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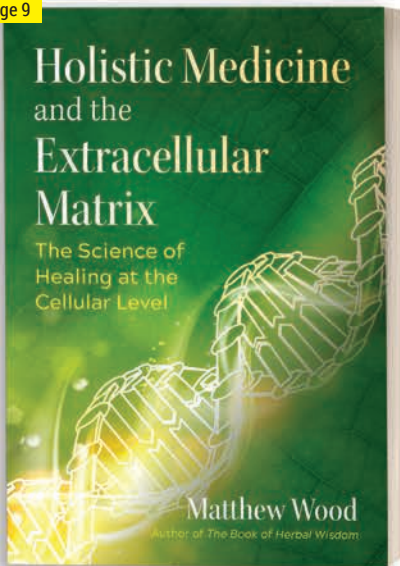
WINTER 2022 CATALOG

22 NEW TITLES • Selected Titles on Sale Through April 4, 2022

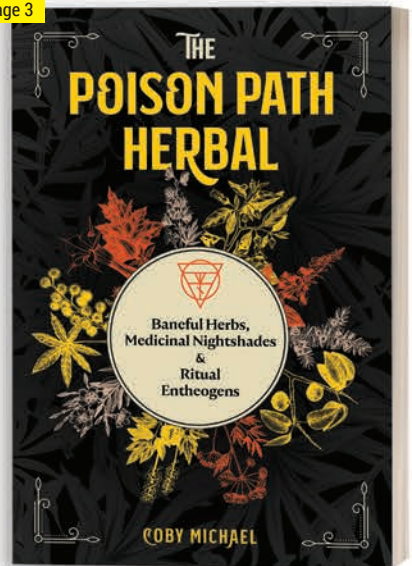
Resources for Good Health & Self-Care

See Health & Healing Books on pages 8 - 18

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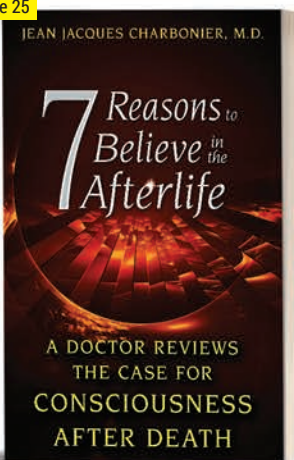


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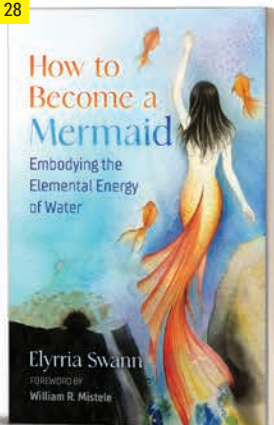


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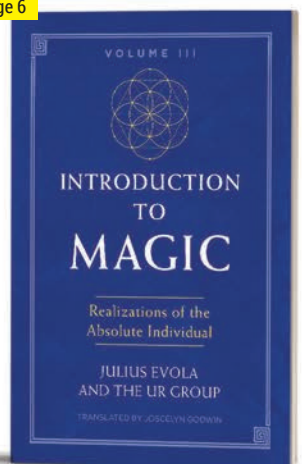
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Read the Wisdom!

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

With more than 1,900 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 Catalog 2022

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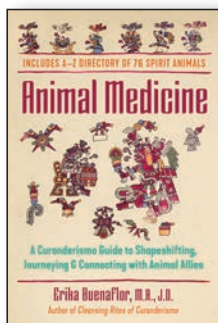
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Get to Know Us on Social!



Animal Medicine

A Curanderismo Guide to Shapeshifting, Journeying, and Connecting with Animal Allies

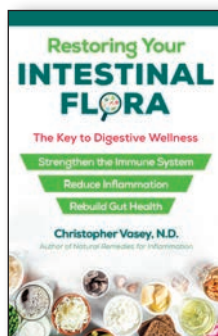
Erika Buenaflor, M.A., J.D.

"Animal Medicine is here to inspire us to discover and develop our own spiritual path, a path leading to the healing of our body, mind, and soul."

—Vera Lopez, coauthor of *Shamanic Mysteries of Peru*

In this guide, Erika Buenaflor explores the animal mythologies, spirit journeying techniques, and shapeshifting practices of ancient shamanic traditions and modern-day curanderismo. She includes an alphabetical guide to 76 animals, explaining each animal's spiritual gifts, shapeshifting medicine, the realm they are associated with, and their symbolic meaning when they appear in a dream or vision.

978-1-59143-411-5 • \$18.00 pb • 216 pages, 6 x 9 • 8-page color insert • e-book and audiobook available



Restoring Your Intestinal Flora

The Key to Digestive Wellness

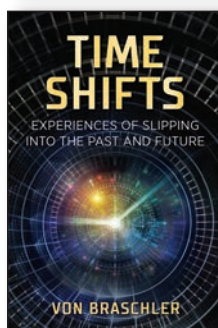
Christopher Vasey, N.D.

"The ancient healing traditions stated that all diseases could be traced back to improper digestion. . . . Heal your gut and watch your health return, slowly but surely. Read this book to find out how."

—Marianne Teitelbaum, author of *Healing the Thyroid with Ayurveda*

In this easy-to-follow guide, Christopher Vasey explains how to restore your microbiome after taking medications such as antibiotics and how to support your flora with prebiotics, probiotics, and simple changes in your eating and drinking habits. He examines the many functions of intestinal flora and their role in a healthy immune system.

978-1-64411-093-5 • \$14.99 pb • 144 pages, 5.38 x 8.25 • 3 b&w illustrations • e-book available



Time Shifts

Experiences of Slipping into the Past and Future

Von Braschler

"Time Shifts is a remarkable book, full of fascinating information on how time travel works and valuable exercises to help you experiment with alternate realities. . . . Highly recommended."

—Richard Webster, author of *Llewellyn's Complete Book of Divination*

With detailed accounts from people who report stepping out of normal time and space, Von Braschler examines what their stories have in common to establish the pattern behind how these time slips occur. He examines criticisms of and scientific support for this phenomenon, debunking claims that time slips are delusions or remembrances of past lives.

978-1-64411-239-7 • \$16.99 pb • 192 pages, 6 x 9 • e-book available

The Inner Work of Age

Shifting from Role to Soul

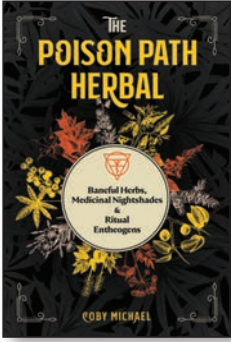
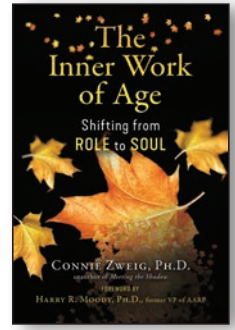
Connie Zweig, Ph.D. / Foreword by Harry R. Moody, Ph.D.

"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



The Poison Path Herbal

Baneful Herbs, Medicinal Nightshades, and Ritual Entheogens

Coby Michael

"THE book that witches have long been waiting for. . . an intense ride through the history and folklore of baneful plants, . . . it also thoroughly details their proper preparation and usage on both magical and mundane levels."

—Tara-Love-Maguire, coauthor of *Besom, Stang, and Sword*

Part grimoire and part herbal formulary, this guide to the Poison Path of occult herbalism shares history, lore, and practical information regarding the use of poisonous, consciousness-altering, and magical plants. Author Coby Michael explains how to work with baneful herbs through rituals and spells, as plant spirit familiars, as potent medicines, and as visionary substances.

978-1-64411-334-9 • \$19.99 pb • 256 pages, 6 x 9 • 35 b&w illustrations • e-book available

New

The Lost Pillars of Enoch

When Science and Religion Were One

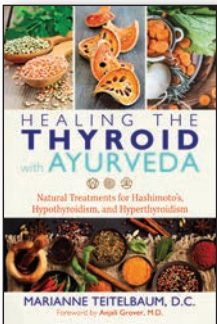
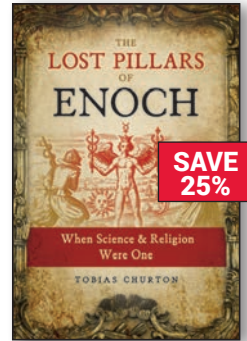
Tobias Churton

"Highly informative, eye-opening, and uplifting, this book takes you on a provocative journey to discover the roots of human knowledge and fills you with hope that we may one day regain our lost ancient heritage. . ."

—Joanna Gillian, chief editor of *Ancient Origins*

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

978-1-64411-043-0 • \$24.99 ~~\$18.74~~ pb • 336 pages, 6 x 9 • 77 b&w illustrations • e-book 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* and the *Textbook of Ayurveda* series

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

Denisovan Origins

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

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

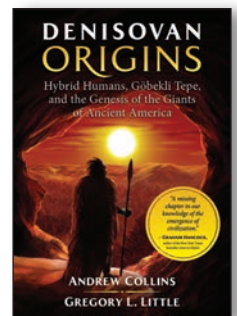
"Collins and Little are the perfect team to address one of humanity's greatest enigmas. . . From giant skeletons to the mysterious mound builders of ancient America, this team assembles the lost pieces of the human time line."

—Sidney D. Kirkpatrick, award-winning New York Times bestselling author

Trace the migrations of the Denisovan giants throughout the world, their cultural and technological influences, and their interbreeding with Neanderthals and early human populations in Asia, Europe, Australia, and the Americas more than 40,000 years ago.

978-1-59143-263-0 • \$24.00 pb • 432 pages, 6.63 x 9.5

Includes 16-page color insert and 91 b&w illustrations • e-book and audiobook 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 **\$87.50** hardcover • 944 pages, 8.5 x 11 • 797 color photographs and 645 b&w illustrations • e-book available

Kriya Yoga for Self-Discovery

Practices for Deep States of Meditation

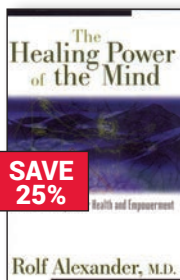
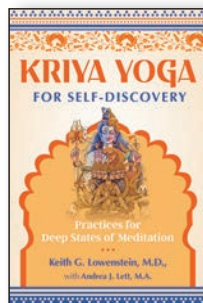
Keith G. Lowenstein, M.D., with Andrea J. Lett, M.A.

"This book is deliciously detailed, deep, and elegantly expressed. I cannot recommend it enough to anyone interested in learning Kriya yoga . . ."

—Eve Baumohl Neuhaus, author of *The Crazy Wisdom of Ganesh Baba*

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.

978-1-64411-218-2 • \$19.99 pb • 288 pages, 6 x 9 • 55 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 **\$9.71** pb • 128 pages, 5.38 x 8.25 • e-book available

Colloidal Silver

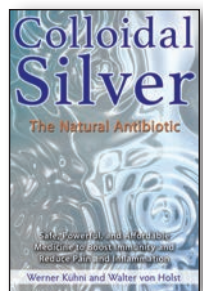
The Natural Antibiotic

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, PhD, 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



Updated Edition of *Protect Yourself from Electromagnetic Pollution by Using Crystals*

Crystal Protection from 5G and EMF Pollution

Barbara Newerla

This full-color guide to using crystals for EMF protection explains what electromagnetic pollution is, including the potential effects of 5G technology. The book explores in depth the use of 5 essential anti-electromagnetic pollution crystals and contains a directory of 35 healing crystals that offer support when we're experiencing electromagnetic stress.

978-1-64411-143-7 • \$9.99 pb • 80 pages, 4.5 x 6.5 • Full-color throughout • e-book available

Cultivating Your Microbiome

Ayurvedic and Chinese Practices for a Healthy Gut and a Clear Mind

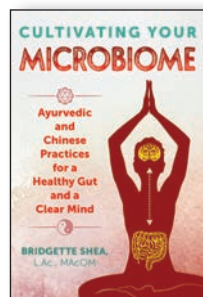
Bridgette Shea, L.Ac., MAcOM

"Finally! . . . The research cited throughout this book corroborates over and over what ancient doctors described in their texts thousands of years ago. A must-read."

—Marianne Teitelbaum, D.C., author of *Healing the Thyroid with Ayurveda*

Shea explores digestive functioning from the perspectives of Western science, Ayurveda, and traditional Chinese medicine, presenting herbal remedies, acupressure techniques, and dietary methods to restore balance to your gut flora.

978-1-62055-780-8 • \$16.99 pb • 240 pages, 6 x 9 • 7 b&w illustrations • e-book and audiobook available



The Hoodoo Tarot

78-Card Deck and Book for Rootworkers

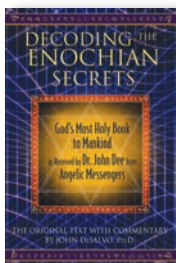
Tayannah Lee McQuillar / Artwork by Katelan V. Foisy

"I recommend that anyone—scholar or lay—who has interest in the practice of tarot and the complicated cosmos that it represents read this book."

—Stephen C. Finley, Ph.D., associate professor at Louisiana State University

Celebrating the complex American Rootwork tradition, each of the 78 cards of *The Hoodoo Tarot* depicts legendary rootworkers past and present as well as important Hoodoo symbolism. The accompanying guidebook provides in-depth meanings for each card, sharing the history of the rootworker or symbol featured, any associated magical plants, and guidance based on the card's meaning.

978-1-62055-873-7 • \$35.00 boxed set, 6 x 9 • Includes 160-page book and 78 full-color cards



Decoding the Enochian Secrets

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

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

The Book of Enoch was rejected from the Old Testament canon because of its mysterious record of Enoch's experiences in the higher realms. In 1580, this set of mystical tables was conveyed again by angels directly to Dr. John Dee, the astrologer of Queen Elizabeth I. This book includes the correct phonetic pronunciations of the magical Enochian Calls, written by Dee in the margins of his record.

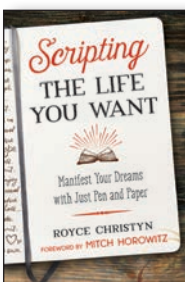
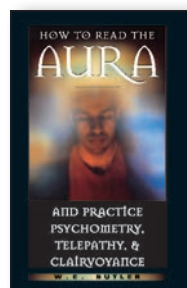
978-1-59477-364-8 • \$24.99 hardcover • 240 pages, 6 x 9 • 100 b&w illustrations • e-book available

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.

978-0-89281-705-4 • \$14.95 pb • 240 pages, 5 x 7.75



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*

In this step-by-step guide, filled with success stories and practical exercises, Royce Christyn details a simple yet extremely effective "scripting" process for harnessing the Law of Attraction and manifesting what you want in your life.

