages 8 - 18

Read the Wisdom!

Inner Traditions has been publishing books for the spiritual and healing journey since 1975.

With more than 2,100 books in print, Inner Traditions/Bear & Co. is a rich source of wisdom and instruction for the spiritual aspirant and holistic health practitioner.

Our name says it all: "Inner" because our books address the dimension beyond the material plane and "Traditions" because ancient people have done it before (and often better!), although very often much of this wisdom has been lost, corrupted, or destroyed. It is our mission to rediscover, preserve, and protect the inner traditions of the world so that humanity will forever have the tools to create a better future that will celebrate and heal the earth.

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Winter 2024 Catalog

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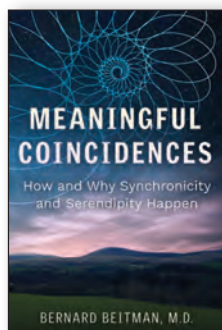
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Get to Know Us on Social!



Meaningful Coincidences

How and Why Synchronicity and Serendipity Happen

Bernard Beitman, M.D.

"A thoroughly engaging and well-written examination of a perpetually fascinating form of human experience."

—Dean Radin, Ph.D., chief scientist at the Institute of Noetic Sciences

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.

978-1-64411-570-1 • \$16.99 pb • 224 pages, 6 x 9 • e-book and audiobook available



The Madonna Secret

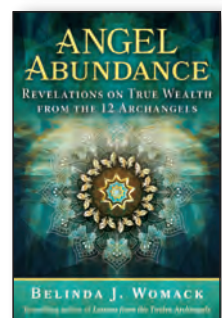
Sophie Strand

"Sensual, earthy, and mystical, Sophie Strand's novel The Madonna Secret views Jesus via the woman who loved him. Refreshing in its perspective and stunning in its breaks with church-curated, patriarchal characterizations of Jesus and his mission, the story is told from the viewpoint of Mary Magdalene, whom, herein, Jesus loves and weds."

—Kristine Morris, Foreword Reviews

In this passionate retelling of the story of Mary Magdalene and Jesus, Sophie Strand rewilds 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.

978-1-59143-467-2 • \$25.00 pb • 608 pages, 6 x 9 • e-book and audiobook available



Angel Abundance

Revelations on True Wealth from the 12 Archangels

Belinda J. Womack

"In this practical guide, channeled at the pure frequency of love, the Angels show us the way to free ourselves, and the collective, from lack and suffering. It begins with connecting with Source through the feminine. . . . Bravo, Belinda and the Angels."

—Regina Meredith, host of Open Minds on Gaia TV

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.

978-1-59143-498-6 • \$18.00 pb • 272 pages, 6 x 9 • e-book and audiobook available



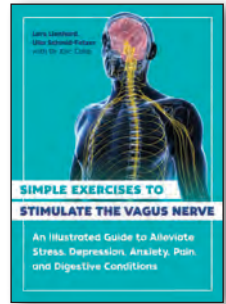
Simple Exercises to Stimulate the Vagus Nerve

An Illustrated Guide to Alleviate Stress, Depression, Anxiety, Pain, and Digestive Conditions

Lars Lienhard and Ulla Schmid-Fetzer with Dr. Eric Cobb

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. The simple techniques include a variety of balance, hearing, sight, breathing, and touch exercises.

978-1-64411-629-6 • \$19.99 pb • 320 pages, 6.69 x 9.44 • Full-color throughout • e-book available



Giza: The Tesla Connection

Acoustical Science and the Harvesting of Clean Energy

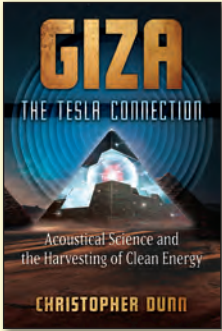
Christopher Dunn

"Giza: The Tesla Connection, is by far the most important, detailed and convincing case ever made for a lost advanced technology of prehistory that left its mark on the sublime works of the ancient Egyptians." —Graham Hancock, author of *Fingerprints of the Gods*, *Magicians of the Gods*, and *America Before*

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.

978-1-59143-461-0 • \$24.00 pb • 368 pages, 6 x 9 • 16-page color insert and 91 b&w illustrations
e-book available

New



The Giza Power Plant

Technologies of Ancient Egypt

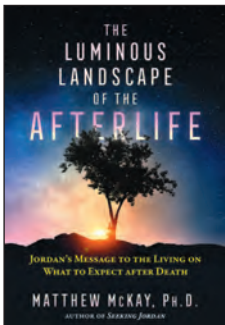
Christopher Dunn

"Chris Dunn ranks among the top researchers on this subject. His book is extremely well-researched and presented and, although very controversial in content and conclusions, will no doubt become a landmark and classic in the field of pyramid studies."

—Robert G. Bauval, coauthor of *The Orion Mystery*

Was the Great Pyramid a power plant? Engineer Christopher Dunn shows how the pyramid's numerous chambers and passageways were positioned with deliberate precision to create a harmonic resonance with the Earth and convert Earth's vibrational energies into microwave radiation.

978-1-879181-50-2 • \$18.00 pb • 320 pages, 6 x 9 • 74 illustrations • e-book available



The Luminous Landscape of the Afterlife

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

Matthew McKay, Ph.D.

"A thought-provoking and expansive book about the afterlife that will challenge you, offer comfort, and reconnect you with who and what you are and why you're here."

—John P. Forsyth, Ph.D., coauthor of *The Mindfulness and Acceptance Workbook for Anxiety and Anxiety Happens*

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.

978-1-64411-284-7 • \$14.99 pb • 144 pages, 6 x 9 • e-book and audiobook available

Enlightened Dog Training

Become the Peaceful Alpha Your Dog Needs and Respects

Jesse Sternberg

"In Enlightened Dog Training, Jesse Sternberg teaches us that through increasing our awareness and expanding our consciousness, we can become the peaceful partners our dogs have been seeking."

—Lynn McKenzie, animal intuitive and author of *Bark, Neigh, Meow: Awaken to the Transformative Wisdom of Your Companion Animal to Activate Your Soul's Highest Calling*

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.

978-1-64411-370-7 • \$14.99 pb • 176 pages, 6 x 9 • 15 b&w illustrations • e-book and audiobook available



FEATURED TITLES



The Pride of Dragons Oracle

A 44-Card Deck and Guidebook

Angelo Thomas / Artwork by Sonja Hedger

Drawing on his lifelong spiritual connection to Dragons, spirit medium Angelo Thomas created this oracle deck 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. The set includes a guidebook and 44 full-color cards, each designed to allow instant connection with the celestial energies of the Dragons.

978-1-59143-492-4 • \$20.00 boxed set, 4 x 5.5 • Includes 44 color cards and 128-page book

Crystal Basics Pocket Encyclopedia

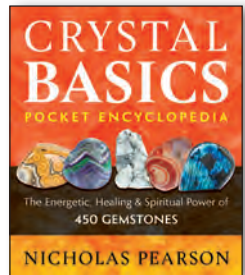
The Energetic, Healing, and Spiritual Power of 450 Gemstones

Nicholas Pearson

"This book is exciting, delightful, and informative as well as substantial in the vast number of stones described." —Ashley Leavy, author of *Cosmic Crystals*

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.

978-1-64411-503-9 • \$19.99 pb • 288 pages, 4.5 x 5.25 • Full-color throughout • e-book available



Opening the Akashic Records

Meet Your Record Keepers and Discover Your Soul's Purpose

Maureen J. St. Germain

"Fabulous! Maureen St. Germain offers clear and precise instructions to guide you step-by-step through the process of developing a close relationship with your Higher Self, the Record Keepers, and your Guides so that you can personally connect with them in a direct and meaningful way. It works!"

—MarBeth Dunn, energy management specialist

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.

978-1-59143-338-5 • \$16.00 \$12.00 pb • 176 pages, 6 x 9 • 20 b&w illustrations
e-book and audiobook available

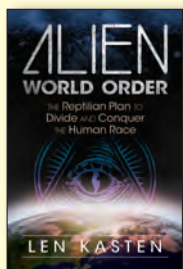
The Secret History of Extraterrestrials

Advanced Technology and the Coming New Race

Len Kasten

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.

978-1-59143-115-2 • \$25.00 pb • 328 pages, 6 x 9 • 8-page color insert and 59 b&w illustrations • e-book available



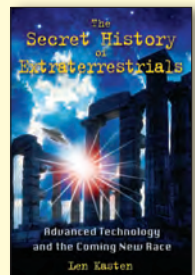
Alien World Order

The Reptilian Plan to Divide and Conquer the Human Race

Len Kasten

Author of the bestselling book *The Secret Journey to Planet Serpo*, Kasten shows how Eisenhower's treaty with the Grey Aliens, signed in 1954, gave reptilian aliens the authority to abduct humans for "research." Contrasting the Reptilians with benevolent aliens who crashed at Roswell, Kasten exposes the stealthy tactics of the Reptilians, their relationship with the Greys, and what we need to do to defeat their plans.

978-1-59143-239-5 • \$18.00 pb • 336 pages, 6 x 9 • 16-page color insert and 59 b&w illustrations
e-book available



The Nature of Astrology

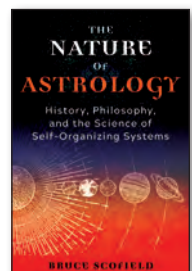
History, Philosophy, and the Science of Self-Organizing Systems

Bruce Scofield

"An incredible work! This is not only a superb piece of intellectual history; it is also an eloquent discussion of where astrology is today and how it has gotten here." —Robert Hand, American astrologer, historian, author and scholar

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.

978-1-64411-617-3 • \$39.99 pb • 544 pages, 6 x 9 • 29 b&w illustrations • e-book available



Jin Shin for Cats and Dogs

Healing Touch for Your Animal Companions

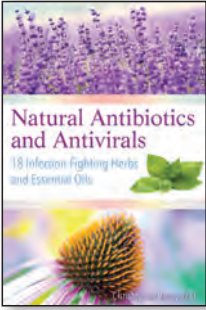
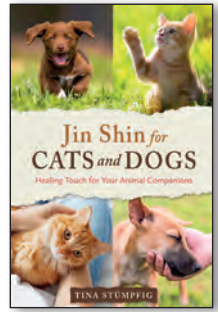
Tina Stümpfig

"Animals don't doubt if energy healing works. All of mine just soaked in the energy when I tried several of the techniques laid out in Jin Shin for Cats and Dogs. Tina Stümpfig has done a remarkable job of instructing the beginner and organizing the material..."

—Joan Ranquet, energy healer, animal communicator, and author of *Energy Healing for Animals*

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.

978-1-64411-459-9 • \$19.99 pb • 240 pages, 6 x 9 • Full-color throughout • e-book available



Natural Antibiotics and Antivirals

18 Infection-Fighting Herbs and Essential Oils

Christopher Vasey, N.D.

"An informative and invaluable book that explores the application of natural antimicrobial and antiviral plant-based remedies to combat and stave off infection."

—Heather Dawn Godfrey, author of *Essential Oils for Mindfulness and Meditation*

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.

978-1-62055-735-8 • \$14.99 pb • 208 pages, 5.38 x 8.25 • 11 b&w illustrations • e-book available

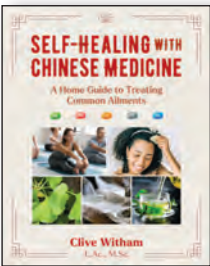
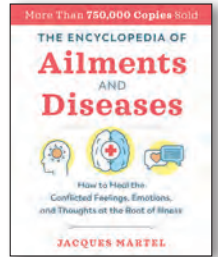
The Encyclopedia of Ailments and Diseases

How to Heal the Conflicted Feelings, Emotions, and Thoughts at the Root of Illness

Jacques Martel

In this reference and healing tool, Jacques Martel explains how to uncover the conflicted conscious or unconscious feelings, thoughts, and emotions at the root of many illnesses and conditions. He offers healing prompts and affirmations to effect change for nearly 900 different ailments and diseases.

978-1-64411-189-5 • \$34.99 pb • 608 pages, 8 x 10 • e-book available



Self-Healing with Chinese Medicine

A Home Guide to Treating Common Ailments

Clive Witham, L.Ac., M.Sc.

In this easy-to-follow guide, 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 edition of *The Book of Oriental Medicine*.

978-1-64411-705-7 • \$34.99 pb • 292 pages, 8 x 10 • 4-page color insert and 152 b&w illustrations e-book available

Healing Therapies for Long Covid

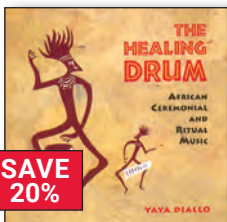
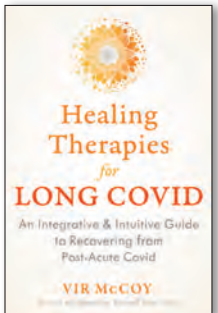
An Integrative and Intuitive Guide to Recovering from Post-Acute Covid

Vir McCoy

"Vir McCoy expertly combines tips and techniques from alternative and mainstream medicine and creates a protocol with a distinct 12-step goal that could turn us into effective healers and free us from the grip of long Covid." —Vatsala Sperling, Ph.D., author of *The Ayurvedic Reset Diet*

Integrating his intuitive impressions with extensive scientific and medical research, Vir McCoy presents a comprehensive healing 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 practices, detox therapies, lymph drainage exercises, and shamanic techniques.

978-1-64411-778-1 • \$18.99 pb • 240 pages, 6 x 9 • 1 b&w illustration • e-book available



The Healing Drum (CD)

African Ceremonial and Ritual Music

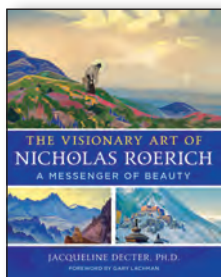
Yaya Diallo

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.

978-0-89281-505-0 • \$16.99 \$13.59 CD



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The Visionary Art of Nicholas Roerich

A Messenger of Beauty

Jacqueline Decter, Ph.D. / Foreword by Gary Lachman

"Roerich's vision is a pantheistic hymn to a union of man and nature." —Anna Kisselgoff, *The New York Times*

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 new hardcover edition features Decter's translations of many Russian texts as well as 88 color plates showcasing Roerich's artistic talent.

978-1-64411-797-2 • \$60.00 hardcover • 224 pages, 8 x 10 • Full-color throughout • e-book available

The Royal Path of Shakti

The Erotic and Magical Techniques of Kaula Tantra

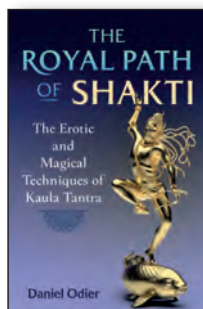
Daniel Odier

"This wondrous book is a sacred invitation into divine embodiment of the Kaula yogini mysteries of the cosmos. A must-read and invaluable guide of never-before-revealed ancient yogini wisdom."

—Laura K. Amazzone, author of *Goddess Durgā and Sacred Female Power*

Written in the 8th century by the sage Matsyendranatha, the Kaulajnananirṇaya 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.

978-1-64411-716-3 • \$18.99 pb • 208 pages, 5.38 x 8.25 • 1 b&w illustration • e-book available



Psychedelic Cults and Outlaw Churches

LSD, Cannabis, and Spiritual Sacraments in Underground America

Mike Marinacci

"A well-researched and adeptly written history of the underground spiritual movement that swept through American popular culture in the 1960s and '70s. . . a must-read for any serious student of this revolutionary and awe-inspiring time." —Nick Schou, author of *Orange Sunshine*

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.

