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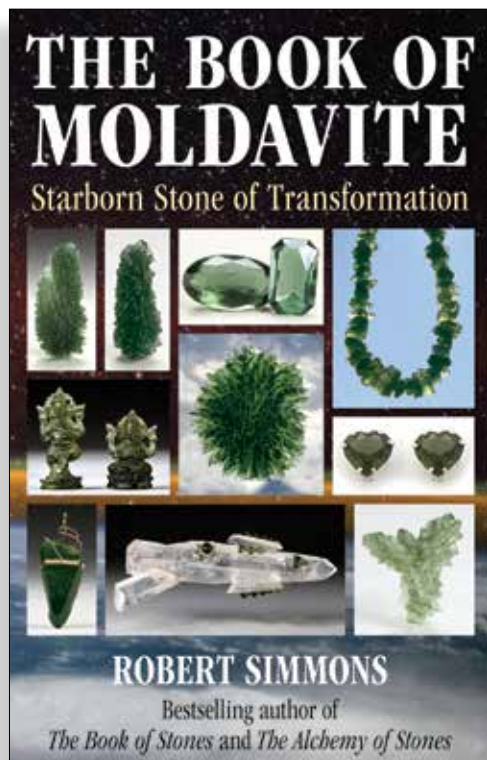
Findhorn Press



Earthdancer
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Spirituality/Crystals



The Book of Moldavite

Starborn Stone of Transformation

ROBERT SIMMONS

A full-color guide to the history, science, and spiritual uses of Moldavite

- Shares the author's transformational discovery of the magic of Moldavite
- Looks at Moldavite energy tools, how to combine Moldavite with other gemstones, and how to use Moldavite to transmit healing energy to people and places
- Includes powerful Moldavite meditations and hundreds of photos, allowing you to attune to Moldavite's energy without even being in its direct presence

Created from the cataclysmic impact of a huge meteorite, Moldavite is a gemstone that is neither heavenly nor earthly, but something new that emerged from their union. Classed scientifically with tektites, these rare green celestial objects showered down over what is now the Czech Republic some 14.8 million years ago. In the mid-1980s, a series of synchronicities brought Moldavite into the hands of Robert Simmons and he began sharing its powerful effects with the world.

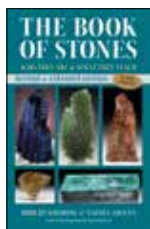
In this full-color guide, Simmons tells the story of his discovery of Moldavite's magic, weaving his knowledge of the stone's spiritual qualities together with scientific and historical data as well as channeled information. He explains how Neolithic peoples in Europe made Moldavite amulets and tools and how several Moldavite amulets were discovered in the same archaeological dig as the famous Venus of Willendorf, the earliest known Goddess figurine. The author describes his dramatic personal awakening and the surprising circumstances that brought Moldavite to the center of his life and career. He shares tales of crop circles and energy vortexes, his adventures in Moldavite country, and ET connections.

Revealing how the science of Moldavite's origins resonates with ancient mystical legends, the author explores Moldavite's connections with the alchemical Emerald Tablet and the fabled Stone of the Holy Grail. He looks at Moldavite energy tools, including wands, pendulums, waters, essences, body layouts, and crystal grids. He explains how to use Moldavite in photonic layouts to transmit energy to people, places, and bodies of water in order to heal and revitalize them. He leads the reader through Moldavite meditations for expanding awareness, and his wife Kathy offers her insights into Moldavite's purpose and power and how we can align with it. Throughout the book are hundreds of full-color images of beautiful raw pieces, carvings, jewelry, and gems, allowing you to attune to Moldavite's energy without even being in its direct presence.

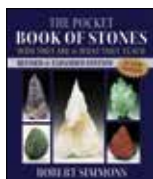
Shining a light upon the starborn gem that unites spirit and matter, the author shows how Moldavite is—literally and figuratively—a joining of Heaven and Earth.

Robert Simmons has been working with crystals and stones for more than 35 years. He is the cofounder of Heaven and Earth, a company offering gem and jewelry creations for self-healing and spiritual development. The author of several books, including *The Book of Stones* and *The Alchemy of Stones*, he lives in New Zealand.

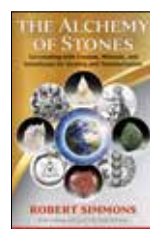
Also by Robert Simmons



The Book of Stones
Robert Simmons
and Naisha Ahsian
Destiny Books
ISBN 978-1-64411-385-1
\$29.99 (CAN \$37.50) pb
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The Pocket Book of Stones
Robert Simmons
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\$14.99 (CAN \$18.99) pb
39,000 copies sold



The Alchemy of Stones
Robert Simmons
Destiny Books
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\$29.99 (CAN \$37.50) pb
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Death Nesting

The Heart-Centered Practices of a Death Doula

ANNE-MARIE KEPPEL

Foreword by Karen Wyatt, M.D.

A practical and compassionate guide to physically, emotionally, and spiritually caring for the dying

- Shares practices for emotional soothing, breathing techniques to reduce anxiety and pain, ways to reduce stress during the active dying process, and techniques to physically care for the dying, including methods to assist bedridden individuals
- Explores ceremony and energetic boundary guidelines, Reiki and ancestral support techniques, and herbal care for nourishing and healing on a spirit level
- Presents self-care methods for moving with grief, ideas for “things to do” when there is nothing to do, mindfulness practices for contemplating your own mortality, as well as guidance for talking with children about death and dying
- Winner of a 2020 Independent Publisher “IPPY” award

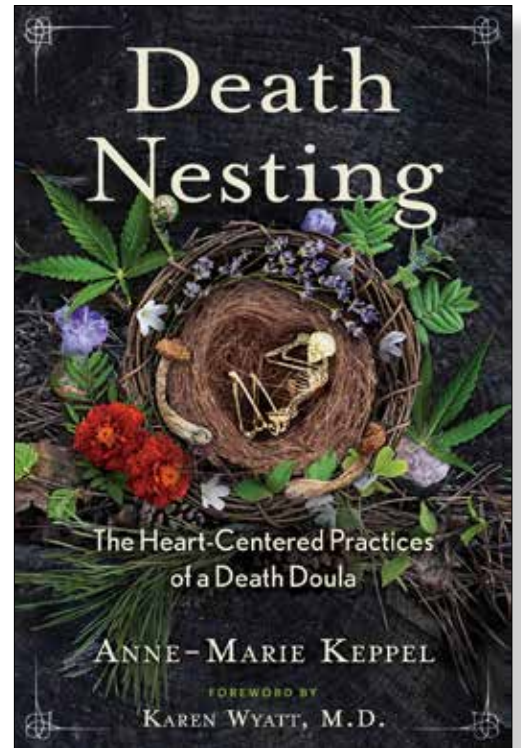
Just as we might prepare a nest for one about to give birth, so can we lovingly prepare a nest for one who is dying.

In this practical and compassionate guide, death doula educator Anne-Marie Keppel incorporates ancient and modern death doula techniques, mindfulness practices, and herbal support to show how anyone can physically, emotionally, and spiritually care for the dying, whether at home, in hospice, or even in the ICU. Seeking to demystify the dying process, she explains what the body physically undergoes during the end of life and shares techniques to physically care for the dying, including methods to assist bedridden individuals. She presents practices for emotional soothing, breathing techniques to reduce anxiety and pain, and ways to reduce stress during the active dying process. She shares ceremony and energetic boundary guidelines, Reiki and ancestral support techniques, and herbal care for nourishing and healing on a spirit level.

Providing support for caregivers and loved ones as well, Anne-Marie explores self-care methods for moving with grief, ideas for “things to do” when there is nothing to do, and mindfulness practices for contemplating your own mortality. She also offers visualizations and techniques for talking with children about death and dying.

Sharing glimpses into the world of spirit to reveal the poignancy of the dying process, the author shows that death is a sacred rite of passage we all experience.

Anne-Marie Keppel is a death doula, community deathcare educator, nursing assistant, Reiki Master teacher, meditation teacher, Life Cycle Celebrant (certificate in funerals), trained home funeral guide, and founder of the nonprofit Village Deathcare. She is also an advisor to a virtual reality therapeutics company that emulates the benefits of psychedelic-assisted therapy to help those working through end of life. Her work as a death doula has been published nationally in the *Washington Times*, on USNews.com, and in *PULP magazine*. She lives in Craftsbury Common, Vermont.



September 2023

Bear & Company

ISBN 978-1-59143-482-5

\$18.00 (CAN \$22.50) Paper

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160 pages, 6 x 9

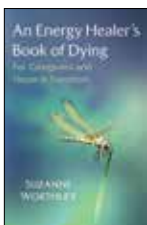
Rights: World

Spirituality/Death & Dying



Author
Anne-Marie Keppel

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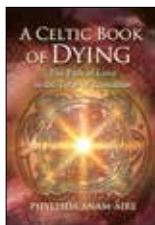
An Energy Healer's Book of Dying

Suzanne Worthley

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A Celtic Book of Dying

Phyllida Anam-Aire

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Spirit Speaker

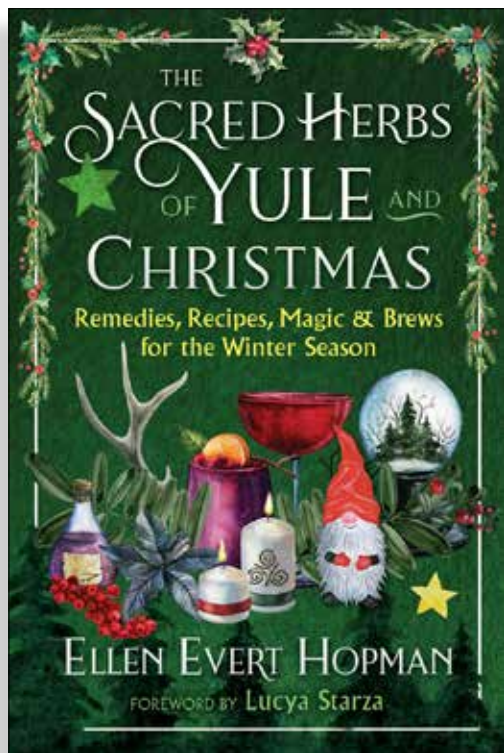
Salicrow

Destiny Books

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April 2023 release



September 2023

Destiny Books

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\$29.99 (CAN \$37.50) Paper

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360 pages, 6 x 9

Includes three 8-page color inserts

Rights: World

Spirituality/Paganism

The Sacred Herbs of Yule and Christmas

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

ELLEN EVERT HOPMAN

Foreword by Lucia Starza

An around-the-world tour of ancient Christmas celebrations, Pagan Solstice customs, and magical seasonal plants

- Explores in depth the medicinal and magical properties of the many herbs, barks, and berries associated with the Christmas and Yuletide season
- Looks at the origins of the Christmas tree and Santa Claus, as well as female gift bringers, holiday Spirits, and Yuletide animals
- Shares crafts such as how to make a Yule Log, practices such as Winter Solstice divinations, and recipes for traditional foods and drinks

Whether viewed as a mid-winter observance of the Winter Solstice or a celebration of the birth of Jesus Christ, for millennia cultures have taken time out to honor the darkest days of the year with lights, foods, and festivities.

In ancient Egypt, people decorated their homes with greenery at the festival of the re-birth of the God Horus. The ancient Romans decorated their homes with vines and ivy and shared gifts, especially candles, at the midwinter festival of Saturnalia. In Scandinavian and Germanic cultures, the Yule Log was burned in the hearth, fruit orchards were wassailed, and sheaves of wheat were displayed to carry luck into the New Year. In Celtic cultures, mummers and guisers went door to door and European mistletoe (*Viscum album*) was gathered by Druids as a medicinal and magical aid.

Presenting an around-the-world tour of ancient Christmas celebrations, Pagan Solstice customs, and magical seasonal plants, Ellen Evert Hopman shares lore, recipes, rituals, and crafts you can make as a family activity to enliven your Yuletide observance. She explores the origins of the Christmas tree and Santa Claus, as well as female gift bringers, holiday Spirits, and Yuletide animals. She shows how to make a Yule Log and decorate your house with greenery and grain weavings. She explains how to perform Winter Solstice divinations and cook traditional foods and drinks such as Wassail and Elizabethan gingerbread cookies. And she looks in depth at the medicinal and magical properties of the many herbs, barks, and berries associated with the Christmas and Yuletide season such as Frankincense and Myrrh, Cinnamon, Nutmeg, Hibiscus, Bayberry, and many more.

Woven throughout with mystical seasonal lore, this guide offers practical and magical ways to celebrate and honor the darkest days of the year.

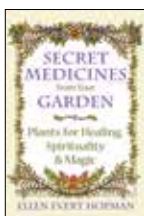
Ellen Evert Hopman is a master herbalist and homeopath, who has been a Druidic initiate since 1984. She is the author of several books, including *Secret Medicines from Your Garden* and *The Sacred Herbs of Samhain*. She lives in Massachusetts.



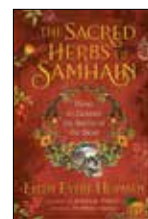
Also by Ellen Evert Hopman



A Druid's Herbal for the Sacred Earth Year
Ellen Evert Hopman
Destiny Books
ISBN 978-0-89281-501-2
\$14.95 (CAN \$17.95) pb
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Secret Medicines from Your Garden
Ellen Evert Hopman
Healing Arts Press
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12,000 copies sold



The Sacred Herbs of Samhain
Ellen Evert Hopman
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5,000 copies sold

Veneration Rites of Curanderismo

Invoking the Sacred Energy of Our Ancestors

ERIKA BUENAFLO, M.A., J.D.

A guide to connecting with your ancestors and healing your lineage

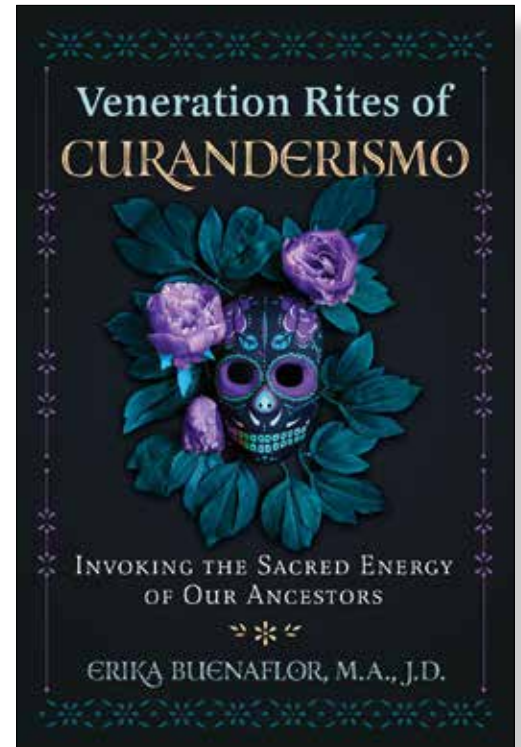
- Shares traditional veneration rites and practices to connect with your ancestors, including limpia rites, trance journeys, energy work, and sacred gardening
- Explores ancestral altar-making practices, sacred tools for altars, and how to invite your ancestors to take an active role in intervening on your behalf
- Describes the deification process of esteemed ancestors and how this opens access to special powers for those sharing that ancestor's lineage

Exploring the diverse and dynamic ancestral veneration rites of the ancient Mesoamericans as well as those practiced in contemporary curanderismo, Erika Buenaflor shows how we can draw from these traditions to reconnect with our ancestors, deepen our healing journeys, and shape our lives. She explains how ancestors contain a sacred energy that can continue in their direct physical heirs, be reborn in the landscape at sacred sites, or manifest in other beings that inhabited the same lands. She describes the deification process of esteemed ancestors and how this opens access to special powers for those sharing that ancestor's lineage.

Buenaflor examines the sacred offerings and ceremonies used to invoke, renew, and strengthen an ancestor's soul energies, which in turn ensured their aid, guidance, and intervention, as well as their well-being and comfort in the afterlife. She shares numerous veneration rites and healing practices to strengthen your bonds with your ancestors, including limpia rites, ritual craft-making, trance journeys, shamanic breathwork, energy work with past and present lives, sacred gardening, and ancestral altar-making. She introduces you to nepantla spirituality, the path of reclaiming sacred liminal space, and shows how you can heal your ancestral lineage and reclaim your esteemed ancestors, those who anchor you with a feeling of belonging to something greater, divine, and beautiful.

Whether you are able to create a long and detailed family tree or have no knowledge of your grandparents or even parents, this book offers many ways to connect with your spiritual forebears, heal your lineage, and receive spiritual aid as you reclaim your ancestors and welcome them into your life.

Erika Buenaflor, M.A., J.D., has a master's degree in religious studies with a focus on Mesoamerican shamanism from the University of California at Riverside. A practicing curandera for more than 20 years, descended from a long line of grandmother curanderas, she has studied with curanderx in Mexico, Peru, and Los Angeles and gives presentations on curanderismo in many settings. The author of several books, including *Cleansing Rites of Curanderismo*, she lives in Tujunga, California.



September 2023

Bear & Company

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\$20.00 (CAN \$24.99) Paper

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216 pages, 6 x 9

Includes an 8-page color insert and

12 black-and-white illustrations

Rights: World

Shamanism



Author

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

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



Cleansing Rites of Curanderismo

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

Bear & Company

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Curanderismo Soul Retrieval

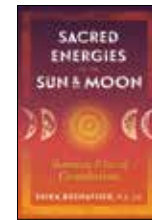
Erika Buenaflor, M.A., J.D.

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Sacred Energies of the Sun and Moon

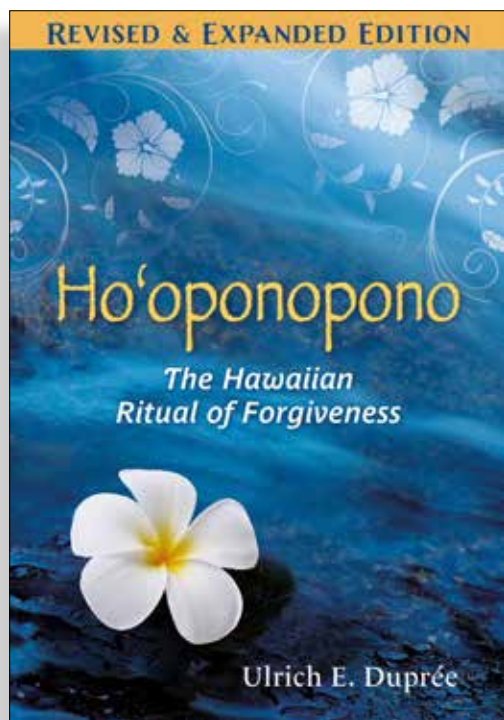
Erika Buenaflor, M.A., J.D.

Bear & Company

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6,000 copies sold



Ho'oponopono

The Hawaiian Ritual of Forgiveness

ULRICH E. DUPRÉE

A new expanded edition of the bestselling guide to Ho'oponopono

- Includes new practical exercises and contemplations to help you immediately create positive changes in your everyday life
- Explores the process of practical forgiveness and how to use Ho'oponopono to transform personal problems, resolve relationship conflicts, and heal the past
- Looks at how to use Ho'oponopono on a collective level to bring peace to the world

Ho'oponopono is the ancient Hawaiian method for transforming personal problems, resolving interpersonal conflicts, and healing the past through the power of forgiveness. At the core of Ho'oponopono are four magical sentences: I am sorry, Please forgive me, I love you, Thank you. A deceptively simple yet enormously effective practice, Ho'oponopono is centered on the concept that we are all deeply connected and that small acts of forgiveness and reconciliation can ripple outward to help and heal others.

Newly revised and expanded, this bestselling guide offers practical exercises and Ho'oponopono contemplations to help you immediately create positive changes in your everyday life. The author explains how *Ho'oponopono* means "restoring the divine order." Whether it is your relationship with your partner, your children or parents, your health, Mother Earth, your business, job, or financial situation, Ho'oponopono can help you set straight anything veering off course through understanding and self-forgiveness. The author explores the process of focusing on difficult conflicts within personal relationships, whether in the present or the past, and shows how, by addressing these issues, owning one's feelings, and accepting unconditional love, unhealthy situations transform into positive outcomes and growth. He also looks at how to use Ho'oponopono on a collective level to bring peace to the world.

Presenting a step-by-step introduction to the ancient ritual of Ho'oponopono, this book shows how practical forgiveness work can help bring healing to self, family, and community as well as support all of humanity to become more connected and loving again.

Ulrich Emil Duprée is a spiritual seeker, visionary, and seminar leader. He has studied both Western and Eastern philosophy and lived in a Hindu monastery for four years. He has taught Ho'oponopono, the ritual of forgiveness, since his mystical initiation by a Hawaiian Kahuna priest in 2009. The author of *Ho'oponopono and Family Constellations*, he lives in Germany.



September 2023

Earthdancer Books

ISBN 978-1-64411-880-1

\$9.99 (CAN \$12.50) Paper



Also available as an ebook

Replaces previous edition:

Ho'oponopono

ISBN 978-1-84409-597-1 (Earthdancer Books)

112 pages, 4½ x 6½

Full-color throughout

Rights: World English

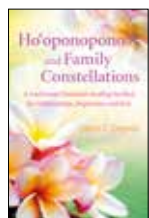
Spirituality/Self-Help



Author

Ulrich E. Duprée

Also by Ulrich E. Dupree



Ho'oponopono and Family Constellations

Ulrich E. Duprée

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Of Related Interest



The Book of Ho'oponopono

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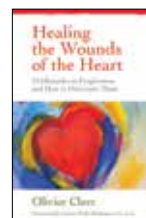
and Jean Graciet

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35,000 copies sold



Healing the Wounds of the Heart

Olivier Clerc

Findhorn Press

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December 2022 release

Essential Oils Oracle Cards

Wisdom and Guidance from 40 Healing Plants

DENNIS MOECK

Illustrated by Ulrike Annyma Kern

A hands-on tool for intuitively connecting with the healing wisdom of plant spirits

- Includes 40 full-color cards featuring delicate illustrations of plant spirits and their deep transformative messages
- Each card describes the spiritual and healing powers of the plant spirit, along with practical uses of the corresponding essential oil, an affirmation, resonant keywords, and corresponding chakras
- Includes a booklet that shares guidance on using essential oils safely and explains how to use the cards on a therapeutic level, for aromatherapy practice, and as an oracle, including sample card spreads

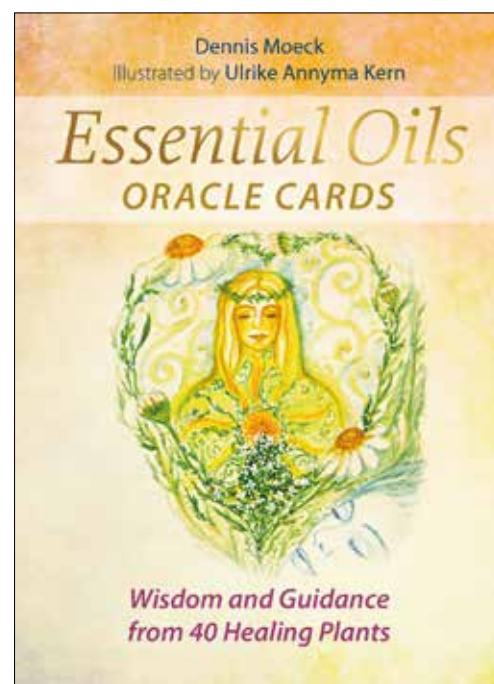
Plants are gifts from the Earth, each playing their individual sound in the collective symphony of nature. Essential oils contain their condensed wisdom and spirit, and through the practice of aromatherapy we can use essential oils to influence the spiritual, mental, and physical levels of our being.