978-1-64411-019-5 • \$16.99 pb • 224 pages, 6 x 9 • 43 b&w illustrations • e-book and audiobook available

Ancient High Tech

The Astonishing Scientific Achievements of Early Civilizations

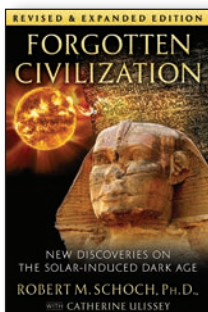
Frank Joseph

"Joseph once again shows why he is a leading expert on ancient civilizations with this impressive book backed up by plenty of evidence." —David P. Jones, editor and director of *New Dawn* magazine

Exploring the advanced technology, science, and medicine achieved by ancient civilizations hundreds and thousands of years ago—some of which has yet to be reproduced today—Frank Joseph examines countless examples of ancient high tech.

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Revised and Expanded Edition

Forgotten Civilization

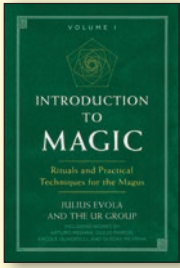
New Discoveries on the Solar-Induced Dark Age

Robert M. Schoch, Ph.D., with Catherine Ulissey

"Schoch is a true scientist, following the data wherever it leads, heedless of political pressures or worn-out paradigms." —Joscelyn Godwin, author of *Atlantis and the Cycles of Time*

In this new edition, geologist Robert Schoch builds upon his revolutionary theory that the origins of the Sphinx date back much further than 2500 BCE and examines scientific evidence of the catastrophe that destroyed early high culture nearly 12,000 years ago.

978-1-64411-292-2 • \$24.99 pb • 560 pages, 6 x 9 • Includes 16-page color insert and 38 b&w illustrations • e-book and audiobook available



Introduction to Magic, Volume I

Rituals and Practical Techniques for the Magus

Julius Evola and The UR Group

For the first time in English, this classic Italian text collects the rites, practices, and esoteric knowledge of the powerful and mysterious UR Group for the use of aspiring magus. Included here are instructions for creating an etheric double, speaking words of power, and interacting with entities, as well as translations of arcane texts.

978-0-89281-624-8 • \$24.95 pb • 416 pages, 6 x 9 • e-book available

Introduction to Magic, Volume II

The Path of Initiatic Wisdom

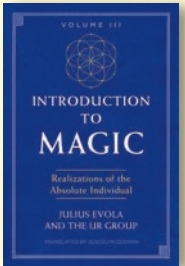
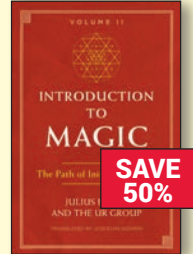
Julius Evola and The UR Group / Foreword by Hans Thomas Hakl

"A dazzling and interesting, but very dangerous, author . . ."

—Hermann Hesse, author of *Siddhartha*

Drawing from mystery traditions throughout history, this book contains authentic initiatic wisdom, magical rituals, and spiritual exercises collected by Julius Evola and the UR Group, including instructions for creating the diaphanous body of the Opus magicum, establishing initiatic consciousness after death, and the construction of magical chains (the enchained awareness of initiates).

978-1-62055-717-4 • \$29.99 \$15.00 pb • 448 pages, 6 x 9 • 2 b&w illustrations • e-book available



Introduction to Magic, Volume III

Realizations of the Absolute Individual

Julius Evola and The UR Group / Translated by Joscelyn Godwin

This third—yet stand-alone—volume of writings from the UR Group explores “magic” that centers on an active and affirmative attitude toward individual development, handed down from a primordial tradition and discernable in alchemy, Hermetism, esoteric religious doctrines, indigenous practices, Tantra, Taoism, Buddhism, Vedanta, and the pagan mysteries of the West.

978-1-62055-719-8 • \$29.99 pb • 464 pages, 6 x 9 • 3 b&w illustrations • e-book available

Grandmother Ayahuasca

Plant Medicine and the Psychedelic Brain

Christian Funder

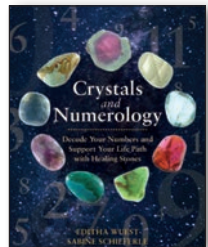
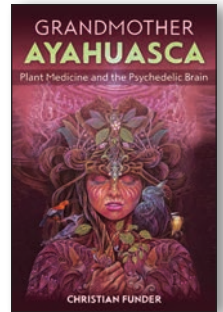
"A unique and important contribution to the field of ayahuasca literature. It is far reaching and poetic in its approach to the mysteries of this powerful plant medicine."

—Rachel Harris, Ph.D., author of *Listening to Ayahuasca: New Hope for Depression, Addiction, PTSD, and Anxiety*

Christian Funder examines how ayahuasca affects the brain from a neuroscientific perspective. Exploring ayahuasca's immense therapeutic potential, he shares interviews with people who have experienced ayahuasca's powerful “spirit doctor” effects and also details his own revolutionary ayahuasca healing journey.

978-1-64411-235-9 • \$19.99 pb • 264 pages, 6 x 9 • Includes 8-page color insert

e-book and audiobook available



Crystals and Numerology

Decode Your Numbers and Support Your Life Path with Healing Stones

Editha Wuest and Sabine Schieferle

This full-color guide shows how to calculate your personal numbers and work with the healing energies of gemstones to unfold the full potential your numbers reveal. The authors describe which crystals resonate most with each number's energy and offer affirmations, meditations, and crystal healing techniques.

978-1-64411-273-1 • \$16.99 pb • 160 pages, 5.75 x 7.5 • e-book available

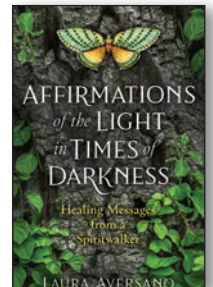
Affirmations of the Light in Times of Darkness

Healing Messages from a Spiritwalker

Laura Aversano

In this collection of inspired prayers and powerful affirmations, the author actively transmits her healing wisdom and spiritual support. Addressing trauma, depression, grief, anger, and revelation, her words awaken individual spiritual paths and provide solace and protection, leaving you forever transformed, initiated into the spiritual path of light, even in times of darkness.

978-1-64411-271-7 • \$14.99 pb • 192 pages, 5.38 x 8.25 • e-book available



Enlightened Dog Training

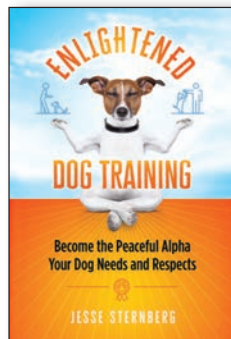
Become the Peaceful Alpha Your Dog Needs and Respects

Jesse Sternberg

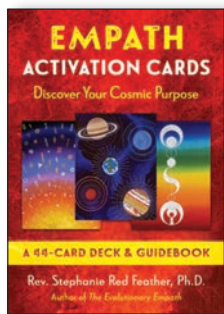
"In Enlightened Dog Training, Jesse Sternberg teaches us that through increasing our awareness and expanding our consciousness, we can become the peaceful partners our dogs have been seeking." —Lynn McKenzie, animal intuitive and author of *Bark, Neigh, Meow: Awaken to the Transformative Wisdom of Your 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 available



New



Empath Activation Cards

Discover Your Cosmic Purpose

Rev. Stephanie Red Feather, Ph.D.

"Filled with deep spiritual wisdom as well as wonderful guidance and tools, these cards offer numerous and inspiring pathways to open to our higher dimensional frequencies and to more fully activate our light bodies." —don Oscar Miro-Quesada Solevo, author of *Healing Light*

Presenting high-vibration messages, these oracle cards act as a cosmic mission activation launch sequence, helping you in the next steps of your soul purpose. The guidebook explains the meaning and message of each card and includes a ritual activity to help you engage more deeply and experientially with the message.

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Revised edition

Medicine and Miracles in the High Desert

My Life among the Navajo People

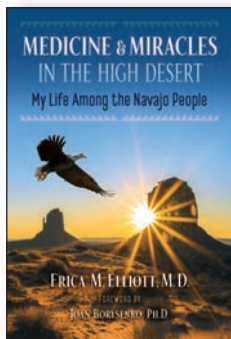
Erica M. Elliott, M.D. / Foreword by Joan Borysenko, Ph.D.

"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*

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New



Aleister Crowley in England

The Return of the Great Beast

Tobias Churton

"Tobias Churton gives the deluxe treatment to Aleister Crowley's often-overlooked final years. . . . Crowley beguiles and endures to the very end."

—Richard Kaczynski, author of *Perdurabo: The Life of Aleister Crowley*

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

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Love, God, and Everything

Awakening from the Long, Dark Night of the Collective Soul

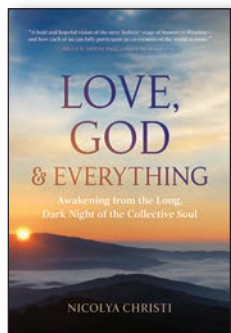
Nicolya Christi

"Nicolya Christi offers readers a remarkable opportunity to move beyond misperceived limitations and write new empowering stories for themselves, their children, and the world."

—Bruce Lipton, Ph.D., author of *The Biology of Belief*

In this sweeping exploration of love, consciousness, and awakening, Nicolya Christi explores how to consciously evolve, heal our generational trauma, and awaken to the amazing potential we each hold for transformation. Examining what consciousness is, she shares unique maps and models for psycho-spiritual integration, spiritual awakening, and evolving consciousness.

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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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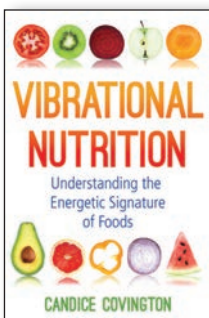
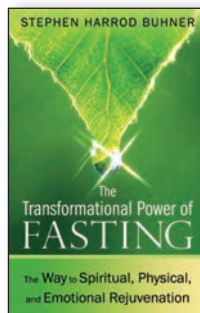
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The Way to Spiritual, Physical, and Emotional Rejuvenation

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.

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Vibrational Nutrition

Understanding the Energetic Signature of Foods

Candice Covington

"Vibrational Nutrition is a joy to explore. You will learn to develop your sixth sense about food with Candice Covington as your mystical guide to the edible plant kingdom. . . . What a delicious delight!"

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In this hands-on guide, Candice Covington explores the vibrational signatures of the foods we eat and how they influence our behaviors and spirit. She details the energetic and spiritual qualities of more than 400 common foods, drinks, and seasonings. She also includes recipes with their energetic interpretations.

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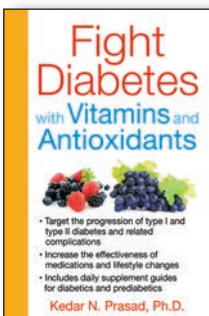
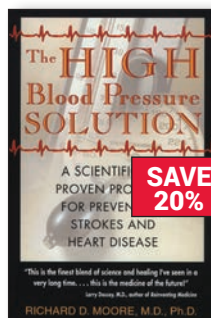
The High Blood Pressure Solution

A Scientifically Proven Program for Preventing Strokes and Heart Disease

Richard D. Moore, M.D., Ph.D.

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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Fight Diabetes with Vitamins and Antioxidants

Kedar N. Prasad, Ph.D.

The proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of medical treatments for both type I and type II diabetes and can help prevent onset in those who are prediabetic. This book provides an easy-to-follow daily supplement regime, in multiple age groups, that targets free radical damage and cell injury using vitamins and antioxidants in synergistic combinations.

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

Emma Mardlin, PhD

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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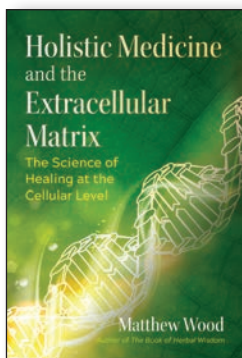
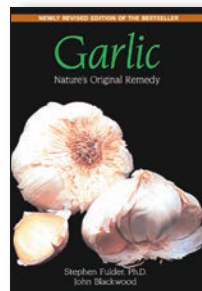
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Nature's Original Remedy

Stephen Fulder, Ph.D., and John Blackwood

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Matthew Wood

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New

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Herbal Remedies for Glowing Health and Well-Being

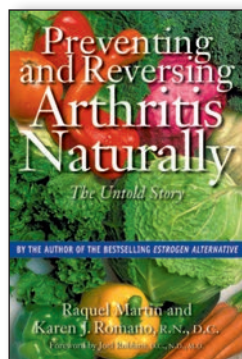
Maria Treben

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.