978-1-64411-707-1 • \$24.99 \$19.99 pb • 384 pages, 6 x 9 • 25 b&w illustrations • e-book available



Witch Wisdom for Magical Aging

Finding Your Power through the Changing Seasons

Cait Johnson / Foreword by Caitlin Matthews

"What a wise, wonderful, singing, shining book! Its embrace of aging is filled with practical as well as spiritual and emotional advice. And joy. . . Plus, Ania Aldrich's gorgeous paintings!"

—Rachel Pollack, author of *A Walk through the Forest of Souls*

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.

978-1-64411-477-3 • \$16.99 pb • 164 pages, 6 x 9 • 4-page color insert • e-book and audiobook available



Nature Spirit Tarot

A 78-Card Deck and Book for the Journey of the Soul

Jean Marie Herzel

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.

978-1-59143-399-6 • \$35.00 boxed set • Includes 78 full-color cards and 192-page full-color book

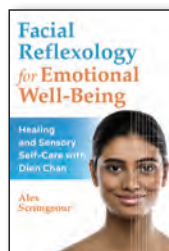
Facial Reflexology for Emotional Well-Being

Healing and Sensory Self-Care with Dien Chan

Alex Scrimgeour

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.

978-1-64411-586-2 • \$24.99 pb • 320 pages, 6 x 9 • 27 b&w illustrations • e-book available



The First Alchemists

The Spiritual and Practical Origins of the Noble and Holy Art

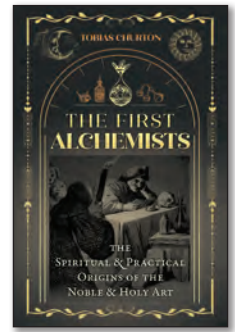
New

Tobias Churton

"[A] remarkable and necessary work. . . . The depth and range of the material are breathtaking. . . . I strongly recommend studying and working with *The First Alchemists* and going deeper, letting Tobias Churton light the way." —Brian Cottoir, author of *On Alchemy*, *Alchemy*, and *Practical Alchemy*

Investigating the historical roots of alchemy and the legend of the Philosopher's Stone, Tobias Churton explores the oldest surviving alchemical texts, the original purpose of the "Royal Art," and the first alchemists themselves. He reveals the theories and philosophies behind the art and how early apparatus and methods were employed by alchemists through the ages.

978-1-64411-683-8 • \$26.99 pb • 320 pages, 6 x 9 • 47 b&w illustrations • e-book available



New Edition of *Messages from the Afterlife*

The Persistence of the Soul

Mediums, Spirit Visitations, and Afterlife Communication

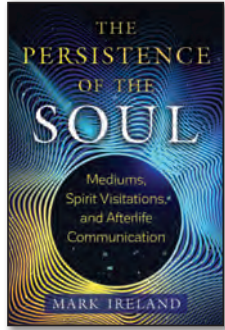
New

Mark Ireland

"What a gift this book is for those who need to trust what they know in their hearts—death is not the end. Thank you, Mark Ireland, for providing this invaluable resource to take readers to the awareness that love never dies." —Suzanne Giesemann, psychic medium and author of *Messages of Hope*

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, Ireland presents a deep dive into psychic-medium phenomena, spirit visitations, afterlife communication, reincarnation, and near-death experiences, pointing to the survival of consciousness.

978-1-64411-718-7 • \$24.99 pb • 288 pages, 6 x 9 • 3 b&w illustrations • e-book available



The Hundred Remedies of the Tao

Spiritual Wisdom for Interesting Times

New

Gregory Ripley

"Taoist thought refers to the three treasures: compassion, humility, and frugality. Gregory Ripley expands on these, and other critical Taoist ideas, with his unique combination of scholarship, healer's authority, and the accessible language of a gifted writer. . . . In the most literal possible terms, he truly brings Tao to life." —Taoist Monk Yun Rou, author of *Mad Monk Manifesto*

Examining the little-known 6th-century Taoist text called the *Bai Yao Lu* (Statutes of the Hundred Remedies), author and translator Gregory Ripley explains how the text was created as a practical guide to what enlightened behavior looks like—and each of the 100 spiritual remedies are just as relevant today as they were 1500 years ago.

978-1-64411-899-3 • \$24.99 pb • 288 pages, 6 x 9 • e-book and audiobook available



Healing Trauma through Family Constellations and Somatic Experiencing

Ancestral Wisdom from the Snail Clan of Tanzania

New

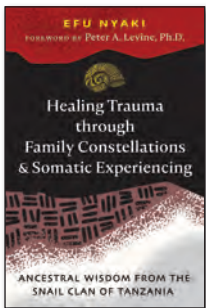
Efu Nyaki / Foreword by Peter A. Levine, Ph.D.

"Efu Nyaki is a 'healer of traumas.' In this insightful and thought-provoking book, Nyaki shares how trauma becomes trapped in our bodies. By tapping into the wisdom of our body and the strength of your ancestry, she offers a way out through simple, yet powerful exercises."

—Anuradha Dayal-Gulati, Ph.D., author of *Heal Your Ancestral Roots*

Exploring the trauma healing process as a complex ritual of energy movement, Efu Nyaki explains how she developed her system by integrating ancestral tribal wisdom with Somatic Experiencing and Systemic Family Constellations Therapy. She shares stories from her healing work and presents actions steps readers can take immediately to engage the personal healing process.

978-1-64411-852-8 • \$19.99 pb • 192 pages, 6 x 9 • e-book available



Stanislav Grof, LSD Pioneer

From Pharmacology to Archetypes

New

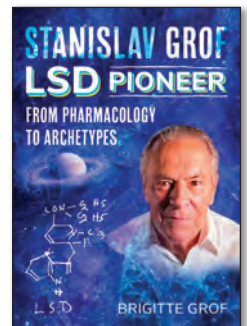
Brigitte Grof

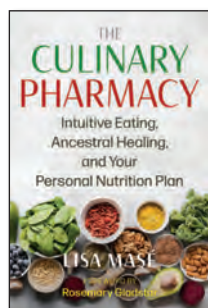
"If I am the father of LSD, Stan Grof is the godfather. Nobody has contributed as much as Stan for the development of 'my problem child.'"

—Dr. Albert Hofmann, research chemist and author of *LSD: My Problem Child*

Created in honor of Stanislav 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.

978-1-64411-946-4 • \$19.99 pb • 160 pages, 6.75 x 9.5 • Full-color throughout • e-book available





The Culinary Pharmacy

Intuitive Eating, Ancestral Healing, and Your Personal Nutrition Plan

Lisa Masé / Foreword by Rosemary Gladstar

"Food is what heals, and where our food comes from and how it's prepared and savored all matter. Lisa kindly and wisely directs us to the kitchen, to food, and to the wise intelligence of our enteric brain, the gut. And she does so with such deliciousness." —Rosemary Gladstar, author of Medicinal Herbs

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.

978-1-64411-864-1 • \$24.99 pb • 274 pages, 6 x 9 • Includes 2-page color insert • e-book available

New

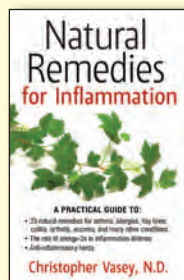
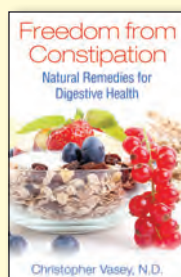
Freedom from Constipation

Natural Remedies for Digestive Health

Christopher Vasey, N.D.

In *Freedom from Constipation*, Christopher Vasey details the 8 main causes of constipation and offers advice to determine the right natural remedy for your unique case. Vasey reveals how treating constipation properly can restore full function not only to the digestive system but to the liver and kidneys as well.

978-1-62055-585-9 • \$14.95 pb • 192 pages, 5.38 x 8.25 • 60 b&w illustrations • e-book available



Natural Remedies for Inflammation

Christopher Vasey, N.D.

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.

978-1-62055-323-7 • \$16.99 pb • 192 pages, 5.38 x 8.25 • Color illustrations throughout • e-book available

Good Sugar, Bad Sugar

How to Power Your Body and Brain with Healthy Energy

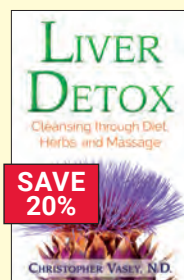
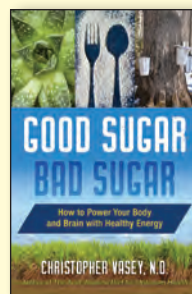
Christopher Vasey, N.D.

"This book is a wonderful gem when it comes to understanding that sugar is the critical factor in determining all health, from weight control and diabetes reversal to avoiding and healing cancer."

—Emma Mardlin, Ph.D., author of *Mind Body Diabetes Type 1 and Type 2* and *Out of Your Comfort Zone*

Sugar supplies the essential energy, but there are healthful and harmful forms of sugar. In this 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.

978-1-62055-808-9 • \$14.99 pb • 176 pages, 5.38 x 8.25 • 4 b&w illustrations • e-book available



Liver Detox

Cleansing through Diet, Herbs, and Massage

Christopher Vasey, N.D.

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.

978-1-62055-699-3 • \$12.99 **\$10.39** pb • 128 pages, 5.38 x 8.25 • 10 b&w illustrations • e-book available

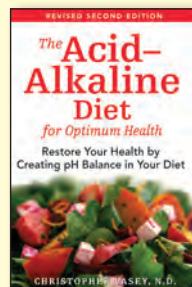
The Acid-Alkaline Diet for Optimum Health

Restore Your Health by Creating pH Balance in Your Diet

Christopher Vasey, N.D.

Naturopath and detoxification expert 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 to your health needs.

978-1-59477-154-5 • \$12.95 pb • 208 pages, 5.38 x 8.25 • e-book and audiobook available



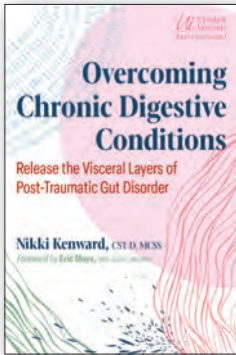
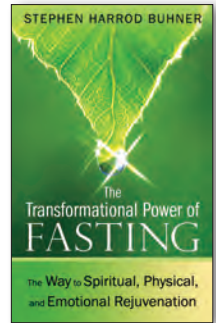
The Transformational Power of Fasting

The Way to Spiritual, Physical, and Emotional Rejuvenation

Stephen Harrod Buhner

During a fast, the body enters the same cleansing and 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 and to activate its deep capabilities for self-healing. It shows that fasting can help or heal many chronic conditions.

978-1-59477-466-9 • \$16.95 pb • 224 pages, 5.38 x 8.25 • e-book and audiobook available



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

New

"Nikki's personal story takes us into that lived reality. It helps to bring the anatomy of the gut to life. . . . This book provokes questions and encourages us to look further into this dynamic and fast-evolving area of research and study."

—Margaret Anne Gill, MBA, CST-D, MCSS, coauthor of *The Inner Power of Stillness*

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.

978-1-64411-788-0 • \$19.99 pb • 224 pages, 6 x 9 • 11 b&w illustrations • e-book available

Health from God's Garden

Herbal Remedies for Glowing Health and Well-Being

Maria Treben

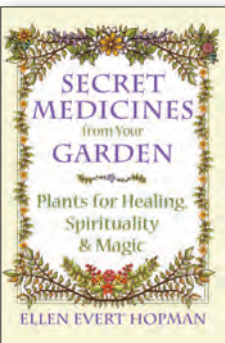
"Author Treben's unwavering respect for nature comes through clearly." —East West Journal

In this accessible guide, a world-renowned herbalist with sixty years of experience unlocks the health secrets that made her famous in Europe, where millions regained health and well-being from her herbal remedies. Clearly written and logically organized for easy use, this handbook has an alphabetical listing of illnesses and suggested remedies, with herbal recipes included.

978-0-89281-235-6 • \$16.95 **\$13.56** pb • 128 pages, 8.5 x 11 • 16 color plates



SAVE 20%



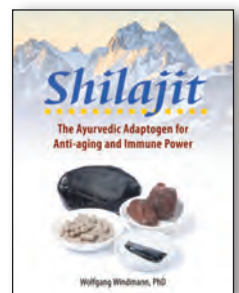
Secret Medicines from Your Garden

Plants for Healing, Spirituality, and Magic

Ellen Evert Hopman

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.

978-1-62055-557-6 • \$19.95 pb • 384 pages, 6 x 9 • Includes four 8-page color inserts and 7 b&w illustrations • e-book available



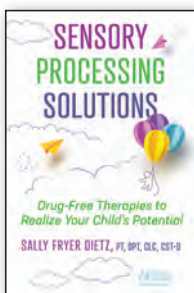
Shilajit

The Ayurvedic Adaptogen for Anti-aging and Immune Power

Wolfgang Windmann, Ph.D.

Known as the "black gold of the Himalayas," Shilajit, or mumijo, is a traditional Ayurvedic remedy with remarkable healing benefits that are only just beginning to be studied by Western doctors and scientists. 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. He also presents a scientific analysis of the many cell-protecting, antioxidant, and vitalizing compounds found in Shilajit.

978-1-64411-763-7 • \$17.99 pb • 160 pages, 5.75 x 7.5 • Full-color throughout • e-book available



Sensory Processing Solutions

Drug-Free Therapies to Realize Your Child's Potential

Sally Fryer Dietz, PT, DPT, CLC, CST-D

"Addresses sensory processing disorders in an interesting and easy-to-read format and provides sage advice and alternative solutions for both parents and professionals alike. A 'must-read' for anyone who has a child or cares for a child who is struggling with complex symptoms that have been given many diagnoses but no effective treatments." —Susan Istre, Ph.D., LPC-S, Director of the Center for Social Success

Sensory integration expert Sally Fryer Dietz shares in-depth guidance to help you find the right support for your child with sensory processing issues. She explores non-medication therapy methods and presents dozens of success stories.

978-1-64411-790-3 • \$16.99 pb • 192 pages, 6 x 9 • e-book and audiobook available

Medicine and Miracles in the High Desert

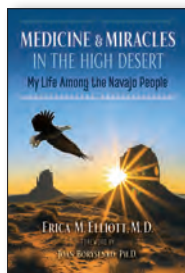
My Life among the Navajo People

Erica M. Elliott, M.D. / Foreword by Joan Borysenko, Ph.D.

"What a wonderful book! Elliott's voice mesmerized me. For weeks after I read this, I thought about her time with the Navajos. . . . Elliott is an exciting new voice." —Natalie Goldberg, author of *Writing Down the Bones*

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. She reveals her fearsome encounters with a mountain lion and a shape-shifting "skinwalker" as well as the miracles she witnessed.

978-1-59143-419-1 • \$14.99 pb • 208 pages, 6 x 9 • Includes 16-page b&w insert • e-book available



Alzheimer's, Aromatherapy, and the Sense of Smell

Essential Oils to Prevent Cognitive Loss and Restore Memory

Jean-Pierre Willem, M.D.

"This timely book is a valuable resource, not only for those affected by Alzheimer's disease but also for anyone interested in maintaining their cognitive alertness, function, and well-being."

—Heather Dawn Godfrey P.G.C.E., B.Sc., author of *Healing with Essential Oils*

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.