With this 40-card oracle deck, Dennis Moeck and Ulrike Annyma Kern present a hands-on way to intuitively select essential oils for healing or connecting to a plant's spirit. Aromatherapist Moeck provides wisdom-filled messages and healing guidance from the plant spirits, while Kern's delicate illustrations let the souls of these healing plants and herbs speak, conveying the love and energy of the natural realms.

Both sides of the cards include text. One side shares original wisdom about the spiritual healing power and message of each plant, surrounded by Kern's evocative plant spirit art. The other side shares an affirmation that engages the oil's power, followed by a description of its spiritual and physical effects along with practical application tips that tell you where and how to use the essential oil. This side also provides the associated chakra and important keywords that resonate with this plant and its oil, revealing where the plant's soul wants to support you. The deck also includes a booklet that shares guidance on using essential oils safely and explains how to use the cards on a therapeutic level, for aromatherapy practice, and as an oracle, including sample card spreads.

Embedded with the spirits of the plants, these cards energetically convey their precious essences, bringing you deeper insight and guidance for using essential oils on your path to spiritual and physical wellbeing.

Dennis Moeck is a German aromatherapist, personal coach, and successful blogger who has been working intensively with essential oils and crystals for decades. He offers individual sessions, online courses, and trainings and hosts retreats and workshops on Ayurveda, modern rituals, aromatherapy, and inner world journeys. **Ulrike Annyma Kern** is a German artist, author, and spiritual teacher. Through her artwork, she conveys working with universal divine energy. Both authors live in Germany.



September 2023

Earthdancer Books

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Divination/Essential Oils



Rockrose

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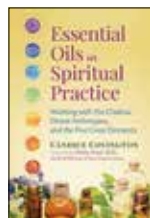
Essential Oils and Gemstone Guardians Cards

Margaret Ann Lembo
Findhorn Press

ISBN 978-1-64411-539-8

\$19.99 (CAN \$24.99) pb

November 2022 release



Essential Oils in Spiritual Practice

Candice Covington

Healing Arts Press

ISBN 978-1-62055-305-3

\$16.95 (CAN \$21.50) pb

12,000 copies sold



Healing with Essential Oils

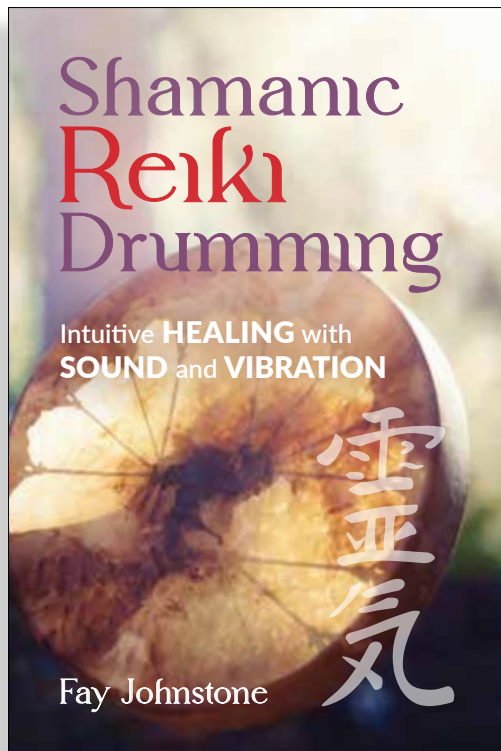
Heather Dawn Godfrey, PGCE, BSc

Healing Arts Press

ISBN 978-1-64411-389-9

\$24.99 (CAN \$31.50) pb

August 2022 release



September 2023

Findhorn Press

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\$19.99 (CAN \$24.99) Paper

 Also available as an ebook

224 pages, 6 x 9

10 black-and-white illustrations

Rights: World

Energy Medicine/Shamanism



PHOTO BY BECKY HENDERSON

Author
Fay Johnstone

Shamanic Reiki Drumming

Intuitive Healing with Sound and Vibration

FAY JOHNSTONE

Foreword by Carol Day, author of *Shamanic Dreaming*

A complete guide to shamanic drumming for enhancing Reiki practice

- Shares Reiki drum techniques and step-by-step shamanic practices to strengthen the potency of Reiki symbols and treatments and bring empowerment, healing, connection, and clarity to you and your clients
- Looks at selecting a drum, attuning to its unique power, and how to use it for self-healing and for work with clients
- Explains the essence of shamanic journeying with a drum, including how to set intentions, access and navigate the three shamanic worlds, meet spirit guides, and connect deeply with your intuition

Advance your Reiki practice to the next level with vibrational sound healing and shamanism combined in the beat of the drum.

In this guide, Reiki master and shamanic teacher Fay Johnstone explores in detail the practices and benefits of shamanic drum journeying in the context of Reiki healing. She shares Reiki drum techniques and step-by-step shamanic practices to bring empowerment, healing, connection, and clarity to you and your clients. She explains how the vibration of a drum enhances the efficacy of a treatment by inviting the client's energy field back to its optimal vibration as well as inducing relaxation and the release of tension. She shows how drumming allows a Reiki practitioner to dive into shamanic journeying for deeper guidance and insight on a client, and she reveals how vibration and sound can strengthen the energetic potencies of Reiki symbols.

Exploring the magic of the drum, the author explains the essence of shamanic journeying, including how to set intentions, access and navigate the three shamanic worlds, meet spirit guides, and connect deeply with your intuition. Outlining the protocols of drumming for yourself and others, she presents a shamanic Reiki treatment flow protocol for the basic structure of a session, whether in person or distant healing.

Highlighting personal healing practices with the drum, the author details exercises that combine with Reiki self-care and shamanic journeying to release negative energy, reclaim power, shift mindset, and manifest goals. She offers simple practical exercises to restore connection to our true self through drumming with nature, exploring the cosmos, and honoring the ancestors. She also presents guidelines for conducting ceremony and holding drum circles or Reiki shares for group healing and shamanic journeying.

Welcoming Reiki practitioners into the rhythm of the drum and the path of shamanism, this book will inspire you to journey deeper into the unseen web that connects us all.

Fay Johnstone combines 20 years of Reiki practice with herbal and shamanic training to assist us with our personal transformation through the healing power of nature. The author of *Plant Spirit Reiki* and *Plants That Speak, Souls That Sing*, Fay offers training and retreats from her home near Edinburgh, Scotland.

Also by Fay Johnstone

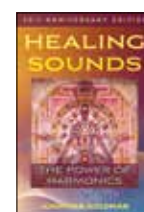


Plant Spirit Reiki
Fay Johnstone
Findhorn Press
ISBN 978-1-64411-104-8
\$16.99 (CAN \$21.50) pb



Plants That Speak, Souls That Sing
Fay Johnstone
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Karma and Reincarnation in the Animal Kingdom

The Spiritual Origin of Species

DAVID BARRETO

Foreword by Robert Sardello, Ph.D.

Investigates the spiritual anatomy and evolution of animals

- Examines the anatomy of the spiritual bodies of animals, including their aura, etheric fields, chakras, and mental, astral, and buddhic bodies
- Details how reincarnation and karma work in the animal kingdom, including how the way that animals die can have different effects on their spiritual bodies in the astral realms
- Explores the spiritual, energetic, and psychic abilities of many animals and insects

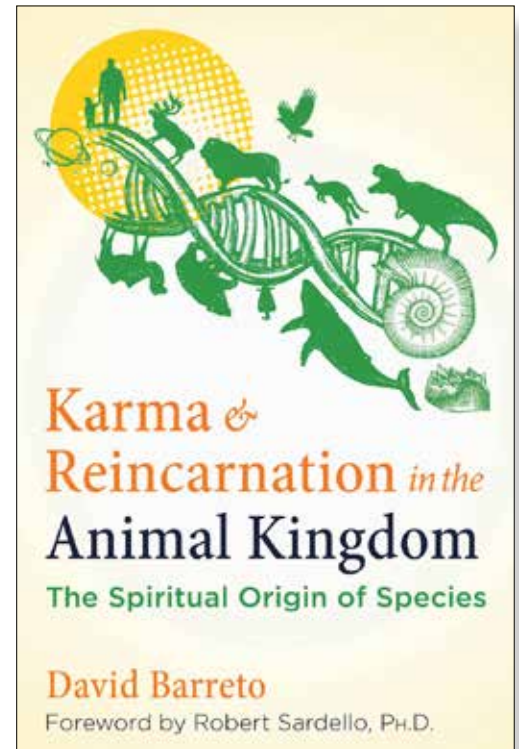
Where do the spirits of animals go after they die? Do animals have chakras or auras? Why were animals worshipped in ancient religions?

Exploring these questions and more, David Barreto presents a deep investigation into the spiritual evolution of the animal kingdom, from ants and cockroaches to cats, dogs, owls, pigeons, dolphins, and whales. He examines the spiritual anatomy of animals, including their aura, etheric fields, chakras, and mental, astral, and buddhic bodies. Detailing how reincarnation works among various species, Barreto explores their experiences between physical lives, how they accrue karma, and how the way that animals die can have different effects on their spiritual bodies in the astral realms. Drawing on both modern physics and metaphysics, he reveals, for example, how dogs can love unconditionally because of their large electromagnetic field, which nourishes the etheric bodies of those around them, and how cats can detect subtle energy shifts and disharmonies and conduct etheric filtration while they sleep.

Examining esoteric schools as well as ancient spiritual traditions around the world, the author explores how animals are viewed and worshipped in different religions and how animal adoration and animal-connected gods arose in ancient Egypt, India, and China. He looks at animal totems, animal archetypes, animals in alchemy, and the astral connections between animals and elementals. The author also examines the spiritual and energetic repercussions of meat consumption and animal sacrifice, revealing the astral and etheric components of slaughterhouses.

Detailing the role of the animal kingdom in the Age of Aquarius, the author shows how, with the awakening of this new astrological era, animals will have their earthly lives elevated with lasting worth and dignity, equal to the love and respect they have been transmitting for millennia.

David Barreto is a writer and scripture researcher who has studied astrophysics at the Australian National University and religion at Harvard University. The author of *Supernatural Science*, he lives in London, England.



September 2023

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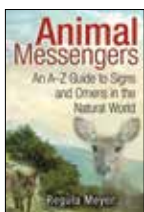
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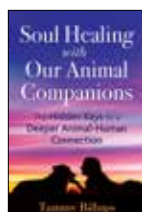


Author
David Barreto

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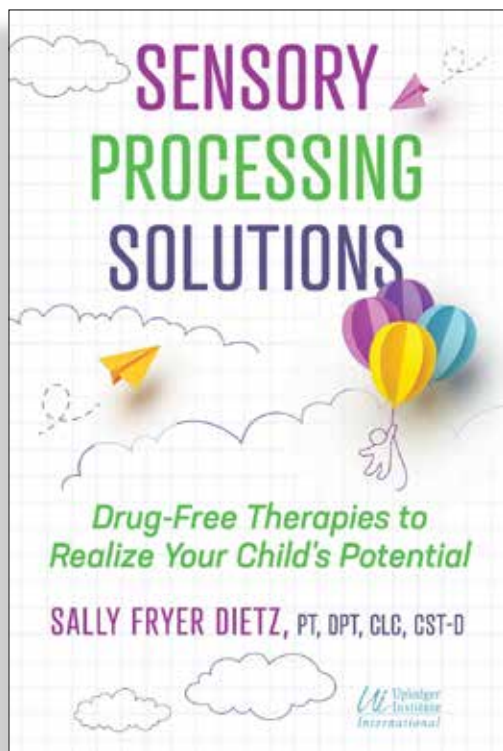
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Sensory Processing Solutions

Drug-Free Therapies to Realize Your Child's Potential

SALLY FRYER DIETZ, PT, DPT, CLC, CST-D

A guide to help you find the right therapy program for your child

- Explores many non-medication therapy methods, such as Sensory Integration Therapy and CranioSacral Therapy, to help children with sensory processing disorders and other developmental glitches
- Details common signs of SPD at each developmental stage from infancy to grade school
- Presents success stories from the author's own family and from her sensory integration therapy clinic

Every person—whether baby, child, teenager, or adult—interacts with the world in their own unique way. Yet some have a harder time than others due to a variety of sensory processing issues, which can lead to motor delays, learning differences, frustration, anxiety, emotional, behavioral, and social challenges, as well as diagnoses like ADHD and “autism spectrum.” As sensory integration expert Sally Fryer Dietz reveals, these children are not “broken.” We are all unique, some just need more options and new ways to approach the world in order to make better sense of it.

Speaking from both her decades of professional experience as well as her own journey to help her oldest son, Dietz shares in-depth guidance to help you find the right therapeutic support for your child. Detailing common red flags at each developmental stage from infancy to grade school, she explains how children with sensory processing “glitches” are often misunderstood and put on medication rather than in therapies that can help them succeed naturally. Sharing how difficult it was to hear from her son's teachers that he was having more challenges in school than his peers, she presents success stories from her family and from her sensory integration therapy clinic. She outlines therapies and treatments for body and mind that can help improve your child's sensory motor development and function, such as sensory integration-based occupational, physical, and CranioSacral therapy.

No matter where your child is on the spectrum of sensory motor integration, this guide showcases effective solutions beyond medication and can help you figure out what options are available to help children grow into happy and productive adults.

Sally Fryer Dietz, PT, DPT, CLC, CST-D, is a doctor of physical therapy, developmental specialist, sensory integration expert, lactation counselor, and Upledger CranioSacral Therapy Diplomate and presenter. As a leading authority in therapeutic pediatrics—and the mother of two boys who learned in entirely different ways—she has helped thousands of children (and their parents) live healthier, happier lives. She has taught her innovative therapy methods internationally. She lives in Dallas, Texas.



September 2023

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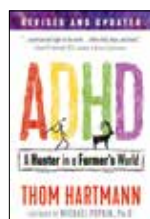
Psychology/Parenting



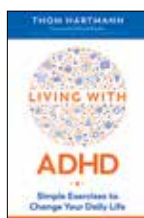
Author

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

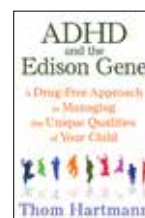
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Overcoming Chronic Digestive Conditions

Release the Visceral Layers of Post-Traumatic Gut Disorder

NIKKI KENWARD, CST-D, MCSS

Foreword by Eric Moya, RMT, CST-D, MS/Mfct

A holistic approach for healing trauma stored in the gut

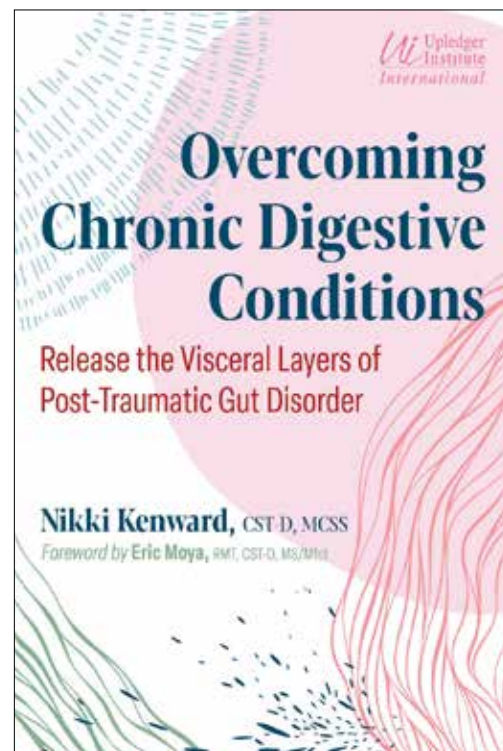
- Explains how and why emotions and trauma are stored in the gut, causing digestive issues and visceral tensions
- Presents recent research that enriches our understanding of the gut as a center of emotional and spiritual growth
- Shares a hands-on process of listening to the gut layer by layer to help heal gut issues, renew the microbiome, and release intergenerational trauma

A healthy gut is fundamental to a healthy life. Embedded within our digestive system is the enteric nervous system, our “second brain,” which serves to protect us from the external world of adversity, including not only viruses and bacteria, but also traumatic events. As Nikki Kenward, CST-D, MCSS, explains, past challenges and traumas, whether emotional or physical, are held in the enteric nervous system in many ways, including fascial tension, cellular changes, and unhelpful “default settings.”

Exploring in depth what she calls “the Post-Traumatic Gut,” Kenward describes the anatomy and physiology of the enteric nervous system, including the polyvagal system, and the many ways that our emotional history and current emotional state can impact our digestive system. Sharing recent research, she describes the science behind the emotional gut and how to apply it to chronic digestive issues like IBS and Crohn’s disease as well as mental health issues such as anorexia, bulimia, anxiety, and depression. She explains how and why the digestive gut absorbs emotions and what you can do to heal its functions by addressing psychosomatic stressors, rather than just nutrition. Presenting case studies from her 25 years in clinical practice as well as her own healing journey, she reveals the synchronicity between digestive/metabolic functions and psychological/perceptual insight and how allowing the cells to “speak” through bodywork such as CranioSacral Therapy and SomatoEmotional Release Therapy can help renew the microbiome of the second brain, release intergenerational trauma and illness, and restore one’s psychospiritual life.

Sharing visualization exercises and a hands-on process of listening to the gut layer by layer, the author helps readers unwind stagnant cellular patterns, discover the dynamic intelligence in every cell, and transform Post-Traumatic Gut into Post-Traumatic growth.

Nikki Kenward, CST-D, MCSS, is a CranioSacral Therapist, international health-care educator through Upledger Institute International, yoga therapist, theater director, and poet. A former professional dancer and dance therapist, she has been in private practice for 25 years. She lives in Marlow, Buckinghamshire, UK.



October 2023

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It's All in Your Gut

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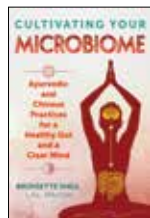
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Holistic Health



Author
Nikki Kenward

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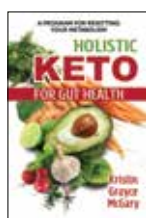
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Bridgette Shea, L.Ac., MACOM

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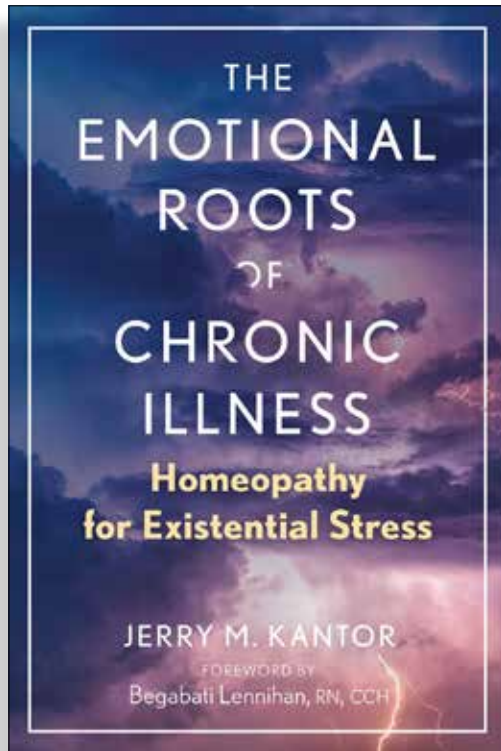
Christopher Vasey, N.D.

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The Emotional Roots of Chronic Illness

Homeopathy for Existential Stress

JERRY M. KANTOR

Foreword by Begabati Lennihan, RN, CCH

How to change the subconscious patterns underlying chronic conditions

- Explains how to use prominent emotional and physical symptoms to determine the core existential stress underlying one's chronic condition
- Introduces five, seminal existential questions correlating with both the five miasms of homeopathy and the Five Phases of Chinese Medicine
- Presents homeopathic remedies connected to specific existential quandaries and explains their indications through detailed examples from the author's practice

In addition to working well for purely physical ailments, homeopathy offers remedies for engaging directly with the subconscious mind and ameliorating embedded, existential causes of chronic illness—called “miasms” in classical homeopathy.

Presenting diagnostic insight, specific homeopathic remedies, and successful case study examples about the profound connections between emotions and their physical manifestations in illness, Jerry M. Kantor correlates the five classical miasms and their core existential quandaries with the Five Elements and Phase Theory of Chinese Medicine. He likens inborn foundational emotions to tools, each one designed to solve a stress-related problem. Self-sabotaging imbalances—energetic and physical—can occur when an emotional tool is excessively used, such as when a once-familiar stress is no longer present, or underused, as when a stressful input is inadequately managed. He explains how identifying a default emotional response—such as anxiety or anger—along with its accompanying physical symptoms can determine the core existential stress or heredity pattern underlying a chronic condition. For each of the five classical miasms and their associated physical and emotional conditions, the author presents homeopathic remedies that mollify the impact of specific existential quandaries and explains their indications through detailed examples from his practice.

Revealing that the subconscious mind is amenable to change, Kantor shows how to accurately select remedies to defuse the energetic charge of unresolved existential stress and thus quell the root causes of chronic illness.

Jerry M. Kantor, L.Ac., CCH, MMHS, is a faculty member of the Ontario College of Homeopathic Medicine and owner of Vital Force Health Care LLC, a Boston-area homeopathy and acupuncture practice. The first acupuncturist to receive an academic appointment at Harvard Medical School's Department of Anaesthesiology, Kantor is the author of *Sane Asylums*, *Interpreting Chronic Illness*, *The Toxic Relationship Cure*, and *Autism Reversal Toolbox*. He lives in Dedham, Massachusetts.