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The Untold Story

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A Program for Resetting Your Metabolism

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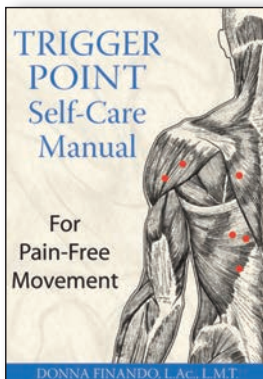
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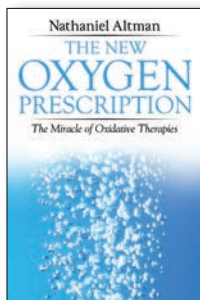
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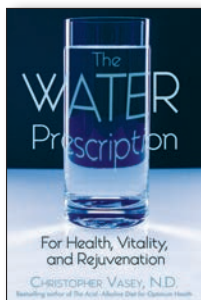
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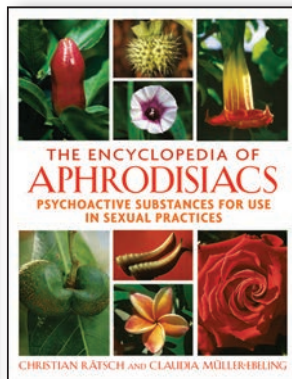
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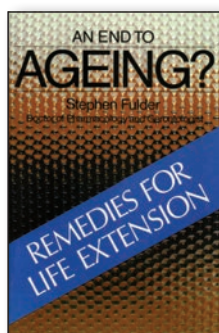
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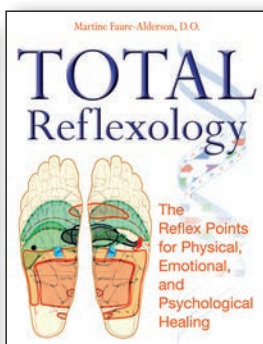
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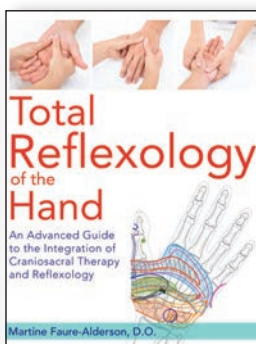
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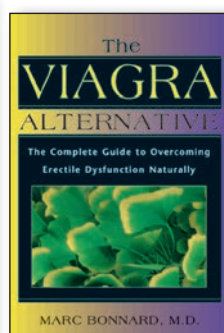
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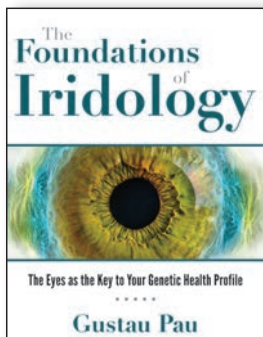
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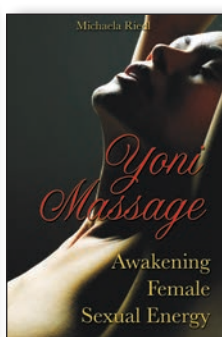
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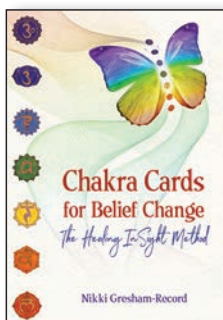
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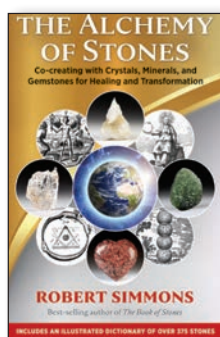
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How to Power Your Body and Brain with Healthy Energy

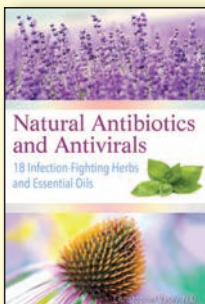
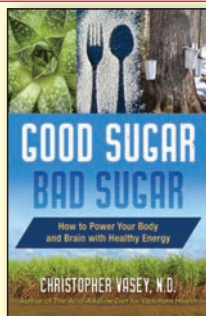
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"This book is a wonderful gem when it comes to understanding that sugar is the critical factor in determining all health, from weight control and diabetes reversal to avoiding and healing cancer."

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18 Infection-Fighting Herbs and Essential Oils

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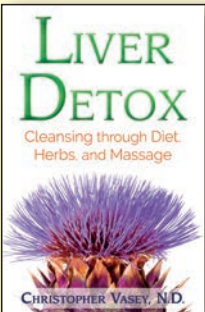
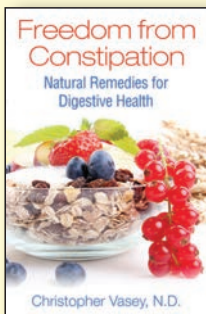
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Natural Remedies for Digestive Health

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Cleansing through Diet, Herbs, and Massage

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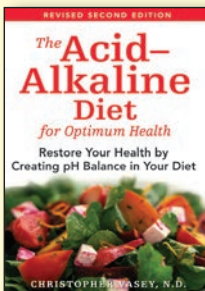
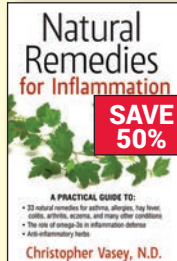
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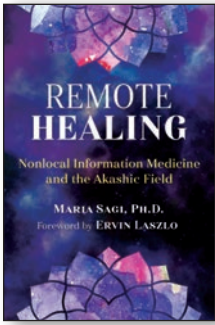
The Acid-Alkaline Diet for Optimum Health

Restore Your Health by Creating pH Balance in Your Diet

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Maria Sagi, Ph.D. / Foreword by Ervin Laszlo

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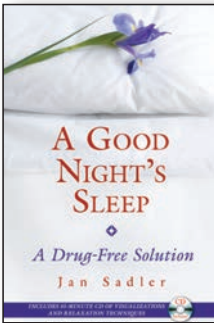
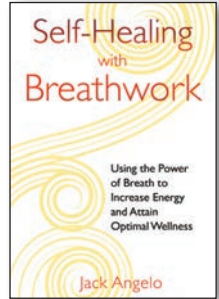
Jack Angelo

"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

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A Drug-Free Solution

Jan Sadler



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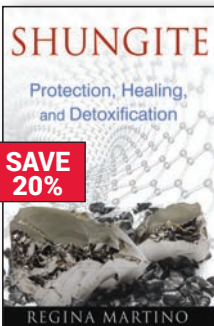
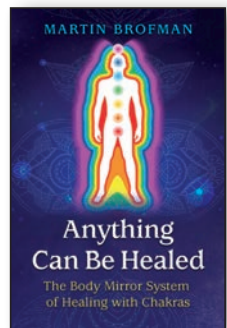
Anything Can Be Healed

The Body Mirror System of Healing with Chakras

Martin Brofman / Foreword by Anna Parkinson

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Regina Martino

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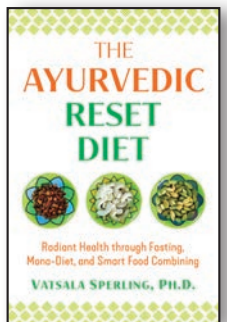
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Radiant Health through Fasting, Mono-Diet, and Smart Food Combining

Vatsala Sperling, Ph.D.

In this easy-to-follow guide to Ayurvedic dietary resets, Vatsala Sperling, Ph.D., details how to rest and gently cleanse your digestive system, lose extra pounds, and reboot your body and mind with the Ayurvedic techniques of fasting, mono-diets, and food combining.

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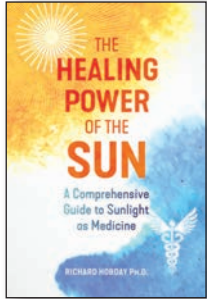
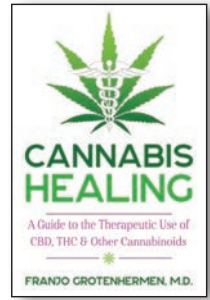
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A Guide to the Therapeutic Use of CBD, THC, and Other Cannabinoids

Franjo Grotenhermen, M.D.

In this authoritative yet practical guide to the healing properties of cannabis and cannabinoids such as THC and CBD, Franjo Grotenhermen, M.D., explores how to use these substances safely and effectively to treat a wide range of physical, neurological, and emotional conditions. He offers a complete discussion of safe use, possible side effects, contraindications, and precautions, including during pregnancy and chemotherapy.

978-1-62055-831-7 • \$19.99 pb • 240 pages, 6 x 9 • 24 b&w illustrations • e-book available



The Healing Power of the Sun

A Comprehensive Guide to Sunlight as Medicine

Richard Hobday, Ph. D.

"This is such a potent and timely book, advocating the life-giving, health enhancing benefits of pure, neat sunshine." –Michael Hawkins, counselor, in National Health Service (UK) and private practice

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.

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New

The Humming Effect

Sound Healing for Health and Happiness

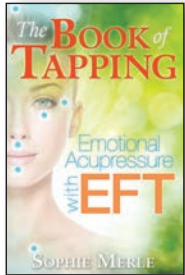
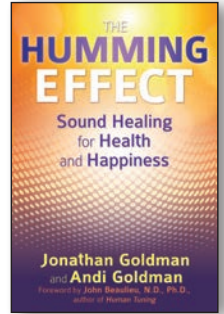
Jonathan Goldman and Andi Goldman / Foreword by John Beaulieu, N.D., Ph.D.

"Highly recommended for all those impacted by the stress of the modern world."

–Bruce H. Lipton, Ph.D., bestselling author of *The Biology of Belief*

Jonathan and Andi Goldman show how humming affects us on a physical level, reducing stress, enhancing sleep, and lowering heart rate and blood pressure producing powerful neurochemicals such as oxytocin, the "love" hormone. They also examine humming as a sonic yoga technique and its role in many world traditions.

978-1-62055-484-5 • \$14.95 pb • 144 pages, 6 x 9 • 9 b&w illustrations • e-book and audiobook available



The Book of Tapping

Emotional Acupressure with EFT

Sophie Merle

Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order.

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The Corona Transmissions

Alternatives for Engaging with COVID-19—from the Physical to the Metaphysical

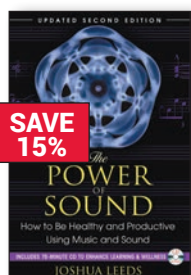
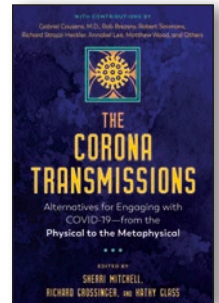
Edited by Sherri Mitchell, Richard Grossinger, and Kathy Glass

"This diverse collection of writers, poets, philosophers, physicians, scientists, psychologists, herbalists, homeopaths, and healers bring light to the shadow of this pandemic."

–Dana Ullman, MPH, CCH, author of *The Homeopathic Revolution*

Exploring a broad spectrum of new perspectives on COVID-19, from the physical to the metaphysical, from ecological to political, from apocalyptic to proto-utopian, and from scientific facts and health tips to imaginings, visionings, poems, and awakenings, this anthology offers an antidote to mainstream speculation and a new vision of the way forward.

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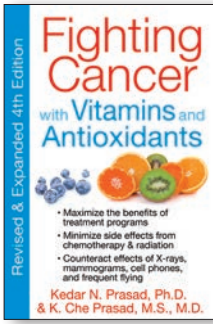
How to Be Healthy and Productive Using Music and Sound

Joshua Leeds

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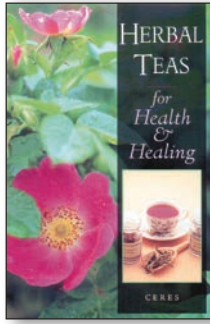
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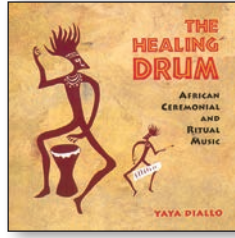
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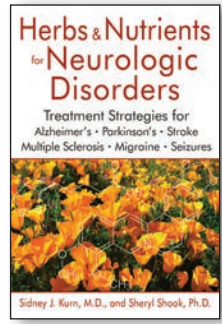
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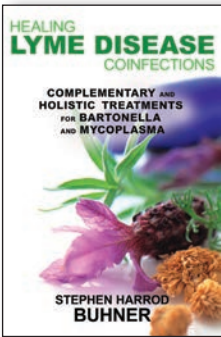
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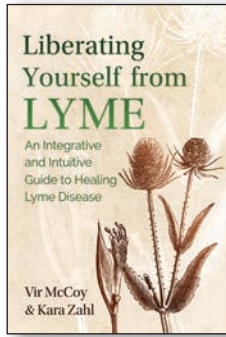
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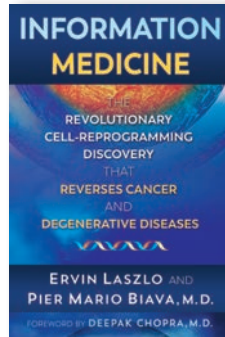
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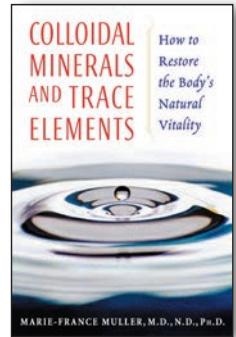
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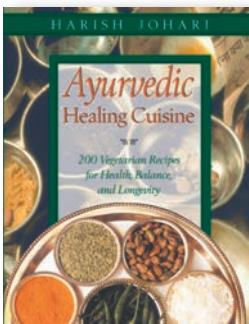
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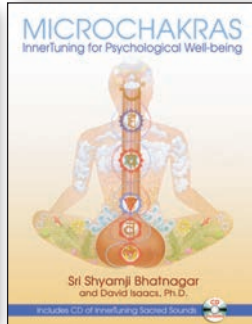
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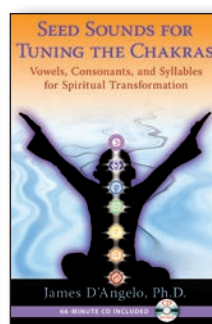
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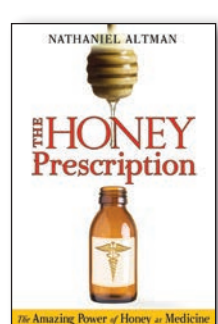
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Tuning the Human Biofield

Healing with Vibrational Sound Therapy

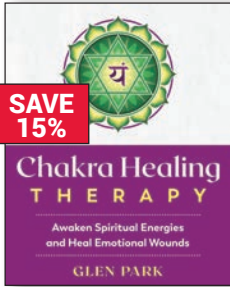
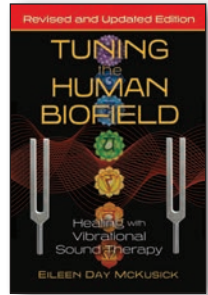
Eileen Day McKusick

"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."

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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.

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Chakra Healing Therapy

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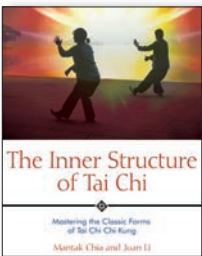
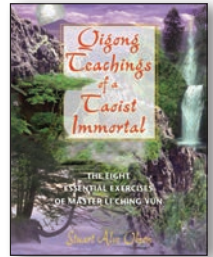
Qigong Teachings of a Taoist Immortal

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.

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978-1-59477-058-6 • \$19.95 pb • 264 pages, 8 x 10 • 245 b&w illustrations • e-book available

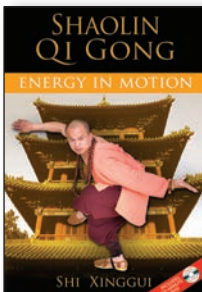
Jin Shin Healing Touch

Quick Help for Common Ailments

Tina Stümpfig

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.

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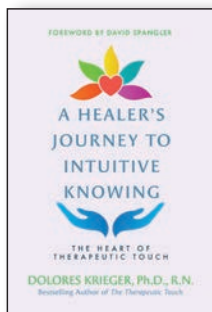
Energy in Motion

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.