978-1-64411-443-8 • \$24.99 pb • 256 pages, 6 x 9 • e-book available

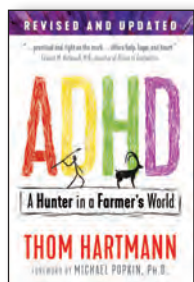
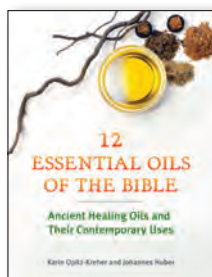
Twelve Essential Oils of the Bible

Ancient Healing Oils and Their Contemporary Uses

Karin Opitz-Kreher and Johannes Huber

In the Bible at least 33 different essential oils are specifically mentioned, and aromatic herbs, resins, and incense are referred to more than 1,000 times. Distilling the most significant of this healing wisdom, Karin Opitz-Kreher and Johannes Huber examine the ancient uses of essential oils, both in ritual and for health, and present an in-depth look at the 12 most important oils mentioned in the Bible, including how to use them for healing and well-being today.

978-1-64411-765-1 • \$14.99 pb • 96 pages, 5.75 x 7.5 • Full-color throughout • e-book available



ADHD

A Hunter in a Farmer's World

Thom Hartmann / Foreword by Michael Popkin, Ph.D.

"... Thom will be recognized as a pioneer contributing to the reconceptualization of ADHD from being considered only a 'disorder' to being viewed as a 'mode of thought' characterized by enhanced flexibility and creativity." —Richard Silberstein, professor emeritus of cognitive neuroscience at Swinburne University

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 and practices, he shows that each mind has value and great potential waiting to be tapped.

978-1-62055-898-0 • \$16.99 pb • 240 pages, 6 x 9 • e-book and audiobook available

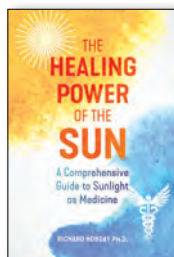
The Healing Power of the Sun

A Comprehensive Guide to Sunlight as Medicine

Richard Hobday, Ph.D.

In this new edition of *The Healing Sun*, Hobday draws on historical and recent scientific evidence, and 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.

978-1-64411-402-5 • \$17.99 pb • 224 pages, 6 x 9 • 35 b&w illustrations



The Secret of Resilience

Healing Personal and Planetary Trauma through Morphogenesis

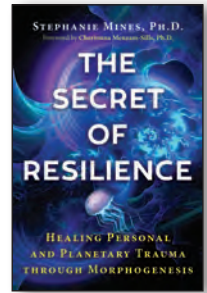
Stephanie Mines, Ph.D. / Foreword by Cherionna Menzam-Sills, Ph.D.

"A precious gift of the heart. Mines understands both the tragedy of trauma and the opportunity it creates for us to regain agency and remember who we are. She offers a blueprint that we can use to access primal energies at the source of our authenticity."

—Yvonne R. Farrell, DAOM, L.Ac., author of *Psycho-Emotional Pain and the Eight Extraordinary Vessels*

Sharing the author's journey of healing her own trauma, discovering the embryological roots of resilience, 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 fragmentation and disconnection associated with trauma and shock.

978-1-64411-608-1 • \$18.99 pb • 192 pages, 6 x 9 • 23 b&w illustrations • e-book and audiobook available



New Edition of *The Encyclopedia of Healing Points*

Acupressure Self-Care Handbook

Healing at Your Fingertips

Roger Dalet, M.D.

"Easy to use. . . [with] the combination of diagrams and photos to aid in precisely locating acupoints for treatment. Acupressure Self-Care Handbook sits high on my shelf of essential resources for maintaining and enhancing health." —Mary Bond, author of *Body Mandala* and *The New Rules of Posture*

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.

978-1-64411-903-7 • \$29.99 pb • 352 pages, 6 x 9 • 350 b&w illustrations • e-book available



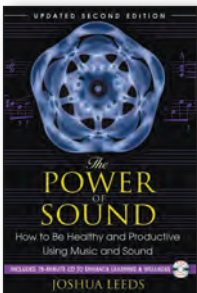
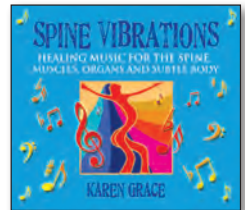
Spine Vibrations (CD)

Healing Music for the Spine, Muscles, Organs and Subtle Body

Karen Grace

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.

978-1-84409-723-4 • \$16.99 CD



The Power of Sound (w/CD)

How to Be Healthy and Productive Using Music and Sound

Joshua Leeds

We are surrounded by sound, and what we hear can either energize or deplete our nervous system. 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.

978-1-59477-350-1 • \$19.95 pb • 320 pages, 6 x 9 • Includes a 75-minute CD



The Complete Guide to Reflexology

Ruth Hull

Providing detailed and accurate anatomical drawings, zone and reflex maps, and muscle tables, this study guide to reflexology outlines each body system, explaining how, when, and why to work the reflexes. It explores foot and hand reflexology and offers extensive basic pathology of all body systems, including case studies, allowing the student to develop interpretive diagnostic and treatment planning skills. Each chapter also includes a study outline as well as review and multiple choice questions.

978-1-64411-625-8 • \$29.99 pb • 312 pages, 7.44 x 9.69 • Full-color throughout • e-book available



Jin Shin Healing Touch

Quick Help for Common Ailments

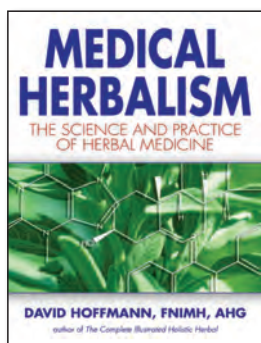
Tina Stümpfig

"If you are interested in consciousness and looking for easy methods to relax and to do yourself some good, you should get this book. . . . This book is well structured in a way that builds on each segment. It conveys professional knowledge paired with loving heart energy."

—Lilia Christina Martiny, equine therapist, healer, and geomancer at Lilith Farm in Brittany

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.

978-1-64411-076-8 • \$17.99 pb • 176 pages, 6 x 9 • Full-color throughout • e-book available



Medical Herbalism

978-0-89281-749-8

\$60.00 **\$48.00** hardcover

e-book available

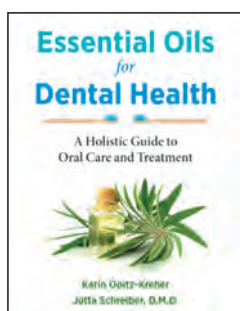


Body Healing Cards

978-1-64411-255-7

\$30.00 **\$24.00**

Boxed Set

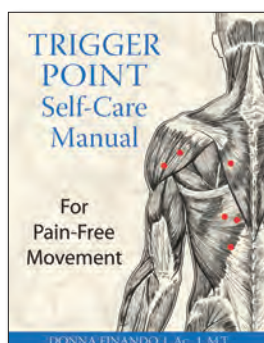


Essential Oils for Dental Health

978-1-64411-578-7

\$15.99 **\$12.79** pb

e-book available

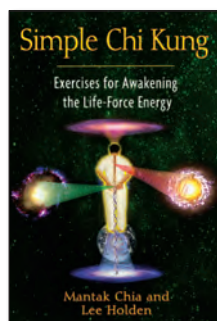


Trigger Point Self-Care Manual

978-1-59477-080-7

\$19.95 **\$15.96** pb

e-book available

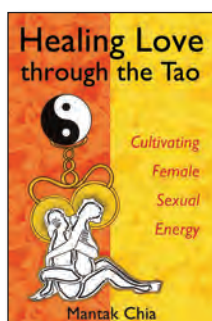


Simple Chi Kung

978-1-59477-333-4

\$16.95 **\$13.56** pb

e-book available

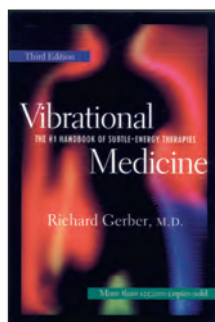


Healing Love through the Tao

978-1-59477-068-5

\$16.95 **\$13.56** pb

e-book available

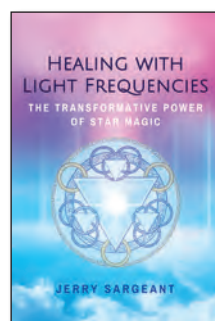


Vibrational Medicine

978-1-879181-58-8

\$18.00 **\$14.40** pb

e-book available

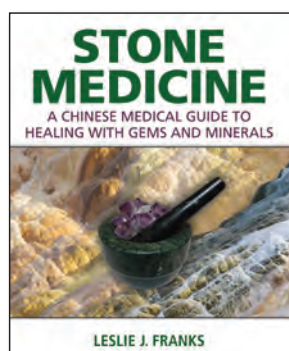


Healing with Light Frequencies

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\$18.99 **\$15.19** pb

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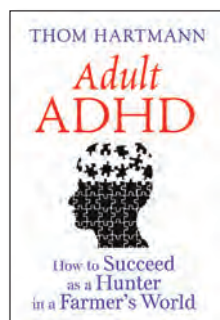


Stone Medicine

978-1-62055-529-3

\$60.00 **\$48.00** hardcover

e-book available

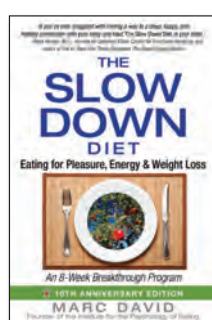


Adult ADHD

978-1-62055-575-0

\$14.95 **\$11.96** pb

e-book and audiobook available

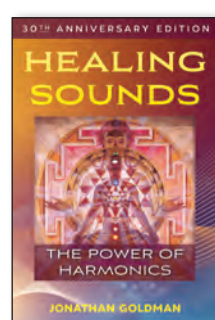


The Slow Down Diet

978-1-62055-508-8

\$14.95 **\$11.96** pb

e-book available



Healing Sounds

978-1-64411-582-4

\$19.99 **\$15.99** pb

e-book and audiobook available



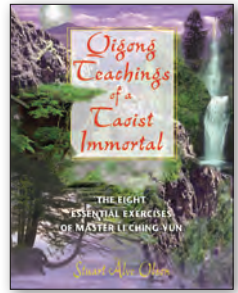
Qigong Teachings of a Taoist Immortal

The Eight Essential Exercises of Master Li Ching-yun

Stuart Alve Olson

The first English translation of Master Li Ching-yun's teachings on the Eight Brocades, the central practice of qigong. 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.

978-0-89281-945-4 • \$24.99 pb • 192 pages, 8 x 10 • 85 b&w illustrations • e-book available



Body Mandala

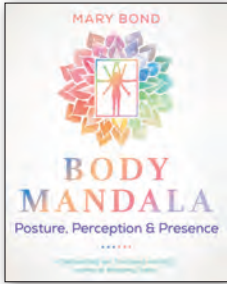
Posture, Perception, and Presence

Mary Bond / Foreword by Thomas Myers

"This is an absolute delight to read. . . . Every page is an invitation to increase our loving attention toward the way we move in everyday life. . . . It's hard to see anybody who would not profit tremendously from that investment." —Robert Schleip, Ph.D., Director of the Fascia Research Group, Germany

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.

978-1-64411-882-5 • \$24.99 pb • 288 pages, 8 x 10 • 78 b&w illustrations • e-book available



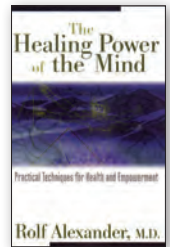
The Healing Power of the Mind

Practical Techniques for Health and Empowerment

Rolf Alexander, M.D.

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.

978-0-89281-729-0 • \$12.95 pb • 128 pages, 5.38 x 8.25 • e-book and audiobook available



The Biodynamics of the Immune System

Balancing the Energies of the Body with the Cosmos

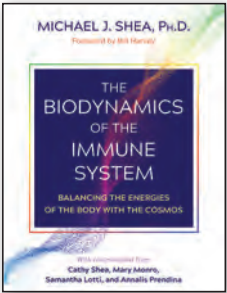
Michael J. Shea, Ph.D. / Foreword by Bill Harvey

"Michael J. Shea offers a potential bible for anyone wanting to support or improve their health. He generously provides specific scientific details about the physiology underlying the pandemic of metabolic syndrome and also the guidance to heal."

—Cherionna Menzies-Sills, Ph.D., author of *The Breath of Life: An Introduction to Craniosacral Biodynamics*

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.

978-1-64411-525-1 • \$45.00 pb • 456 pages, 8.5 x 11 • 8-page color insert and 281 b&w illustrations e-book available



Tuning the Human Biofield

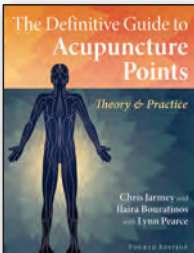
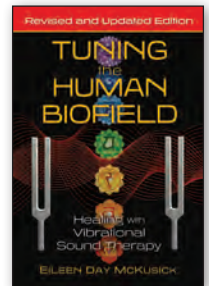
Healing with Vibrational Sound Therapy

Eileen Day McKusick

"Tuning the Human Biofield is a groundbreaking introduction to the art and science of applying these principles. It will take you on an intellectually juicy ride." —Donna Eden, author of *Energy Medicine*

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 of Biofield Tuning, she details how to use tuning forks to locate and clear unresolved pain and trauma and restore order to the biofield.

978-1-64411-318-9 • \$16.99 pb • 288 pages, 6 x 9 • 32 b&w illustrations e-book and audiobook (1st edition) available



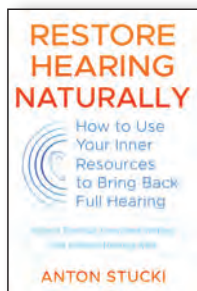
The Definitive Guide to Acupuncture Points

Theory and Practice

Chris Jarney and Ilaira Bouratinos with Lynn Pearce

Full-color throughout and abundantly 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 as well as new theoretical material to help instill intuitive understanding.

978-1-64411-623-4 • \$29.99 pb • 392 pages, 7.44 x 9.69 • Full-color throughout • e-book available



Restore Hearing Naturally

How to Use Your Inner Resources to Bring Back Full Hearing

Anton Stucki

"Anton Stucki provides practical exercises and tools that will enable you to retrain your ears to hear better and listen with joy to what is meaningful in your life."

—Vatsala Sperling, M.S., Ph.D., PDHom, CCH, RSHom, author of *The Ayurvedic Reset Diet*

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.

978-1-62055-893-5 • \$29.99 pb • 288 pages, 6 x 9 • Full-color throughout • e-book available

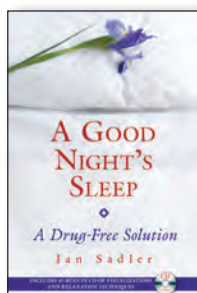
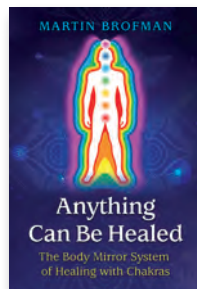
Anything Can Be Healed

The Body Mirror System of Healing with Chakras

Martin Brofman / Foreword by Anna Parkinson

Detailing his Body Mirror system of healing, 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.

978-1-62055-896-6 • \$17.99 pb • 228 pages, 6 x 9 • 4-page color insert and 71 b&w illustrations
e-book and audiobook available



A Good Night's Sleep (w/CD)

A Drug-Free Solution

Jan Sadler

"A Good Night's Sleep has relaxation and visualization techniques and other bedtime advice to help you counteract stress and sleep better. The more you practice, the more it will help."

—Shirley Linde, author of *No More Sleepless Nights* and *No More Snoring*

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.