October 2023

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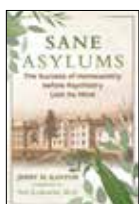
Rights: World

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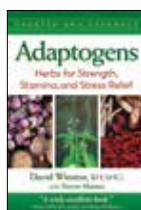
Author
Jerry M. Kantor

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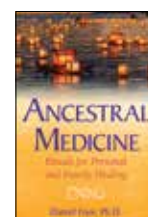


Sane Asylums
Jerry M. Kantor
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Of Related Interest



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The Gift of the Night

A Six-Step Program for Better Sleep

PHILIP CARR-GOMM

An effective, easy six-step approach for addressing insomnia and other sleep disorders

- Details a six-step program to help you sleep better as well as thirteen specific techniques to help you fall asleep and stay asleep
- Offers an integrative approach combining evidence-based sleep science with holistic and spiritual techniques
- Provides online support in the form of short videos, audio meditations, and exercises from the author's successful sleep clinic

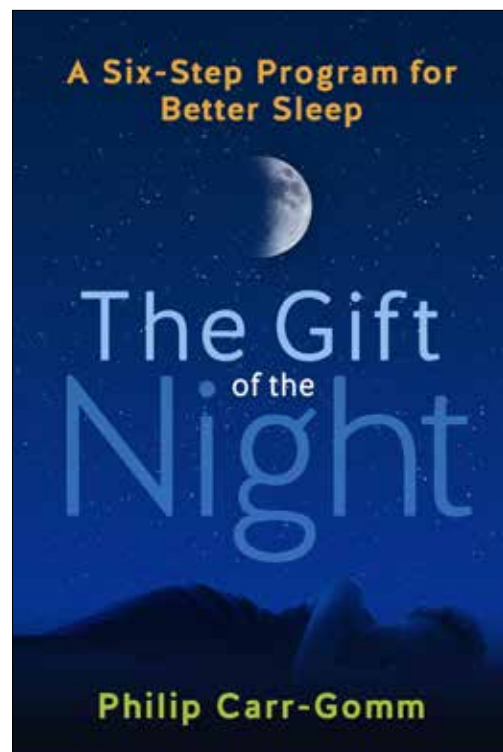
More than one third of adults suffer from insomnia or some other kind of sleep disorder. Left unaddressed, lack of sleep can lead to debilitated health, lowered resilience, and decreased performance in all aspects of life. Restoring hope to the sleepless, psychotherapist Philip Carr-Gomm reveals how we each have the ability to unlock better sleep naturally.

Combining his knowledge of sleep science and cognitive behavioral therapy (CBT) with techniques drawn from spiritual traditions and insights from the emerging field of psychedelic therapy, Carr-Gomm presents a fast and easy-to-follow six-step program to help you sleep better. He explores a multitude of approaches to sleep, as well as sleep difficulties and how to overcome them. He looks at the potential of psychedelic-assisted therapy and microdosing, applying elements of the psychedelic therapy model as a way of optimizing the conditions for sleep. He recommends thirteen natural ways we can drift into a deep and restorative sleep, including hypnotherapy, Yoga Nidra, sophrology, progressive muscle relaxation, and white, pink, and grey noise, and provides scripts for five of these techniques. His successful sleep clinic provides online support in the form of short videos and audio meditations as well as exercises.

In addition to the six-step program, the author guides you in discovering the factors inhibiting a good night's sleep and explores the difficulties of sleep phobia, sleep-talking, sleep-walking, and "Exploding Head Syndrome." He also answers questions about the links between sleep and depression, sleep and obesity, and the value of sleep hacking and lucid dreaming.

Helping you get a better night's sleep, this concise and simple guide shows you how to benefit from everything the night offers to body and soul.

Philip Carr-Gomm is an author and psychotherapist, having trained in psychology, sophrology, and psychosynthesis psychotherapy. The founder of the Sophrology Institute, he works in the emerging field of psychedelic psychotherapy with the Synthesis Institute in the Netherlands. He runs a sleep clinic that offers online sleep therapy and is the author of over twenty books, including *Empower Your Life with Sophrology*, *Seek Teachings Everywhere*, and *The Prophecies*. He lives in Sussex, England.



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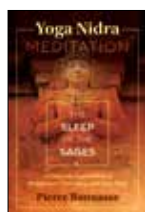
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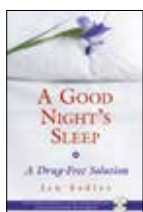


Author
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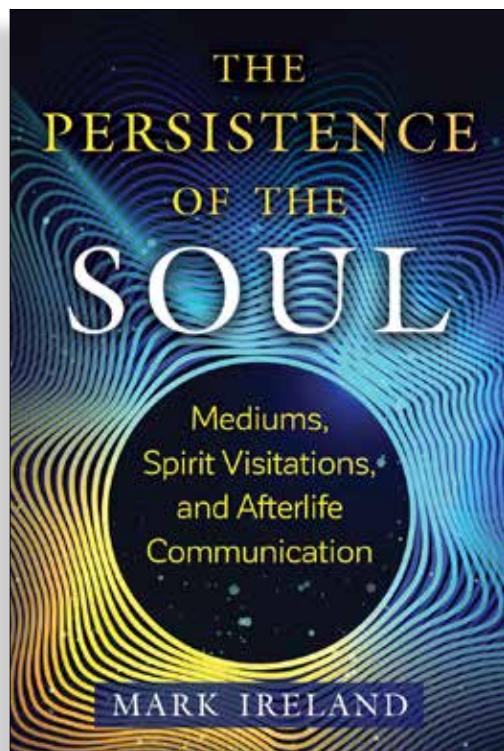
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Rights: World

Spirituality/Consciousness Studies



Author
Mark Ireland

The Persistence of the Soul

Mediums, Spirit Visitations, and Afterlife Communication

MARK IRELAND

Compelling evidence for afterlife messages backed by scientific research

- Presents detailed accounts of experiments conducted to obtain evidence for the survival of consciousness after death, including the author's own test involving a secret message left behind by his late sister
- Shares interviews with mediums to understand how they receive information from the spirit world and explains how to recognize fraudulent mediums
- Explores the healing impact that afterlife communications can have on people who are grieving

After the unexpected passing of his youngest son, Mark Ireland began a search for messages from the afterlife and discovered remarkable proof of life after death.

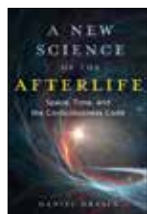
Interweaving profound personal experience and compelling scientific evidence, Ireland presents a deep dive into psychic-medium phenomena, spirit visitations, afterlife communication, reincarnation, synchronicity, and near-death experiences, pointing to the survival of consciousness after bodily death. He details how he confronted his resistance to engaging in the spiritual and parapsychological practices of his deceased father, prominent 20th-century psychic Dr. Richard Ireland, who counseled celebrities such as Mae West and the Eisenhower family. On his journey, he meets with respected mediums who deliver unexpected messages from his son, father, and others who have passed and explores the healing impact that such messages can have on people who are grieving. He shares his interviews with mediums to understand how they see, hear, and feel the information they receive from the spirits of the deceased, and he explains how to recognize fraudulent mediums.

Ireland presents detailed accounts of scientific experiments conducted to obtain evidence for the continuity of consciousness, including the author's own test involving a secret message left behind by his deceased sister, Robin. The contents of this message were unknown to any living person and remained sealed in an envelope until the author received messages from a group of mediums. He exposes deceptive arguments made by skeptics and examines mediumship through the lens of multiple religious traditions—including some factions who seek to demonize the practice.

Showing how spirit communication can be undeniably accurate and frustratingly ambiguous, Ireland reveals the profound healing and transformative possibilities available to those who come to believe in the persistence of the soul.

Mark Ireland is the cofounder of Helping Parents Heal, an organization with more than 24,000 members that assists bereaved parents worldwide. He has participated in mediumship research studies conducted by the University of Arizona and the University of Virginia, and he currently operates a Medium Certification program. The author of *Soul Shift*, he lives in Camas, Washington.

Of Related Interest



A New Science of the Afterlife

Daniel Drasin

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The Luminous Landscape of the Afterlife

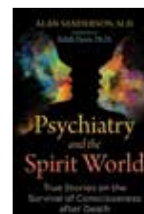
Matthew McKay, Ph.D.

Park Street Press

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Psychiatry and the Spirit World

Alan Sanderson, M.D., M.R.C.P.,

M.R.C.Psych.

Park Street Press

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December 2022 release

Seven Heavens

The Afterlife in the Jewish Tradition

CARLA WILLS-BRANDON, Ph.D.

Foreword by Bruce Greyson, M.D.

Explores ancient Jewish beliefs in life after death as well as contemporary spiritual experiences

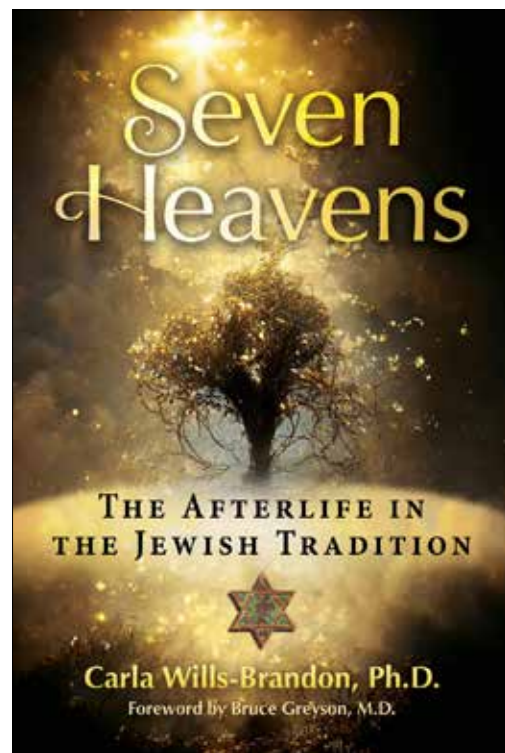
- Reveals clear references to the afterlife, heaven, and spiritual encounters in ancient Hebrew texts, including the Torah, the Zohar, and the Dead Sea Scrolls
- Shares profound stories from the author's clinical therapy practice to show how afterlife beliefs can heal destructive emotional patterns and ancestral trauma
- Describes the psychological parameters of trauma resolution, enabling long-term healing and spiritual advancement

Exploring afterlife theories from the ancient world as well as contemporary afterlife encounters, Carla Wills-Brandon, Ph.D., reveals references to Jewish mysticism and afterlife encounters in ancient Hebrew texts, including the Torah, the Talmud, the Zohar, the Dead Sea Scrolls, and the writings of the early Kabbalists. She shows how these works describe not only the realms of heaven but also near-death experiences (NDEs), after-death contact, reincarnation, and deathbed visions of crossed-over loved ones. Drawing on her background in psychology and her experience as a licensed therapist, she explains how acknowledging an afterlife as well as spiritual encounters can help you find peace after loss, discover inner spiritual light, and heal from destructive emotional patterns and ancestral trauma, including intergenerational wounds such as those from the Holocaust.

Sharing profound accounts of modern-day premonitions, spirit visitations, dream encounters with the dying, NDEs, and other psychic manifestations, the author shows how similar our contemporary mystical experiences are to those of our ancestors. Looking at the strong emotional resonances created by unresolved trauma, she explains how many survivors of World War II developed PTSD, which has been passed down from one generation to the next. She shows how believing in life after death and speaking about spiritual experiences can help heal emotional trauma and release difficult memories stuck psychically in our personal and ancestral past.

Revealing how spiritual seekers can benefit not only from a belief in the afterlife but also from expressing their visions of the unseen, the author shows how knowing that physical death is not final fosters a healthier preparation for one's own death and the deaths of those we cherish as well as a more fulfilling life.

Carla Wills-Brandon, Ph.D., is a licensed marriage and family therapist and licensed psychological associate. She is the author of 13 books, including *Heavenly Hugs: Comfort, Support, and Hope from the Afterlife*. She has appeared on national programs, including *Geraldo Rivera*, *Sally Jesse Raphael*, *Montel Williams*, *Coast to Coast AM*, and *Politically Incorrect with Bill Maher*. She lives in Galveston Island, Texas.



October 2023

Inner Traditions

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Rights: World

Spirituality/Afterlife



Author
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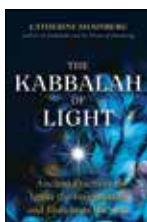
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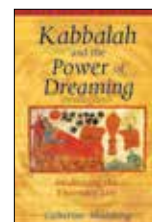
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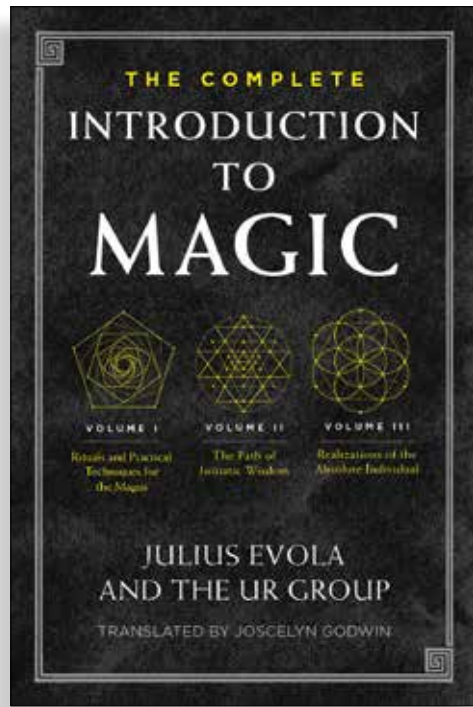
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In 1927 Julius Evola and other leading Italian esotericists formed the mysterious UR group. The purpose of this group was to study and practice ancient rituals from the mystery traditions of the world, both East and West, in order to attain a state of superhuman consciousness and power to allow them to act magically on the world. They produced a monthly journal containing techniques for spiritual realization, accounts of personal experiences, translations of ancient texts, and original essays on the occult. Many years later, in 1971, Evola gathered these essays into three volumes.

Volume I collects rites, practices, and magical knowledge, including instructions for creating an etheric double, speaking words of power, using fragrances, interacting with entities, and creating a “magical chain.” It also includes translations of rare texts such as the Tibetan teachings of the Thunderbolt Diamond Path, the Mithraic mystery cult’s “Grand Papyrus of Paris,” and the Greco-Egyptian magical text *De Mysteriis*. Volume II shares authentic initiatic wisdom and a rigorous selection of initiatory exercises, including instructions for creating the diaphanous body of the *Opus magicum*, and establishing initiatic consciousness after death. It also offers studies of mystery traditions throughout history. Volume III, more than the others, bears the personal stamp of Julius Evola. It explores esoteric practices for individual development, handed down from a primordial tradition and discernable in alchemy, Hermetism, religious doctrines, Tantra, Taoism, Buddhism, Vedanta, and the pagan mysteries of the West.

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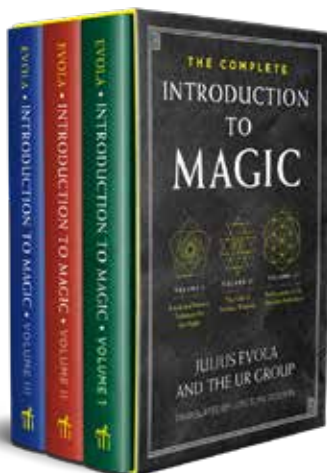
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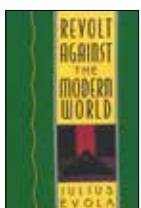
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In this highly acclaimed classic, psychedelic elder Ralph Metzner presents a guide to six ancient systems, once known only to the initiated few, to expand awareness and free your consciousness from exterior limitations and cultural conditioning.

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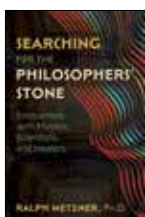
With a new foreword by UC Berkeley professor of neurobiology David E. Presti and featuring all of the original diagrams, this edition of Metzner’s classic text shows how each of these disciplines can help the modern individual become a fully aware and conscious participant in their own spiritual evolution.

Ralph Metzner (1936–2019) obtained his Ph.D. in Clinical Psychology at Harvard University, where he collaborated with Timothy Leary and Richard Alpert on psychedelic research. He was Professor Emeritus at the California Institute of Integral Studies in San Francisco and president and co-founder of the Green Earth Foundation. Dr. Metzner is the author of numerous books, including *Overtones and Undercurrents*, *Searching for the Philosophers’ Stone*, and *Green Psychology*.

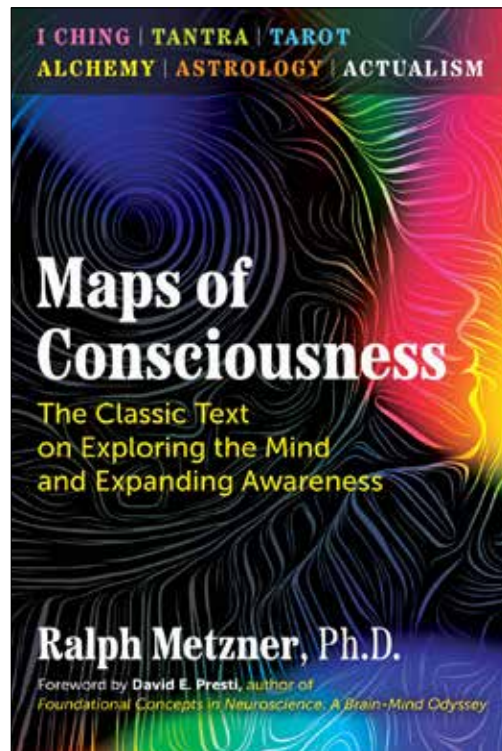
Also by Ralph Metzner, Ph.D.



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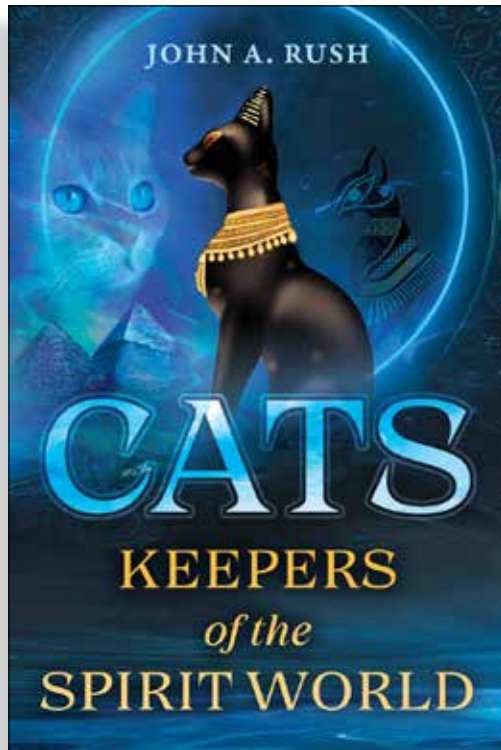


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Cats

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Explores our intertwined spiritual history with cats

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- Reveals the similarities between cat and human emotions and the deep connection between cats and meditation

We have been connected to cats for more than 30 million years. To our prehistoric ancestors cats were deadly predators of the night, and because of this ancient memory etched onto our DNA, cats epitomize our fear of the dark. Yet in addition to their connection to the dark and the shadows, their intelligence, sophisticated physical abilities, and finely tuned senses also led many cultures to view cats as connected to the spirit world.

Exploring the spiritual nature of cats, John A. Rush looks at humanity's fascination and fear of cats through the ages. He examines spiritual and occult beliefs connected to cats from Mayan, Aztec, and Native American mythology as well as from ancient India, Samaria, Babylon, Japan, and Egypt, including how ancient Egyptians used cats to send messages to the gods. He reveals why the Catholic Church demonized cats and how cats are symbols of both Good and Evil. Examining cat evolution, the author looks at spiritual behaviors attributed to cats as well as modern biological research into cat behavior and their highly sophisticated sensory systems, which, unlike most other animals, have changed very little over millions of years. He explores their "psychic" ability to sense what humans cannot and the origins of their glowing eyes, which has connected cats, through myth, to both the Underworld and the World of Light. He also explores similarities between cat and human emotions, cat communications with us, and the deep connection between cats and meditation.

Revealing the spiritual journey of the cat from fearsome predator to occult symbol to household companion, the author shows how, in many ways, cats are mirrors of us, reflecting our conflicting dual nature that is at once loving yet distant, magical yet vengeful, and above all, deeply connected to the spirit world.

John A. Rush, Ph.D., N.D., is a retired professor of anthropology and naturopathic doctor. He is the author of many books, including *Spiritual Tattoo*, *The Twelve Gates*, and *The Mushroom in Christian Art*, as well as the editor of several books, including *Entheogens and the Development of Culture*. He lives in Orangevale, California.

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Oracle of the Birds

A 46-Card Deck and Guidebook

JEANNE RULAND

Illustrated by Petra Kühne

A hands-on tool to work with birds as spiritual messengers

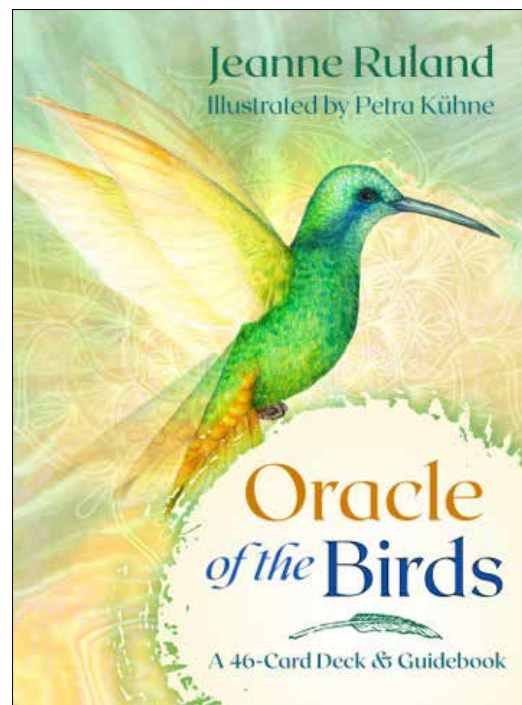
- Includes 46 beautifully illustrated full-color cards featuring different birds as well as a guidebook
- Explains the meaning, message, and medicine of each bird as well as an affirmation to work with that bird's unique qualities
- Explores how birds connect to the world of the immortal soul and can bring messages from loved ones who have passed on

Recognized as spiritual messengers, birds serve as a connection between the physical world and the world of spirit. The appearance of a special bird after a loved one has passed over is often seen as their soul guiding us from the otherworld. Birds can be potent allies and power animals, giving us light and leading us into the world of the immortal soul. Quick in their movements, with their ability to take flight instantly, birds carry the spiritual quality of freedom. Gliding on the wings of a bird we literally take on a superior view, a wider perspective from above, and can recognize and understand connections that we might not have seen before.

Created by Jeanne Ruland and Petra Kühne, this deck shares the spiritual messages and powers that birds can bring to us. The deck consists of 46 beautifully illustrated cards featuring different birds, as well as cards representing the feather, the nest, and the egg. Each individual bird brings a specific medicine and unique gifts and talents to help you find healing, growth, and insight on your spiritual path. Each card shares the medicine of the bird shown and a brief message about the meaning of their presence. In the accompanying guidebook, the meaning of each bird card is detailed along with an affirmation focused on the bird's unique gifts.

Whether eagle, hummingbird, phoenix, or swan, *Oracle of the Birds* features native, exotic, and mythical birds that stand by our sides as advisors and guides and help us gain new perspectives with their bird's eye view of physical and spiritual realms.

Jeanne Ruland (1966–2021) was a New Age visionary, angel medium, teacher, and author. Her seminars focused on nature, angels, ascended masters, radiation theory, Huna, and sacred geometry. Jeanne is the author of *Ancestral Healing for Your Spiritual and Genetic Families*. **Petra Kühne**, illustrator and workshop leader, has been working with visionary teacher Chuck Spezzano for almost 20 years. Her motifs mostly originate in imaginative, almost fairytale scenes, as well as in spiritual worlds. She lives in Germany.