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Teachings of the Kashmiri Mahamudra Tradition

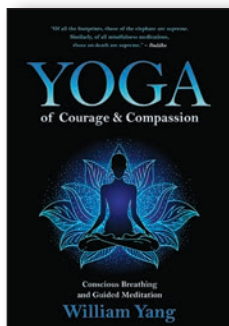
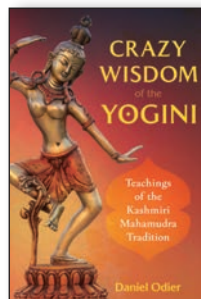
Daniel Odier

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

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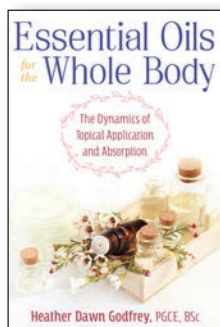
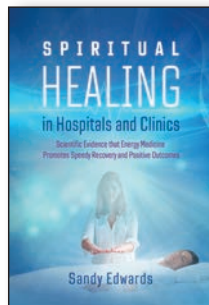
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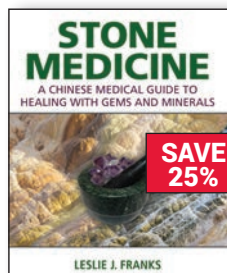
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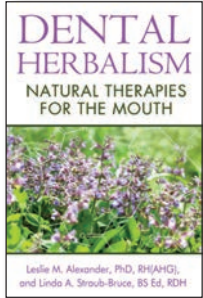
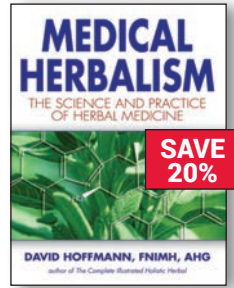
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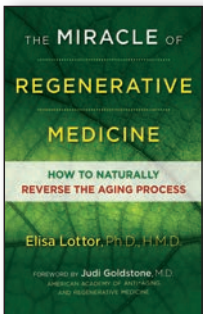
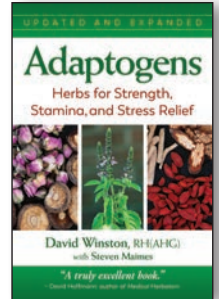
David Winston with Steven Maimes

"David's new edition of Adaptogens offers so much more than most of the herbal books available today. His wisdom, insights, and experience shine through every page . . ."

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How to Naturally Reverse the Aging Process

Elisa Lottor, Ph.D., HMD / Foreword by Judi Goldstone, M.D.

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Elisa Lottor explains how to activate the body's self-healing abilities, prevent illness before it starts, and reverse the aging process to live longer, healthier, and happier. She reviews cutting-edge research on stem cell therapies and offers hands-on ways to reduce inflammation, detox, restore your microbiome, and utilize many regenerative therapies.

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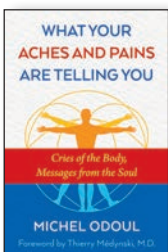
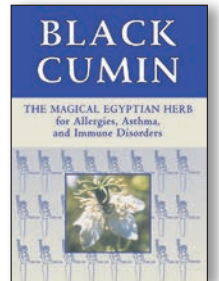
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The Magical Egyptian Herb for Allergies, Asthma, and Immune Disorders

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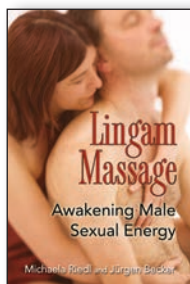
What Your Aches and Pains Are Telling You

Cries of the Body, Messages from the Soul

Michel Odoul / Foreword by Thierry Médyanski, M.D.

Revealing the clear correspondences between emotional and mental tensions and specific ailments of the body, the author shows how the part of the body affected pinpoints what your soul is trying to tell you and what you need to work through emotionally.

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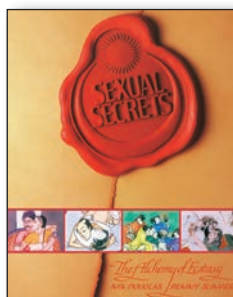
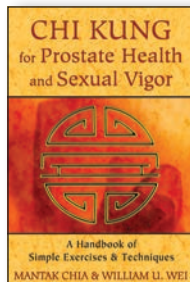
Chi Kung for Prostate Health and Sexual Vigor

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.

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The Alchemy of Ecstasy

Nik Douglas and Penny Slinger

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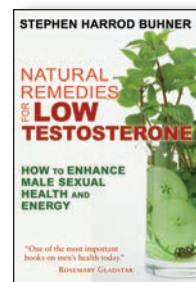
The Complete Illustrated Kama Sutra

Edited by Lance Dane

This complete and illustrated version of the Kama Sutra augments the text with 269 full-color illustrations and great works of art including palm leaf manuscripts, sculptures, ancient toys, jewelry, architecture, paintings, and scrolls. Gathered from museums and private collections around the world, these rare images clearly illustrate all 64 sexual positions and the erotic instructions set forth in the Kama Sutra, the most famous work on sex ever created.

978-0-89281-138-0 • \$25.00 ~~\$20.00~~ hardcover • 320 pages, 6.5 x 9.25

269 color illustrations • e-book available



Natural Remedies for Low Testosterone

How to Enhance Male Sexual Health and Energy

Stephen Harrod Buhner

"... explores men's hormonal changes during midlife and offers simple sensible solutions."

—Rosemary Gladstar, herbalist, founder of United Plant Savers, and author of *Planting the Future*

Testosterone-blocking estrogen agents are present in insecticides, pharmaceuticals, and foods, altering the fine balance of testosterone in men. This new edition of *The Natural Testosterone Plan* shows how men can maintain their testosterone levels as they age using phytoandrogens.

978-1-62055-504-0 • \$14.95 pb • 192 pages, 6 x 9 • e-book available

The Six Healing Sounds (w/CD)

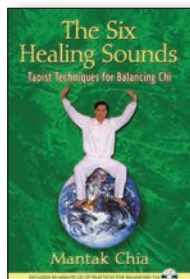
Taoist Techniques for Balancing Chi

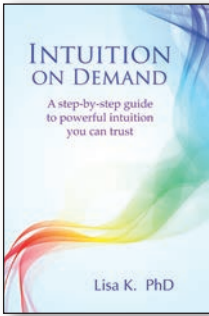
Mantak Chia

Taoists discovered that a healthy organ vibrates at a particular frequency and identified six sounds to keep each organ healthy. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness. The accompanying CD includes practices for balancing chi.

978-1-59477-156-9 • \$16.95 pb • 96 pages, 6 x 9

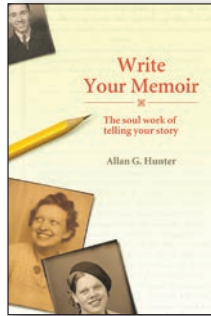
Includes color and b&w illustrations throughout and a 40-minute CD • e-book available w/out CD





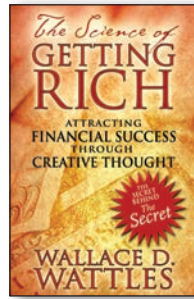
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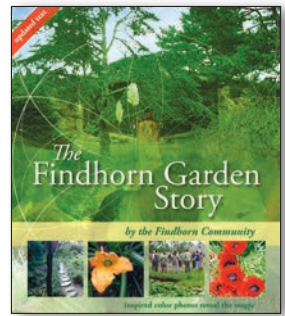
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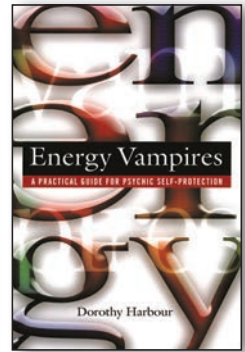
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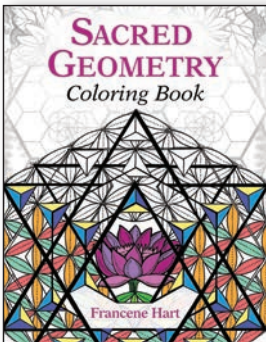
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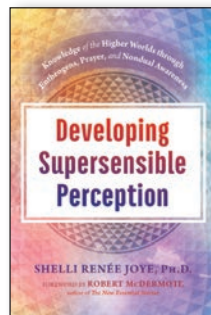
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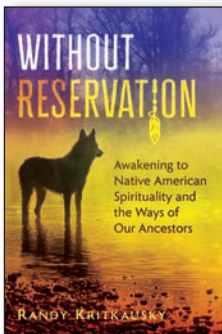
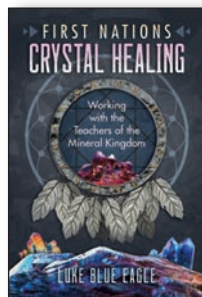
First Nations Crystal Healing

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.

978-1-59143-427-6 • \$20.00 pb • 264 pages, 6 x 9 • Includes 8-page color insert • e-book available



Without Reservation

Awakening to Native American Spirituality and the Ways of Our Ancestors

Randy Kritkauskay

"Kritkauskay weaves an eloquent and enchanting mix of spiritual memoir, chronicling his tectonic and unexpected shifts of identity and reality, with rigorous scholarship providing historical context at just the right moments." —Elizabeth E. Meacham, Ph.D., author of *Earth Spirit Dreaming*

In this powerful story of spiritual awakening, Randy Kritkauskay shares his journey into the realm of ancestral Native American connections and intimate encounters with Mother Earth. Detailing his encounters with ancestral spirits, the natural world, and animal teachers, he shows how anyone can spiritually reconnect with their ancestors and Nature.

978-1-59143-384-2 • \$20.00 pb • 288 pages, 6 x 9 • 11 b&w illustrations • e-book and audiobook available

Journeys with Plant Spirits

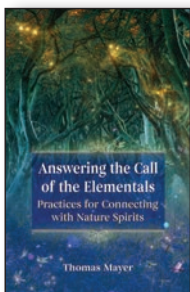
Plant Consciousness Healing and Natural Magic Practices

Emma Farrell / Foreword by Pam Montgomery

"Emma Farrell's sensitivity to the inner life of plants shines within her words, empowering readers to discover for themselves transformative healing and a more profound relationship with the natural world." —Phillip Carr-Gomm, coauthor of *The Druid Plant Oracle*

Emma Farrell explains how to access plant spirit healing through meditation with plants. She offers a progressive series of preparatory meditations, adapted from wisdom traditions, followed by meditation journeys with specific plant spirits, focusing on specific frequencies within the plant's bio-resonance to assist you.

978-1-59143-407-8 • \$18.00 pb • 288 pages, 6 x 9 • 15 b&w illustrations • e-book and audiobook available



Answering the Call of the Elementals

Practices for Connecting with Nature Spirits

Thomas Mayer

"Answering the Call of the Elementals touched me deeply. Besides its message, I greatly appreciate the openness and precision with which the author describes his spiritual experiences."

—Helmut Thomas, Waldorf teacher

Thomas Mayer reveals how he learned to develop his sense of perception and other supersensible abilities to make direct personal contact with the unseen world of the elementals. He shares his experiences with different elementals like fairies, dwarfs, and giants as well as the elemental world's urgent call for help.

978-1-64411-214-4 • \$16.99 pb • 160 pages, 5 x 7.75 • e-book available

When It's Time to Say Goodbye

Preparing for the Transition of Your Beloved Pet

Angela Garner / Foreword by Victoria M. Nicholls, BVetMed, Cert AVP (EM), MRCVS

In this compassionate guide based on 20 years' experience helping individuals and teaching veterinary professionals, Angela Garner offers practical support and guidance to help you prepare for your pet's death ahead of time, do your best by your animal friend when the time comes, and work through your grieving process afterward.

978-1-64411-121-5 • \$16.99 pb • 160 pages, 6 x 9 • e-book available



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.

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A Visionary Guide to Lucid Dreaming

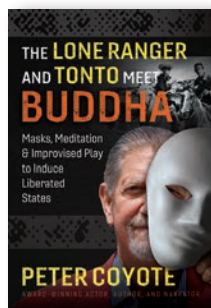
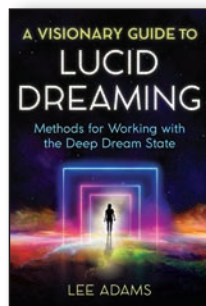
Methods for Working with the Deep Dream State

Lee Adams

"A sensible and humble approach, grounded in empirical research that encourages people to go beyond the mere attainment of lucidity to explore the deeper realms of the psyche." —Kelly Bulkeley, P.D., director of the Sleep and Dream Database and author of *An Introduction to the Psychology of Dreaming*

Showing how dreams can shape our conscious reality, Lee Adams provides tools and techniques for encouraging and using lucid dreams for personal growth as well as how to have big dreams with a lasting impact. He shares foundational practices to get you started as well as intermediate and advanced methods to support meaningful dreamwork.

978-1-64411-237-3 • \$16.99 pb • 192 pages, 6 x 9 • 6 b&w illustrations • e-book and audiobook available



The Lone Ranger and Tonto Meet Buddha

Masks, Meditation, and Improvised Play to Induce Liberated States

Peter Coyote

"Through the lens of the Lone Ranger and Tonto, Coyote cleverly conveys the message of finding oneself by losing oneself. I highly recommend this book . . ." —Jean Smart, Emmy Award-winning actor

Sharing a series of mindfulness techniques and acting exercises that show how malleable the self can be, award-winning actor, narrator, and Zen Buddhist priest Peter Coyote explores how to work with masks, meditation, and improv to suppress the ego, calm the mind, and allow spontaneous playfulness and spaciousness to arise from your deepest nature.

978-1-64411-356-1 • \$16.99 pb • 192 pages, 6 x 9 • 8 b&w illustrations • e-book and audiobook available

New

The Evolutionary Empath

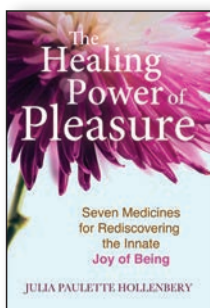
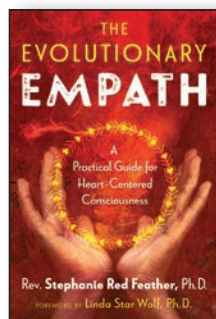
A Practical Guide for Heart-Centered Consciousness

Rev. Stephanie Red Feather, Ph.D. / Foreword by Linda Star Wolf, Ph.D.

"The wisdom and guidance Rev. Stephanie Red Feather offers is hard-won and will help illuminate the paths of many who are similarly challenged as well as gifted." —Donna Eden, author of *Energy Medicine*

Affirming that being an empath is a real thing and you are not alone in your experience, the author offers practical exercises to help you understand, control, and fully manifest your gifts. She explains how to clear your energy field, stop energy leaks, create boundaries, and reclaim your sense of self.