978-1-59477-234-4 • \$16.95 pb • 128 pages, 6 x 9 • Includes a 65-minute CD • e-book available w/out CD



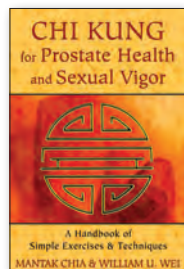
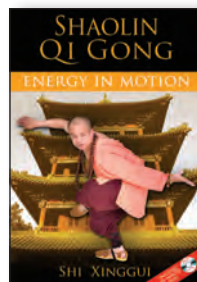
Shaolin Qi Gong (w/DVD)

Energy in Motion

Shi Xinggui

The teacher Bodhidharma is credited with creating Shaolin Temple qi gong and kung fu in the 6th century CE. His system promoted physical and spiritual fitness and became the basis for all martial and meditative arts taught at the temple. Shi Xinggui, a Shaolin monk, explains the principle of qi gong—the art of mastering energy (qi) and moving it through the body and provides demonstrations.

978-1-59477-264-1 • \$26.99 pb • 160 pages, 6 x 9 • Includes 82 color illustrations and a 53-minute DVD
e-book available w/out DVD



Chi Kung for Prostate Health and Sexual Vigor

A Handbook of Simple Exercises and Techniques

Mantak Chia and William U. Wei

Discover how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. They present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

978-1-62055-227-8 • \$16.95 pb • 176 pages, 6 x 9 • 112 b&w illustrations • e-book available

Colloidal Silver

The Natural Antibiotic

Werner Kühni and Walter von Holst

"... the most authoritative and insightful guide to the healing powers of colloidal silver. A must for every household and health care practitioner." —Vatsala Sperling, MS, Ph.D., PDHom, CCH, RSHom (NA)

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.

978-1-62055-500-2 • \$14.95 pb • 160 pages, 6 x 9 • 14 b&w illustrations • e-book and 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.

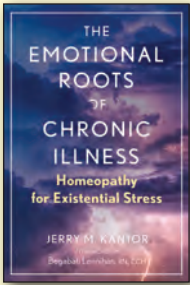
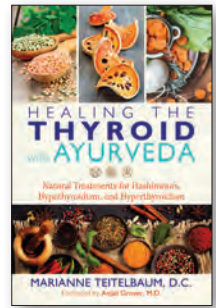
"This excellent work beautifully blends ancient Ayurvedic wisdom and modern endocrinology. I strongly recommend this book to all readers, practitioners, and students of the healing sciences."

—Vasant Lad, BAM&S, MASc, Ayurvedic physician and author of *Ayurveda: The Science of Self-Healing*

In this comprehensive guide based on the treatment of thousands of patients, the author integrates Ayurveda with modern scientific findings to address thyroid disease, providing treatment protocols for Hashimoto's thyroiditis, hypothyroidism, and hyperthyroidism.

She explores underlying causes of thyroid malfunction and includes remedies for insomnia, depression, fatigue, osteoporosis, weight gain, and hair loss.

978-1-62055-782-2 • \$16.99 pb • 288 pages, 6 x 9 • 6 b&w illustrations • e-book and audiobook available



The Emotional Roots of Chronic Illness

Homeopathy for Existential Stress

Jerry M. Kantor / Foreword by Begabati Lennihan, RN, CCH

"This book by Jerry Kantor gives good insights in the reactions between medicine and psychology. It points to the source of disease as psychological. Added to that is its relationship with philosophy, which gives his work even further depth. It is a great book." —Jan Scholten, M.D., author of *Homeopathy and the Elements*

Presenting diagnostic insight, specific homeopathic remedies, and successful case study examples about the profound 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 Traditional Chinese Medicine.

978-1-64411-784-2 • \$24.99 pb • 224 pages, 6 x 9 • 14 b&w illustrations • e-book and audiobook available

New

Sane Asylums

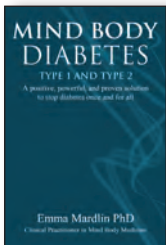
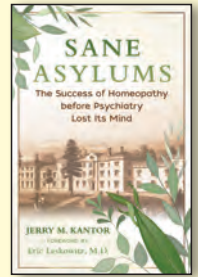
The Success of Homeopathy before Psychiatry Lost Its Mind

Jerry M. Kantor / Foreword by Eric Leskowitz, M.D.

"Sane Asylums is a brilliant stroll through medical history, showing that homeopathic physicians were more than a hundred years ahead of their time." —Dana Ullman, MPH, CCH, author of *The Homeopathic Revolution*

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.

978-1-64411-408-7 • \$24.99 pb • 288 pages, 6 x 9 • 25 b&w illustrations • e-book available



Mind Body Diabetes Type 1 and Type 2

A positive, powerful, and proven solution to stop diabetes once and for all

Emma Mardlin, Ph.D.

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.

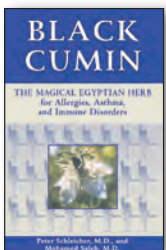
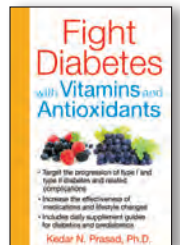
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Fight Diabetes with Vitamins and Antioxidants

Kedar N. Prasad, Ph.D.

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Black Cumin

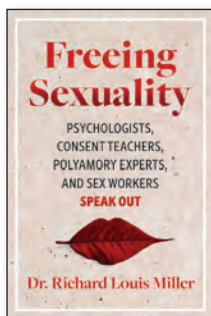
The Magical Egyptian Herb for Allergies, Asthma, and Immune Disorders

Peter Schleicher, M.D., and Mohamed Saleh, M.D.

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New



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Psychologists, Consent Teachers, Polyamory Experts, and Sex Workers Speak Out

Dr. Richard Louis Miller

"Thank you, Dr. Miller, for calling out the cultural hypocrisy that creates mass psychological abuse. . . Those who delve into the pages of Freeing Sexuality will be blessed with their revolutionary insights into sexual terrain unfettered by shame."

—Veronica Monet, author of *Sex Secrets of Escort* and founder of the Shame Free Zone

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 Dr. Lonnie Barbach, sex therapist Dr. Stella Resnick, and Norma Jean Almadovar, former LA policewoman and current president of the prostitute's union Coyote.

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Edited by Lance Dane

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Nik Douglas and Penny Slinger

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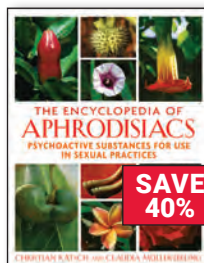
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Psychoactive Substances for Use in Sexual Practices

Christian Rätsch and Claudia Müller-Ebeling

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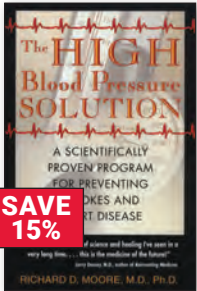
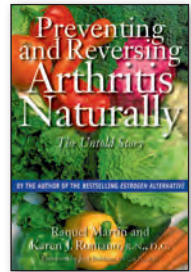
Preventing and Reversing Arthritis Naturally

The Untold Story

Raquel Martin and Karen J. Romano, R.N., D.C. / Foreword by Joel Robbins, D.C., N.D., M.D.

Discover how to relieve arthritis by addressing its causes through lifestyle changes—from medicinal herbs, nutritional supplements, and natural hormone therapy to whole foods, exercise, and chiropractic care. It guides readers through the labyrinth of medical studies related to the effects and treatment of this disease.

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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. This revised second edition is updated with scientific evidence from Finland, where, for several decades, sodium chloride has been replaced nationwide with a sodium/potassium mixture, resulting in a 60% decline in deaths from strokes and heart attacks.

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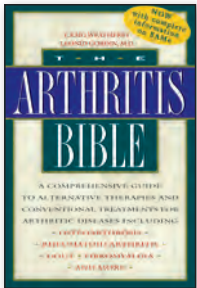
Restoring Your Eyesight

A Taoist Approach

Doug Marsh / Foreword by Thomas R. Quackenbush

Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. Combining proven methods pioneered a century ago by William Bates with the ancient Chinese wisdom of Taoism, Marsh draws upon their core values—rhythm, softness, return, balance, and wholeness—to provide guidelines for a holistic healing of outer and inner vision.

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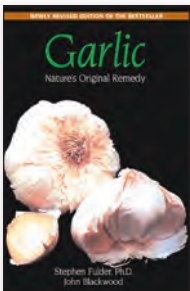
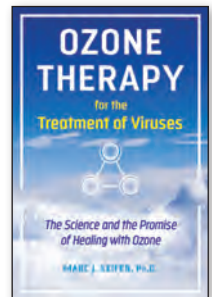
Marc Seifer, Ph.D.

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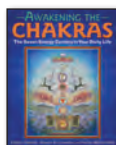
Garlic

Nature's Original Remedy

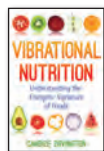
Stephen Fulder, Ph.D., and John Blackwood

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Awakening the Chakras: The Seven Energy Centers in Your Daily Life by Victor Daniels, Kocho N. Daniels, and Pieter Weltevredre / Illustrated by Pieter Weltevredre. An in-depth guide to understanding and balancing the chakras.
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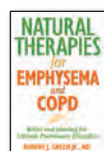
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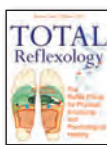
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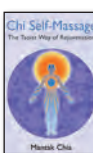
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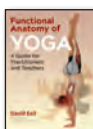
Total Reflexology of the Hand: An Advanced Guide to the Integration of Craniosacral Therapy and Reflexology by Martine Faure-Alderson, D.O. How to apply the precise treatment techniques of *Total Reflexology*, which combines craniosacral therapy and foot reflexology, to the hands.
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The Inner Structure of Tai Chi: Mastering the Classic Forms of Tai Chi Chong by Mantak Chia and Juan Li. Explores the deep, internal work necessary for the effective practice of tai chi.
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Chi Self-Massage: The Taoist Way of Rejuvenation by Mantak Chia. Energetic massage techniques that dispel negative emotions, relieve stress, and strengthen the senses, internal organs, and nervous system.
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Functional Anatomy of Yoga: A Guide for Practitioners and Teachers by David Keil. A full-color illustrated exploration of the body in motion during yoga practice.
978-1-64411-627-2 • 328 pages, 7.44 x 9.69 pb Full-color throughout • e-book / \$29.99 **\$23.99**



The Humming Effect: Sound Healing for Health and Happiness by Jonathan Goldman and Andi Goldman / Foreword by John Beaulieu, N.D., Ph.D. An accessible guide to the practice of conscious humming.
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Adaptogens: Herbs for Strength, Stamina, and Stress Relief by David Winston, RH(AHG) with Steven Maimes. An updated and expanded edition of the definitive guide to adaptogenic herbs.
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Cats

Keepers of the Spirit World

John A. Rush

"John A. Rush has created both a whimsical and deeply thought-provoking book about the mysterious creatures that humans refer to as cats. He thoughtfully explores the evolution of these highly intelligent psychic beings and their parallel journey with humans."

—Linda Star Wolf, Ph.D., author of *Shamanic Breathwork*

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.

978-1-64411-746-0 • \$18.99 pb • 208 pages, 6 x 9 • e-book and audiobook available



New

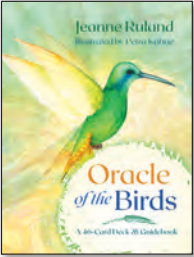
Oracle of the Birds

A 46-Card Deck and Guidebook

Jeanne Ruland / Illustrated by Petra Kühne

A hands-on tool to work with birds as spiritual messengers, this deck shares the spiritual messages and powers that birds can bring to us. The deck consists of 46 beautifully illustrated cards featuring different birds. Each card shares the medicine of the bird shown and a brief message about the meaning of their presence. In the accompanying guidebook, the meaning of each bird card is detailed along with an affirmation focused on the bird's unique gifts.

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New

New Edition of *Spiritual Evolution in the Animal Kingdom*

Karma and Reincarnation in the Animal Kingdom

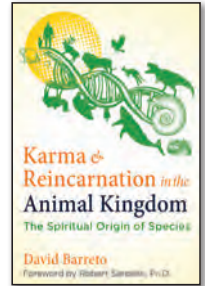
The Spiritual Origin of Species

David Barreto / Foreword by Robert Sardell, Ph.D.

"If Steve Irwin, Thoth, Charles Darwin, and Saint Francis were to have collaborated on a book about the spiritual origin of species, I suspect it would look very much like Karma and Reincarnation in the Animal Kingdom." —Ruslana Remennikova, sound healer and animal whisperer

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, from ants to cats and dogs to owls and dolphins.

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Emotional Freedom Technique for Animals and Their Humans

Creating a Harmonious Relationship through Tapping

Joan Ranquet / Foreword by Ellie Laks

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. In this guide, animal communicator Joan Ranquet explores how to apply the energetic bodywork method of EFT on animals such as dogs, cats, and horses.

978-1-64411-807-8 • \$16.99 pb • 192 pages, 6 x 9 • 10 b&w illustrations • e-book available

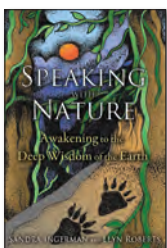
Animal Spirit Wisdom

A Pocket Reference to 45 Power Animals

Phillip Kansa and Elke Kirchner-Young

Is your spirit animal an eagle, deer, wolf, or hummingbird, or have you not yet discovered it? In this full-color pocket guide featuring beautiful animal photos, the authors introduce 45 important spirit animals alphabetically and explore their wisdom and how to connect with them. 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.

978-1-64411-115-4 • \$9.99 pb • 112 pages, 4.5 x 6.5 • Full-color throughout • e-book available



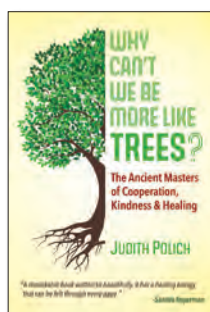
Speaking with Nature

Awakening to the Deep Wisdom of the Earth

Sandra Ingerman and Llyn Roberts

Sandra Ingerman and Llyn 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.

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Why Can't We Be More Like Trees?

The Ancient Masters of Cooperation, Kindness, and Healing

New

Judith Polich

"Judith Polich has given us a magnificent gift. . . . She brilliantly points out that we must awaken to the ancient indigenous wisdom that everything is alive, is conscious, and interconnected. . . . A remarkable book written so beautifully, it has a healing energy that can be felt through every page."

—Sandra Ingerman, M.A., international shamanic teacher, coauthor of *Speaking with Nature*

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.

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New Edition

Maps of Consciousness

The Classic Text on Exploring the Mind and Expanding Awareness

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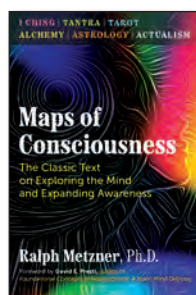
Ralph Metzner, Ph.D. / Foreword by David E. Presti

"An unparalleled guidebook for readers interested in the mind and its workings. Ralph Metzner was a master cartographer who described each map in a fascinating reader-friendly narrative that may resonate with readers' own experiences."

—Stanley Krippner, Ph.D., distinguished professor at California Institute of Integral Studies

In this highly acclaimed classic, psychedelic elder Ralph Metzner presents a guide to six ancient systems, once known only to the initiated few, 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.

978-1-64411-621-0 • \$29.99 pb • 320 pages, 6 x 9 • 79 b&w illustrations • e-book and audiobook available



7 Reasons to Believe in the Afterlife

A Doctor Reviews the Case for Consciousness after Death

Jean Jacques Charbonier, M.D.