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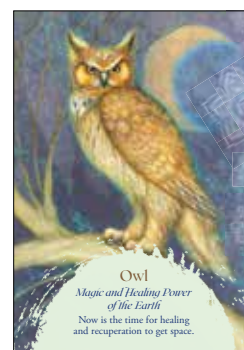
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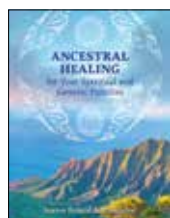


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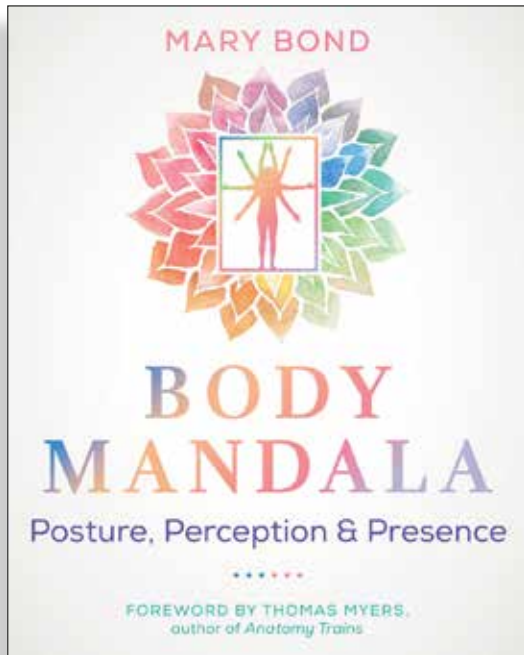


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Body Mandala

Posture, Perception, and Presence

MARY BOND

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An experiential guide to using your body as the focus of contemplative practice

- Presents more than 50 physical self-explorations that invite you to transform your sensory experience, expand your awareness, and practice embodied presence
- Integrates movement theory, neuroscience, fascia research, and personal story to examine the structural foundation of the human body in motion and in stillness
- Includes streaming audio and video links for each practice

Our physical structure, often known simply as “posture,” is shaped by the balance of tension between our bones and soft tissues—fasciae, tendons, muscles, and ligaments—as well as by the mental, emotional, and physical stresses we experience. This tensional integrity, or “tensegrity,” along with our sensory experiences, movements, and physical expressions all offer access points for developing fully embodied presence—that is, for engaging the body’s capacity for perception, expanded awareness, and even spiritual presence.

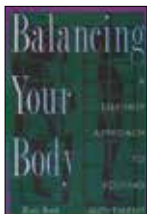
Exploring the profound connections between tensegrity and inner perceptions and awareness, Mary Bond teaches you to unlock your body’s inner guidance—its somatic wisdom—through a journey of embodiment that will improve your posture in the process. Integrating movement theory, philosophy, neuroscience, fascia research, polyvagal theory, and personal story, Bond reveals how the human body organizes and expresses movement through perception. She looks in depth at the role of the fascial system in transmitting bodily perception, showing how fascia functions as the preeminent organ of embodiment and mind-body connection. She explains the process of internal perception, or “interoception,” the body-mind’s ability to identify, access, understand, and respond appropriately to its internal signals.

Offering an experiential understanding of the structural foundation of the human body in motion and in stillness, Bond presents more than 50 self-explorations that allow you to transform your sensory experience, expand your awareness, and make embodiment—your own complex body—the focus of contemplative practice. The author also includes streaming audio and video links for each practice.

Inviting you to awaken to the grace and wisdom of your body as a personal mandala that is always available for meditative focus, the author shows how conscious embodiment can help us become more perceptive and more humane beings.

Mary Bond has a master’s degree in dance from UCLA and trained with Dr. Ida P. Rolf as a Structural Integration practitioner. Former Chair of the Movement Faculty of the Dr. Ida Rolf Institute of Structural Integration, she teaches movement workshops nationally, internationally, and online. The author of *Balancing Your Body* and *The New Rules of Posture*, she has also published articles in numerous health and fitness magazines. She lives in Los Angeles, California.

Also by Mary Bond



Balancing Your Body

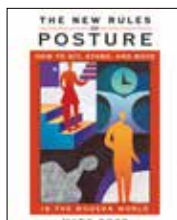
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The Ancient Masters of Cooperation, Kindness, and Healing

JUDITH POLICH

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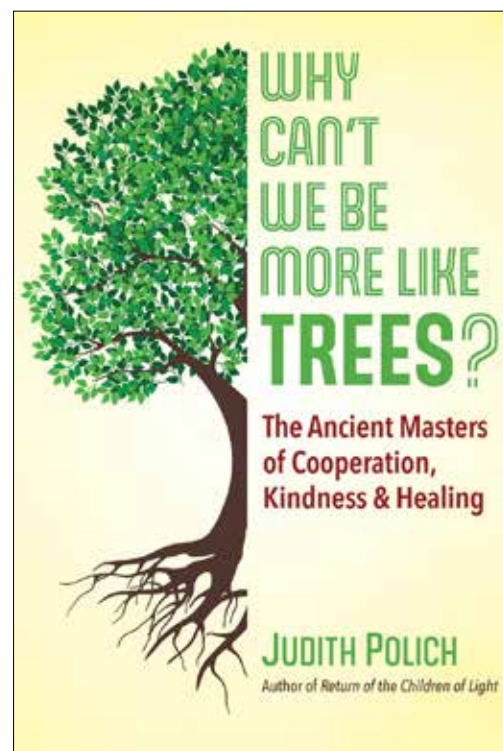
Breakthrough research is not only revealing a brilliant green world with amazing attributes like dispersed intelligence but also that humanity, like the tree and plant kingdom, thrives on innate cooperation, sharing, altruism, and community.

Exploring the latest cutting-edge environmental and ecological studies, climate advisor and environmental advocate Judith Polich explains how we can now see how tree and plant communities function, revealing a holistic, interconnected, communal, and seemingly sentient new world. She explains how trees communicate, how they share resources, and other ways in which they express holistic and cooperative behaviors.

Looking at the new scientific understanding of the evolutionary basis of altruism, cooperation, and community—and how these behaviors are genetically coded in our beings—the author examines the attributes we share with trees and other plant communities. She explores the healing powers offered by the plant kingdom, not just as medicines but through shared sentience that can help heal our sense of dissociation and disenchantment. Revealing how to see, think, imagine, and live with holistic eco-centric awareness, the author discusses how the stories we tell ourselves and our spiritual belief systems are becoming greener, including a resurgence of beliefs that originated with plant teachers. She also explores how to overcome our current cognitive biases through greater interaction with plant intelligence.

By viewing the world through a greener lens, not only can we reframe and unravel the deeper causes of the climate crisis, but we can also help co-create a new more conscious world with our plant allies.

Judith Polich is a former lawyer, environmentalist, and wetlands advocate. She holds a master of science degree in environmental studies and environmental education from the University of Wisconsin. The author of a climate change column for the *Albuquerque Journal* and a book, *Return of the Children of Light*, she lives in Santa Fe, New Mexico.



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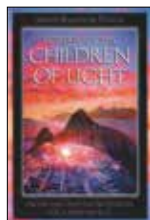
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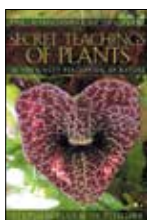
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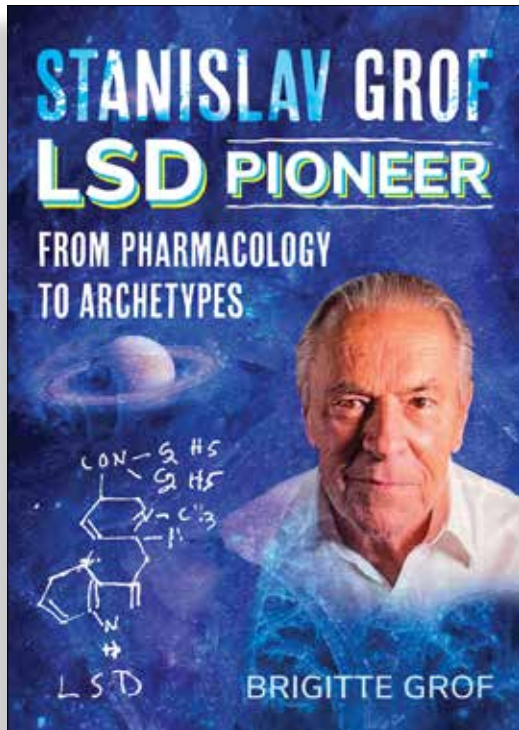
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Biography/Entheogens

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

—Dr. Albert Hofmann,
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LSD: My Problem Child

Stanislav Grof, LSD Pioneer

From Pharmacology to Archetypes

BRIGITTE GROF

Celebrating the groundbreaking life's work of Stanislav Grof, MD, pioneer in psychedelic research and transpersonal psychology

- Features an extended interview with Stan Grof, exploring in great depth the full arc of his lifelong research in his own words as well as the history of LSD
- Discusses his early experiments with LSD in Czechoslovakia and the USA during the 1950s and '60s, his discovery of the perinatal matrices, the creation of holotropic breathwork, and his own LSD experiences
- Includes testimonies from a number of luminaries in the psychedelic and psychological domains, including Jack Kornfield, Rupert Sheldrake, Ervin Laszlo, Richard Tarnas, Rick Doblin, Roger Walsh, David Steindl-Rast, and Fritjof Capra

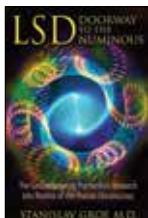
Created in honor of his 90th birthday, this book celebrates the profound life's work of Stanislav Grof, MD, pioneer in psychedelic research and transpersonal psychology.

Featuring an extended interview between Stan and his wife Brigitte, the book explores in depth the full arc of his research in his own words as well as the history of LSD. He discusses his early experiments with LSD in Czechoslovakia and the USA in during the 1950s and '60s and the cartography of the psyche that resulted. He describes his clients' and his own experiences and the psychedelic approach he pioneered. He explains the four perinatal matrices, illustrated with the impressive paintings he made during high-dose LSD sessions. He discusses the creation of holotropic breathwork as a way to reach expanded states of consciousness without the use of drugs. He describes how he started work with LSD believing it was simply pharmacology and then went on to discover the perinatal, transpersonal, and archetypal levels of the psyche through his lifelong research. The book also features testimonies from a number of luminaries in the psychedelic, psychological, scientific, and spiritual communities, including Jack Kornfield, Rupert Sheldrake, Ervin Laszlo, Richard Tarnas, Rick Doblin, Roger Walsh, David Steindl-Rast, Fritjof Capra, and Cathy Coleman.

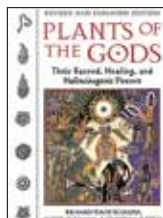
Complete with captivating photos of Stan Grof with Albert Hoffmann, Swiss painter H. R. Giger, Fritz Perls, Sasha Shulgin, as well as all of the book's contributors, this special book presents an impressive overview of Stan Grof's groundbreaking work and honors his importance as a psychedelic elder.

Brigitte Grof, MA, is a psychologist, psychotherapist, artist, and the wife of Stanislav Grof. She first met Grof in 1986 during a month-long holotropic breathwork seminar at the Esalen Institute, which led her to participate in a three-year training with him in Switzerland. Since 1989 she has facilitated holotropic breathwork workshops and trainings. She lives with her husband in Wiesbaden, Germany.

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The First Alchemists

The Spiritual and Practical Origins of the Noble and Holy Art

TOBIAS CHURTON

Explores the origins and practices of early alchemy

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- Reveals how changing the color of materials was more important in early alchemy than transmuting base metals into gold

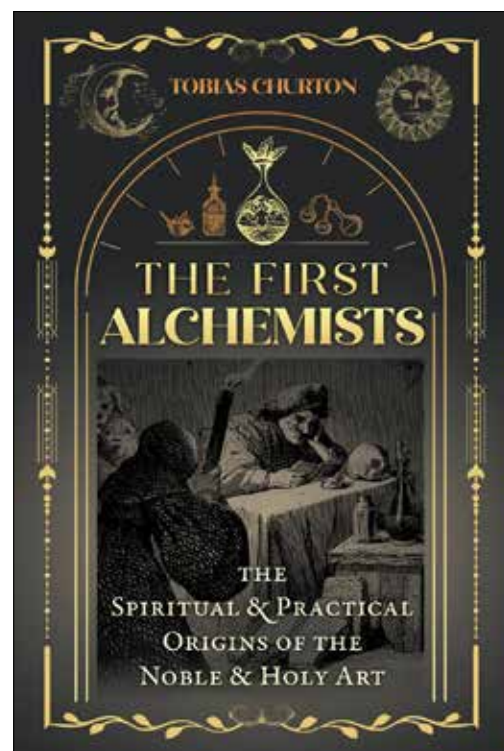
Investigating the origins of alchemy and the legend of the Philosopher’s Stone, Tobias Churton explores the oldest surviving alchemical texts, the original purpose of the “Royal Art,” and the first alchemists themselves. He reveals the theories and philosophies behind the art and how early apparatus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

Showing how women dominated early alchemy, Churton looks at the first known alchemist, the Jewess Maria the Prophetess, inventor of the *bain marie*, still in use worldwide today. He also looks at early alchemist Cleopatra (not the well-known Egyptian queen) and 3rd–4th century Egyptian female artisan Theosebeia, who had a guild of adepts working under her. He examines in depth the work of Zosimos of Panopolis and shows how Zosimos’s historic work inspired the medieval view of alchemy as an initiatory path whose stages follow the transmutation of base metals into gold.

Exploring the latest research on early practices in Upper Egypt, the author discusses the political and industrial realities facing the first alchemists. He examines the late antique “Stockholm” and “Leiden” papyri, which offer detailed knowledge of the first known Greco-Egyptian chemical recipes for gold and silver dyes for metal and stone, and purple dyes for wool. He emphasizes how *changing color* in early alchemy was misinterpreted to imply transmutation of one metal into another. He reveals how the alchemical secrets for working with the “living statues” of the Egyptian temples was jealously guarded by the priesthood and how secrecy helped to reinforce beliefs that alchemical knowledge came from forbidden, celestial sources. He also investigates the mysterious relation between alchemy, spiritual gnosis, Hermeticism, and the *Book of Enoch*.

Revealing the hidden legacy of the early alchemists, Churton shows how their secret workings provided a transmission line for ancient heretical doctrines to survive into the Renaissance and beyond.

Tobias Churton is an authority on Gnosticism, Hermeticism, Freemasonry, and Rosicrucianism. Appointed Honorary Fellow of Exeter University in 2005 to specialize in Western Esotericism, he is the author of many books, including *Aleister Crowley in Paris* and *Gnostic Philosophy*. He lives in the heart of England.



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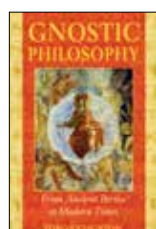
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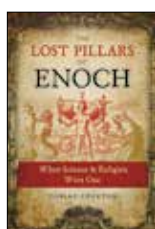
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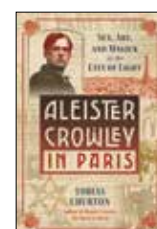
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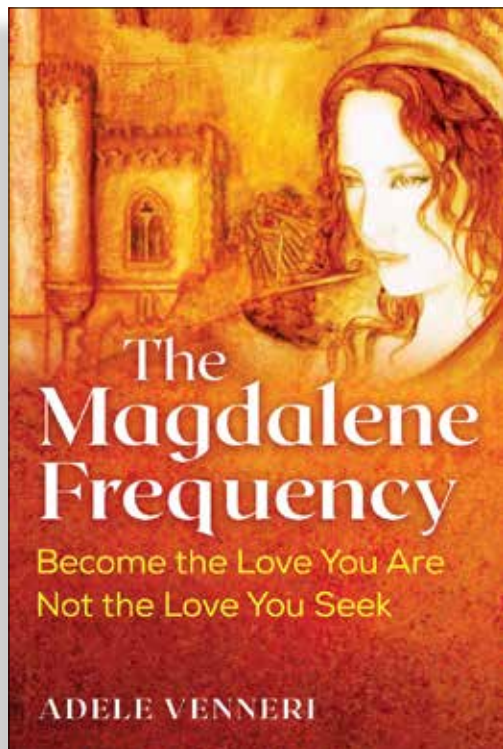
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New Age/Self-Transformation

 Author
Adele Venneri

The Magdalene Frequency

Become the Love You Are, Not the Love You Seek

ADELE VENNARI

An initiatory journey to unite the Feminine and Masculine within your soul and discover the Divine Love within

- Reveals how Mary Magdalene, Myriam, is not a biblical myth but an ancient frequency of the soul, a reverberation of the alchemy of Feminine and Masculine
- Presents ancestral knowledge embedded with the frequency of Myriam through which you can discover your complete soul
- Reveals new Akashic rooms where you can become aware of your multidimensionality, learn to create your own reality, and connect with Myriam and feminine and masculine archetypes

Many of us are feeling incompleteness at the soul level and experiencing the urgent need to restore the feminine part of our souls. But this missing part cannot be found by looking outside the self, by seeking love from another, whether, romantic, familial, or spiritual. Nor can it be found by replacing masculine energy with feminine. The lack we feel can only be healed by rediscovering Divine Love, the union of Feminine and Masculine, within each of us and activating our memories of who we truly are.

Leading you on a step-by-step initiatory journey, Adele Venneri reveals how Mary Magdalene, or Myriam, is not a biblical myth, but an ancient frequency of the soul. She explains how she awakened to Myriam and was transformed from seeking outward love, which only led to suffering, to realizing that true love, true self, comes from within. Through ancestral knowledge, embedded with the frequency of Myriam, the author shows you how to stop judging and forgive yourself, reunite your feminine and your masculine, merge your light body into the physical body, and rediscover your complete soul by embodying the Magdalene frequency. She reveals new Akashic rooms where you can become aware of your multidimensionality, learn to create your own reality, and connect with Myriam and feminine and masculine archetypes.

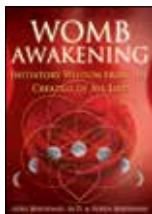
Revealing how to become the love you *are* rather than the love you seek, how to take on the responsibility for being the Creator of your own life, this alchemical text will transform you through the Magdalene Frequency and teach you at the soul level that you are worthy, you are joy, you are what you have always sought.

Adele Venneri is an Italian writer, researcher, professional counsellor, and expert in esoteric psychology and the expansion of consciousness. One of the first to offer experiential retreats at high-vibrational places such as Rennes-le-Château in France, she lives in Barcelona, Spain.

Of Related Interest



Magdalene Mysteries
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The New Sirian Revelations

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PATRICIA CORI

Teachings from the Sirian High Council to help humanity as we merge into the 4th dimension

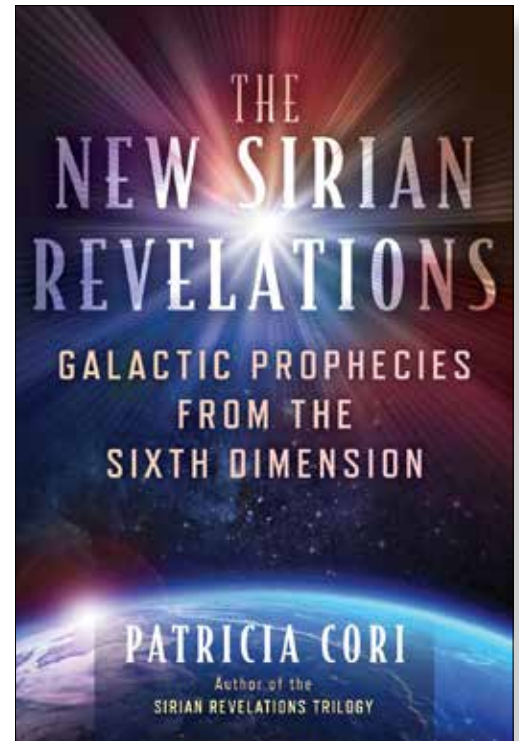
- Shares empowering insights and revelations from six-dimensional Sirian Light Emissaries to help us understand the darkness and focus on light for all humanity and the earth
- Explains what we are undergoing right now around the globe, including the rush to merge the human mind with artificial intelligence, ET disclosure, and the dark forces that are losing their grip on our planet and humanity
- Offers Sirian guidance for surviving our imminent collective ascension and awakening en masse to new levels of conscious awareness

In 1996, while visiting the Julia Set crop circle in England, Patricia Cori experienced a galactic out-of-body journey—a transformational awakening that attuned her to a group of interdimensional light beings known to her as the Sirian High Council. Serving as their scribe now for more than 25 years, she shares the insights and teachings of these six-dimensional Sirian Light Emissaries to help humanity as we merge into the fourth dimension and face our collective karma—the source of so much of the dramatic events now unfolding around the world.

Sharing new revelations that affirm the veracity of past prophecies as well as transmitting new visions for the human race, Cori's messages from higher realms empower readers to peer fearlessly into the darkness, to understand it, and to focus on the light for all humankind and the earth. She explains how the Sirians hold us to our responsibility as guardians of this planet, with sound direction and advice for how to survive our imminent collective ascension and global awakening to new levels of conscious awareness. The Sirians' discussions explain what we are undergoing right now and delve into many of the most crucial issues of our time, including the rush to merge the human mind with artificial intelligence, ET disclosure, cloning, the slipping of time, and the dark forces that are losing their grip on our planet and humanity.

As the struggle between darkness and light is being fought at every level, Cori reminds us to take comfort in the fact that the Sirian High Council foresaw and told us how this time of immense upheaval would be the last phase of our passage out of the darkness and into illuminated states of consciousness and the light of planetary renewal.

For more than 25 years, **Patricia Cori** has channeled a group of discarnate beings known as the Sirian High Council. An internationally acclaimed author and thought leader, she is a frequent guest on radio and TV programs, including CNN and *Coast to Coast AM*. She and her expert guests discuss thought-provoking topics on her program, *Beyond the Matrix*, available on her YouTube channel. She is the author of more than a dozen books, including *The Cosmos of the Soul*. She lives in Portugal.



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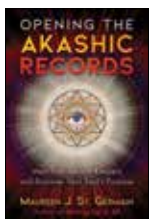
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Author
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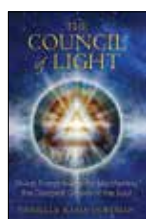
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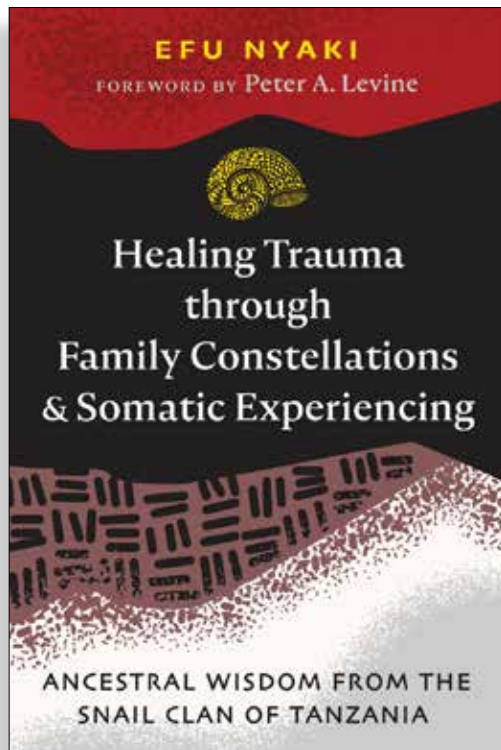
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Rights: World

Healing/PTSD



Author
Efu Nyaki

Healing Trauma through Family Constellations and Somatic Experiencing

Ancestral Wisdom from the Snail Clan of Tanzania

EFU NYAKI

Foreword by Peter A. Levine, Ph.D.