978-1-59143-350-7 • \$18.00 pb • 320 pages, 6 x 9 • e-book and audiobook available



The Healing Power of Pleasure

Seven Medicines for Rediscovering the Innate Joy of Being

Julia Paulette Hollenbery

Explaining how pleasure is all around us, Julia Hollenbery explores seven easily accessible spiritual "medicines" to discover more sensual pleasure and delight in your body, relationships, and way of being. She presents reflections, exercises, meditations, and energetic transmissions to help you reconnect body, mind, and soul and reclaim your innate source of pleasure.

978-1-64411-326-4 • \$19.99 pb • 288 pages, 6 x 9 • 12 b&w illustrations • e-book and audiobook available

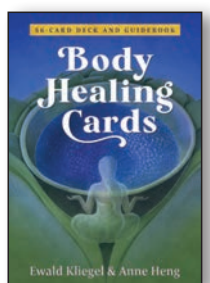
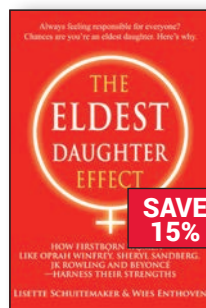
The Eldest Daughter Effect

How Firstborn Women—like Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé—Harness Their Strengths

Lisette Schuitemaker and Wies Enthoven

The authors discuss qualities that characterize eldest daughters and why, in spite of being more intelligent, verbally proficient, and motivated to perform than their siblings, they doubt they are good enough. This book demonstrates how firstborn girls become who they are, how to give them more freedom, and the best ways to support them.

978-1-84409-707-4 • \$15.99 **\$13.59** pb • 192 pages, 6 x 9 • e-book and audiobook available

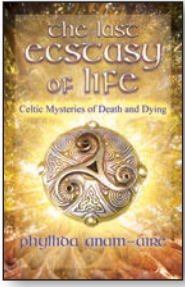


Body Healing Cards

Ewald Kliegel / Illustrated by Anne Heng

With this full-color card deck, you can intuitively explore the interconnected nature of the organs and the health of body, mind, and spirit. The deck includes 56 beautifully illustrated cards that depict the physical, soul, and spiritual layers of our organs and anatomy. The accompanying guidebook explains how to use the cards, offers a channeled message for each card, and helps you develop strategies for resolving stressful situations around your health.

978-1-64411-255-7 • \$30.00 boxed set, 5.25 x 7.5 • Includes 56 full-color cards and 128-page booklet



The Last Ecstasy of Life
Celtic Mysteries of Death and Dying

Phyllida Anam-Áire

"Phyllida Anam-Áire illuminates for us the natural way of birth and death through ancient wisdom. She illustrates the journey of the soul through the stages beyond leaving form."

—Elina Von Herzklang, doula and near-death experimenter

In this book, Phyllida Anam-Áire provides a deep spiritual understanding of the dying process and the afterlife seen through the lens of her Celtic heritage. She offers exercises and visualizations to help prepare for death and reveals how, when the soul is fully prepared to leave its material form, the dying individual experiences spiritual ecstasy.

978-1-64411-265-6 • \$14.99 pb • 176 pages, 5 x 7.75 • e-book available

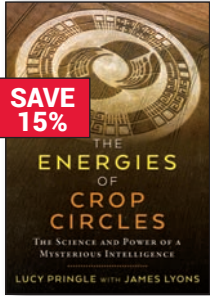
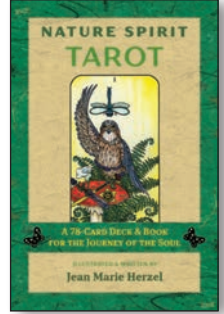
Nature Spirit Tarot

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



The Energies of Crop Circles

The Science and Power of a Mysterious Intelligence

Lucy Pringle with James Lyons

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 **\$25.49** pb • 256 pages, 6.63 x 9.5 • Full-color throughout • e-book available

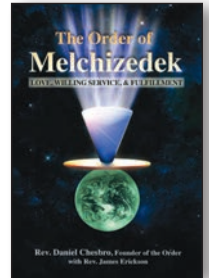
The Order of Melchizedek

Love, Willing Service, & Fulfillment

Rev. Daniel Chesbro with Rev. James Erickson

This book describes a positive approach to spiritual evolution covering reincarnation, spiritual development, and free will. It provides a history of Melchizedek and promotes a harmonious view of religion where there is one God, understood and worshipped in different ways, each serving a purpose to worshippers and to spirituality.

978-1-84409-502-5 • \$16.95 pb • 176 pages, 6 x 9 • e-book available



The Divine Feminine Tao Te Ching

A New Translation and Commentary

Rosemarie Anderson, Ph.D.

"Rosemarie Anderson's translation of the Tao Te Ching is perhaps the truest reflection of this ancient text . . ."

—Jenny Wade, Ph.D., author of *Changes of Mind*

Translated from ancient manuscripts, Anderson's new interpretation restores the feminine essence of the *Tao Te Ching*. It includes commentary for each of the 81 chapters that reveals the Tao as a feminine force, the Dark Womb of Creation, and the Immortal Void renewing life again and again in ordinary times and in times of crisis.

978-1-64411-246-5 • \$16.99 pb • 160 pages, 5.38 x 8.25 • 13 b&w illustrations • e-book available

Classic Tales from India

How Ganesh Got His Elephant Head and Other Stories

Vatsala Sperling, Ph.D., and Harish Johari

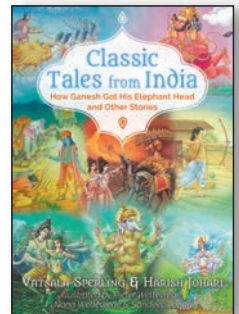
Illustrated by Pieter Weltevrede, Nona Weltevrede, and Sandeep Johari

"Delightful storytelling delicately matched with colorful, evocative illustrations. An ideal way to bond through the art of myth and story and perfect for sharing in the classroom or the dining room. Turn off the TV and read this book aloud. Your family and friends will thank you!"

—Simon Chokolsky, author of *The Five Dharma Types*

With this full-color illustrated collection of classic tales from India, you will learn about the playful, loyal, strong, loving, and wise gods, goddesses, and heroes of India. Richly detailed, the illustrations bring to life the colorful cast of characters.

978-1-59143-386-6 • \$18.99 pb • 240 pages, 6.75 x 9.5 • Full-color throughout
e-book and audiobook available



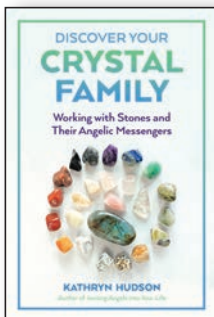
Animal Spirit Wisdom

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



Discover Your Crystal Family

Working with Stones and Their Angelic Messengers

Kathryn Hudson

"Kathryn Hudson's *Discover Your Crystal Family* is a direct link to awakening to your Soul's purpose and life agreements using crystals and the Angelic realm as your allies. . . . Reading this book is like connecting with an old friend. Highly recommended!"

—Margaret Ann Lembo, author of *The Essential Guide to Crystals, Minerals and Stones*

Looking at the dynamics between crystals, humans, and angels, Kathryn Hudson reveals why we are drawn to certain crystals and presents a compendium of 44 crystal allies and their angelic counterparts, explaining their uses and energies as well as their spiritual messages. She also includes exercises, meditations, and visualizations for working with crystals.

978-1-64411-302-8 • \$24.99 pb • 240 pages, 6 x 9 • Full-color throughout • e-book available

New

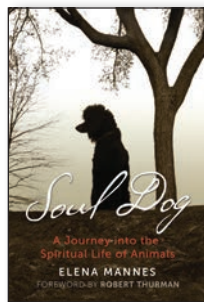
Soul Dog

A Journey into the Spiritual Life of Animals

Elena Mannes / Foreword by Robert Thurman

Chronicling her profound relationship with her dog, Brio, Mannes details her quest to explore animal thoughts and feelings, souls, reincarnation, and interspecies communication, even in afterlife. Mannes shares her investigations into the spiritual life of animals, showing how their connections with us extend beyond life and death.

978-1-59143-326-2 • \$16.00 paper with French flaps • 192 pages, 6 x 9 • e-book available



Dreaming Techniques

Working with Night Dreams, Daydreams, and Liminal Dreams

Serge Kahili King, Ph.D.

"Dreaming Techniques is an excellent in-depth gem. It might answer questions about many of your dreams' storylines and help you gain profound insight into your inner life and the inner life of others."

—Itzhak Beery, shamanic healer, teacher, speaker, and author of *The Gift of Shamanism*

In this guide, Serge Kahili King, Ph.D., explores techniques to harness the power of dreams for healing, transformation, manifestation, and changing your experience of reality. He examines the types of dreams we have, how to remember and interpret them, and how to use them for insight and creativity and to improve health and well-being.

978-1-59143-388-0 • \$16.00 \$12.80 pb • 240 pages, 6 x 9 • e-book available

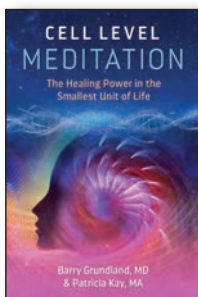
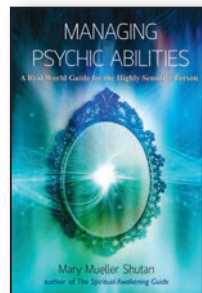
Managing Psychic Abilities

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.

978-1-84409-700-5 • \$14.99 pb • 160 pages, 6 x 9 • e-book available



New Edition

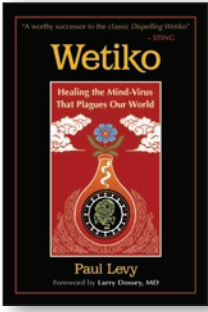
Cell Level Meditation

The Healing Power in the Smallest Unit of Life

Barry Grundland, MD and Patricia Kay, MA

In this simple guide, the authors give you the tools to connect with the intelligence of your cells and work with them to heal. They offer sample meditations to help you connect with specific cells, yet emphasize that you should use the technique to follow your intuition and discover the cells that are inviting you in.

978-1-64411-224-3 • \$14.99 pb • 176 pages, 6 x 9 • 2 b&w illustrations • e-book available



Wetiko

Healing the Mind-Virus That Plagues Our World

New

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.

978-1-64411-410-0 • \$19.99 pb • 336 pages, 6 x 9 • e-book available

Opening the Akashic Records

Meet Your Record Keepers and Discover Your Soul's Purpose

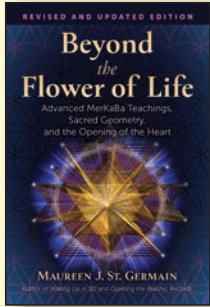
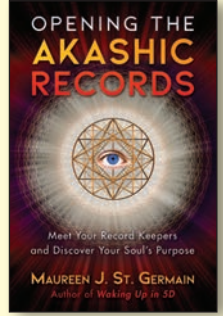
Maureen J. St. Germain

"Fabulous! . . . 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

A clear and simple manual of precise instructions for accessing the Akashic Records and confirming the accuracy of the information you receive.

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



Revised and Expanded Edition

Beyond the Flower of Life

Advanced MerKaBa Teachings, Sacred Geometry, and the Opening of the Heart

Maureen J. St. Germain

"Maureen is one of the way-showers in metaphysics and multidimensionality. This book is a must-have text for those on their path!" –Jean Adrienne, author and developer of InnerSpeak™

In this step-by-step guide, Maureen J. St. Germain shares methods and knowledge to enhance your Flower of Life meditation practice, strengthen your heart connection, develop a relationship with your Higher Self, and elevate and program your MerKaBa field to manifest success, health, happiness, and higher consciousness.

978-1-59143-405-4 • \$18.00 pb • 288 pages, 6 x 9 • 12 b&w illustrations • e-book and audiobook available

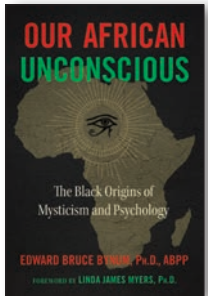
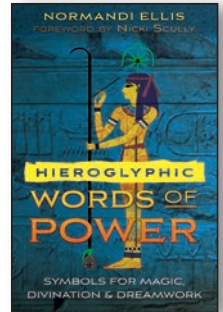
Hieroglyphic Words of Power

Symbols for Magic, Divination, and Dreamwork

Normandi Ellis / Foreword by Nicki Scully

Words are magic, operating on many levels through both sound and symbol. In this detailed guide, Normandi Ellis explores how to use hieroglyphs as words of power for manifesting ideas into the material world as well as how to utilize them in magic, meditation, divination, and dream work.

978-1-59143-376-7 • \$20.00 pb • 336 pages, 6 x 9 • 87 b&w illustrations • e-book available



Revised Edition of *The African Unconscious*

Our African Unconscious

The Black Origins of Mysticism and Psychology

Edward Bruce Bynum, Ph.D., ABPP / Foreword by Linda James Myers, Ph.D.

In this African-revisioned look at the unfolding of human history and culture, Bynum draws on archaeology, DNA research, history, depth psychology, and the roots of religion and science to demonstrate how all modern human beings share a common deeper identity connected with a primordial African unconscious.

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Activating Your 5D Frequency

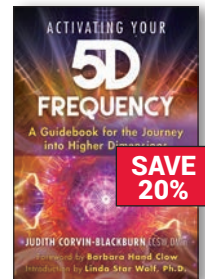
A Guidebook for the Journey into Higher Dimensions

Judith Corvin-Blackburn, LCSW, DMin / Foreword by Barbara Hand Clow

Learn what is happening psychologically, emotionally, and socially with the dimensional shift to 5D. She offers transformative activations and tools to help heal emotional wounds, overcome fears and resistances, and discover the higher vibrations of unconditional love.

978-1-59143-380-4 • \$18.00 \$14.40 pb • 304 pages, 6 x 9 • 2 b&w illustrations

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7 Reasons to Believe in the Afterlife

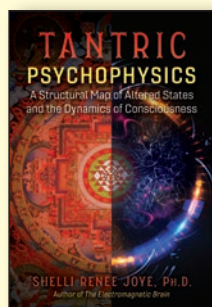
A Doctor Reviews the Case for Consciousness after Death

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.

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Revised Edition

Tantric Psychophysics

A Structural Map of Altered States and the Dynamics of Consciousness

New

Shelli Renée Joye, Ph.D.