"Charbonier's book should be compulsory reading for every poor skeptic who still believes that he disappears when his brain stops." —Ervin Laszlo, author of *The Immortal Mind*

An anesthesiologist and intensive care physician, Dr. Charbonier studied hundreds of accounts of patients who returned from clinical death. He distills his findings into seven cogent arguments, refuting the objections of materialists point by point. Death is simply a transition, and understanding this can enable us to live more fully and peacefully in the now.

978-1-62055-380-0 • \$14.95 pb • 160 pages, 6 x 9 • e-book and audiobook available

Living Souls in the Spirit Dimension

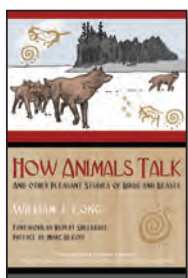
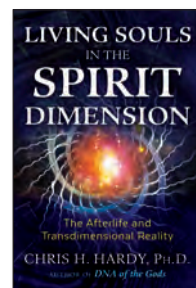
The Afterlife and Transdimensional Reality

Chris H. Hardy, Ph.D.

In this exploration of consciousness, after-death communication, and near-death and out-of-body experiences, Chris Hardy reveals that all beings exist simultaneously in the material dimension and in the soul hyperdimension. She offers tested methods for accessing the soul dimension and explores what can be accomplished there.

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How Animals Talk

And Other Pleasant Studies of Birds and Beasts

William J. Long / Foreword by Rupert Sheldrake / Preface by Marc Bekoff

Not since the first publication of *How Animals Talk* in 1919 has the subject of animal telepathy and communication been so fully researched. Through his keen observations author William J. Long theorizes that animals are much more intelligent, emotional, and moral than we have traditionally thought, and his findings have amazing relevance today.

978-1-59143-056-8 • \$18.00 pb • 312 pages, 6 x 9 • 50 b&w illustrations • e-book available

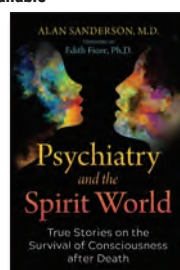
Psychiatry and the Spirit World

True Stories on the Survival of Consciousness after Death

Alan Sanderson, M.D. / Foreword by Edith Fiore, Ph.D.

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, Dr. Sanderson examines the practice of psychiatric spirit release and the survival of consciousness.

978-1-64411-576-3 • \$22.99 pb • 256 pages, 6 x 9 • e-book available



Catching the Ascension Wave

Everything You Need to Know about the Coming Great Awakening

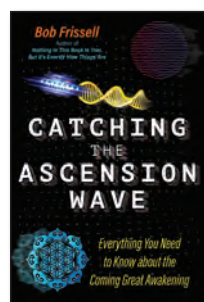
Bob Frissell

"A head-spinning journey through secret space programs, the Deep State, and the Vatican; the Depopulation Agenda, ETs, the New World Order, free energy, and solar flares; the Bible, ancient yogis, ascended masters, COVID-19, cryptocurrencies, and near-death experiences!"

—Dan Brulé, author of *Just Breathe* and founder of Breath Mastery

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.

978-1-59143-455-9 • \$20.00 pb • 288 pages, 6 x 9 • 15 b&w illustrations • e-book and audiobook available



The Female Archangels

Empower Your Life with the Wisdom of the 17 Archeiai

Calista

"Calista's unique, powerful, and beautiful book is written from direct experience with the Archeiai and will fill you with authentic guidance that is much needed on Earth right now!"

—Tim Whild, ascension expert and co-author of *The Archangel Guide to Ascension*

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.

978-1-64411-841-2 • \$24.99 pb • 352 pages, 6 x 9 • Full-color throughout • e-book available



Lessons from the Twelve Archangels

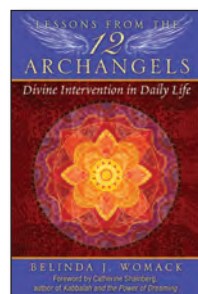
Divine Intervention in Daily Life

Belinda J. Womack / Foreword by Catherine Shainberg

"Her words flow like a crystalline river whose source she entices you to find. Follow her words, open the book anywhere you are guided to, plunge into the world she lives in, and you will begin to get the taste of Oneness." —From the foreword by Catherine Shainberg, Ph.D., author of *Kabbalah and the Power of Dreaming*

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.

978-1-59143-223-4 • \$15.00 pb • 224 pages, 6 x 9 • e-book and audiobook available



Angels in Waiting

How to Reach Out to Your Guardian Angels and Spirit Guides

Robbie Holz with Judy Katz

"If you have never met your angels, this inspirational book will help you to do so. . . . This is a book to read and keep." —Diana Cooper, author of *A New Light on Angels* and *Angels of Light Cards*

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.

978-1-64411-316-5 • \$14.99 pb • 144 pages, 6 x 9 • e-book and audiobook available

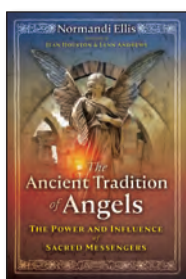
The Tree Angel Oracle Deck

The Ancient Path into the Sacred Grove

Fred Hageneder / Illustrated by Anne Heng

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.

978-1-64411-038-6 • \$19.99 Cards • 114 pages, 4 x 5.5 • Includes 144-page book and 36 full-color cards



The Ancient Tradition of Angels

The Power and Influence of Sacred Messengers

Normandi Ellis / Forewords by Jean Houston and Lynn Andrews

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.

978-1-59143-439-9 • \$20.00 pb • 280 pages, 6 x 9 • 24-page color insert • e-book and audiobook available



Pleiadian Soul Healing

Light Messages for Cosmic Freedom

Pavlina Klemm

New

"Pleiadian Soul Healing is a wonderful and profound addition to Pleiadian wisdom that is being brought to humanity at this time. It is deep and meaningful knowledge. A must-read!"

—Pia Orleane, Ph.D., and Cullen Baird Smith, authors of *Pleiadian Earth Energy Astrology*

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.

978-1-64411-829-0 • \$19.99 pb • 192 pages, 5.5 x 8.5 • 11 b&w illustrations • e-book available

Light Messages from the Pleiades

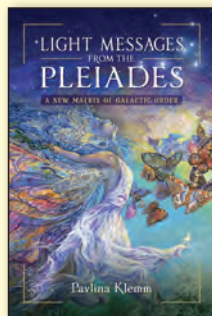
A New Matrix of Galactic Order

Pavlina Klemm

"The wisdom, specific vibrational codes, and exercises provided through this wonderful channel are filled with light and so much love, and yet like the Sirians, the Pleiadians want us to look at the darkness, not to avoid it. They show us how to feel no fear. That is the ultimate experience that will set us free to journey the spiral of light!" —Patricia Cori, activist, former host of *Beyond the Matrix*, and author of *The Sirian Revelations*

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.

978-1-64411-825-2 • \$19.99 pb • 192 pages, 5.5 x 8.5 • e-book and audiobook available



The Secret Influence of the Moon

Alien Origins and Occult Powers

Louis Proud

"Louis Proud's The Secret Influence of the Moon is a fascinating and original book that will forever change the way you view Earth's nearest celestial neighbor." —Mike Bara, author of *Ancient Aliens on the Moon*

Louis Proud explores the Moon from both scientific and esoteric perspectives. 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.

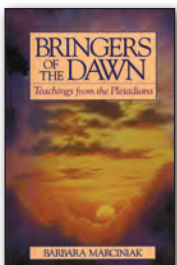
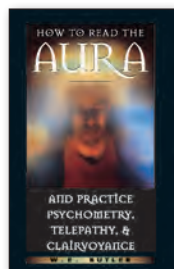
978-1-59477-494-2 • \$19.95 pb • 408 pages, 6 x 9 • Includes 8-page color insert • e-book available

How to Read the Aura and Practice Psychometry, Telepathy, and Clairvoyance

W. E. Butler

In clear-cut language renowned parapsychologist W. E. Butler (1898–1978) outlines simple procedures by which anyone can develop, perfect, and control psychic powers that we all possess. One of the world's great occultists, Butler studied in India among Hindu spiritual teachers and with renowned mystic Annie Besant.

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Bringers of the Dawn

Teachings from the Pleiadians

Barbara Marciniak

Compiled from more than four hundred hours of channeling by Barbara Marciniak, *Bringers of the Dawn* imparts to us the wisdom of the Pleiadians, a group of enlightened beings who have come to Earth to help us discover how to reach a new stage of evolution. Startling, intense, intelligent, and controversial, these teachings offer essential reading for anyone questioning his or her existence on this planet and the direction of our collective conscious—and consciousness.

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Revelations of the Ruby Crystal

Barbara Hand Clow

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.

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978-1-59143-197-8 • \$26.00 hardcover



The Tree Horoscope

Discover Your Birth-Tree and Personal Destiny

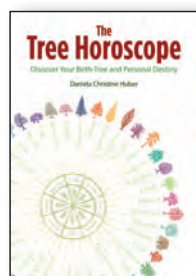
Daniela Christine Huber

"... the book is a good starting point for those who want to learn more about the different symbolisms and energies of these mighty connectors of heaven and earth. I've really loved reading this book and will definitely be referring back to it as the days of the year go by to see which tree energy is present."

—Alanna Kali, Musing Mystical

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.

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New Edition

The New Sirian Revelations

Galactic Prophecies from the Sixth Dimension

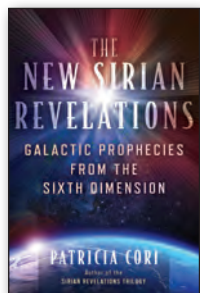
Patricia Cori

"A magnificent, comprehensive, and absolutely accurate description of the state of the Earth at this time. In this time of extreme chaos on our planet, reading this book could save your sanity."

—Barbara Hand Clow, author of *The Pleiadian Agenda* and *Alchemy of Nine Dimensions*

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.

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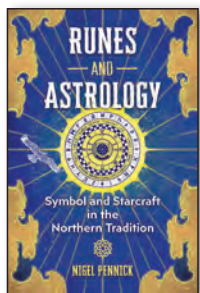
Astrology Reading Cards

Your Personal Guidance from the Stars

Alison Chester-Lambert / Illustrated by Richard Crookes

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.

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Runes and Astrology

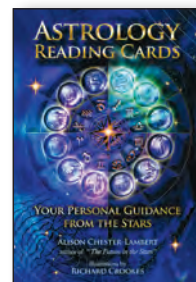
Symbol and Starcraft in the Northern Tradition

Nigel Pennick

"Nigel Pennick's *Runes and Astrology* presents the runes in perhaps the most relatable and accessible way—through an intimate relationship with time and place. His gift of making the personal transform into mythic through the power of the runes shines." —S. Kelley Harrell, author of *Runic Book of Days*

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.

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Nordic Runes

Understanding, Casting, and Interpreting the Ancient Viking Oracle

Paul Rhys Mountfort

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.

978-0-89281-093-2 • \$16.99 pb • 288 pages, 6 x 9 • 29 b&w illustrations • e-book available



Dark Fleet

The Secret Nazi Space Program and the Battle for the Solar System

Len Kasten

"... *Dark Fleet* is deeply disturbing and essential reading."

—Michael Salla, Ph.D., founder of the Exopolitics Institute and author of *US Air Force Secret Space Program*

Kasten reveals in startling detail that 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 documents the U.S.-led resistance against the Dark Fleet.

978-1-59143-344-6 • \$16.00 pb • 240 pages, 6 x 9 • 16-page color insert and 25 b&w illustrations
e-book and audiobook available

Communicating with Plants

Heart-Based Practices for Connecting with Plant Spirits

Jen Frey / Foreword by Pam Montgomery

"Beautifully written . . . I literally couldn't put this book down. Every page holds treasures, insights, and a depth of plant wisdom that literally rocked my soul. . . . This book will light up your heart and the heart of the world."

—Rosemary Gladstar, author of *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide* and coeditor of *Planting the Future*

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.

978-1-59143-459-7 • \$24.00 pb • 352 pages, 6 x 9 • 19 b&w illustrations • e-book available



Water Alchemy Oracle

A 40-Card Deck and Guidebook

Alexandra Wenman / Illustrated by Aveliya Savina

"The Water Alchemy Oracle offers you daily guidance, inspiration, and healing for your multi-faceted inner waters of the body, mind, emotions, and spirit. . . . Alexandra Wenman's words combined with the wise, potent, and playful images of the artist Aveliya Savina, provide a sovereign path of aligned and magical living." —Danielle Rama Hoffman, author and channel of *The Magdalene Manifestation Cards*

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.

978-1-64411-730-9 • \$25.00 boxed set • 5 x 6.75 • Includes 40 full-color cards and 144-page guidebook



Breathe and Relax to Overcome Stress, Anxiety, Depression (CD)

Mary Heath

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.

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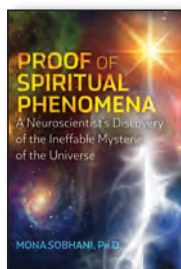
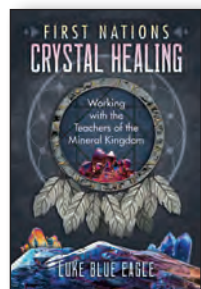
First Nations Crystal Healing

Working with the Teachers of the Mineral Kingdom

Luke Blue Eagle

With the permission of his elders and teachers, Luke Blue Eagle shares the therapeutic and spiritual uses of crystals as taught in the traditions of First Nations tribes. He explores the properties and healing use of 40 important crystals and stones and 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.

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Proof of Spiritual Phenomena

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

Mona Sobhani, Ph.D.

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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.

978-1-64411-499-5 • \$19.99 pb • 256 pages, 6 x 9 • 18 b&w illustrations • e-book and audiobook available

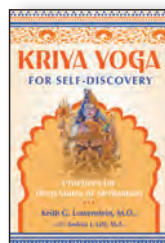
Kriya Yoga for Self-Discovery

Practices for Deep States of Meditation

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

Offering an accessible guide to Kriya yoga, Keith Lowenstein, M.D., explains the basic techniques of the practice step by step, detailing proper posture, breathwork exercises (pranayama), visualization practices, and mantra. He reveals how Kriya is a scientific art—if practiced consistently, it will allow you to quickly enter deep states of meditation.

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The Gentle Art of Spiritual Discernment

A Guide to Discovering Your Personal Path

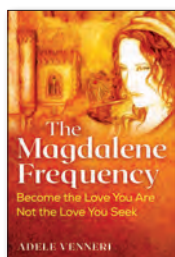
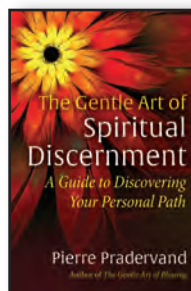
Pierre Pradervand / Foreword by Jonathan H. Ellerby, Ph.D.

"Pierre Pradervand is a spirituality author who walks every single step of his talk. That is what makes each one of his words, each of the ideas presented so impactful. Pierre's books are the fruits of his very life that he so generously shares with others."

—Olivier Clerc, author of *Healing the Wounds of the Heart* and *The Gift of Forgiveness*

This guide explores how to discover the practices that best correspond to your unique 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.

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The Magdalene Frequency

Become the Love You Are, Not the Love You Seek

Adele Venneri

Leading you on a step-by-step initiatory journey, Adele Venneri reveals how Mary Magdalene, or Myriam, is not a biblical myth, but an ancient frequency of the soul. Through ancestral knowledge, embedded with the frequency of Myriam, 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.