A holistic method for resolving individual and intergenerational trauma

- Explains how the author came to develop her system by integrating ancestral tribal wisdom with a fusion of two Western healing systems: Somatic Experiencing and Systemic Family Constellations Therapy
- Shares stories from her healing work around the world, showing how this system can help resolve PTSD, depression, sexual trauma, addiction, and chronic illness
- Presents action steps that readers can take immediately to engage the personal healing process

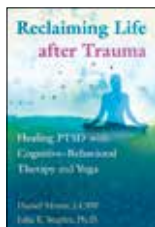
The journey to healing trauma is not always straightforward. As Euphrasia “Efu” Nyaki reveals in detail, the healing process is a complex ritual of energy movement on the physical, emotional, and spiritual levels.

Born and raised on Mount Kilimanjaro’s slopes in Tanzania, East Africa, Efu explains how she came to develop her profoundly successful system for helping people heal trauma by integrating ancestral tribal wisdom with a fusion of two Western healing systems: Somatic Experiencing and Systemic Family Constellations Therapy. She shares how her journey to become a healer was initiated by her Grandfather, who told her the legend of the sacred healing snail of the Nyaki clan. She explains how she discovered Somatic Experiencing and Systemic Family Constellations Therapy, and how combining these therapies created a powerful system for releasing cellular memories and healing the intergenerational and collective traumas hidden beneath the surface of suffering. Sharing stories from her healing work around the world, she presents action steps, such as meditations, breathwork, or creating a family tree, that readers can take immediately to regulate their nervous systems, deepen their awareness, and engage the personal healing process.

Demonstrating how trauma survivors can transform their suffering into vibrant wholeness, the author shows how healing trauma is the result of bringing the physical, emotional, mental, and spiritual aspects of our lives into an integrated coherence.

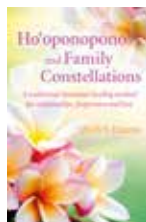
Euphrasia “Efu” Nyaki is a healer born and raised in Tanzania who works internationally facilitating trainings and workshops on trauma healing. The co-founder of AFYA, a women’s holistic healing center in Brazil, she is a faculty member at the Somatic Experiencing Trauma Institute and a Professor of Systemic Family Constellations Therapy at the Hellinger Science Institute. She lives in Brazil.

Of Related Interest



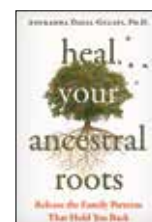
Reclaiming Life after Trauma

Daniel Mintie, LCSW
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Tarot Life Lessons

Living Wisdom from the Major Arcana

JULIA GORDON-BRAMER

Real-life stories using the Tarot as a tool of insight and self-transformation

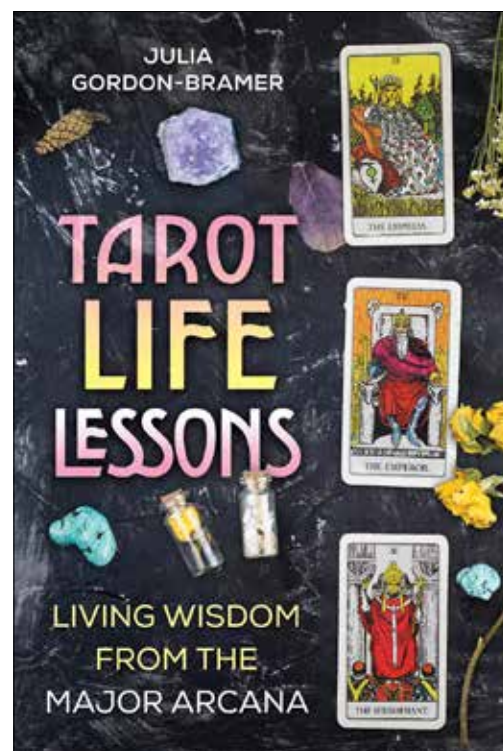
- Explores the living wisdom of the Tarot, based on the author's more than 40 years' experience as a professional Tarot reader
- Shares stories from the author's client readings to show how each card tells a story and how it only takes a small amount of familiarity to decipher a world full of meaning in the cards
- Shows how to use the Tarot to grow your strengths, identify your weaknesses, conquer problems, and move on from painful situations

As Julia Gordon-Bramer reveals in profound detail, the miracle of Tarot is how the right cards show up, time and time again, to provide guidance or symbolically illustrate your story—whether you believe in the Tarot or not.

In these real-life tales of Tarot wisdom, Gordon-Bramer explores the modern applications and the living wisdom of the Tarot, based on her more than 40 years' experience as a professional Tarot reader. Sharing stories from client readings and her own spiritual journey, she shows how to intuitively, logically, and sometimes playfully glean the meaning of each card that appears and integrate its powerful spiritual lessons for deeper understanding, guidance, and personal healing. She compares reading the Tarot to dream analysis, explaining how the Major Arcana, such as The Fool, The Magician, The Lovers, or The Star, represent the key players and milestones in life, the sacred adventure from birth to death. She explains how each card tells its own story, often revealing subconscious beliefs and motivations through its colors, numbers, symbols, and pictures, yet she also reveals how it only takes a small amount of familiarity to decipher a world full of meaning in the cards.

Allowing you to make the leap from an abstract understanding of the Tarot to actually working intuitively with the cards, this book shows how, when used as a life-transforming tool to awaken and tame the subconscious, the Tarot offers a way to grow your strengths, identify your weaknesses, and conquer problems as you journey through life.

Julia Gordon-Bramer is a professional Tarot card reader, award-winning writer and poet, Sylvia Plath scholar, and former professor for the Graduate Writing Program at Lindenwood University. She has appeared on MTV, Nickelodeon, and many television and radio shows to share her Tarot talents and scholarship. Recognized as one of St. Louis' Top Ten Psychics (Psychic St. Louis) and St. Louis' Best Fortune-Teller (CBS Radio), she is the author of several books, including *Fixed Stars Govern a Life: Decoding Sylvia Plath*. She lives in St. Louis, Missouri.



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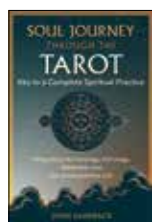
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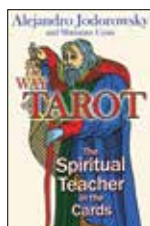
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The Way of Tarot

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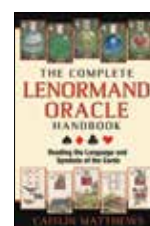
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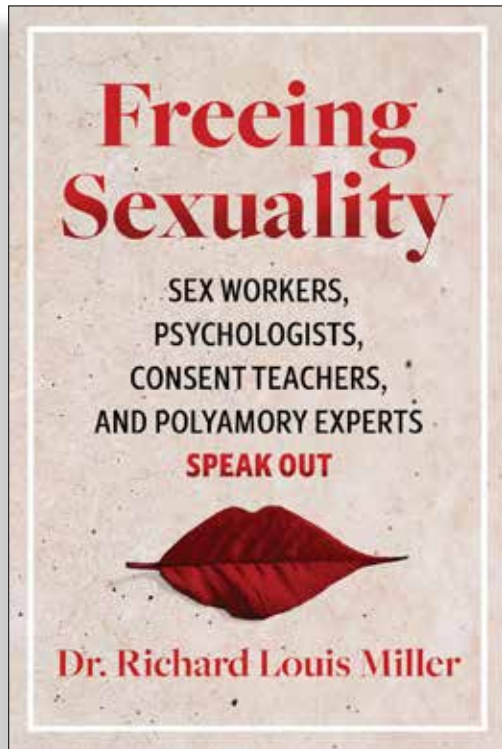
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384 pages, 6 x 9
Rights: World
Sexuality



Author
Dr. Richard Louis Miller

Freeing Sexuality

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

DR. RICHARD LOUIS MILLER

Explores the full spectrum of sexual beliefs, practices, and identities

- Shares the author's fascinating interviews with 20 experts, including clinical psychologist Dr. Lonnie Barbach, sex therapist Dr. Stella Resnick, sexual freedom advocate Janet Hardy, consent educator Dr. Laura McGuire, and Norma Jean Almadovar, former LA policewoman and current president of the prostitute's union Coyote
- Looks at the stigmas of sex work, recovering from sexual trauma, sexual identification, gender fluidity, polyamory, and porn as a mirror for society

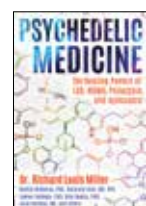
Exploring sexual customs, beliefs, practices, and identities from a wide variety of perspectives, Dr. Miller shares his fascinating interviews with 20 experts ranging from clinical psychologists and researchers to sex workers and polyamory educators. We learn from sex therapists, relationship experts, and tantric sex teachers, such as Dr. Lonnie Barbach, Dr. Stella Resnick, Katherine Rowland, and Diana Richardson, about the importance of communication, how to keep sensuality alive, and how to generate fulfilling and sustainable intimacy in relationships. Looking at sexual identity and non-monogamy, we hear from Dr. Ritch Savin-Williams on sexual identification and gender fluidity, Sumati Sparks on open relationships and polyamory, Janet Hardy, author of *The Ethical Slut*, on sexual freedom, and Annie Sprinkle and Beth Stephens on the possibilities of ecosexuality.

Revealing the inner workings of the sex industry, we hear from current and former escorts and sex workers on the stigmas and dangers of sex work and the need to decriminalize it, including Norma Jean Almadovar, former LA policewoman and current president of the prostitute's union Coyote. Dr. Ogi Ogas, author of *A Billion Wicked Thoughts*, speaks about using data science and computational neuroscience to uncover true statistics about our sexual desires. We hear from Paulita Pappel on porn as a mirror for society, Faith Jones on escaping a sex cult, Maeve Moon on recovering from sexual trauma, and Dr. Laura McGuire about the broad impact of teaching consent.

Validating the extraordinary range and diversity of our sexual thoughts, feelings, and behaviors, the author gathers voices that help us free our sexuality from the past, accept our natural urge for physical pleasure, and open us up to sexuality as a power for health, healing, and happiness.

Richard Louis Miller, MA, PhD, has been a clinical psychologist for more than 50 years. He is host of the podcast *Mind Body Health & Politics*. The founder of the nationally acclaimed Cokenders Alcohol and Drug Program and the Health Sanctuary at Wilbur Hot Springs, he is a former faculty member at the University of Michigan and Stanford University and an advisor on the President's Commission on Mental Health. The author of *Psychedelic Medicine* and *Psychedelic Wisdom*, he lives in Northern California.

Also by Dr. Richard Louis Miller

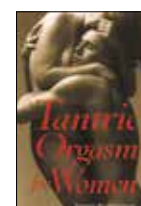


Psychedelic Medicine
Richard Louis Miller, MA, Ph.D.
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Giza: The Tesla Connection

Acoustical Science and the Harvesting of Clean Energy

CHRISTOPHER DUNN

Reveals how the pyramids of Egypt were sophisticated generators of clean energy

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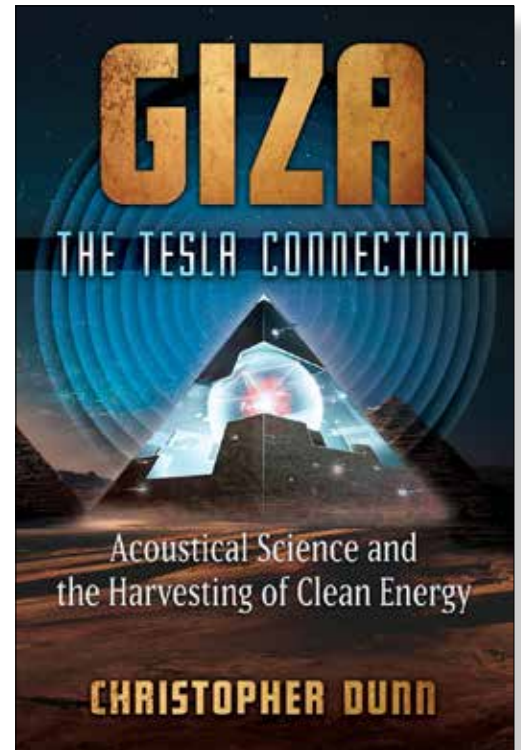
Sharing extensive new evidence and cutting-edge research that the Great Pyramid at Giza was built as an energy-harvesting machine, Christopher Dunn details how the ancient Egyptians were generating clean power for their civilization and reveals how the pyramid builders and the great inventor Nikola Tesla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

Looking at each part of the Great Pyramid, from the internal chambers to its massive stone blocks to the pyramidion on top, Dunn reveals how the pyramids in Egypt served to stimulate the release and collection of electrons in the Earth's crust by harmonizing seismic energy while also attenuating the accumulating stresses. Drawing on exhaustive ongoing research by NASA scientists into the phenomenon known as "earthquake lights," the author shows how the pyramid builders were inspired by this phenomenon and learned to stress igneous rocks similar to tectonic plate movement in order to harvest the resulting electron flow, which also enabled the pyramids to mitigate any impending earthquakes. He looks in depth at recent research that supports the pyramid energy theory, including new explorations of the shafts of the Queen's Chamber, Russian research on how the Great Pyramid can concentrate electromagnetic energy, and analysis of the scorch marks on the ceiling of the Grand Gallery, which supports the King's Chamber explosion hypothesis. He also examines the stunning significance of the large void above the Grand Gallery discovered in 2017.

Analyzing the results of extensive acoustic testing and measurements related to specific frequencies within the Great Pyramid, Dunn looks at the vibration and frequency rates found at ancient sacred sites and shows how the pyramids were tuned to the Earth's frequency. He also includes multiple technical appendices written by experts.

While the pyramids' sophisticated energy-harvesting abilities are now in disarray and disuse, some remnants of their technologies are still there, waiting to be rediscovered and provide our civilization with an abundance of non-polluting power.

Christopher Dunn is a retired aerospace manufacturing engineer. He has published dozens of articles on ancient technology and has appeared on PAX Television, the Travel Channel, Discovery Channel, The Learning Channel, and the History Channel. The author of *The Giza Power Plant* and *Lost Technologies of Ancient Egypt*, he lives in Illinois.



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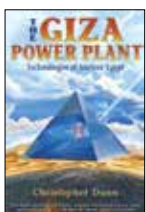
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Ancient Mysteries/Egypt



Author
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The Giza Power Plant

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Lost Technologies of Ancient Egypt

Christopher Dunn

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Origins of the Sphinx

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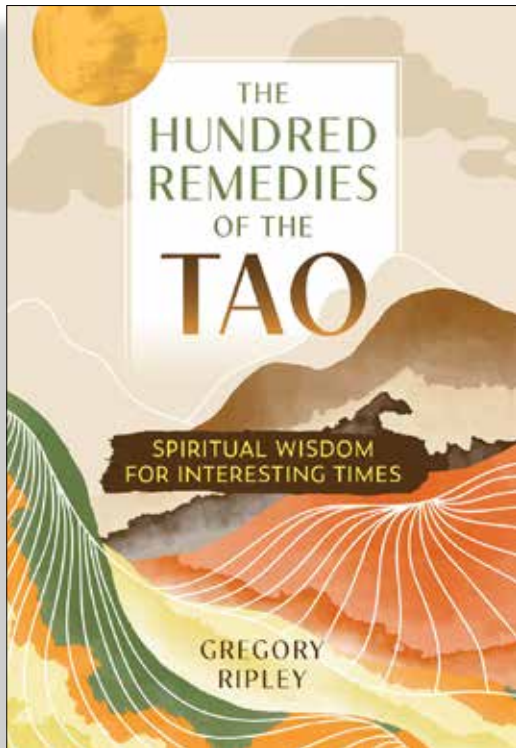
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Taoism/Spirituality



Author
Gregory Ripley

The Hundred Remedies of the Tao

Spiritual Wisdom for Interesting Times

GREGORY RIPLEY

A new translation of the 6th-century Taoist text *Bai Yao Lu* (*Statutes of the Hundred Remedies*), with practical commentary

- Explains how the Hundred Remedies of the *Bai Yao Lu* offer a practical guide to what enlightened or sagely behavior looks like
- Shows how each short verse of the Hundred Remedies presents a spiritual precept as a solution to the problems encountered in daily life and on the spiritual path
- Provides insightful commentary for each of the Hundred Remedies, showing how they relate to meditation practice and can help us navigate emotional and social challenges

In modern Taoist practice, the emphasis is often on “going with the flow” (*wu-wei*) and not following any fixed rules of any kind. This may work well for an already enlightened Taoist Sage, but for the rest of us, following a spiritual path involves ethical, moral, and practical guidelines. As author and translator Gregory Ripley (Li Guan, 理觀) explains, the little-known 6th-century Taoist text called the *Bai Yao Lu* (*Statutes of the Hundred Remedies*) was created as a practical guide to what enlightened or sagely behavior looks like—and each of the 100 spiritual remedies are just as relevant today as they were when written over 1500 years ago.

Presenting a new translation of the *Bai Yao Lu* for the contemporary world, Ripley provides insightful commentary for each of the Hundred Remedies, showing how they relate to Taoist meditation practice and how they can help us navigate the emotional and social challenges we all experience. He explains how each short verse of the Hundred Remedies presents a spiritual precept in a positive way, not as a restriction or commandment that must not be broken but as a solution to the problems encountered in daily life as well as on the spiritual path. He shows how these deceptively simple statutes, known as abstentions in Taoism, teach us how to emulate the behavior of the Sages until the behavior becomes our own.

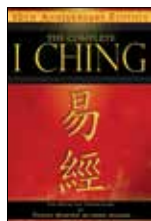
Both scholarly and inspirational, this guidebook to Taoist spiritual living will help you learn to effortlessly go with the flow, deepen your meditation practice, and find the natural balance in all things.

Gregory Ripley (Li Guan, 理觀) is a Taoist Priest in the 22nd generation of the Quanzhen Longmen tradition as well as a Nature and Forest Therapy Guide. He holds a bachelor's degree in Asian studies from the University of Tennessee and a master's degree in acupuncture from Northwestern Health Sciences University. The author of *Tao of Sustainability* and *Voice of the Elders*, he lives in Golden Valley, Minnesota.

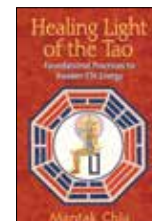
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Theurgy: Theory and Practice

The Mysteries of the Ascent to the Divine

P. D. NEWMAN

Connects the magical practice of theurgy to the time of Homer

- Explores the many theurgic themes and events in the *Odyssey* and the *Iliad*
- Analyzes the writings of Neoplatonists Porphyry and Proclus, showing how both describe the technical ritual praxis of theurgy in Homeric terms
- Examines the methods of *telestikē*, a form of theurgic statue animation and technique to divinize the soul, and how theurgy is akin to shamanic soul flight

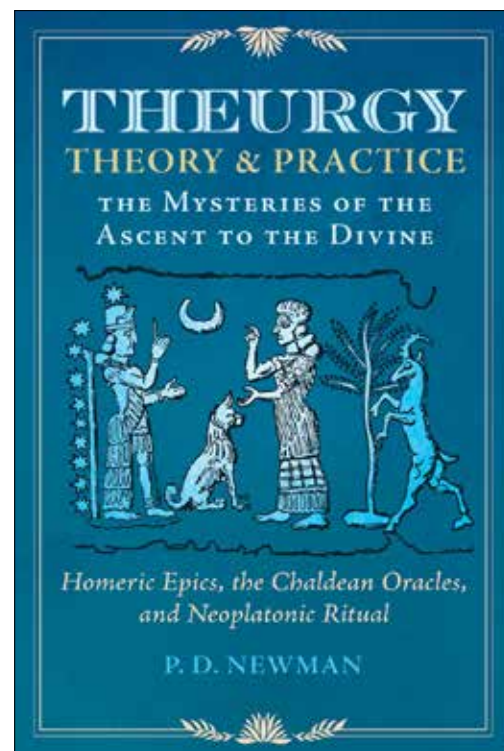
First defined by the second century *Chaldean Oracles*, theurgy is an ancient magic practice whereby practitioners divinized the soul and achieved mystical union with a deity, the Demiurge, or the One.

In this detailed study, P. D. Newman pushes the roots of theurgy all the way back before the time of Homer. He shows how the *Chaldean Oracles* were not only written in Homeric Greek but also in dactylic hexameter, the same meter as the epics of Homer. Linking the Greek shamanic practices of the late Archaic period with the theurgic rites of late antiquity, the author explains how both *anabasis*, soul ascent, and *katabasis*, soul descent, can be considered varieties of shamanic soul flight and how these practices existed in ancient Greek culture prior to the influx of shamanic influence from Thrace and the Hyperborean North.

The author explores the many theurgic themes and symbolic events in the *Odyssey* and the *Iliad*, including the famous journey of Odysseus to Hades and the incident of the funeral pyre of Patroclus. He presents a close analysis of *On the Cave of the Nymphs*, Porphyry's commentary on Homer's *Odyssey*, as well as a detailed look at Proclus's symbolic reading of Homer's *Iliad*, showing how both of these Neoplatonists describe the philosophical theory and the technical ritual praxis of theurgy. Using the *Chaldean Oracles* as a case study, Newman examines in detail the methods of *telestikē*, a form of theurgic statue animation, linking this practice to ancient Egyptian and Greek traditions as well as theurgic techniques to divinize the soul.

Revealing how the theurgic arts are far older than the second century, Newman's study not only examines the philosophical theory of theurgy but also the actual ritual practices of the theurgists, as described in their own words.

P. D. Newman has been immersed in the study and practice of alchemy and theurgy for more than two decades. A member of the Masonic Fraternity, the Society of Rosicrucians, and the Martinist Order, he lectures internationally and has published articles in many esoteric journals, including *The Scottish Rite Journal*, *The Masonic Society Journal*, and *Invisible College*. The author of *Alchemically Stoned* and a contributor to *Angels in Vermilion*, he lives in Tupelo, Mississippi.



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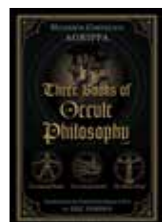
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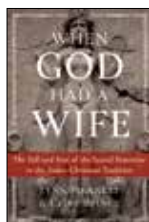
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P. D. Newman

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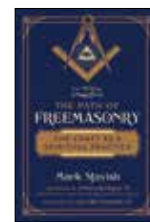
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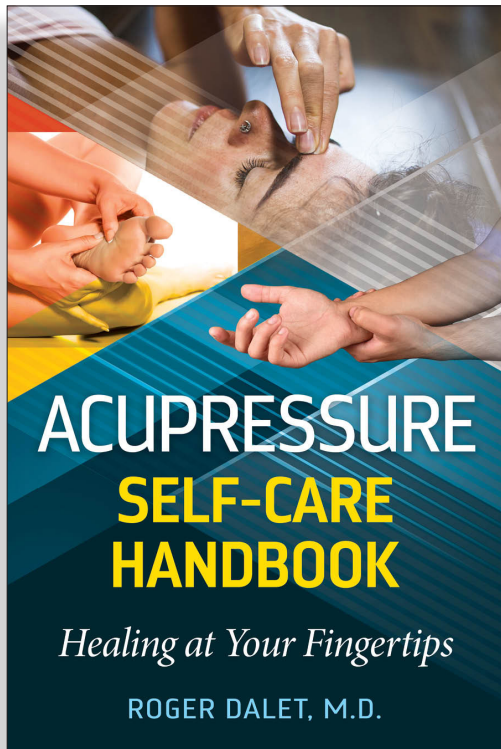
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Acupressure Self-Care Handbook

Healing at Your Fingertips

ROGER DALET, M.D.