"This book provides a trusty guide for those seeking to safely navigate the farthest expanses of self through meditation and contemplation." —Cynthia Sue Larson, author of *Quantum Jumps*

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

978-1-64411-368-4 • \$24.99 pb • 352 pages, 6 x 9 • 65 b&w illustrations • e-book and audiobook available

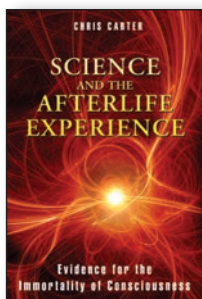
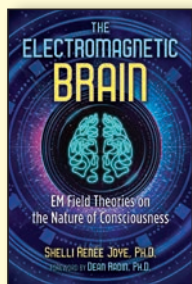
The Electromagnetic Brain

EM Field Theories on the Nature of Consciousness

Shelli Renée Joye, Ph.D. / Foreword by Dean Radin, Ph.D.

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

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Science and the Afterlife Experience

Evidence for the Immortality of Consciousness

Chris Carter

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

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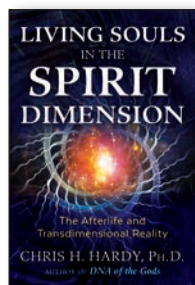
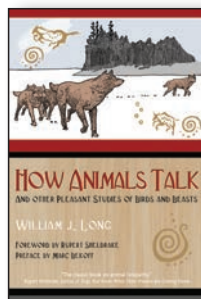
How Animals Talk

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.

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Living Souls in the Spirit Dimension

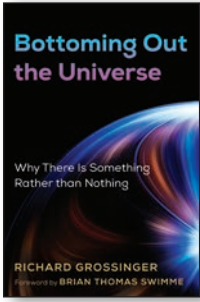
The Afterlife and Transdimensional Reality

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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Bottoming Out the Universe

Why There Is Something Rather than Nothing

Richard Grossinger / Foreword by Brian Thomas Swimme

Scientific orthodoxy views the universe as conceived of matter. But when you keep digging, what is beneath the smallest particles? The scientific worldview doesn't take into account consciousness or life itself. This profound exploration offers a wide-ranging foundation for reimagining the universe as based in consciousness rather than matter.

978-1-62055-989-5 • \$19.99 pb • 320 pages, 6 x 9 • e-book and audiobook available

Secrets of Antigravity Propulsion

Tesla, UFOs, and Classified Aerospace Technology

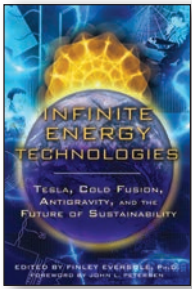
Paul A. LaViolette, Ph.D.

"One of the boldest and most exciting books on gravity control to be put forward in our times."

—Eugene Podkletnov, Ph.D., Professor of Chemistry, Tampere, Finland

Physicist Paul LaViolette offers a complete investigation of the development and suppression of antigravity and field propulsion technologies, including those capable of revolutionizing energy production. This book shows how NASA is part of a cover-up to block adoption of advanced technologies under military development.

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Infinite Energy Technologies

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

Edited by Finley Eversole, Ph.D. / Foreword by John L. Petersen

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

978-1-59477-380-8 • \$18.95 pb • 400 pages, 6 x 9 • 74 b&w illustrations • e-book available

The Intelligence of the Cosmos

Why Are We Here? New Answers from the Frontiers of Science

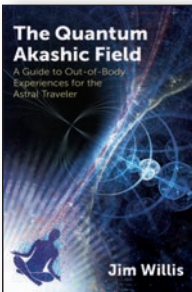
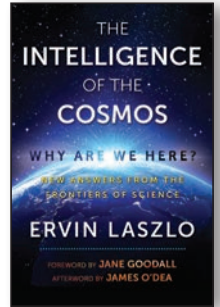
Ervin Laszlo / Afterword by James O'Dea / Foreword by Jane Goodall

"From the time when the conscious universe was a preposterous notion to today, when it's a cutting-edge idea full of promise for your future, Ervin Laszlo has been its staunch champion."

—Deepak Chopra, coauthor of *You Are the Universe*

The new paradigm emerging in science shows how the world is an interconnected, coherent whole, informed by cosmic intelligence. Laszlo shows how this integrates seamlessly with wisdom traditions and enables us to evolve consciously and rediscover our purpose, revealing a way forward into a new era of peace and global wellbeing.

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The Quantum Akashic Field

A Guide to Out-of-Body Experiences for the Astral Traveler

Jim Willis

"By sharing his own out-of-body experiences, recorded through the years in his personal journals, Jim Willis serves as our guide." —George Noory, host of *Coast to Coast AM*

Revealing how to gain awareness of the Quantum Akashic Field that underlies reality through conscious out-of-body experiences, Jim Willis shares firsthand accounts taken from the detailed journals he has kept for nearly 10 years alongside analysis of recent discoveries in quantum physics and wisdom from the world's spiritual traditions.

978-1-62055-953-6 • \$16.99 pb • 176 pages, 6 x 9 • e-book and audiobook available

Animal Messengers

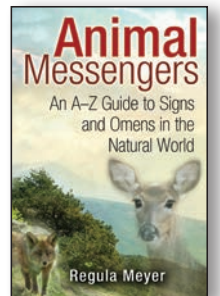
An A-Z Guide to Signs and Omens in the Natural World

Regula Meyer

"... This book is an essential resource for everyone. . . ." —Allen and Linda Anderson, founders of Angel Animals Network and authors of *A Dog Named Leaf*, *Angel Dogs*, *Angel Cats*, and *Angel Horses*

Each encounter with an animal in the natural world signals something to us about our inner world. Providing sophisticated insight into encounters with more than 150 animals, birds, reptiles, insects, and aquatic life, Regula Meyer shows how animal encounters cause us to meditate on matters of which we are otherwise unaware.

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Psychedelic Cannabis

Therapeutic Methods and Unique Blends to Treat Trauma and Transform Consciousness

New

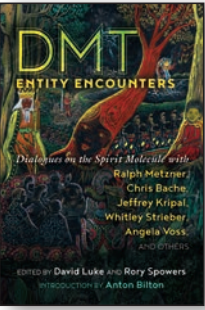
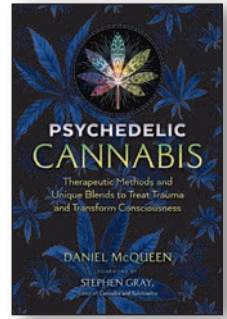
Daniel McQueen / Foreword by Stephen Gray

"With the proper dose, intention, set, and setting, marijuana can produce the same psychedelic effects that occur with 'classical' compounds like DMT and psilocybin. . . . Most highly recommended!"

—Rick Strassman, M.D., author of *DMT: The Spirit Molecule*

Daniel McQueen, MA, explains how cannabis can be used to treat trauma and emotional pain, as a problem-solving tool, and as a potent catalyst for self-transformation and healing work. He shares methods to minimize the unwanted effects, such as anxiety and paranoia, and details how to blend cannabis strains for specific kinds of psychedelic experiences.

978-1-64411-338-7 • \$16.99 pb • 240 pages, 6 x 9 • 8 b&w illustrations • e-book and audiobook available



DMT Entity Encounters

Dialogues on the Spirit Molecule with Ralph Metzner, Chris Bache, Jeffrey Kripal, Whitley Strieber, Angela Voss, and Others

New

Edited by David Luke and Rory Spowers

"This book is a fascinating series of explorations of the paradigm-busting and mind-blowing experiences triggered by this substance. Just reading about them is mind-blowing!"

—Ralph Metzner, Ph.D., author of *Searching for the Philosophers' Stone*

Sharing talks on DMT beings, neuroscientific DMT research, and the nature of mind and reality, this book includes contributions from the late Ralph Metzner, Chris Bache, Whitley Strieber, Jeffrey Kripal, Angela Voss, Bill Richards, Chris Timmermann, Michael Winkelman, Luis Eduardo Luna, Anton Bilton, Bernard Carr, Daniel Pinchbeck, Dennis McKenna, Ede Frekska, and David Luke.

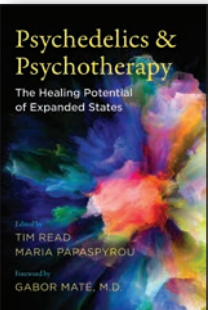
978-1-64411-233-5 • \$18.99 pb • 384 pages, 6 x 9 • 7 b&w illustrations • e-book available

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 ~~\$40.00~~ hardcover • 384 pages, 8.5 x 11 • Full-color throughout • e-book available



Psychedelics and Psychotherapy

The Healing Potential of Expanded States

Edited by Tim Read and Maria Papaspyrou / Foreword by Gabor Maté, M.D.

Sharing practical experiences and insights from both elders and newer research voices in the psychedelic research and clinical communities, this book examines new approaches for healing individual and collective trauma with psychedelics as well as the therapeutic potential of expanded states of consciousness.

978-1-64411-332-5 • \$24.99 pb • 424 pages, 6 x 9 • Includes 8-page color insert
e-book and audiobook available

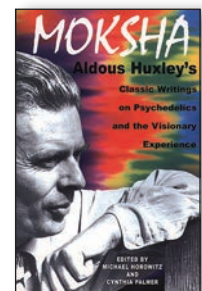
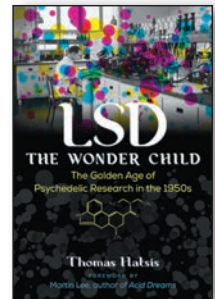
LSD—The Wonder Child

The Golden Age of Psychedelic Research in the 1950s

Thomas Hatsis / Foreword by Martin Lee

Exploring the initial stages of psychedelic study in Europe and America, Thomas Hatsis details the experimentation of different groups—from research labs to the military to bohemian art circles—who were seeking how best to utilize LSD and other promising psychedelics like mescaline.

978-1-64411-256-4 • \$19.99 pb • 352 pages, 6 x 9 • e-book and audiobook available



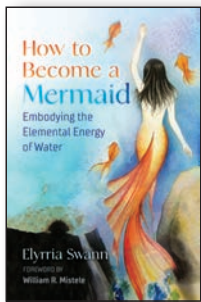
Moksha

Aldous Huxley's Classic Writings on Psychedelics and the Visionary Experience

Aldous Huxley / Edited by Michael Horowitz and Cynthia Palmer

Moksha, a Sanskrit word meaning “liberation,” is a collection of the prophetic and visionary writings of Aldous Huxley. Included are selections from his acclaimed novels *Brave New World* and *Island*, envisioning the use of psychedelics as a stabilizing influence, and pieces from *The Doors of Perception* and *Heaven and Hell*.

978-0-89281-758-0 • \$16.95 pb • 304 pages, 5.38 x 8.25 • e-book available



How to Become a Mermaid Embodying the Elemental Energy of Water

New

Elyrria Swann / Foreword by William R. Mistele

"Water is sacred, and mermaids are real! . . . Devoid of fluff, this book is made for those truth seekers wanting to develop a deeper relationship with the water within themselves and the world."

—Salicrow, author of *The Path of Elemental Witchcraft*

Anyone can become a mermaid. To do so, you must develop the vibration of water in your energy field and learn to perceive as mermaids do. In this how-to guide, Elyrria Swann shares her personal experiences with astral mermaids and water spirits, offering wisdom and practical lessons to reveal how to become a mermaid.

978-1-64411-450-6 • \$14.99 pb • 128 pages, 5.38 x 8.25 • e-book and audiobook available

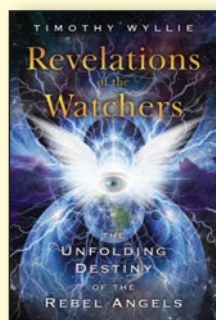
Dragon Wisdom

43-Card Oracle Deck and Book

Christine Arana Fader / Illustrated by Anja Kostka

This full-color oracle set offers a hands-on way to deeply connect with the spiritual wisdom, love, and magic of dragons. Each of the 43 cards features beautiful artwork to allow you to experience and activate dragon energies and use them on an intuitive level. The guidebook details the message of each card and offers meditative journeys into the world of dragons.

978-1-64411-108-6 • \$19.99 boxed set, 4 x 5.5 • Includes 112-page book and 43 full-color cards



Revelations of the Watchers

The Unfolding Destiny of the Rebel Angels

Timothy Wyllie

"Timothy Wyllie's mammoth reconfiguration of humankind's imprinted perceptions rips apart concepts and questions, dissolving the mysterious shadow worlds and interlaced realms of science to brilliantly expose its reluctant but imminent surrender to strings of holographic universes he calls the Multiverse." —Genesis Breyer P-Orridge, author of *Thee Psychick Bible*

Watcher angel Georgia explains how Atlantis was rebuilt using ancient Lemurian construction techniques and how Poseidon was put in charge by nefarious Prince Caligastia. She explores the rise of shamanism, the hidden history of Akhenaten, and the privileged role of the Yazidi people in the spiritual evolution of the planet.

978-1-59143-368-2 • \$24.00 pb • 360 pages, 6 x 9 • Includes 8-page color insert • e-book available

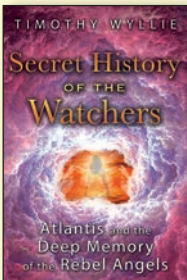
The Rebel Angels among Us

The Approaching Planetary Transformation

Timothy Wyllie

An angel of Seraphic status, Georgia provides her personal account of Earth during the fall of Atlantis. Writing through Timothy Wyllie, Georgia interweaves her narrative with observations of Timothy Wyllie's current and previous lives. She shows how millions of rebel angels are currently living human lives and are helping prepare Earth for a transformation of consciousness.

978-1-59143-366-8 • \$22.00 pb • 344 pages, 6 x 9 • Includes 8-page color insert • e-book available



Secret History of the Watchers

Atlantis and the Deep Memory of the Rebel Angels

Timothy Wyllie

After Lucifer's angelic rebellion 203,000 years ago, the Watcher angel known as Georgia was permitted to remain on Earth—despite aligning with the rebel angels. In this book, Georgia, writing together with Timothy Wyllie, shares her personal account of Earth in the 8th millennium BCE, the first era of Atlantis.

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The Forever Angels

Near-Death Experiences in Childhood and Their Lifelong Impact

P. M. H. Atwater, L.H.D.

In this major study of near-death experiences in babies, toddlers, and children up to age five, NDE expert P. M. H. Atwater reveals how those who experience a near-death state at a very young age are profoundly affected for the rest of their lives, including developing higher intelligence and "wisdom beyond their years."