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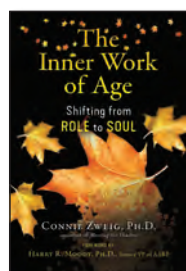
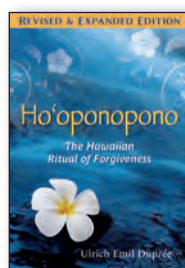
Hō'oponopono

The Hawaiian Ritual of Forgiveness

Ulrich E. Duprée

Hō'oponopono is the ancient Hawaiian method for transforming personal problems, resolving interpersonal conflicts, and healing the past through the power of forgiveness. At the core of Hō'oponopono are four magical sentences: I am sorry, Please forgive me, I love you, Thank you. Newly revised and expanded, this bestselling guide shares practical exercises and contemplations centered on Hō'oponopono to help you immediately create positive changes in your everyday life.

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Shifting from Role to Soul

Connie Zweig, Ph.D. / Foreword by Harry R. Moody, Ph.D.

"This valuable book will help you sort out what is important in life from what is a distraction. Getting old is a challenge, but it can be a joy." —Thomas Moore, New York Times bestselling author of *Care of the Soul*

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.

978-1-64411-340-0 • \$19.99 pb • 416 pages, 6 x 9 • e-book and audiobook available

Scripting the Life You Want

Manifest Your Dreams with Just Pen and Paper

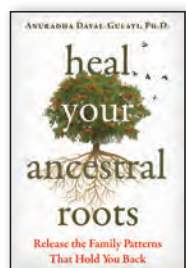
Royce Christyn / Foreword by Mitch Horowitz

"Don't just dream it—plan it. Royce Christyn's Scripting the Life You Want offers a system of strategies to figure out what you really want your life to become and how to make it happen."

—Ted Allen, Emmy Award winner and host of Food Network's *Chopped*

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Heal Your Ancestral Roots

Release the Family Patterns That Hold You Back

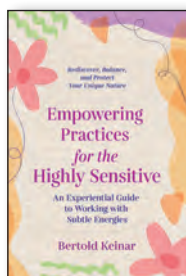
Anuradha Dayal-Gulati, Ph.D.

"A thoroughly engaging guide to gaining more contentment, fulfillment, and harmony in life. . . ."

—Dan Cohen, Ph.D., family constellation facilitator and author of *I Carry Your Heart in My Heart*

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.

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Empowering Practices for the Highly Sensitive

An Experiential Guide to Working with Subtle Energies

Bertold Keinar

"Bertold Keinar's guidebook is chock-full of timely information, explanations, and step-by-step practices for anyone who struggles with high sensitivities in daily life."

—Suzanne Worthley, energy healing practitioner, intuitive, and author of *An Energy Healer's Book of Dying*

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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Veneration Rites of Curanderismo

Invoking the Sacred Energy of Our Ancestors

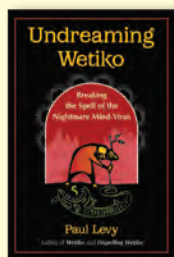
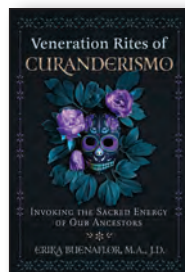
Erika Buenaflor, M.A., J.D. / Foreword by Luis J. Rodriguez

"This book not only helps us cultivate a walkable bridge between ourselves and our ancestors, it provides much-needed rituals around the important transitions of death, dying, and grief. Every practitioner interested in ancestral work, regardless of their cultural background, needs a copy of this book."

—J. Allen Cross, author of *American Brujeria*

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.

978-1-59143-496-2 • \$20.00 pb • 216 pages, 6 x 9 • Includes an 8-page color insert and 12 b&w illustrations • e-book and audiobook available



Undreaming Wetiko

Breaking the Spell of the Nightmare Mind-Virus

Paul Levy

"Provides a fascinating exploration of how to find the light that is hidden within the dark side of our human experience. Paul Levy offers one of the finest riffs on understanding the complexity of which we are composed and how to understand and work with it, thus lending new meaning and strategy to the evolutionary agenda." —Jean Houston, Ph.D., author of *The Possible Human*

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.

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Wetiko

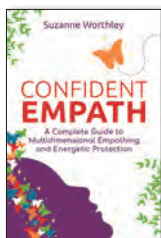
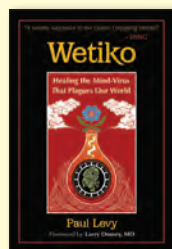
Healing the Mind-Virus That Plagues Our World

Paul Levy / Foreword by Larry Dossey, M.D.

"A worthy successor to the classic Dispelling Wetiko." —Sting

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.

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A Complete Guide to Multidimensional Empathing and Energetic Protection

Suzanne Worthley

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 empathizing to love-based empathy.

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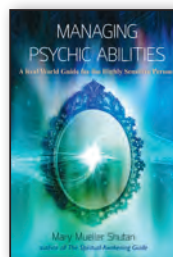
Managing Psychic Abilities

A Real World Guide for the Highly Sensitive Person

Mary Mueller Shutan

Approximately 20% of the population is sensitive or in some way psychic. 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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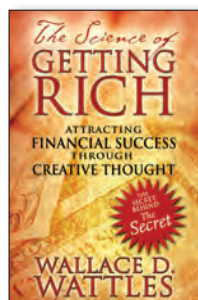
The Science of Getting Rich

Attracting Financial Success through Creative Thought

Wallace D. Wattles

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.

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Magdalene Manifestation Cards

Create Abundance through Love

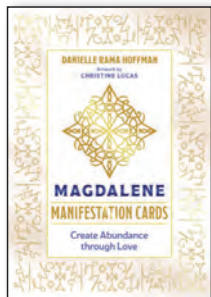
Danielle Rama Hoffman / Artwork by Christine Lucas

"A beautiful work, exquisitely crafted and one of the most wonderful decks I have worked with in a very long time. . . I'm so pleased to have the Magdalene Manifestation Cards. It's a lovely, wonderful gift for yourself or anyone you love."

—Maureen J. St. Germain, award-winning author of *Opening the Akashic Records*, *Waking Up in 5D*, and *Mastering Your 5D Self*

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.

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Sage, Huntress, Lover, Queen

Access Your Power and Creativity through Sacred Female Archetypes

Mara Branscombe

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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.

978-1-64411-793-4 • \$18.99 pb • 256 pages, 6 x 9 • 15 b&w illustrations • e-book and audiobook available

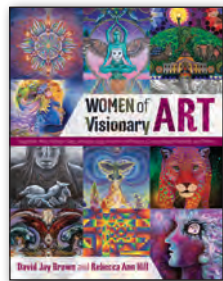


Women of Visionary Art

David Jay Brown and Rebecca Ann Hill

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.

978-1-62055-693-1 • \$50.00 hardcover • 384 pages, 8.5 x 11 • Full-color throughout • e-book available



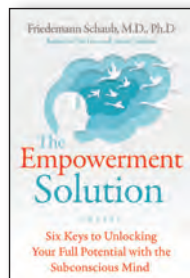
The Empowerment Solution

Six Keys to Unlocking Your Full Potential with the Subconscious Mind

Friedemann Schaub, M.D., Ph.D.

Our subconscious employs survival patterns to protect us from rejection, failure, and hurt. But these patterns 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.

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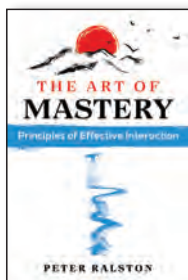
The Art of Mastery

Principles of Effective Interaction

Peter Ralston

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.

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Soul Dog: A Journey into the Spiritual Life of Animals by Elena Mannes / Foreword by Robert Thurman. An exploration of animal spirituality and the ability of animals to communicate with humans even in the afterlife.

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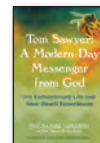
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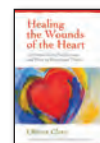
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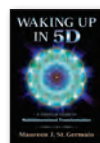
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Soulflower Plant Spirit Oracle

44-Card Deck and Guidebook

Lisa Estabrook

"Unique, inspiring, meditative, thought-provoking, Soulflower Plant Spirit Oracle: 44-Card Deck and Guidebook is a truly extraordinary and unreservedly recommended addition to personal and professional metaphysical and tarot studies collections." —Midwest Book Review

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.

978-1-64411-476-6 • \$30.00 boxed set, 5.25 x 7.5 • Includes 44 full-color cards and 176-page booklet



Tarot Life Lessons

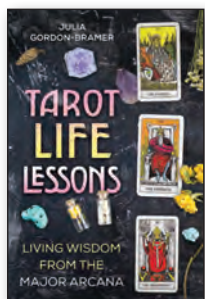
Living Wisdom from the Major Arcana

Julia Gordon-Bramer

"This is by far one the best books I've ever read on the tarot. Julia gives readers a rare glimpse into the inner world of a professional tarot reader. . . . Her insight and years of expertise will help you learn the symbolism contained within the tarot. . . ." —Shelley A. Kaehr, Ph.D., author of *The Goddess Discovered*

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.

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Essential Oils Oracle Cards

Wisdom and Guidance from 40 Healing Plants

Dennis Moeck / Illustrated by Ulrike Annyma Kern

With this 40-card oracle deck, Dennis Moeck and Ulrike Annyma Kern present a hands-on way to intuitively select essential oils for healing or connecting to a plant's spirit. Each full-color card 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.

978-1-64411-879-5 • \$18.99 boxed set, 4.5 x 6.5 • Includes 40 color cards and 16-page booklet

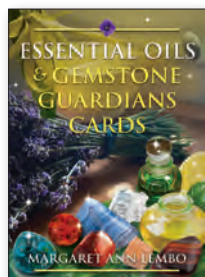


Essential Oils and Gemstone Guardians Cards

Margaret Ann Lembo

Bringing aromatherapy into partnership with crystals, this full-color deck presents a hands-on way to engage with the mineral and plant kingdom together. Specifically created to help you establish clear intentions, the 42 two-sided cards each show an essential oil and a vibrationally matching crystal, offering guidance and positive affirmations for your life. The accompanying booklet explores the botanical and therapeutic properties for each essential oil as well as how it is related to its corresponding gemstone.

978-1-64411-539-8 • \$19.99 boxed set • 4 x 5.5 • Includes 42 full-color cards and 160-page booklet



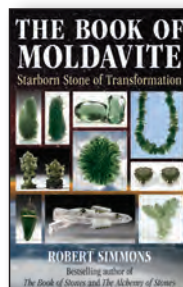
The Book of Moldavite

Starborn Stone of Transformation

Robert Simmons

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.

978-1-64411-912-9 • \$26.00 pb • 256 pages, 7 x 10.88 • Full-color throughout • e-book available



The Miracle Club

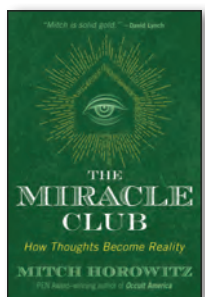
How Thoughts Become Reality

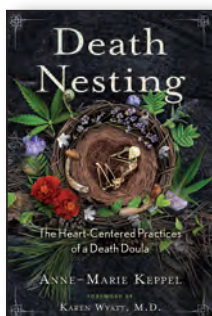
Mitch Horowitz

"For the clearest and most eminently rational description of exactly how to test the power of your thoughts, there is simply no better choice. . . ." —Dean Radin, Ph.D., author of *Real Magic*

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.

978-1-62055-766-2 • \$16.99 pb • 192 pages, 6 x 9 • 4 b&w illustrations • e-book available





Death Nesting

The Heart-Centered Practices of a Death Doula

Anne-Marie Keppel / Foreword by Karen Wyatt, M.D.

"Death Nesting is a compassionate manual on approaching death consciously—both our own death and the deaths of those we love. . . . Filled with love and spirit this is a book I will be recommending to my clients whether they are facing death or grieving the loss of a loved one."

—Salicrow, psychic medium and author of *Spirit Speaker*

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.

978-1-59143-482-5 • \$18.00 pb • 192 pages, 6 x 9 • e-book and audiobook available

An Energy Healer's Book of Dying

For Caregivers and Those in Transition

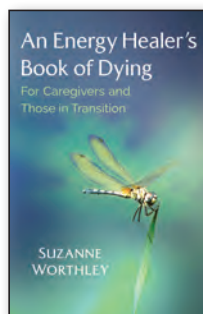
Suzanne Worthley

"Suzanne writes with the passion of one who has first-hand experience of having watched with the dying. . . . Suzanne, you have served us well in sharing your wisdom of death and dying."

—Phyllida Anam-Aïre, author of *A Celtic Book of Dying and Celtic Wisdom and Contemporary Living*

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.

978-1-64411-032-4 • \$14.99 pb • 176 pages, 5 x 7.75 • e-book and audiobook available



The Heart That Is Loved Never Forgets

Recovering from Loss: When Humans and Animals Lose Their Companions

Kaetheryn Walker

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.

978-0-89281-702-3 • \$14.99 pb • 160 pages, 6 x 9 • 10 b&w illustrations • e-book available

Spirit Marriage

Intimate Relationships with Otherworldly Beings

Megan Rose, Ph.D. / Foreword by Orion Foxwood

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 Shaktia Tantric, a West African Shrine Keeper, a New Orleans Voodoo Mambo, Haitian Vodou practitioners, and a ceremonial magician.

978-1-59143-415-3 • \$24.99 pb • 448 pages, 6 x 9 • e-book and audiobook available



The Fourteen Holy Helpers

Invocations for Healing and Protection

Christiane Stamm

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.

978-1-64411-469-8 • \$12.99 pb • 112 pages, 5.75 x 8.25 • e-book available

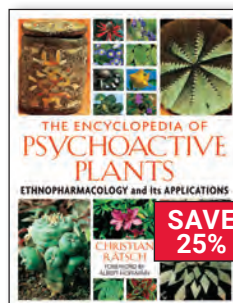
The Encyclopedia of Psychoactive Plants

Ethnopharmacology and Its Applications

Christian Rätsch / Foreword by Albert Hofmann

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 psychoactive plants.

978-0-89281-978-2 • \$125.00 **\$93.75** hardcover • 944 pages, 8.5 x 11 • 797 color photographs and 645 b&w illustrations • e-book available



Shamanic Reiki Drumming

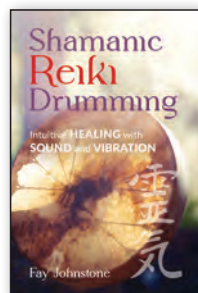
Intuitive Healing with Sound and Vibration

Fay Johnstone / Foreword by Carol Day

"Another beautifully written book by Fay Johnstone, full of insightful practices that bring reiki, drumming, and shamanism together. . . . I am looking forward to working with many of these wonderful practices and sharing them with others." —Lorna McLean, reiki master teacher and holistic practitioner

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.

978-1-64411-884-9 • \$19.99 pb • 208 pages, 6 x 9 • 10 b&w illustrations • e-book available



The Gift of the Night

A Six-Step Program for Better Sleep

Philip Carr-Gomm

"A must-read for all those who find good sleep elusive. Soundly based in contemporary sleep science—also a deeply practical approach." —Vivianne Crowley, psychologist and author of *Wicca*

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.