A detailed guide to acupressure treatments for more than 150 common illnesses and conditions

- Shares step-by-step treatment protocols for illnesses such as cold, flu, or digestive problems; chronic conditions such as arthritis, diabetes, and thyroid disorders; and nervous system and emotional complaints such as depression, shingles, Bell's palsy, and stage fright
- Includes detailed diagrams of the commonly known and prescribed acupressure points as well as important new acupoints discovered by contemporary Chinese medical researchers
- Explains how acupressure stimulates the body's natural healing ability

With the simple touch of your fingertips you can quickly and easily bring comfort and relief from pain and illness. In this illustrated guide to acupressure for self-care and care of your loved ones, Roger Dalet, M.D., shares step-by-step treatment protocols for more than 150 diseases and disorders—from illnesses such as cold, flu, or digestive upset to chronic conditions such as arthritis, diabetes, thyroid disorders, and heart problems to nervous system and emotional complaints such as depression, shingles, and Bell's palsy.

Exploring how acupressure works, the author explains how massaging specific healing points stimulates the body's own natural healing ability. Within each treatment protocol, he offers guidance on how acupressure can best help the situation—whether it is capable of completely curing a condition or whether it should be used to support other healing modalities. In addition to detailed diagrams of the commonly known and prescribed acupressure points, Dr. Dalet includes important new acupoints discovered by contemporary Chinese medical researchers that address ailments resulting from our more sedentary lifestyles and use of computers, such as obesity and eye strain. He also recommends the most effective options for stimulating the points, including devices for electrical stimulation.

A valuable resource for any home, the acupressure treatments presented in this handbook can provide immediate relief for pain and injuries as well as be used preventively. Most important, they offer an effective method of self-care and a way to provide comfort and relief to ailing loved ones, especially the delicate immune systems of children.

Roger Dalet, M.D., is a renowned acupuncturist in France and is a doctor on staff at several hospitals. He has written a number of books on this subject in French, including several translated into English. He lives in France.



December 2023

Healing Arts Press

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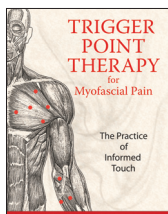
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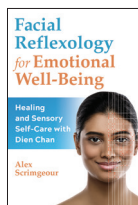
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The Culinary Pharmacy

Intuitive Eating, Ancestral Healing, and
Your Personal Nutrition Plan

LISA MASÉ

Foreword by Rosemary Gladstar

Find your ideal foods and cultivate wellness with traditional wisdom

- Weaves together three ancestral healing philosophies with modern nutrition science to show how to discover your ideal eating plan
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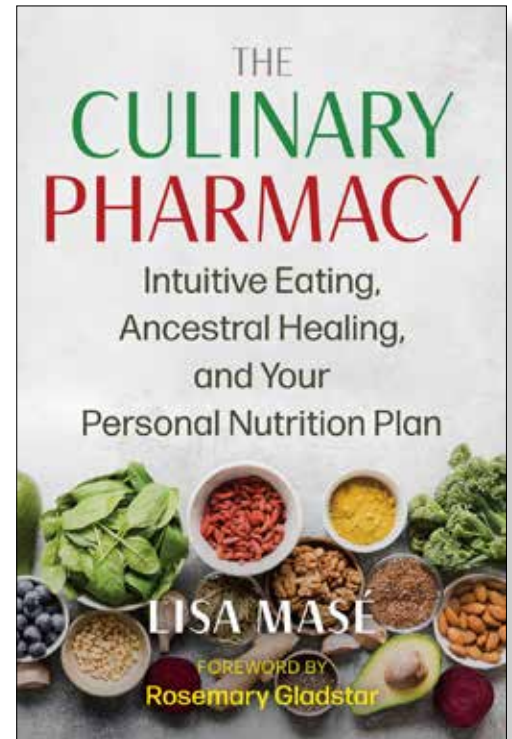
Exploring the healing power of food, holistic nutritionist Lisa Masé weaves together three ancestral healing philosophies—Ayurveda, traditional Chinese medicine (TCM), and the Mediterranean diet—with modern nutrition science to help you discover your ideal foods for vibrant health.

The author frames her book with her healing journey to overcome ten years of chronic infection, anxiety, depression, infertility, hypothyroidism, and food sensitivities. She explains how she grew up in Italy, cradled by the Adriatic Sea and the Dolomite mountains, and by returning to her traditional foods and healing herbs she was able to heal herself. She discusses the three kinds of hunger—Heart, Head, and Habit—and offers proven folk and scientific strategies for transforming cravings and changing habits, including meditation, breathwork practices, and realignment of the gut-brain axis via the vagus nerve.

Detailing the healing principles behind Ayurveda, TCM, and the Mediterranean diet, the author provides clear, easy-to-follow instructions for determining your Ayurvedic and Chinese constitution types, which can help you discover how best to heal yourself. She includes food lists for each constitution. Discussing the energetics of food, she explains the importance of personalized nutrition based on genetics, epigenetics, intuitive eating, and seasonal, local foods. She guides you on the path of food sovereignty to regain control of your food. Throughout the book, the author shares recipes, meal plans, and stories to illustrate the concepts she discusses and to help you easily integrate your ancestral healing wisdom into your life.

Showing how to simplify your eating to cultivate wellness, this engaging and comprehensive guide to the culinary pharmacy provides all the knowledge and tools necessary to help you make your food your medicine.

Lisa Masé is a board certified holistic nutritionist (BCHN) and a registered health and nutrition coach (RHNC) as well as an herbalist, intuitive eating coach, food sovereignty activist, and poet. The founder of Harmonized Living, a wellness practice, she lives on unceded Abenaki land in Montpelier, Vermont.



December 2023

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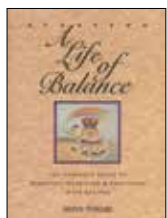
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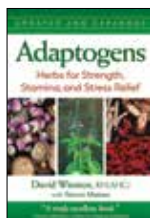
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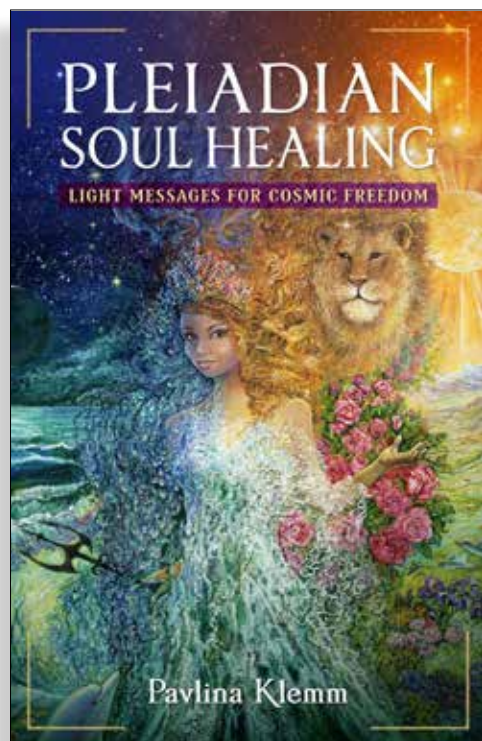
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PHOTO BY MELANIE DAUD

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Pavlina Klemm

Pleiadian Soul Healing

Light Messages for Cosmic Freedom

PAVLINA KLEMM

A guide to recovering your soul and healing the karmic past

- Provides high-vibration number sequences, visualizations, and exercises to help retrieve lost soul parts, dissolve artificially encoded consciousness programs, repair your DNA, and amplify the vibration of love
- Describes the energetic changes happening on Earth and how they affect us
- Explains how to remember your Pleiadian essence, which will help you activate and strengthen your healing abilities and live out your higher purpose

Speaking through healer and channel Pavlina Klemm, the higher beings known as the Pleiadians share healing wisdom to assist humanity as we ascend into the light-filled dimensions of consciousness. In this high-vibration book, the Pleiadians describe the radical energetic changes currently happening on Earth and how they affect us. They also share how the manipulation of humanity in the past can be healed and our lost soul parts recovered.

Through their messages, the Pleiadians describe how, due to the ongoing influx of Cosmic Light to planet Earth, processing and healing the karmic situation of humanity as a whole is now possible. They explore the healing of the natural feminine and masculine power, with a focus on nurturing all souls, families, and children in the world, and offer exercises to amplify the vibration of love.

Detailing the spiritual, genetic, and karmic manipulation that humanity has endured over the millennia, the Pleiadians offer sacred number sequences and visualizations to support you in dissolving artificially encoded consciousness programs as well as releasing negativities from your soul, mind, body, and energy body. They explain how to retrieve lost soul parts, reprogram yourself to tune in to light energy, and heal, regenerate, and protect your DNA by bringing the inner light back to your cells and connecting with the Divine Source. The Pleiadians also explore how to remember your Pleiadian soul parts, which will help you activate and strengthen your healing abilities and live out your higher purpose in this incarnation.

An illuminating and practical guide to healing at the soul level and beyond, *Pleiadian Soul Healing* also includes introductions from the members of the Pleiadian Ambassador Group behind the wisdom transmissions, who each offer loving support for our spiritual growth as well as positive glimpses of the peaceful, light-filled future to come.

Pavlina Klemm is a healer, medium, and educator who has trained in quantum healing, Eric Pearl's reconnective healing, Körbler's New Homeopathy, and Russian healing methods. Born in the Czech Republic, she has been in contact with the spiritual world since childhood and since 2010 has been a channel for the Pleiadians. The author of *Light Messages from the Pleiades*, Pavlina lives and works near Munich, Germany.

Also by Pavlina Klemm



Light Messages from the Pleiades

Pavlina Klemm

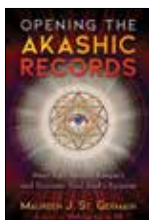
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June 2022 release

Crystal Clear Oracle

Loving Guidance from the Mineral Kingdom

NADINE GORDON-TAYLOR

An intuitive oracle deck imbued with the ancient wisdom of crystals

- Includes 40 full-color cards featuring crystals, animals, plants, elementals, and ancient symbols
- The accompanying guidebook interprets each card's message and shares affirmations to support you in embodying the wisdom
- Each card features one crystal "guide" including Moldavite—the Interplanetary Visitor, Smoky Quartz—the Astral Protector, Amethyst—the Eternal Caregiver, Labradorite—the Grounded Invigorator, and Lapis Lazuli—the Wisdom Keeper

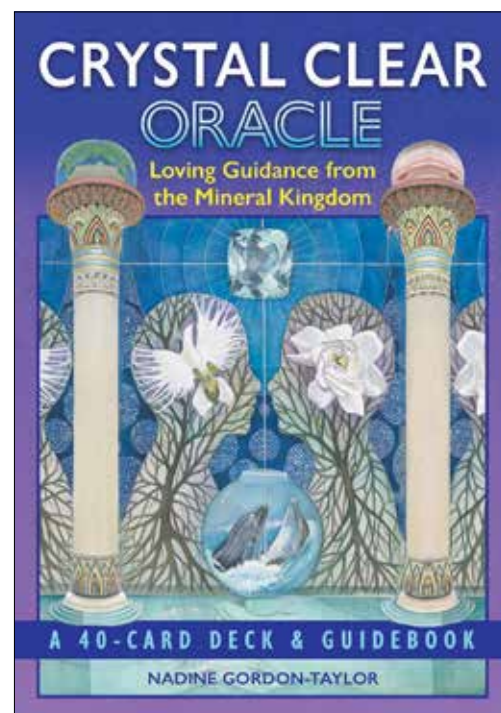
Intricately illustrated with images of crystals, animals, plants, elementals, and ancient symbols, the 40 full-color cards of the *Crystal Clear Oracle* provide a hands-on, intuitive way to work with crystal wisdom, unite with your higher consciousness, and access loving energies to inspire, empower, and awaken your spiritual journey.

As artist Nadine Gordon-Taylor explains, crystals are conduits to the past, storing within their matrices important information about Earth's true history and the people who inhabit it. Each vivid card features one crystal "guide" that introduces itself and its spiritual and healing qualities and then assists you in understanding and decoding the messages of the other symbols and beings that also appear on the card. The messages you receive from each card come directly from the voice of the crystal featured.

In the accompanying guidebook, Gordon-Taylor explains how to intuitively use the deck. She shares the crystal guide's message and interpretation for each card along with affirmations to support you in embodying its wisdom. Crystals and stones featured on the cards include Moldavite—the Interplanetary Visitor, Smoky Quartz—the Astral Protector, Amethyst—the Eternal Caregiver, Celestite—the Heavenly Mediator, Labradorite—the Grounded Invigorator, and Lapis Lazuli—the Wisdom Keeper.

Created to help you activate and align with the sacred geometries of higher frequencies of consciousness, this deck allows you to reunite with your higher self and release what no longer serves you. When you choose a card from this deck, you are intuitively guided to what is right for you at the moment. By working with these cards and the crystal guides, you reawaken to the intuitive knowledge of the ancients as you are held in the heart of Divine love.

Nadine Gordon-Taylor, MFA, EdD, is a classically trained artist who focuses on the animal kingdom and its symbolic connection to humans. She received her master of fine arts in painting from Long Island University and her doctorate in art education from Columbia University. She has taught for more than 30 years, including giving lectures and workshops across the country, and her drawings, prints, and paintings have been exhibited and are in collections around the world. The creator of *The Heart Path Oracle Cards* and *Animal Love Oracle Cards*, she runs a gallery, Third Eye Arts, in the town of Peekskill, New York.



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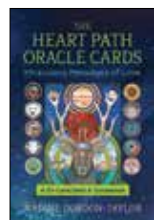


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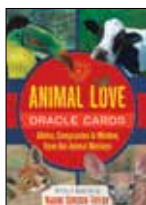


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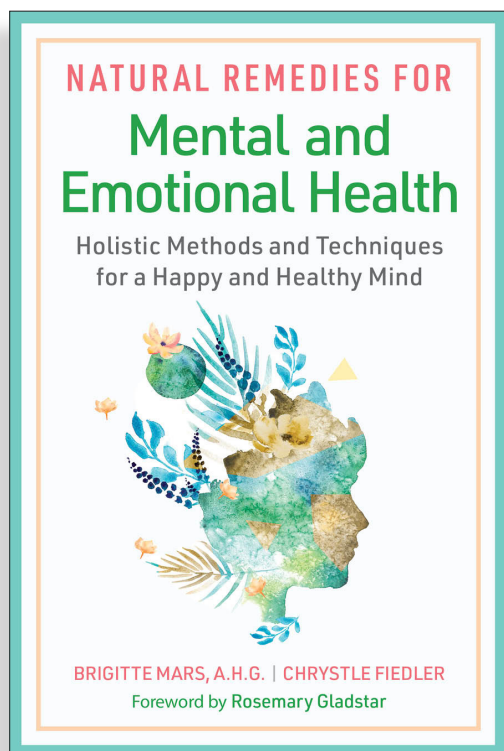


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Holistic Health

Natural Remedies for Mental and Emotional Health

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BRIGITTE MARS, A.H.G., and CHRYSTLE FIEDLER

Foreword by Rosemary Gladstar

A self-care guide to treating mental, emotional, and neurological conditions

- Explores common mental health concerns and stress-related issues—such as anxiety, depression, anger, insomnia, brain fog, and trauma—and shares remedies and practices to address and heal their root causes
- Examines the influence of diet and nutrition on mental health and the benefits of specific foods, herbs, supplements, essential oils, and self-care techniques
- Details holistic remedies for neurological conditions, such as ADHD, epilepsy, addiction, bipolar disorder, PTSD, multiple sclerosis, Parkinson's disease, traumatic brain injury (TBI), and stroke

Mental health and emotional well-being are just as important as physical health. And like physical health, there are many simple ways to improve and support mental well-being with the healing power of herbs and other holistic remedies and practices.

In this comprehensive guide to natural methods to maintain a healthy mind, herbalist Brigitte Mars and natural health expert Chrystle Fiedler explore many common mental health concerns and stress-related issues—such as anxiety, depression, panic attacks, anger, insomnia, brain fog, and trauma—and share remedies and practices to address and heal their root causes. Citing recent medical studies, they examine the influence of diet and nutrition on mental health concerns and explore the benefits of specific foods, herbs, supplements, essential oils, and self-care techniques like acupressure, massage, and color therapy. The authors also explore holistic practices and treatments for moving through grief, breaking free from addiction, working with ADHD and epilepsy, supporting chronic conditions like bipolar disorder, PTSD, and Parkinson's disease, and recovering from traumatic brain injury (TBI) and stroke.

Presenting a wealth of holistic self-care therapies for mental well-being, emotional balance, and neurological health, this guide enables each of us to heal the mind and nurture the soul, two essential keys to a happy, joyful life.

Brigitte Mars, A.H.G., an herbalist and nutritional expert for more than fifty years, is a founding member of the American Herbalists Guild and teaches herbal medicine at Naropa University. An international lecturer, she is the author of several books, including *Addiction-Free Naturally*, and the creator of an app, iPlant. She lives in Boulder, Colorado. **Chrystle Fiedler** is a freelance journalist and author who has written for publications including *USA Today*, *Mother Earth Living*, *Prevention*, and *Spirituality & Health*. She lives in St. Augustine, Florida.

Also by Brigitte Mars



Addiction-Free Naturally

Brigitte Mars, A.H.G.

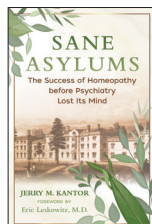
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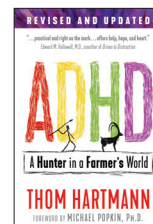
Jerry M. Kantor

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ADHD

Thom Hartmann

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Super-Powered Immunity Starts in the Gut

MICHELLE SCHOFFRO COOK, Ph.D., DNM

A research-backed guide to healing your gut and boosting immunity

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- Shares powerful yet natural remedies centered on probiotics, fermented foods, herbs, essential oils, and nutritional supplements

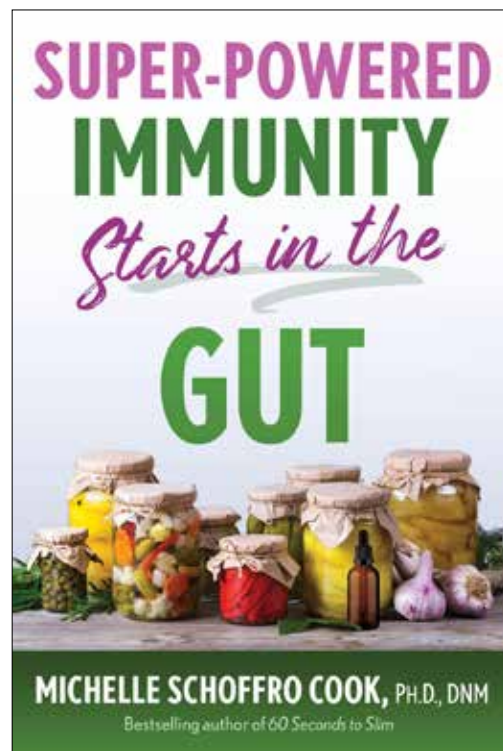
Did you know that 70 percent of the immune system resides in the gut? As Dr. Michelle Schoffro Cook explains, a healthy, microbially balanced gastrointestinal tract is one of the biggest keys to warding off and fighting infectious diseases.

In this practical guide, Dr. Cook shares tools and hands-on methods to transform your gut health for greater immunity and well-being. Distilling the most recent research, she explains the connection between GALT (gut-associated lymphoid tissue) and a strong gut-immune relationship. She offers methods to assess your gut health and select which healing approach would be best. She explores some of the main illnesses, conditions, and disorders that afflict the gut and lead to poor immune system performance, including excessive yeast growth, dysbiosis (an imbalanced microbiome where harmful microbes far outnumber the beneficial ones), and excessive gut permeability (which allows dangerous germs, microbes, and toxins to invade the blood stream).

Showing how to treat these conditions holistically without damaging and compromising your gut and immune system, Dr. Cook shares powerful yet natural remedies like herbs, essential oils, and nutritional supplements. She looks at the role of probiotics and fermented foods in immunity, providing an extensive examination of how and why they work. She examines new research about particular probiotic strains that are effective against even the most drug-resistant health conditions like MRSA and *C. difficile*. She explains the often-invisible, immune-depleting damage caused by antibiotic use and what to do immediately if you're taking antibiotics or have suffered damage from having done so. She also offers a detailed four-week plan for healing the gut and obtaining—and sustaining—optimum immune system function.

Explaining all of the necessary research-backed tools and techniques, this guide empowers you to take charge of your gut health, transform your immune system, and achieve vibrant health.

Michelle Schoffro Cook, Ph.D., DNM, is a board-certified doctor of natural medicine, doctor of acupuncture, registered nutritionist, certified herbalist, and aromatherapist with more than 25 years of experience. A popular natural health blogger, she is a regular featured health expert in magazines such as *Women's World*. The award-winning author of 25 books, including *Super-Powered Immunity*, she lives in Ottawa, Ontario.



January 2024

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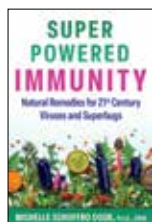
Holistic Health



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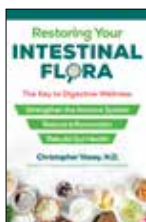
Michelle Schoffro Cook, Ph.D., DNM

Also by Michelle Schoffro Cook

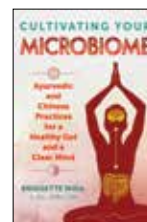


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Fortuna

The Sacred and Profane Faces of Luck

NIGEL PENNICK

Traces the history of good fortune traditions from sacred divination to modern gambling

- Reveals how dice were originally considered sacred objects of divination and details the techniques and meanings of a dice oracle
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- Examines how dice became a means of gaming and gambling and how gambling gave rise to specialized lucky charms

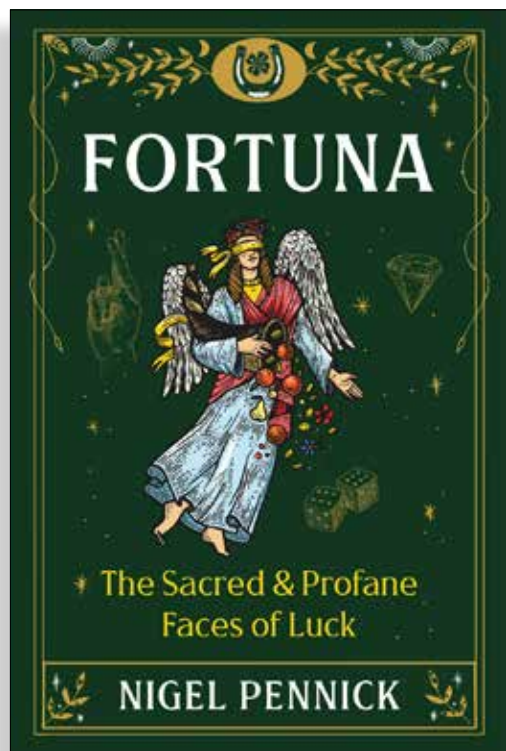
Some believe that our future is predetermined, while others assert that we have free will and our future can take many different courses depending on our actions. In ancient times, it was believed that the will of the gods determined people's lives, and divination or sacrifices to the gods could change or improve one's future. Of the deities devoted to luck and the future, the Roman goddess Fortuna is most famous, having two shrines in Italy where divination was conducted under her guardianship.