978-1-59143-358-3 • \$18.00 pb • 240 pages, 6 x 9 • 25 b&w illustrations • e-book and audiobook available



Astrology for Mystics

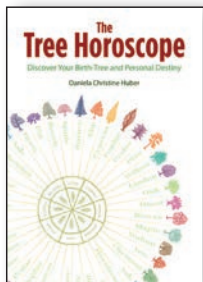
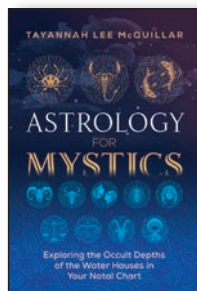
Exploring the Occult Depths of the Water Houses in Your Natal Chart

Tayannah Lee McQuillar

"Presents a model for understanding our own watery depths of emotion found in the fourth, eighth, and twelfth houses of our birth charts while also encouraging us to accept or reject the information by weighing it against our intuition." —Lisa Tahir, LCSW, author of *The Chiron Effect*

Bestselling author Tayannah Lee McQuillar explores the 4th, 8th, and 12th houses—those connected with the element of water and all things occult, mystical, and spiritual. She explores how these houses reveal the deepest and darkest areas of the psyche and can help you discover profound spiritual insights as well as hidden knowledge and abilities.

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The Tree Horoscope

Discover Your Birth-Tree and Personal Destiny

Daniela Christine Huber

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.

978-1-64411-322-6 • \$16.99 pb • 144 pages, 5.75 x 8 • Full-color throughout • e-book available

New

360 Degrees of Your Star Destiny

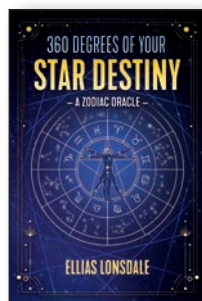
A Zodiac Oracle

Ellias Lonsdale

"When Ellias did my reading, it was like he shone a light upon all of the parts of myself that are most valuable, vivid, and honest. . . . His message was clear and direct. I left knowing where to go and who to be: ME, ME, ME, ME." —Lucas Hedges, Academy Award-nominated actor

Astrologer Ellias Lonsdale explains how each of the 12 signs of the zodiac has 30 degrees, and each degree, like every star, is the center of a whole system of meanings. He provides detailed write-ups for each of the 360 degrees of the zodiac and explains how to determine your degree.

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Odin and the Nine Realms Oracle

Sonja Grace

Divine deep into the profound wisdom of Norse mythology, this 54-card divination set depicts Norse deities, runes, and mythic beings with messages from the Nine Realms. It includes a book offering guidance on card spreads, direct and reverse meanings of the cards, and how to ask questions of the oracle.

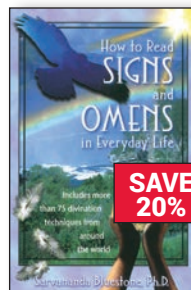
978-1-62055-913-0 • \$30.00 • boxed set, 5.25 x 7.5 • Includes 54 full-color cards and 144-page book

How to Read Signs and Omens in Everyday Life

Sarvananda Bluestone, Ph.D.

Since the beginning of time, diviners and seers have been finding signs and omens in the world around them. In modern times, we call those who possess these abilities "psychic," but native cultures accepted that each of us has an innate sixth sense. The author shows us how our innate knowledge can be rediscovered, allowing us to become far more in tune with our surroundings than we ever dreamed possible. Filled with practical exercises.

978-0-89281-901-0 • \$16.95 **\$13.56** pb • 240 pages, 5.88 x 9 • 25 b&w illustrations • e-book available



The Spiritual Roots of the Tarot

The Cathar Code Hidden in the Cards

Russell A. Sturgess

"This rich and fascinating book deepens our understanding of the tarot by grounding it in its historical context." —Richard Smoley, author of *A Theology of Love*

While conducting research on the Marseille Tarot, Russell Sturgess found evidence that this tarot deck held the secret wisdom teachings of the Cathar, believed to be the keepers of the Holy Grail. Decoding the cards in detail, he shows how they share clear instructions for transforming your life and achieving enlightenment and inner peace.

978-1-64411-056-0 • \$24.99 pb • 368 pages, 6 x 9

Includes 16-page color insert and 76 b&w illustrations • e-book available

Angels in Waiting

How to Reach Out to Your Guardian Angels and Spirit Guides

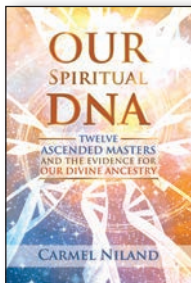
New

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



Our Spiritual DNA

Twelve Ascended Masters and the Evidence for Our Divine Ancestry

Carmel Niland

"This fascinating book is full of new information about the numerous incarnations of the great Masters—many as famous people throughout the ages and some alive now. . . . An intriguing book that is well worth reading." —Diana Cooper, spiritual teacher and bestselling author

After examining the lives of thousands of individuals across five thousand years, Carmel Niland saw patterns that allowed her to connect each individual to 12 specific Ascended Masters. She includes charts that allow you to find out which Ascended Master you relate to and thus discover your own direct connection to the Divine.

978-1-64411-263-2 • \$18.99 pb • 272 pages, 6 x 9 • e-book available

When I Was Someone Else

The Incredible True Story of Past Life Connection

Stéphane Allix

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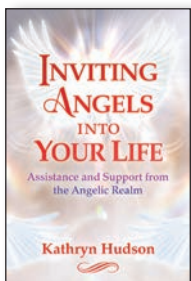
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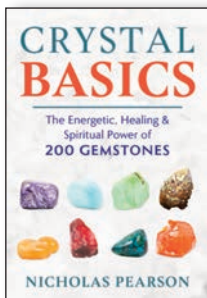
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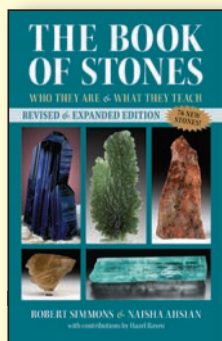
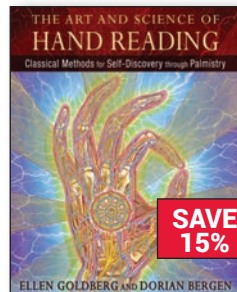
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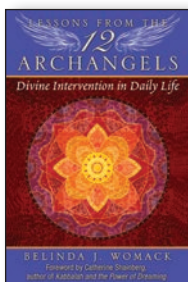
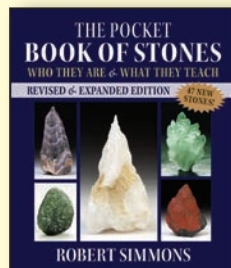
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Tricia McCannon

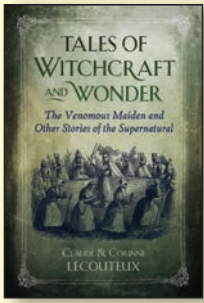
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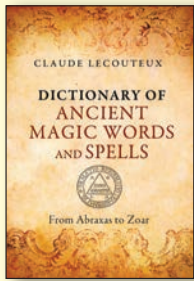
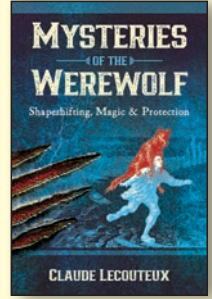
Claude Lecouteux

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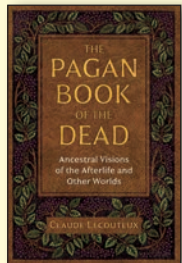
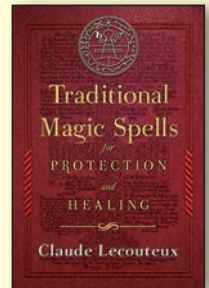
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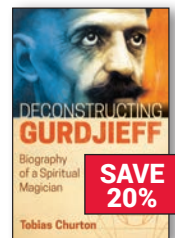
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Tobias Churton

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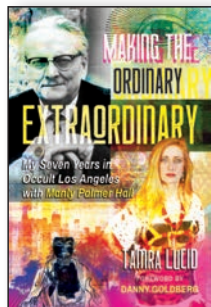
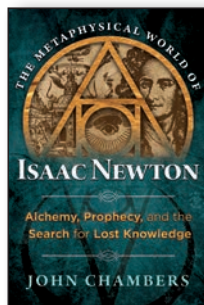
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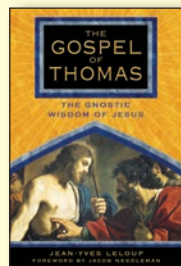
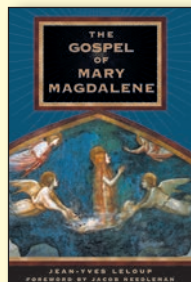
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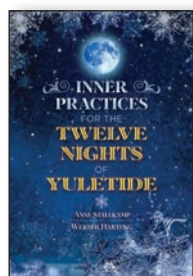
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Diego de Oxóssi / Foreword by Hendrix Silveira

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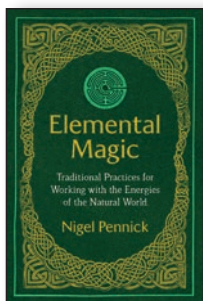
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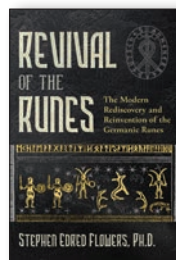
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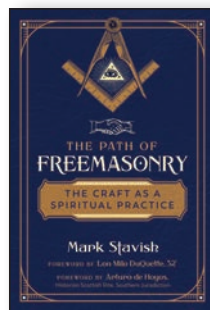
Mark Stavish / Forewords by Arturo de Hoyos and Lon Milo DuQuette

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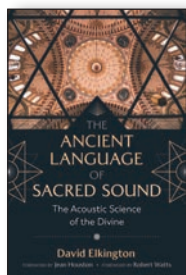
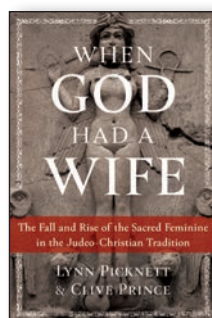
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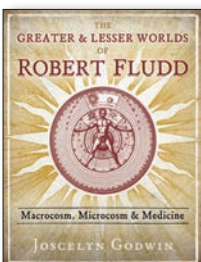
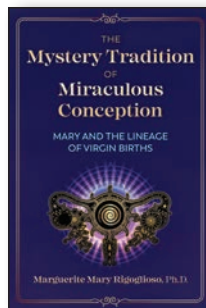
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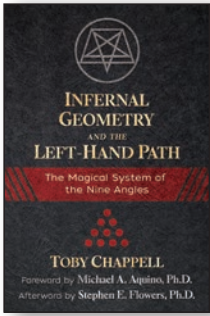
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Toby Chappell / Foreword by Michael A. Aquino, Ph.D. / Afterword by Stephen E. Flowers, Ph.D.