978-1-64411-929-7 • \$18.99 pb • 192 pages, 6 x 9 • e-book and audiobook available

New

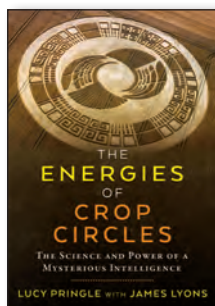
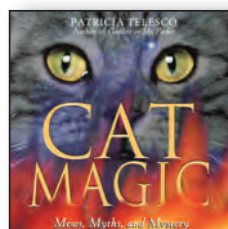
Cat Magic

Mews, Myths, and Mystery

Patricia Telesco

Mysterious and independent, cunning and fierce, gentle and affectionate, cats have charmed their way into our folklore, history, and art. Here is a fascinating tour of the different roles cats have played in human experience, with over 150 illustrations documenting the importance of cats in our mythology, totems, spells, and other rituals.

978-0-89281-774-0 • \$16.95 pb • 176 pages, 7 x 7 • 152 b&w illustrations



The Energies of Crop Circles

The Science and Power of a Mysterious Intelligence

Lucy Pringle with James Lyons

"This book is a must for everyone interested in crop circles. It is well researched and proposes some fascinating new ideas that are sure to grab the attention of both the scientific and paranormal research communities. Crammed with captivating information, it makes compulsive reading."

—Graham Phillips, author of *Wisdomkeepers of Stonehenge*

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.

978-1-62055-867-6 • \$29.99 pb • 256 pages, 6.63 x 9.5 • Full-color throughout • e-book available

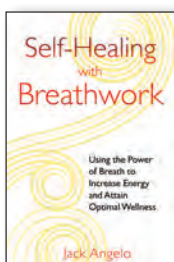
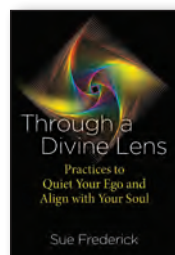
Through a Divine Lens

Practices to Quiet Your Ego and Align with Your Soul

Sue Frederick

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.

978-1-64411-732-3 • \$19.99 pb • 272 pages, 6 x 9 • e-book and audiobook available



Self-Healing with Breathwork

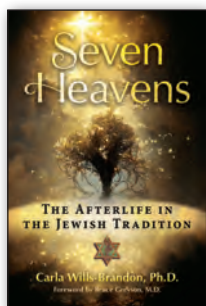
Using the Power of Breath to Increase Energy and Attain Optimal Wellness

Jack Angelo

"The exercises are easy to follow, very powerful, and go into the subject matter at a far deeper level than many other comparable books." —Roger Ford, executive director and cofounder of Healing in America

All effective healing begins with the breath, for our breath carries life force into the body. 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.

978-1-59477-481-2 • \$16.95 pb • 208 pages, 6 x 9 • 15 b&w illustrations • e-book available



Seven Heavens

The Afterlife in the Jewish Tradition

New

Carla Wills-Brandon, Ph.D. / Foreword by Bruce Greyson, M.D.

"Profound, well-researched, and elegantly written. . . . Seven Heavens demonstrates how Judaism has actually chronicled near-death experiences and after-death communication for thousands of years. It is destined to become an authoritative classic in the realm of near-death-experience literature."

—Mark Anthony, "The Psychic Lawyer" and author of *The Afterlife Frequency*

Examining afterlife theories from the ancient world and modern encounters, Carla Wills-Brandon, Ph.D., reveals references to Jewish mysticism and afterlife experiences in ancient Hebrew texts and shares profound stories from her clinical therapy practice to show how afterlife beliefs can heal destructive emotional patterns and ancestral trauma.

978-1-64411-815-3 • \$19.99 pb • 224 pages, 6 x 9 • e-book available

Soul Journey through the Tarot

Key to a Complete Spiritual Practice

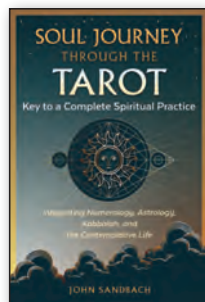
John Sandbach

"A syncretic synthesis of sources ranging from Kabbalah and Vedic philosophy to Gestalt therapy and Bach Flower Remedies—John Sandbach's exploration of the tarot is a multidimensional field guide to higher states of consciousness that will aid anyone embarking on a journey of self-discovery."

—Whit Griffin, author of *We Who Saw Everything*

In this guide, John Sandbach explores the deep interconnected meanings of each of the 78 cards of the Tarot and explains how to work with the cards for spiritual healing and growth as well as to synergistically learn other methods of spiritual insight, in particular numerology and astrology.

978-1-64411-709-5 • \$29.99 pb • 384 pages, 6 x 9 • 71 b&w illustrations • e-book available



The Sacred Herbs of Yule and Christmas

Remedies, Recipes, Magic, and Brews for the Winter Season

Ellen Evert Hopman / Foreword by Lucya Starza

"A festive hamper brimming over with magical and medicinal herbs found and used at Yule. A comprehensive guide to working magic and connecting with the energy of the season. Highly recommended." —Rachel Patterson, author of *A Witch for Every Season*

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.

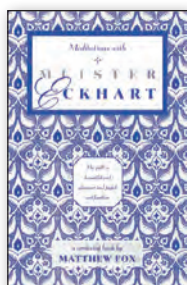
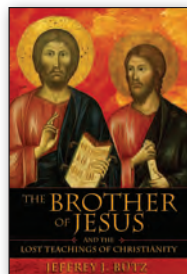
978-1-64411-780-4 • \$29.99 pb • 344 pages, 6 x 9 • Includes three 8-page color inserts • e-book available

The Brother of Jesus and the Lost Teachings of Christianity

Jeffrey J. Bütz

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 and concludes that James links Christianity, Judaism, and Islam and can serve to heal centuries of enmity.

978-1-59477-043-2 • \$16.99 pb • 240 pages, 6 x 9 • e-book available



Meditations with Meister Eckhart

Edited by Matthew Fox

Meister Eckhart was a 13th-century mystic and prophet, a declared heretic, and an early advocate of creation spirituality. This book of meditations reveals his simple path which demanded no gurus, no fanciful methods, no protracted exercises or retreats. He called it a "wayless way," adding that the person "who has found this way needs no other."

978-0-939680-04-7 • \$14.00 pb • 132 pages, 5.5 x 8.5 • e-book available

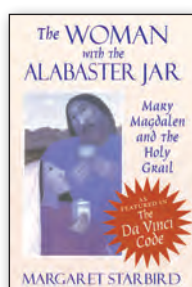
The Woman with the Alabaster Jar

Mary Magdalen and the Holy Grail

Margaret Starbird

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 Magdalen. 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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Ars Notoria: The Notory Art of Solomon

A Medieval Treatise on Angelic Magic and the Art of Memory

Translated and Introduced by Matthias Castle

"One of the lost treasures of medieval occultism, the *Ars Notoria* is a system of Solomonic angelic magic used by students and scholars to attain knowledge of the arts and sciences. Matthias Castle has done an exemplary job in translating the original texts..."

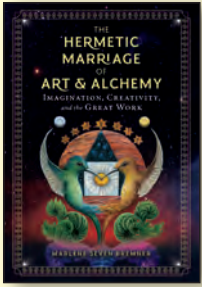
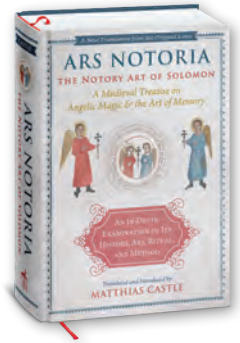
—John Michael Greer, author and co-translator of *The Illustrated Picatrix: The Occult Classic of Astrological Magic Complete in One Volume*

The 13th-century magical treatise *Ars Notoria* offers a secret account of the sacred angelic magic revealed to King Solomon. This new complete translation features both the short and long versions based on Julien Veronese's critical Latin edition and includes all of the original figures (*notae*), essential for inspection during ritual.

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Full-color throughout • e-book available

New



The Hermetic Marriage of Art and Alchemy

Imagination, Creativity, and the Great Work

Marlene Seven Bremner

"Marlene Bremner's *The Hermetic Marriage of Art and Alchemy* is an absolute must-read for anyone interested in the fascinating intersection of art and the occult. Marlene's knowledge and passion will captivate any reader, making this book an indispensable companion for those seeking to unlock the mysteries of the unseen." —Jason Louv, author of *John Dee and the Empire of Angels* and teacher at Magick.Me

Artist Marlene Seven Bremner reveals how alchemy offers a practical means for liberating the authentic creator within and attaining gnosis, or true self-knowledge. She explains how to work with and transmute alchemical energies for increased levels of insight, intuition, and imaginative expression and explores the rich and complicated symbolism of alchemical art.

978-1-64411-290-8 • \$40.00 hardcover • 376 pages, 7 x 10 • 8-page color insert and 46 b&w illustrations
e-book and audiobook available

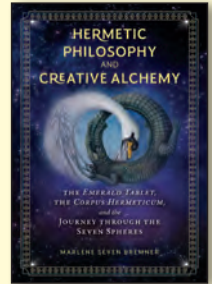
Hermetic Philosophy and Creative Alchemy

The Emerald Tablet, the Corpus Hermeticum, and the Journey through the Seven Spheres

Marlene Seven Bremner

Taking the reader on a Hermetic journey that speaks directly to the intuitive soul, Marlene Seven Bremner presents a profound synthesis of magical and occult teachings and an initiation into the alchemical opus that can awaken inner knowing and help you live a mystical, creative, and truly inspired life.

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The Alchemical Search for the Unified Field

Pythagorean, Hermetic, and Shamanic Journeys into Invisible and Ethereal Realms

R. E. Kretz

Inspired by alchemists of the past, R. E. Kretz explores the alchemical mechanics of the Philosophers' Stone and the Pythagorean transmigration of the soul. He explains how the Philosophers' Stone relates to the Third Eye and how to balance its energies to attain enlightenment through meditation and the synchronizing vibration of vocal mantras.

978-1-64411-782-8 • \$24.99 pb • 192 pages, 6 x 9 • Full-color throughout • e-book available

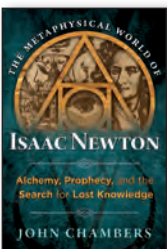
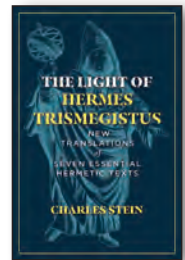
The Light of Hermes Trismegistus

New Translations of Seven Essential Hermetic Texts

Charles Stein

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.

978-1-64411-461-2 • \$50.00 hardcover • 352 pages, 6 x 9 • e-book and audiobook available



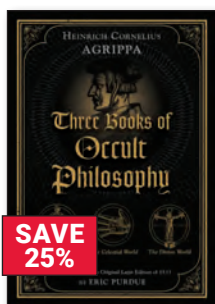
The Metaphysical World of Isaac Newton

Alchemy, Prophecy, and the Search for Lost Knowledge

John Chambers

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.

978-1-62055-204-9 • \$35.00 hardcover • 480 pages, 6 x 9 • e-book available



Three Books of Occult Philosophy

Heinrich Cornelius Agrippa / Translated with commentary by Eric Purdue

"Eric Purdue's fine new translation of H. C. Agrippa's Three Books of Occult Philosophy is a landmark edition of this essential work. . . . Agrippa's works are fundamental to the study of all branches and aspects of the tradition, and no esoteric book collection should be without this outstanding edition."

—Nigel Pennick, founder of the Institute of Geomantic Research and the Library of the European Tradition

Restoring all of the original illustrations and correcting the many mistranslations, copyist mistakes, and errors introduced from other editions, this 3-volume deluxe hardcover boxed set shares Agrippa's detailed explanation of the magical world, considered one of the most important texts in the Western magical tradition for nearly 500 years.

978-1-64411-416-2 • \$195.00 **\$146.25** • Three hardcover volumes in slipcase • 864 pages, 7 x 10
135 b&w illustrations • e-book available

Theurgy: Theory and Practice

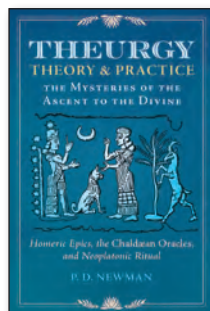
The Mysteries of the Ascent to the Divine

P. D. Newman

"[Newman's] argument is supported by the best contemporary scholarship on theurgy and on classical religion and philosophy. . . . Read this book for a fascinating exploration of theurgy over more than a millennium, from Homer to Proclus." —Bruce J. MacLennan, Ph.D., author of *The Wisdom of Hypatia*

In this detailed study, P. D. Newman shows how the Chaldean Oracles were written in Homeric Greek, and he explores the many theurgic themes and events in the *Odyssey* and the *Iliad*. He also analyzes the writings of Neoplatonists Porphyry and Proclus, showing how both describe the technical ritual practices of theurgy in Homeric terms.

978-1-64411-836-8 • \$40.00 hardcover • 224 pages, 6 x 9 • e-book available



Tales and Legends of the Devil

The Many Guises of the Primal Shapeshifter

Claude and Corinne Lecouteux

"What in cinema is called Loki, Darth Vader, and Maleficent are the same archetypes that populate these Old-World legends in which our forebears were brave enough to call their antihero by his name. With the very able hand of translator Jon E. Graham, the Lecouteuxs have created a forbidden feast."

—Mitch Horowitz, PEN Award-winning author of *Occult America* and *Uncertain Places*

Drawing on folk traditions from all over Europe, including Transylvanian Romania, Bulgaria, Albania, Switzerland, Italy, France, Scandinavia, Moravia, Bohemia, Lapland, and the Baltic countries, 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.

978-1-64411-685-2 • \$30.00 hardcover • 240 pages, 6 x 9 • 5 b&w illustrations • e-book available

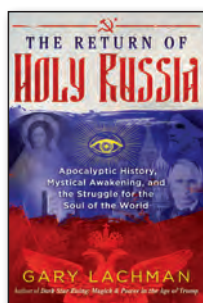
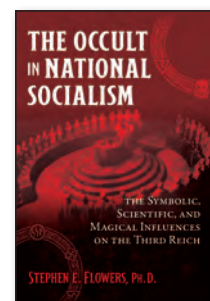
The Occult in National Socialism

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

Stephen E. Flowers, Ph.D.

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 new flowerings 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.

978-1-64411-574-9 • \$40.00 pb • 544 pages, 6 x 9 • 51 b&w illustrations
e-book and audiobook available



The Return of Holy Russia

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

Gary Lachman

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.

978-1-62055-810-2 • \$32.00 hardcover • 448 pages, 6 x 9 • e-book and audiobook available

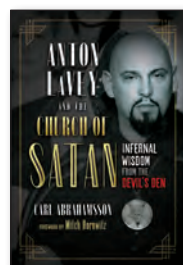
Anton LaVey and the Church of Satan

Infernal Wisdom from the Devil's Den

Carl Abrahamsson / Foreword by Mitch Horowitz

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?