Tracing the history of the culture of good fortune from sacred divination to profane gambling, Nigel Pennick explores the many ways people through the centuries have sought to divine the future, ensure protection, and draw the full benefits from days of good omen. He shows how dice were originally considered sacred objects of divination and reveals the divinatory geomancy techniques and meanings of a dice oracle. In addition to dice, he looks at how cowrie shells, bones, coins, cards, sticks, and stones can be used to form meaningful patterns for interpretation and how these cultural divination practices were often accompanied by texts or oral traditions that explained the meanings of the patterns, such as the Chinese *I Ching* and the West African verses of the Sixteen Cowries. He also looks at medieval grimoires for fortune-telling, lottery books, and dice books.

Exploring how dice became a means of gaming and gambling, the author details the forms of trickery and "crooked dice" used in games of craps by cheating gamblers and the Dream Books or Policy Books that served as oracles for those who played the "Numbers Racket." He examines how gambling gave rise to specialized lucky charms, luck-ensuring rituals, and even mascots. He also explores the emergence of ideas of randomness as they relate to divination and magic.

Revealing how divination and gambling are two sides of the same coin, the author shows how, whether you are a gambler relying on Lady Luck or a diviner querying the gods, we're all looking to Fortuna in the quest for a better, richer life.

Nigel Pennick is an authority on ancient belief systems, traditions, runes, and geomancy and has traveled and lectured extensively in Europe and the United States. He is the author and illustrator of more than 60 books, including *The Pagan Book of Days*. The founder of the Institute of Geomantic Research, he lives near Cambridge, England.



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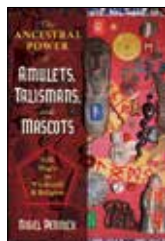
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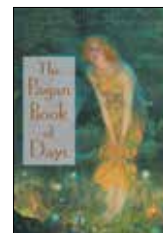
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The Hermetic Tree of Life

Elemental Magic and Spiritual Initiation

WILLIAM R. MISTELE

A guide to realizing your highest magical and spiritual potential

- Provides initiatory wisdom and practices structured around the Tree of Life to maximize spiritual powers and creativity
- Presents strategies for self-actualization drawn from transpersonal psychology, spirituality, Gaia-based religions, the Western hermetic tradition, Kabbalah, and other mystical traditions, including the teachings of Franz Bardon
- Offers practices for enhancing connection to one's higher self, exploring dreamtime on the astral plane, dissolving negativity, and developing mental clarity

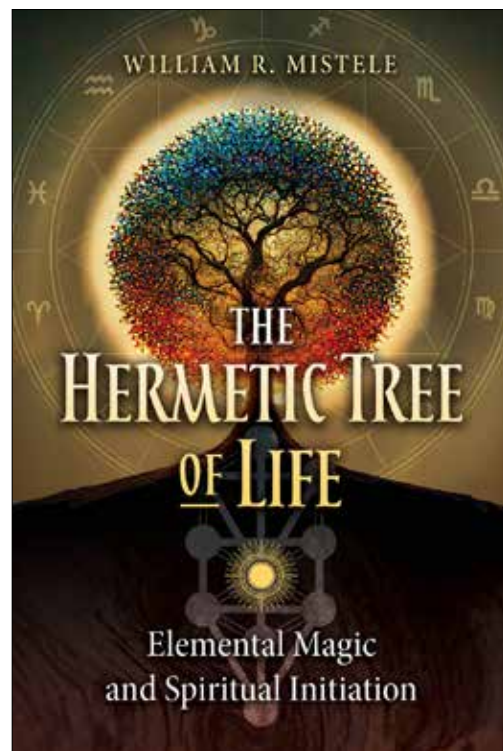
In initiation, something happens to us. We change. Some aspect of ourselves is transformed. The result is that the various forces within us—desires, dreams, motivations, and inspirations—are amplified, deepened, and redirected. Ultimately, the goal is to become your own creation, your better self, the person you wish to be.

In this accessible guide to realizing your highest magical and spiritual potential, William Mistele presents a wealth of practices and initiatory wisdom, structured around the Tree of Life, to help you develop the vast spiritual world within. Drawing on hermetic teachings, the Kabbalah, and the elemental magic of Franz Bardon, he provides psychological skills to master, dreams to explore, and initiations to experience. His methods enhance sensory perception and deepen feelings of peace and oneness with the universe. He shares practices for learning to talk to and gain the cooperation of your subconscious, techniques for dissolving negativity, ways to create bliss and ecstasy at will, and the means for enhancing a connection to one's higher self.

For each of the ten sephiroth of the Tree of Life, progressing from the sephirah connected to the physical world to those connected to the astral plane, enlightenment, and the higher self, Mistele explores each sephirah's unique spiritual qualities and wisdom and offers challenges for the reader to accomplish and magical methods to unite oneself with the four elements of nature (earth, air, fire, and water) from within. He shares profound psychological and spiritual experiences that can occur once you know a sephirah deeply and explains exactly how you can reproduce these experiences for yourself. Offering initiatory practices to help you enact transformation at the core of your being, he guides you to bring each sephirah to life via visualization and dreams.

Providing a roadmap to the spiritual world, Mistele empowers you to have more self-understanding, to be more successful and confident, and to have the imagination and spiritual freedom to transform into the person you wish to be.

William R. Mistele has been studying esoteric and magical traditions for more than 45 years, focusing in particular on the teachings of Czech magician Franz Bardon. He has studied with more than fifty masters from many traditions, including Tibetan Buddhist monks while living at a monastery. He lives in Honolulu, Hawaii.



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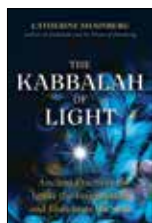
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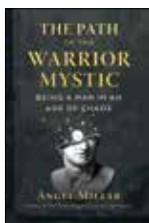


Author
William R. Mistele

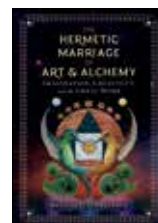
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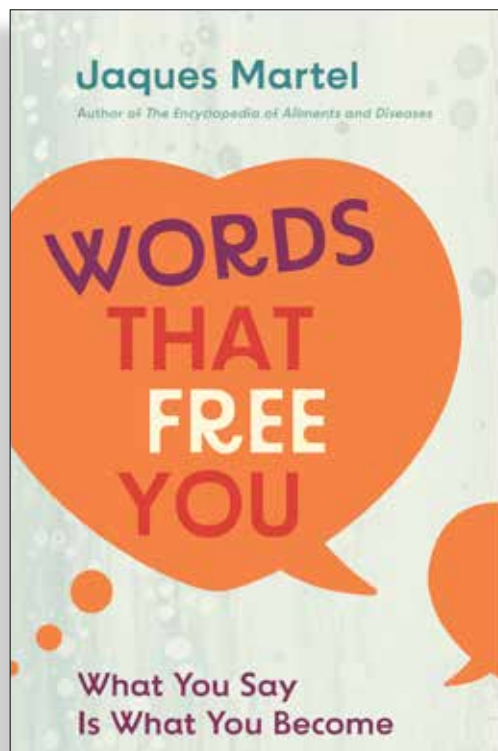
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PHOTO BY SERGE BOURDAGES

Author
Jacques Martel

Words That Free You

What You Say Is What You Become

JACQUES MARTEL

A guide to how the right choice of words can liberate, strengthen, and heal us

- Explains how each word carries an energy that increases or decreases our energy level and how our choice of words creates our reality
- Offers tables for converting the negative to the positive and shows which words to use to change our lives for the better
- Shares healing words in mantras, guided relaxation, and chants as well as a writing technique that brings emotional healing

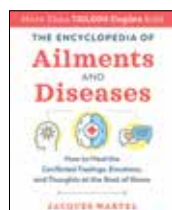
Not only are the words and phrases we use an expression of our innermost thoughts, they also influence our wellbeing and the overall nature of our character. Positive words create a higher vibration and thus a positive experience of life. Words with negative connotations, however, especially if used frequently, create a limiting and possibly self-destructive reality for us, since our brain cannot decide between what is real and what only exists in our imagination.

In this easy-to-follow guide, therapist and coach Jacques Martel details how to create a more positive, optimistic, healthy, and happy reality by choosing words filled with freedom, wisdom, and love. The messages we transmit through our words are understood more easily at the level of the heart. Jacques explains how each word we speak or write carries a power that increases or decreases our energy level. Sharing practical communication tools, such as a table to convert words and expressions from the negative to the positive, he reveals which high-vibration words to use to change our lives for the better and explores how to integrate them when speaking with family, friends, coworkers, and in front of an audience for more effective communication. He also shares healing words in mantras, guided relaxation, and chants as well as a writing technique using words that free us to bring emotional healing.

When we are more aware of our language, we understand that changing the words we use will transform our reality and our lives. As we become more comfortable communicating how we feel, our words truly become the mirror of our heart and the reflection of our thoughts.

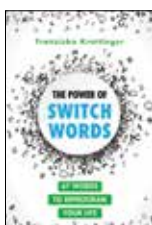
Jacques Martel is an internationally known therapist, trainer, and speaker. A pioneer in the field of personal development, he has created new methods and practical exercises that allow deep and permanent emotional and spiritual transformations. The author of *The Encyclopedia of Ailments and Diseases*, he lives in Quebec, Canada.

Also by Jacques Martel

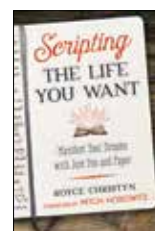


The Encyclopedia of Ailments and Diseases
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Tantric Sex for Lovers

DIANA RICHARDSON and MICHAEL RICHARDSON

A complete guide to tantric sex in a 3-volume boxed set

- Contains *Tantric Orgasm for Women*, *Tantric Sex for Men*, and *Slow Sex*
- Explores Tantra from the female perspective and the male perspective and looks at how couples can make sex more fulfilling and use their love-making to strengthen their relationship
- Shares foreplay practices, breathing exercises, position sequences, tantric meditations for increased sensitivity, and techniques to awaken the body's innate mechanism for ecstasy

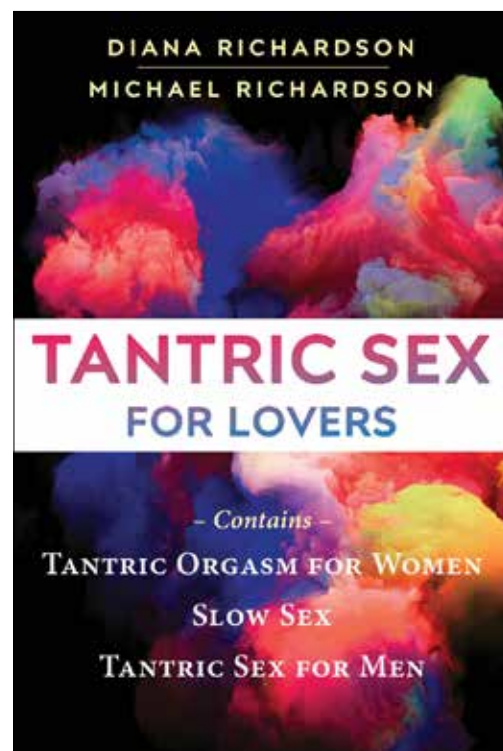
In this three-volume boxed set, tantric sex teachers Diana and Michael Richardson present practices to help couples enrich their sex life with the spiritual, healing power of sex.

In *Tantric Orgasm for Women*, Diana explores Tantra from the female perspective, sharing her more than 20 years of research and revealing how relaxation is the key to achieving deep orgasmic states. She looks at how receptive feminine energy influences the male-female exchange, provides ancient tantric meditations and breathing exercises for increased sensitivity and awareness, and explores the role of the clitoris, breasts, and vagina in achieving orgasm. In *Tantric Sex for Men*, Diana and Michael show men how to move beyond goal-oriented sex and relax into sex as a meditative union of complementary energies. They include foreplay approaches and diagrams of sexual position sequences, explore the relationship-strengthening benefits of deep sustained penetration, and explain how to perform soft penetration and avoid premature ejaculation.

In *Slow Sex*, Diana provides a step-by-step guide for committed couples to explore the healing, spiritual power of slow sex and awaken the body's innate mechanism for ecstasy and pleasure. She explains how slow sex increases sensitivity and sexual vitality as well as creating and restoring love. Providing illustrations of different positions for eye contact, deep sustained penetration, and soft penetration, she shows how the practice of slow sex provides couples a way to reach a shared meditative state and use it as a vehicle to achieve higher consciousness.

Enabling committed couples to develop a personal tantric sex practice, the authors reveal how to keep your sex life sustainable, fulfilling, and enjoyable for many decades to come as well as how to harness the power of sex to access extraordinary realms of sensitivity, sensuality, and higher consciousness.

Diana Richardson is a disciple of tantric master Osho and a teacher and practitioner of holistic body therapies. **Michael Richardson** is a teacher of t'ai chi, practitioner of shiatsu, teacher of the Gurdjieff Sacred Dances, and a disciple of tantric master Osho. Together, Diana and Michael have been teaching the art of Tantra in their weeklong "Making Love Retreats for Couples" since 1993. They live in Switzerland.



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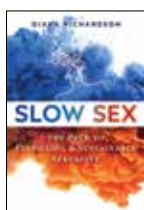


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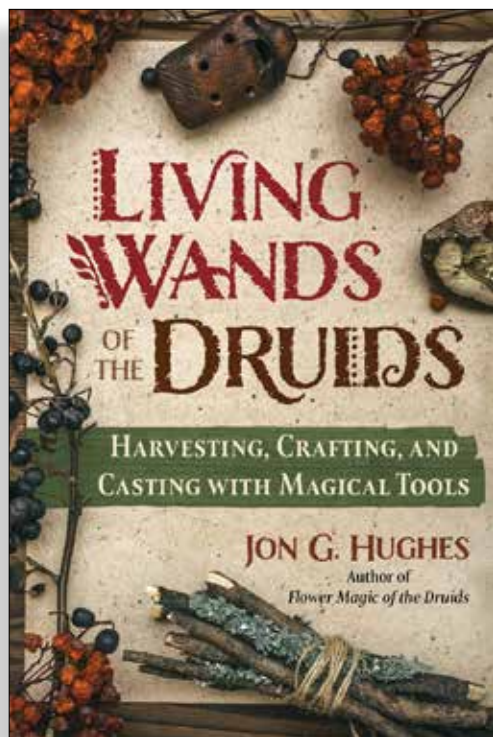
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Rights: World

Celtic Studies



Author
Jon G. Hughes

Living Wands of the Druids

Harvesting, Crafting, and Casting with Magical Tools

JON G. HUGHES

A practical guide to the creation of natural wands for magical work

- Explains the variety of woods and other botanicals that may be used to craft wands, their magical and hermetic attributes and virtues, and how these influence the adept's intention and magical workings
- Offers detailed harvesting advice, explaining the necessary magical actions specific to each tree as well as important influences such as the phases of the moon and the seasons
- Offers step-by-step instructions for wand practice, including magical workings, cleansing, intention, potentializing, and how to properly return a wand to nature

From Moses to Merlin to the power of the royal scepter, the wand has been a key magical device found in nearly every civilization and esoteric tradition throughout history. The fundamental purpose of a wand is to act as a spiritual conduit, harnessing the power of the adept's intention and channeling it into manifestation.

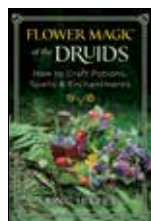
Exploring the history, lore, and creation of living wands—those crafted from local natural materials—fifth-generation Druid Jon G. Hughes presents a practical guide to the harvesting, crafting, and potentializing of living wands, as well as rods and staffs. He offers detailed harvesting advice, explaining the magical actions and meditations specific to each tree that should accompany crafting work as well as important influences such as the phases of the moon and the seasons. He looks in depth at woodlore, explaining the variety of woods and other botanicals that may be used to craft wands, their magical and hermetic attributes and virtues, and how these influence the adept's intention and magical workings. Trees and botanicals examined include oak, hawthorn, hazel, birch, apple, ash, mistletoe, holly, and ivy.

The author explores various types of wands, such as rood, entwined, thorn, and compound, detailing how each differs in its use and intended outcome. He offers step-by-step instructions on how to use wands for magical workings and explains other aspects of wand practice, including cleansing, intention, potentializing, and how to properly return a wand to nature after its purpose has been fulfilled.

Presenting a complete guide to crafting and using living wands as well as the history and lore behind this traditional form of Druidic natural magic, this book allows you to harness the magical essence of the living natural resources that surround you, helping you elevate your manifestations from the mundane to the higher spiritual planes.

Jon G. Hughes is part of a lineage of Druids that has been practicing for five generations in a remote area of Wales. He teaches the tradition in Ireland and gives workshops and seminars throughout Europe. He is the director of the Irish Centre for Druidic Practices and the author of several books, including *Flower Magic of the Druids* and *The Druidic Art of Divination*. He lives in Killarney, County Kerry, Ireland.

Also by Jon G. Hughes



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Runes for the Green Witch

An Herbal Grimoire

NICOLETTE MIELE

A magickal guide to working with runes and plant allies for manifestation, healing, and spellwork

- Examines the herb and plant connections of each of the 24 runes of the Elder Futhark as well as correspondences with deities, astrology, tarot, and crystals
- Provide examples and tips on how runes and plants may be combined within spells and ritual for manifesting, protecting, healing, banishing, and more
- Explains how runes and plants can be worked with for the soulful process of rewilding and connecting with Mother Nature

Runes and plants both contain the dynamic and raw energies of Mother Earth and can be used to heal, manifest, protect, and elevate magick. Both support and deepen the nature-human connection that is vital to mind, body, and spirit. And while both can provide us with many benefits on their own, when merged in magickal union, their combined powers are multiplied exponentially.

In this magickal grimoire, herbalist witch Nicolette Miele immerses readers in the wisdom and folklore of the 24 Elder Futhark runes as well as their correspondences with deities, astrology, tarot, crystals, and plants. Each chapter begins by discussing the etymology, meanings, mythology, divination, correspondences, and magick of a particular rune and culminates with profiles of several herbs and plants that possess similar magickal energies. Each plant profile delves into the magickal, metaphysical, traditional, and medicinal applications as well as how to work with these incredible plant allies. These profiles also provide examples and tips on how the runes and plants may be combined within spells and ritual for manifesting, protecting, healing, banishing, and more.

For example, the author connects Fehu, the rune of wealth and value, with the practice of altar-building, making offerings, and with alfalfa, cedar, dandelion, and other plants traditionally used in abundance and prosperity magick. In the chapter on Kenaz, the rune of heat and illumination, the nature connection is nurtured through the element of fire and a step-by-step bindrune candle ritual. The plants connected with Kenaz are those that embody the characteristics of fire—such as passion, ferocity, and sexuality—and include clove, damiana, and kava kava.

Guiding the green witch through the benefits and strengths of synergistic magick, this book helps eclectic magickal practitioners advance their craft through folk magick and medicine, rituals, meditations, spells, and the soulful process of rewilding and connecting with Mother Nature.

Nicolette Miele is a pagan, writer, rune worker, and herbalist. She has practiced witchcraft for over 20 years with focuses on Norse runes, folk herbalism, alchemy, and trance meditation. She is the owner and operator of Handfuls of Dust Apothecary LLC, offering rune readings and handmade ritual products. She lives in Pittsburgh, Pennsylvania.



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Herbalism/Wicca



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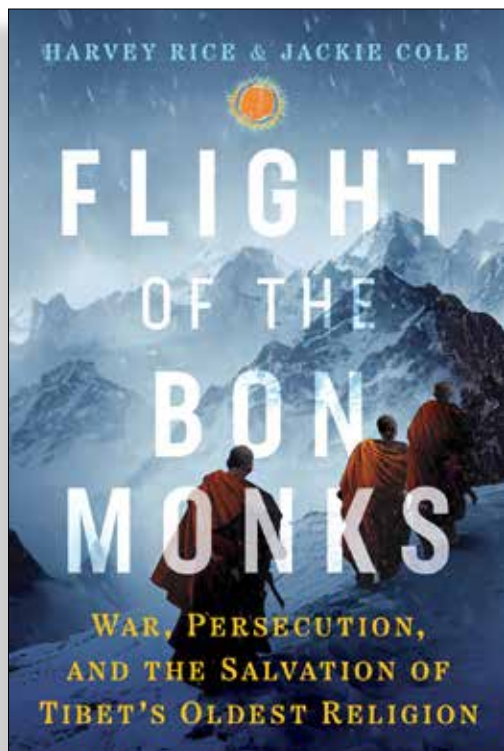
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Rights: World

Tibetan History



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Flight of the Bon Monks

War, Persecution, and the Salvation of Tibet's Oldest Religion

HARVEY RICE and JACKIE COLE

An inside account of the Chinese invasion of Tibet told through the voices of three persecuted monks

- Shares the true story of three monks' heroic escape from occupied Tibet and the subsequent rebirth of the Bon religion in exile
- Introduces Bon, Tibet's oldest religion, and a traditional way of life extinguished by foreign occupation
- Reveals details of the 1950 Chinese invasion of Tibet and the exodus of thousands of Tibetans to neighboring countries

Providing an inside view into the Chinese occupation of Tibet and the tenets of Bon, one of the world's oldest but least known religions, this book chronicles the true story of three Bon monks who heroically escaped occupied Tibet and went on to rebuild their culture through incredible resilience, determination, and passion.

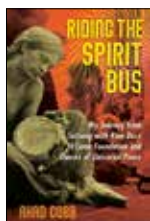
After taking his vows to become a Bon monk and completing a pilgrimage around 22,000-foot Mt. Kailash, the holiest mountain in Tibet, Tenzin Namdak envisions a life of quiet contemplation at Menri, Bon's mother monastery. Instead, he finds himself fleeing for his life across the highest and most difficult terrain on the planet. After being joined by a CIA-backed warlord, Tenzin's escape party is ambushed and he is severely wounded. Narrowly escaping execution by Chinese soldiers, the dying Tenzin is taken to a concentration camp, where he is afforded special consideration because of his status as a monk. He overcomes his nearly fatal wound and makes an arduous escape from Tibet over the daunting Himalayas.