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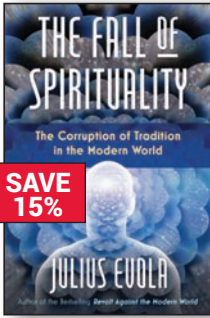
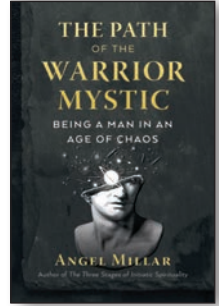
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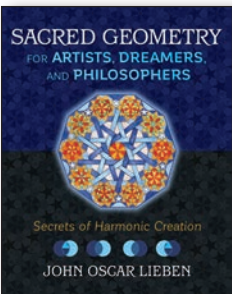
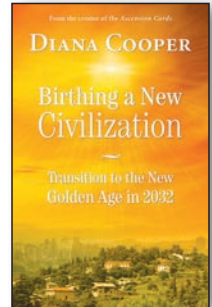
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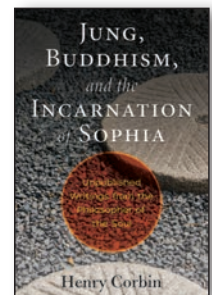
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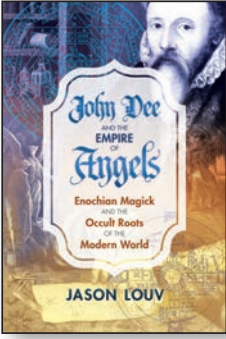
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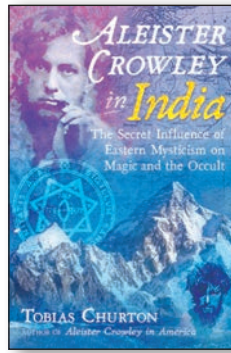
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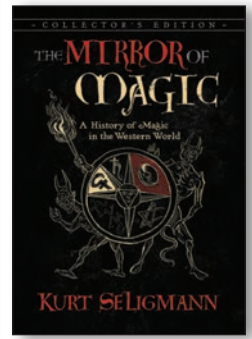
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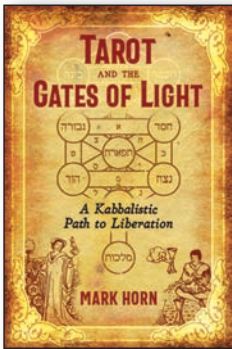
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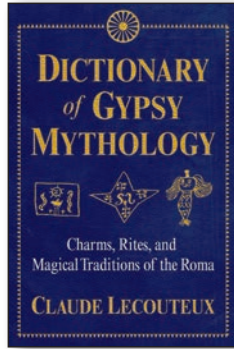
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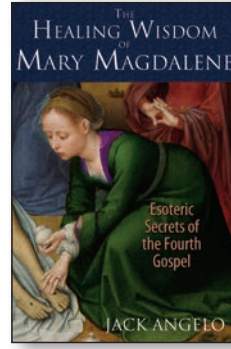
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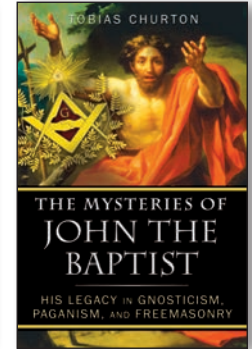
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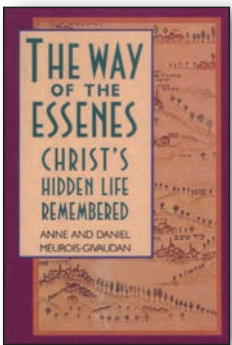
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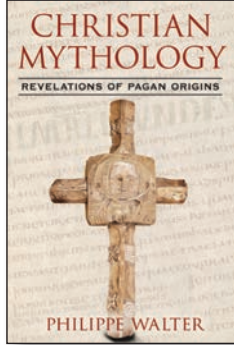
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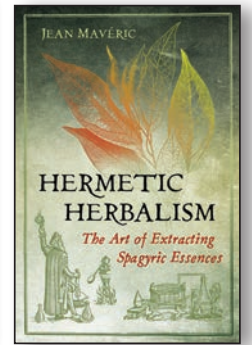
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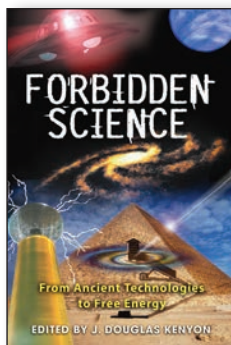
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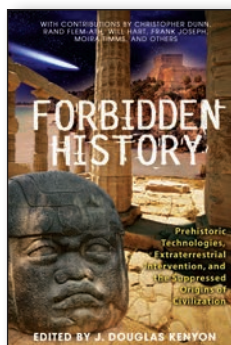
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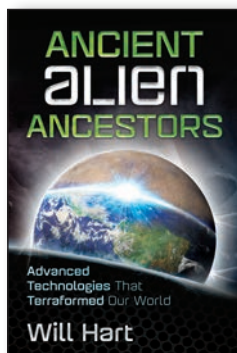
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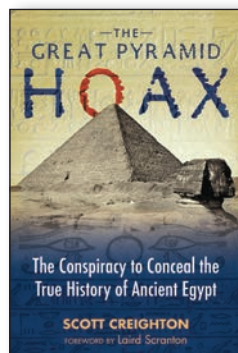
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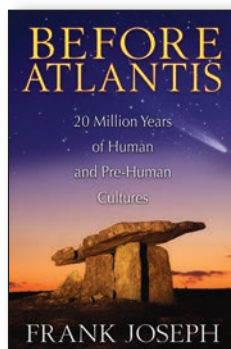
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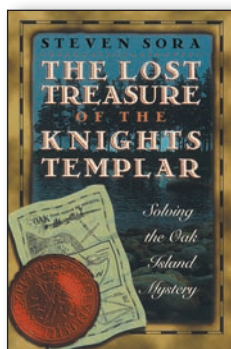
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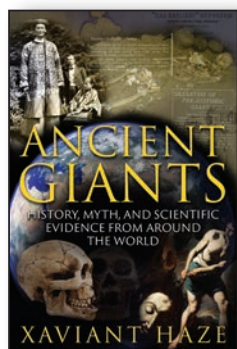
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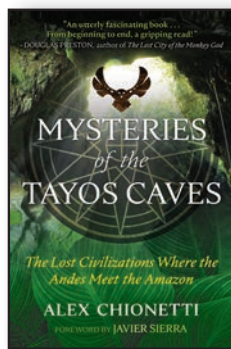
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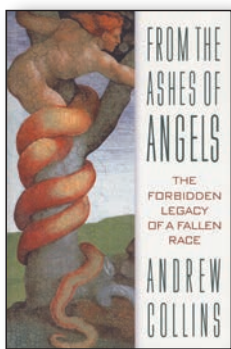
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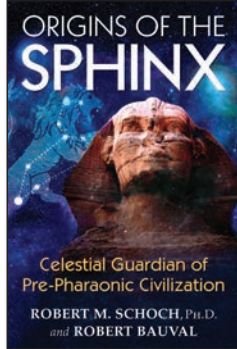
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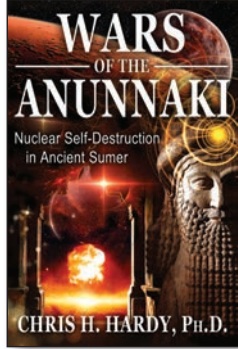
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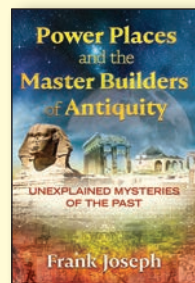
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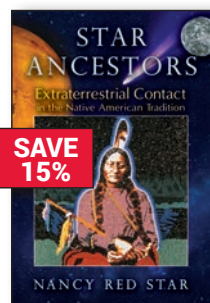
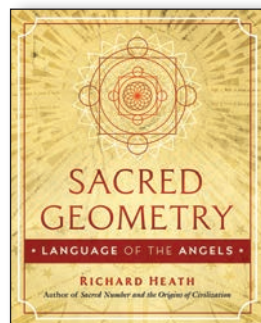
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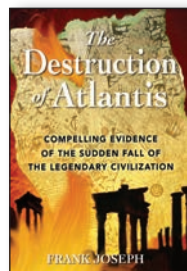
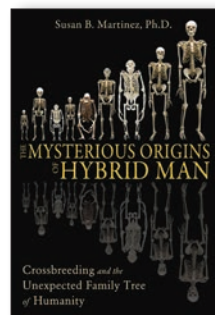
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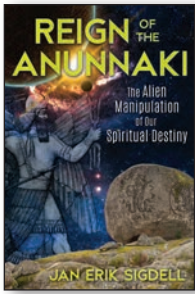
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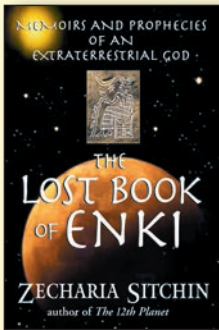
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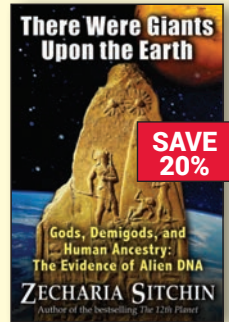
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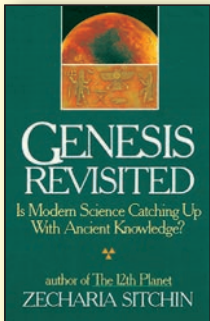
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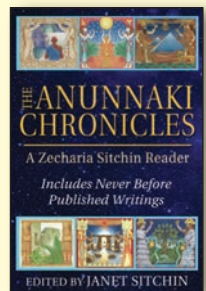
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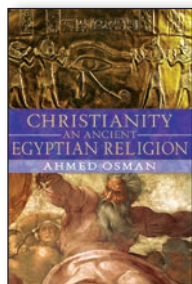
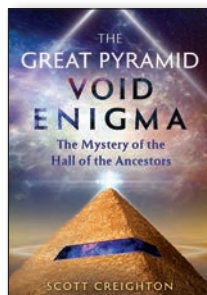
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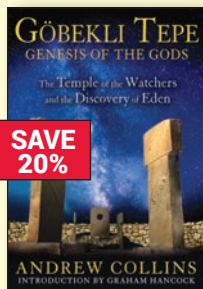
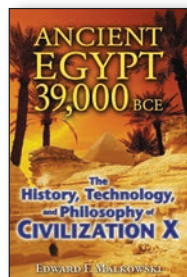
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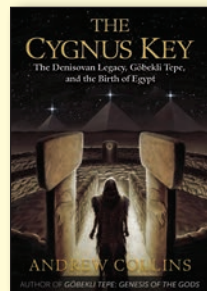
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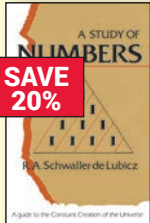
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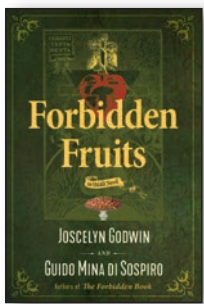
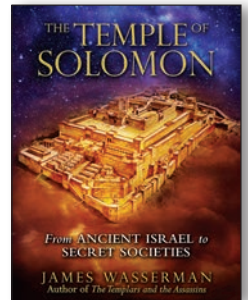
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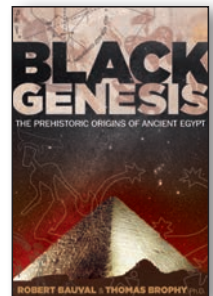
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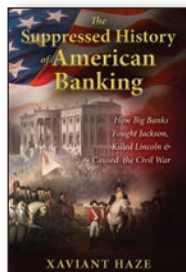
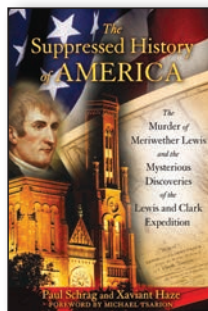
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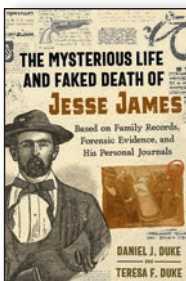
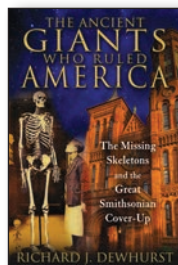
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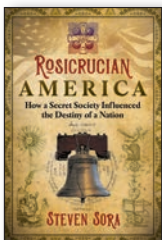
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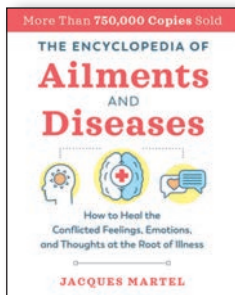
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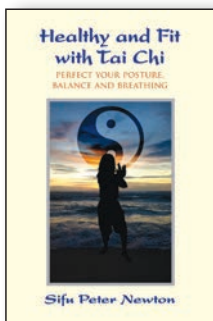
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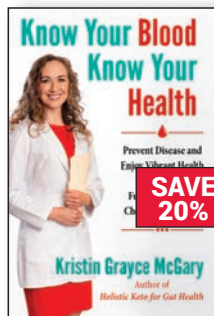
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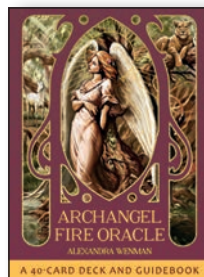
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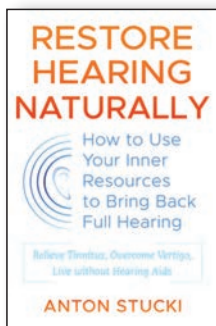
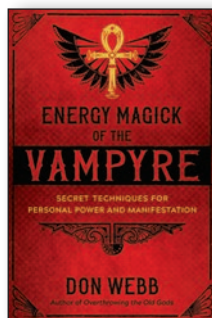
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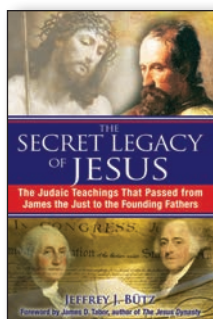
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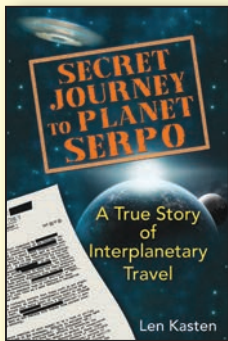
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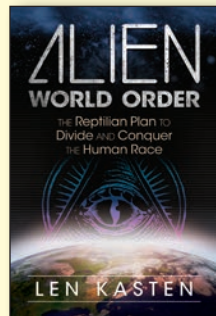
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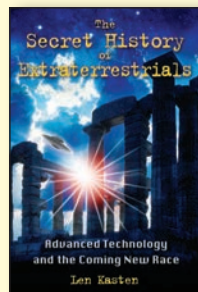
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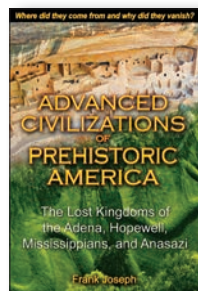
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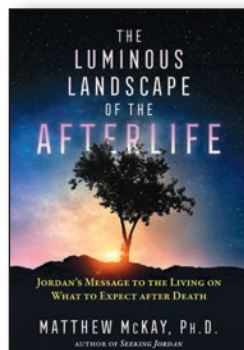
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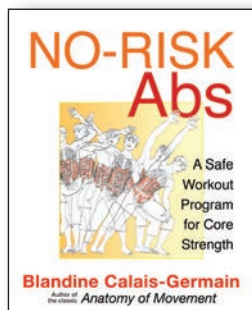
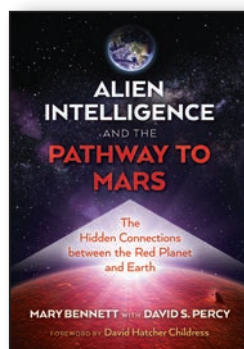
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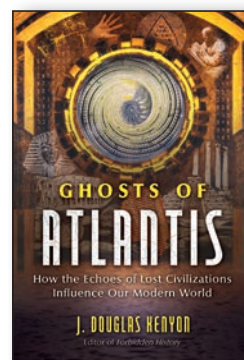
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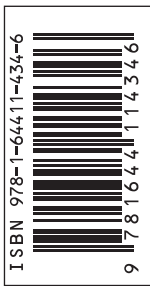
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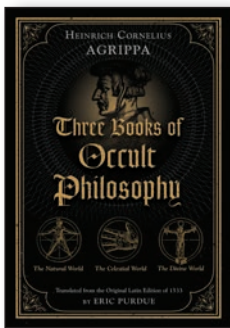
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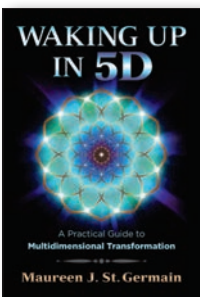
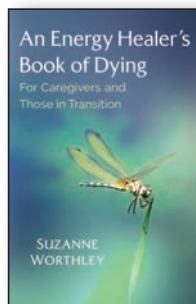
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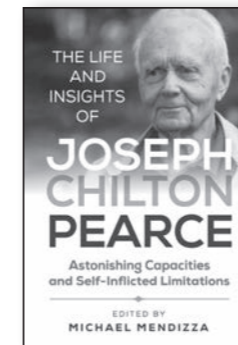
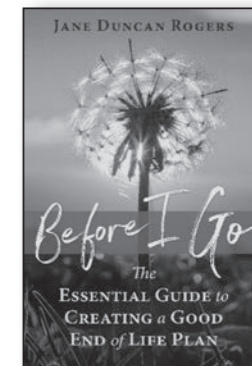
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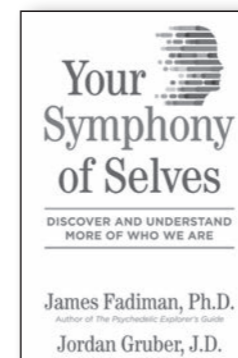
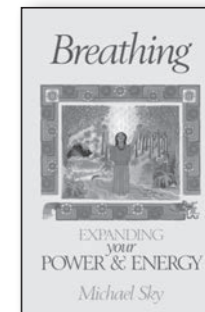
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