978-1-64411-241-0 • \$24.99 pb • 392 pages, 6 x 9 • 8-page b&w insert • e-book and audiobook available





The Ancient Language of Sacred Sound: The Acoustic Science of the Divine by David Elkington / Forewords by Jean Houston and Robert Watts. Reveals the connections between the Earth's resonant frequencies, sacred sites, human consciousness, and the origins of religion.
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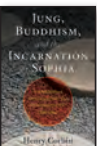
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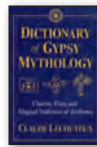
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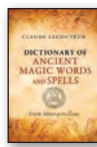
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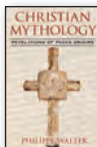
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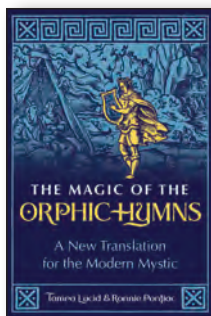
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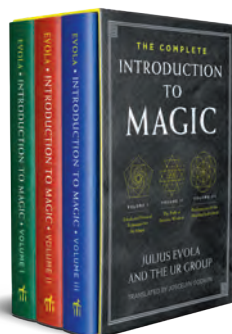
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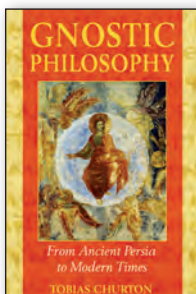
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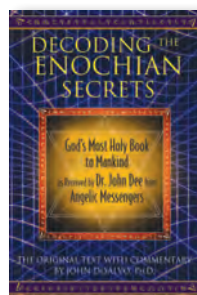
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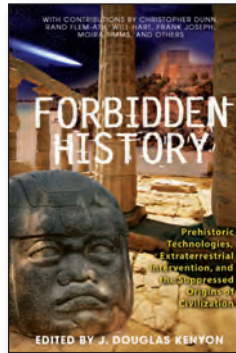
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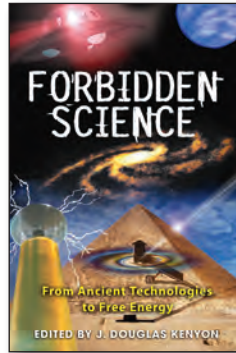
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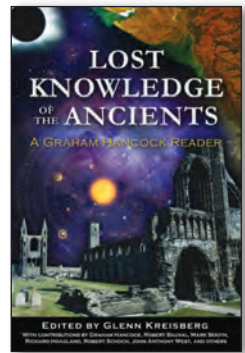
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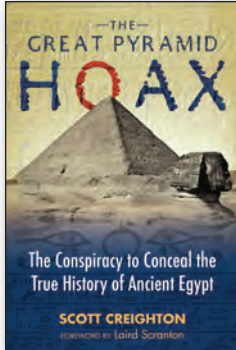
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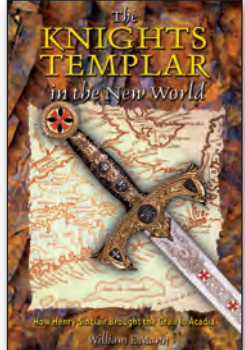
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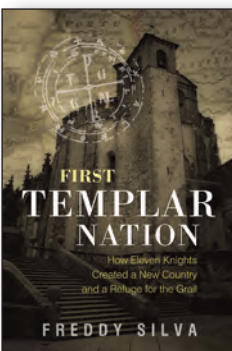
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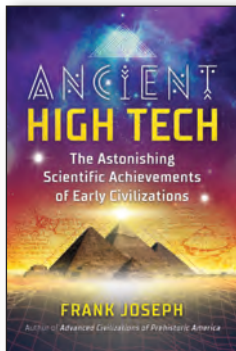
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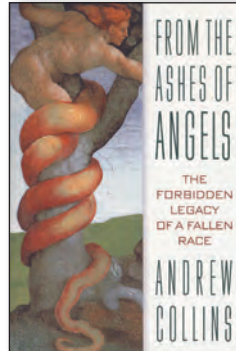
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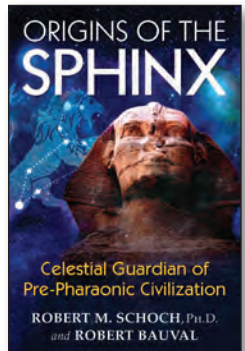
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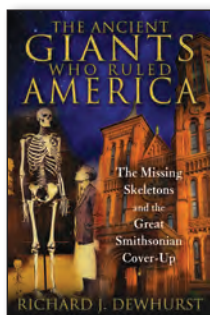
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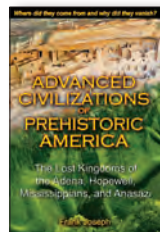
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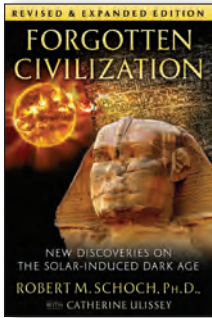
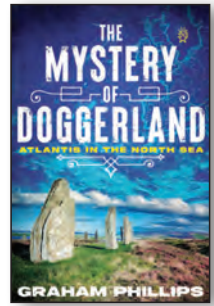
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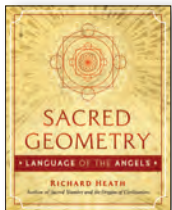
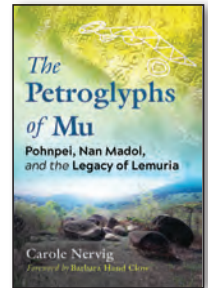
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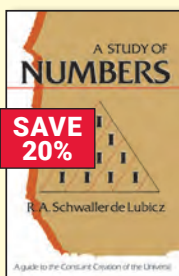
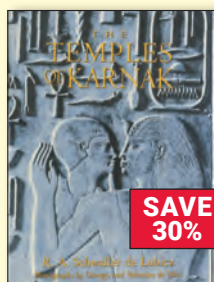
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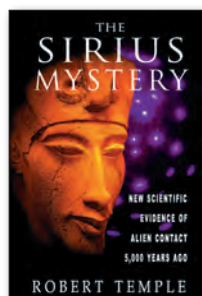
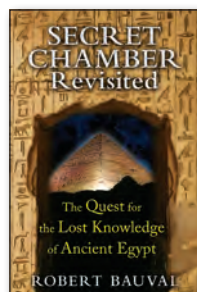
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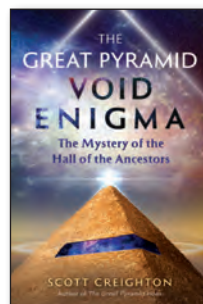
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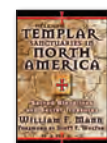
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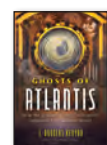
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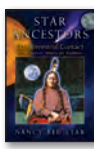
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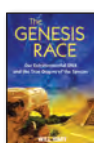
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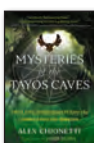
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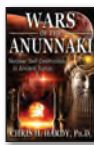
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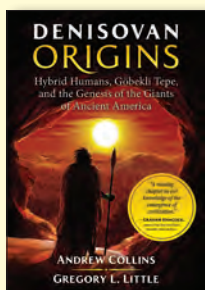
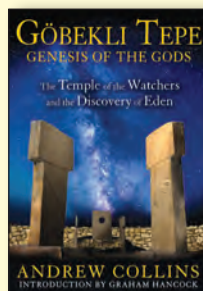
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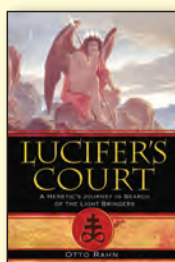
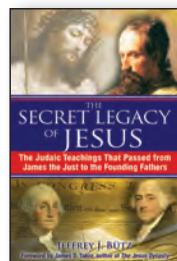
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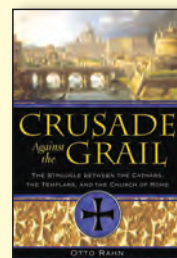
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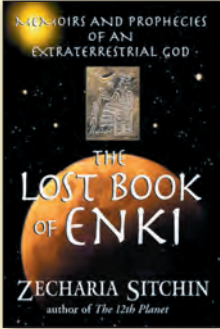
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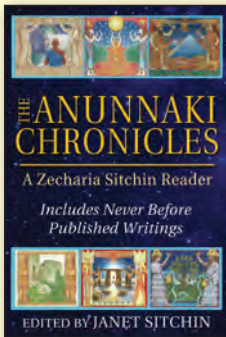
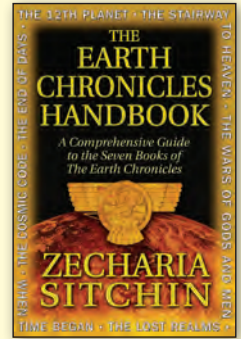
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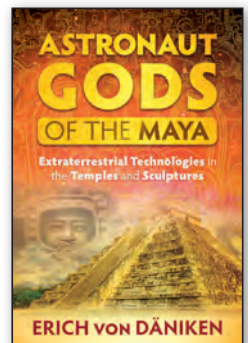
Erich von Däniken

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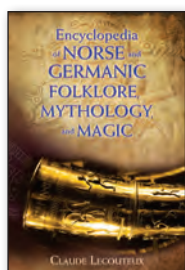
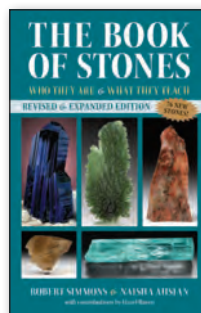
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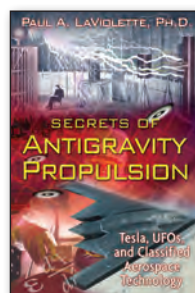
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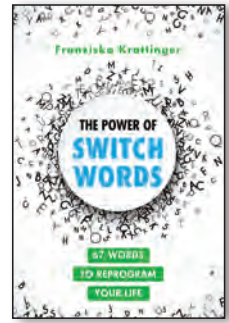
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67 Words to Reprogram Your Life

Franziska Krattinger

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Zecharia Sitchin and the Extraterrestrial Origins of Humanity

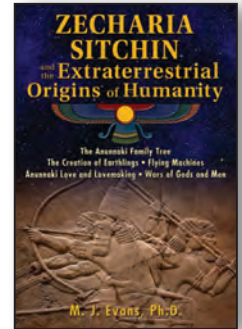
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"No other modern thinker has offered a more compelling, coherent, and influential explanation of humanity's origins than Zecharia Sitchin. Millions of people make sense of the human experience through the lens of his discoveries and findings. Now, thankfully, M. J. Evans has done us all the favor of distilling Sitchin's work into a very readable compendium. We should all be very grateful."

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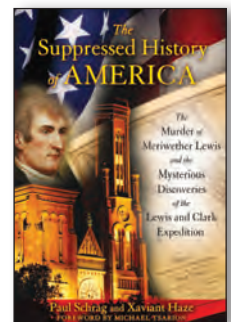
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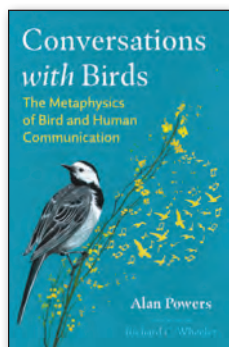
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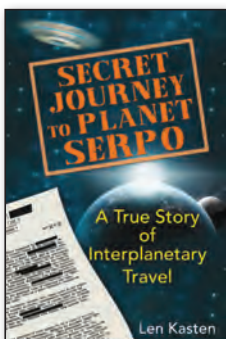
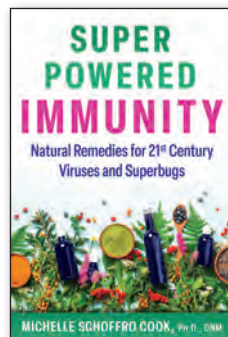
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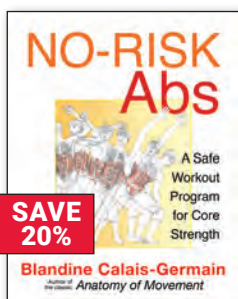
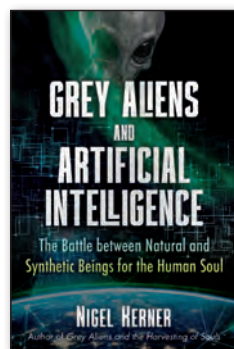
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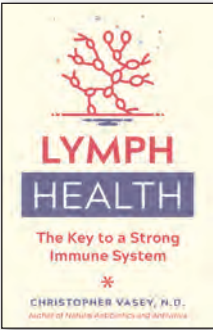
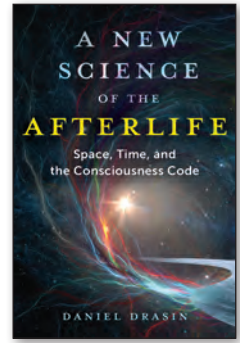
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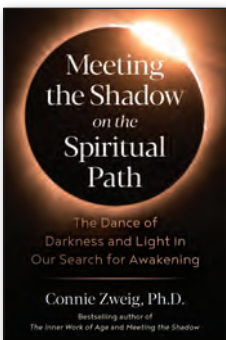
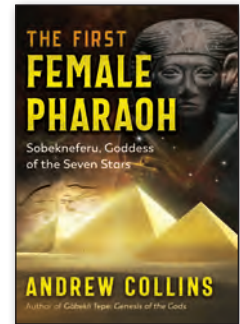
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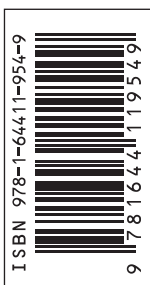




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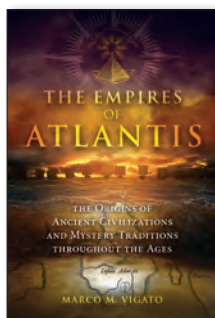
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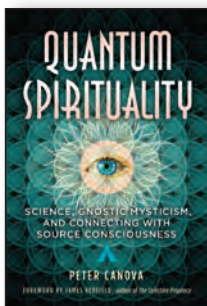
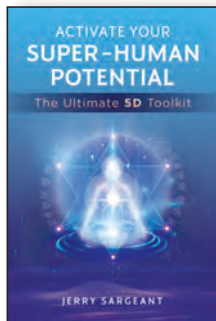
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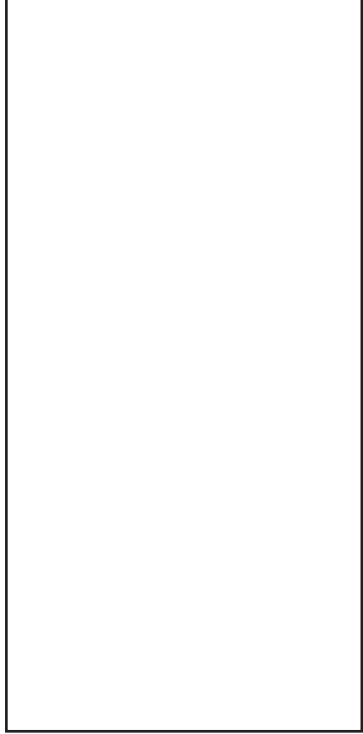
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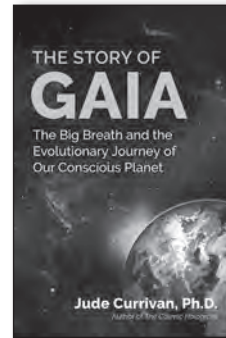
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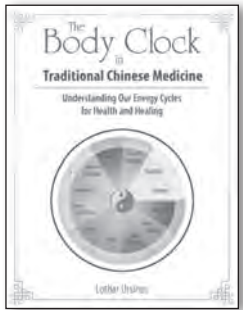
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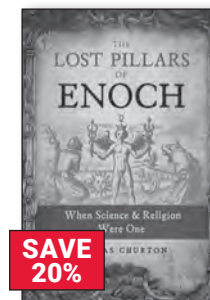
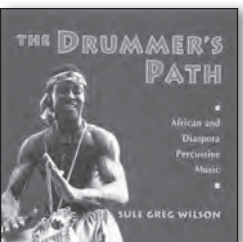
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