The other monks, life-long friends Samten Karmay and Sangye Tenzin, witness Tibet's capital explode in a violent insurrection against Chinese rule. Escaping to Nepal, they worry about the survival of the Bon religion and begin collecting scattered works of Bon scripture. A chance meeting with British scholar David Snellgrove brings the three monks together again and dramatically changes their lives. Snellgrove invites Sangye, Samten, and Tenzin to spend three years in London on a Rockefeller Foundation grant. There, they hone their English and forge influential relationships, enabling Tenzin to answer the pleas for help from the Bon community by founding a settlement in exile in India. Sangye is chosen as the 33rd Menri Trizen, Bon's highest office, and together the three monks help rebuild the nearly extinct Bon religion.

Aside from the escape of the Dalai Lama, no other Tibetan escape has been so consequential for so many.

The authors, **Harvey Rice** and **Jackie Cole**, are a husband-and-wife team. Rice spent 18 years as a reporter for the *Houston Chronicle*. Cole has studied Bon for over two decades and has many contacts in the worldwide Bon community. The authors live in Galveston, Texas.

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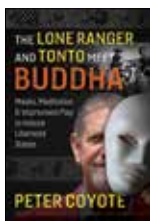
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The Heart and Its Healing Plants

Traditional Herbal Remedies and Modern Heart Conditions

WOLF D. STORL, Ph.D.

An ethnobotanical look at ancient heart beliefs, heart-strengthening herbs, and folk remedies for cardiovascular diseases

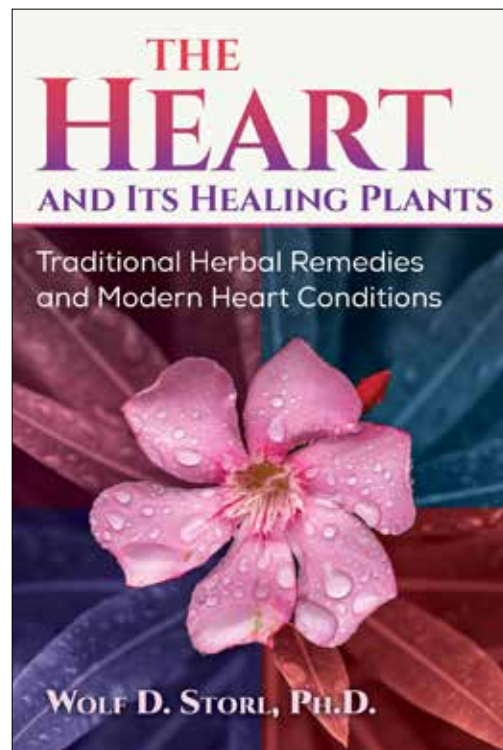
- Discusses traditional understandings of the heart from early European cultures and indigenous peoples of the Americas, Asia, and Africa
- Examines the heart as the home of the soul and an organ of perception and looks at traditional beliefs on what makes the heart sick
- Presents a materia medica of plants used for millennia to treat heart-related conditions as well as plants in use by modern herbalists and cardiologists

Among our ancestors as well as indigenous people still maintaining traditional diets there is little record of heart diseases in the modern sense. In the traditional world-view, the heart was considered the home of the soul and the source of love and vitality. As such, heart sickness was not seen as a result of poor nutrition, too much stress, or lack of exercise, but reflected an imbalance of the heart's emotional and spiritual energies. Plants and folk remedies used as traditional heart medicine worked on the mental and spiritual level to help make the heart happy again.

In this book, renowned ethnobotanist Wolf D. Storl, Ph.D., examines traditional understandings of the heart from early European cultures and indigenous peoples of the Americas, Asia, and Africa as well as a wealth of plants used in both ancient and contemporary times to treat heart conditions and ailments. He explores the heart as an organ of perception as well as its ability to remember, citing studies about the phenomenon of complete personality changes following a transplant. He examines what makes the heart sick, including different healing paradigms used to address the causes. He also looks at how time is perceived by the heart and how the modern epidemic of heart disease can be linked to our culture's pervasive disconnection from nature's rhythms.

Presenting a materia medica of heart-strengthening herbs and folk remedies for cardiovascular diseases, the author offers in-depth descriptions of plants used for millennia to treat heart-related conditions as well as plants in use by modern herbalists and cardiologists. Sharing a holistic view of the heart—and heart disease—based on traditional perspectives, ethnomedical research, and herbal wisdom, this book reveals new ways to heal the heart by recognizing its integrated role in our physical, emotional, and spiritual wellness.

Wolf D. Storl, Ph.D., is a cultural anthropologist and ethnobotanist who has taught at Kent State University as well as in Vienna, Berne, and Benares. He is coauthor of *Witchcraft Medicine* and author of more than 30 books on indigenous culture and ethnobotany in German. He lives in Germany.



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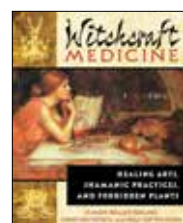
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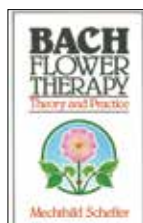
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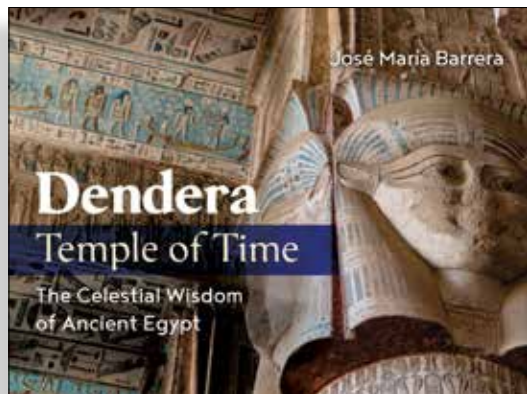
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A full-color exploration of the encoded ceiling at the Temple of Dendera

- Draws on more than 5,000 high-resolution photographs taken by the author to reconstruct the complete ceiling of the portico of the Temple of Hathor at Dendera
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Egypt is famous for its pyramids, the Sphinx, the temples at Luxor, and the Valley of the Kings, but 40 miles north of Luxor lies the best-preserved temple complex in all of Egypt: The Temple of Dendera, known for the famous "Zodiac of Dendera" now housed in the Louvre Museum. Within the portico leading into the Hathor temple at Dendera is a little-known outstanding achievement of humanity: an extensive colored bas-relief—larger than the ceiling of the Sistine Chapel—meticulously encoded with the sophisticated astronomical knowledge of ancient Egypt.

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Allowing you to experience the vivid details of this ancient work of art and science, this photographic exploration also recreates the sense of spiritual awe and power the Temple of Dendera radiates to its visitors, whether today or millennia ago.

José María Barrera is a software engineer and application architect, specializing in data representation and languages, who has been fascinated by alchemy and Egyptian culture for more than 20 years. An avid photographer, his work has been exhibited in galleries in Chicago and New York City and sold at Sotheby's Auctions. Born in Colombia, he holds a master's degree in computer science. He lives in New York City.

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- Explains how Greek myths reveal the transition from matriarchy to patriarchy

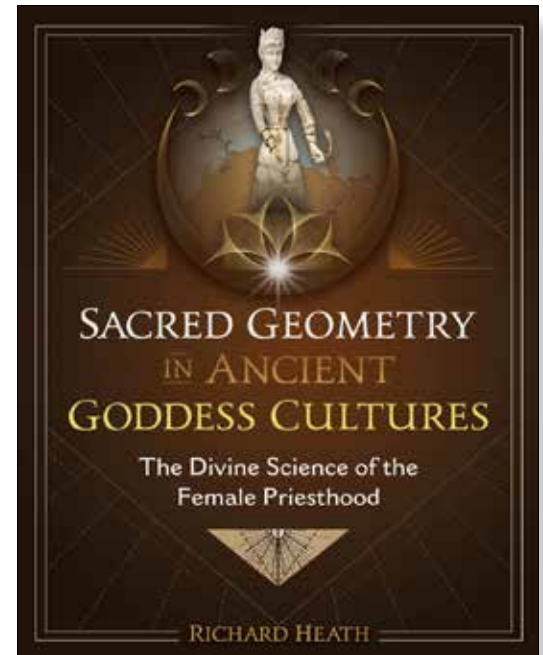
Long before Pythagoras and Plato, before arithmetic and Christianity, there existed matrilineal societies around the Mediterranean, led by women with a sophisticated understanding of astronomy and sacred science. In this detailed exploration, Richard Heath decodes the cosmological secrets hidden by ancient goddess-centered cultures on the island of Malta, at Gobekli Tepe in Turkey, and on the Greek island of Crete.

Heath reveals how the female astronomers of Malta built megaliths to study the sun, moon, and planets, counting time as lengths and comparing lengths using geometry. He shows how they encoded their cosmological and astronomical discoveries, their "astronomy of the goddesses," in the geometries of their temples and monuments. Examining Maltese and Cretan artifacts, including secret calendars, he details how the Minoans of Crete transformed Maltese astronomy into a matriarchal religion based upon a Saturnian calendar of 364 days. He also reveals evidence of the precursors of Maltese astronomical knowledge in the monuments of Gobekli Tepe.

Looking at the shift from sacred geometry to arithmetic in ancient Mediterranean cultures, the author parallels this change in mindset with the transition from matriarchal to patriarchal cultures. He reveals how Greek myths present a way to see the matriarchal past through patriarchal eyes, detailing how Saturn's replacement by Jupiter-Zeus symbolizes the transition from matriarchy to patriarchy. The author examines how the early Christians helped preserve the ancient astronomy of the goddesses, due to its connections to Christ's cosmological teachings, by encoding it in the artwork of the rock-cut churches and monasteries of the Cappadocia region of Turkey.

Revealing how our planet, with its specific harmonics and geometries within our star system, is uniquely designed to support intelligent life, the author shows how this divine spiritual truth was known to the ancient astronomers.

Richard Heath, M.Sc., is a system designer who studies the technical achievements of the ancient world, from those of the megalithic astronomers to sacred building design. He is the author of 5 books, including *Sacred Number and the Origins of Civilization* and *Sacred Geometry: Language of the Angels*. He lives near Cardigan in Wales.



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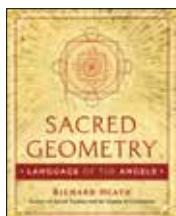
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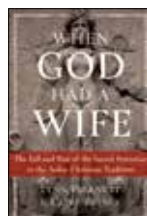
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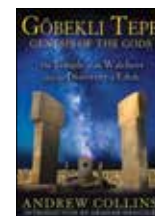
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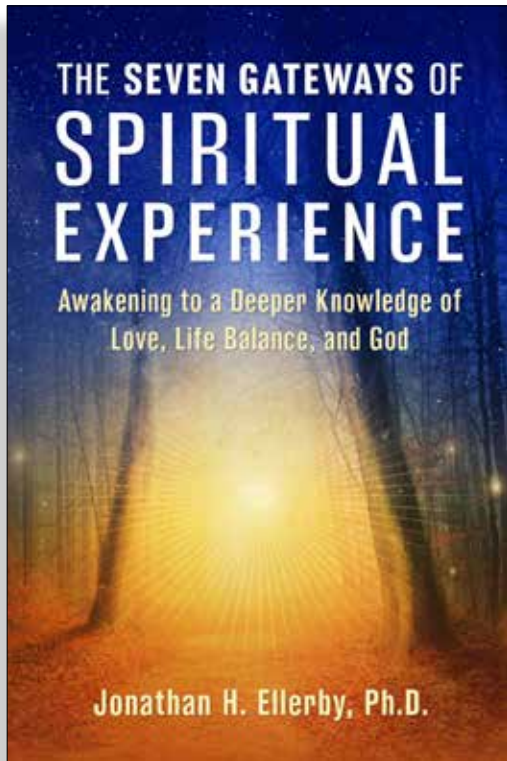
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Author

Jonathan H. Ellerby, Ph.D.

The Seven Gateways of Spiritual Experience

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JONATHAN H. ELLERBY, Ph.D.

[A journey through the seven most common and important spiritual experiences](#)

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- Shares intimate, firsthand examples of spiritual experiences and explores how they happen, what they are like, what they mean, and how they can help us
- Presents simple exercises and common practices to enter the states of super-consciousness that lead to spiritual experiences and connection with the Sacred

We have all had moments that transcend ordinary reality, experiences that reveal our connection to the Sacred, to the Living Energy of the Universe. Yet many people brush off these flashes of spiritual wonder and non-ordinary consciousness, not realizing they can be important stepping stones on the spiritual path.

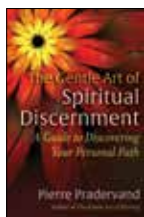
In this guide, Jonathan Ellerby helps you recognize the common ways people encounter the Sacred—God, the Divine, non-ordinary consciousness, and the spiritual world—so you can identify when you are having a spiritual experience and embrace it as an opportunity for spiritual growth, healing, and resilience. The author identifies the seven most common ways we are touched by the spiritual world and shares intimate, firsthand examples of his own profound encounters with the Sacred, inspiring recollections of people he has met, and accounts of mystics through the ages.

Exploring the non-ordinary modes of perception and the super-states of consciousness that underlie them, the author details how spiritual experiences happen, what they mean, and how they can help us cultivate wholeness, creativity, and groundedness. Dr. Ellerby presents simple exercises and sacred practices designed to expand perception, enter non-ordinary states of consciousness, and encourage deeper experiences, which in turn can enable you to have direct awareness and knowledge of the Divine.

Providing a map for navigating the geography of sacred encounter, this book helps you discover more spiritual wonder and face life with passion and purpose.

Jonathan H. Ellerby, Ph.D., has been a spiritual teacher, ceremonial leader, wellness expert, and leadership consultant for more than 25 years. With a doctoral degree in comparative religion, training as a counselor and chaplain, ordination as an Interfaith Minister, and certification in a variety of intuitive and energy-based healing practices, Jonathan has dedicated his life to understanding the spiritual world. Author of several books, including *Return to the Sacred*, he lives on Vancouver Island, Canada.

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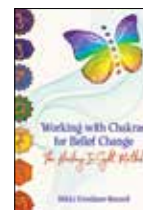
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Alphabets and the Mystery Traditions

The Origins of Letters in the Earth, the Underworld, and the Heavens

JUDITH DILLON

Reveals the esoteric mysteries encoded in the order of the alphabet

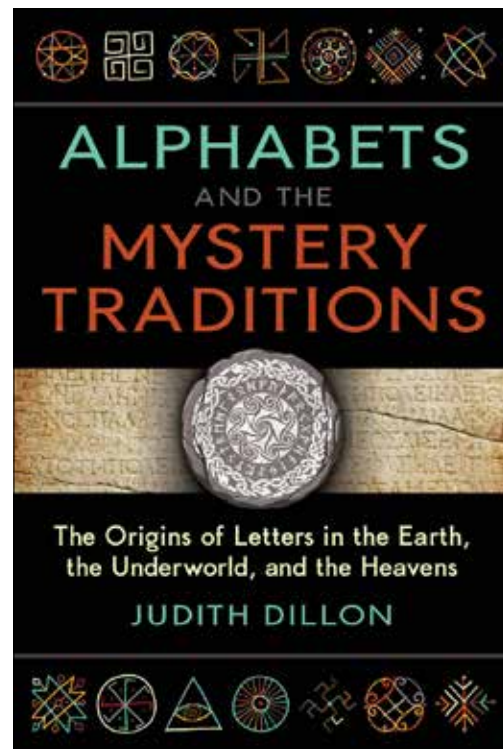
- Explores the secrets hidden in our alphabet and how each letter represented a specific stage on the alchemical path toward enlightenment
- Divides our alphabet's sequence of letters into three distinct parts: the first representing Earth and the natural year, the second the Underworld and the hero's journey, and the third the Heavens and astronomical cycles
- Reveals how the ancient secrets encoded in the numerical order of the alphabet can be found in Mystery Traditions and divination systems throughout the world

Our alphabet hides a Mystery older than its magic of turning sound into shapes. Secrets lie in the choice of objects chosen to represent early alphabet letters and their order, a pattern inherited by numerous traditions, an alchemical spell to return the sun from the dark and guide the soul toward enlightenment.

Revealing the spell hidden in our alphabet, Judith Dillon explores the importance of the placement of each letter in early alphabets and how each letter represented a specific step on the alchemical path of self-transformation. She investigates the alphabet's spread around the world, beginning in Egypt and then spreading through Hebrew, Greek, and other ancient systems of writing and divination. These include Germanic Runes, Celtic Oghams, Tarot cards, the *I Ching*, and the wisdom of Mother Goose. Comparing the mythic attributes of many traditions, the author reveals the commonality of a numerical placement of symbols and how the hidden message was adapted by multiple peoples using objects and shapes from their own traditions.

Examining the esoteric wisdom encoded in the alphabet, Dillon divides the numerical sequence of letters into three distinct parts. The first family of letters represents the Earth and describes the cycle of the natural year. The second family represents the Underworld and symbolizes the hero's journey through judgments and death into the light of day. The third represents the Heavens and its astronomical cycles. Together, our alphabet symbols are a spell of alchemical stages on a path toward the light. Hidden in plain sight, our alphabet represents a transmission of ancient wisdom, the great alchemical Mystery of transforming dark earth into shining gold, of releasing the soul from the bonds of matter into the gold of enlightenment.

Judith Dillon has a degree in Near Eastern languages and anthropology from the University of California, Berkeley. Familiar with many traditions, she has studied the relationships between early alphabets and Mystery Traditions for more than 40 years. She lives in Stamford, Connecticut.



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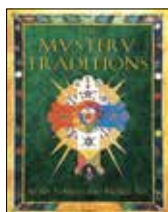
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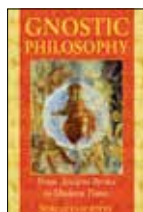


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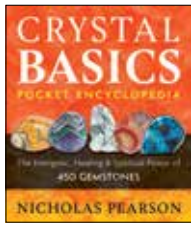
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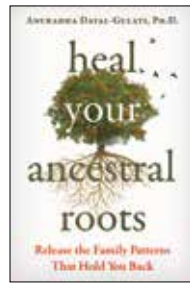
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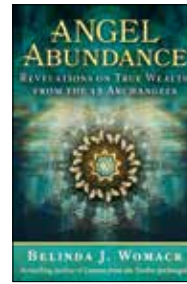
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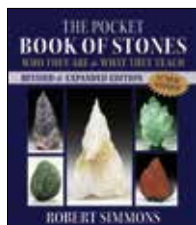
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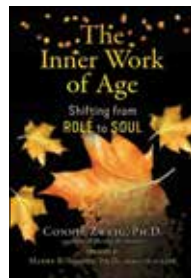
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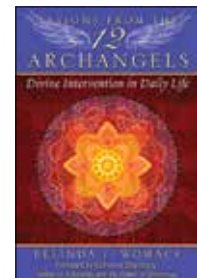
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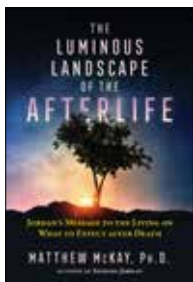
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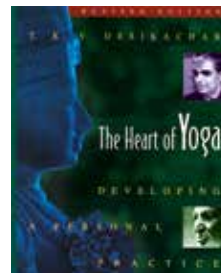
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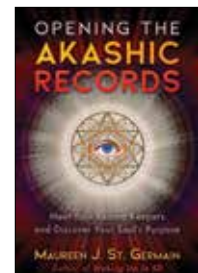
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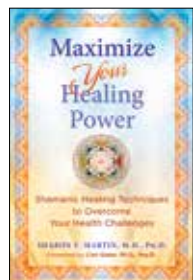
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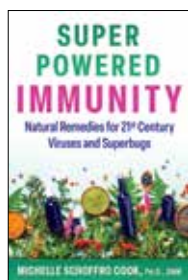
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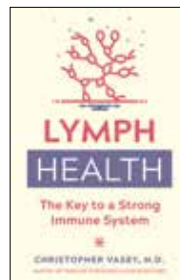
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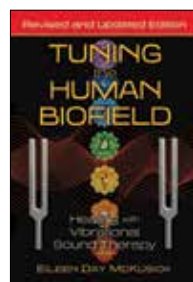


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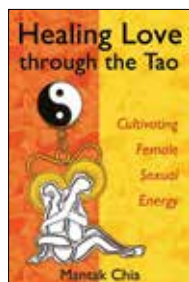


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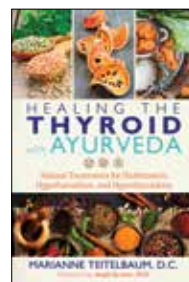
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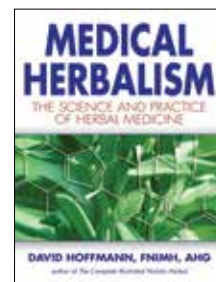
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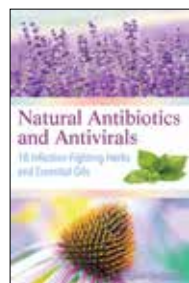
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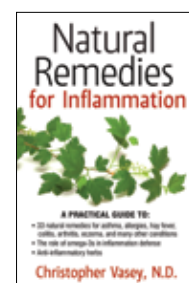
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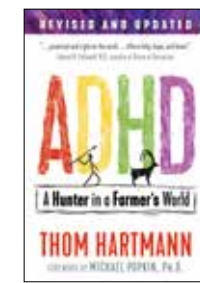
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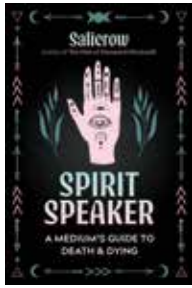


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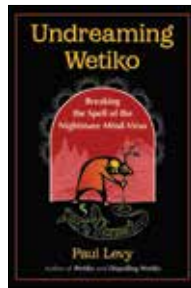


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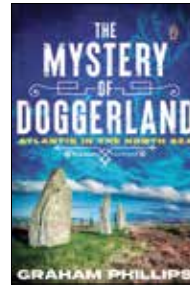
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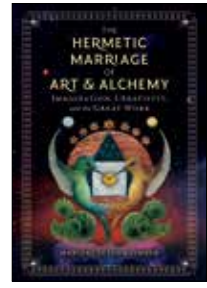
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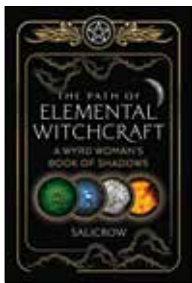


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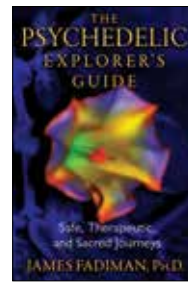
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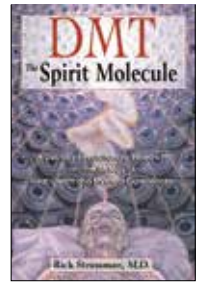
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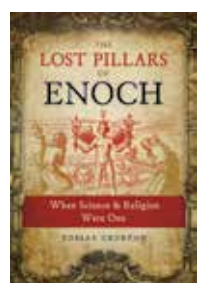
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