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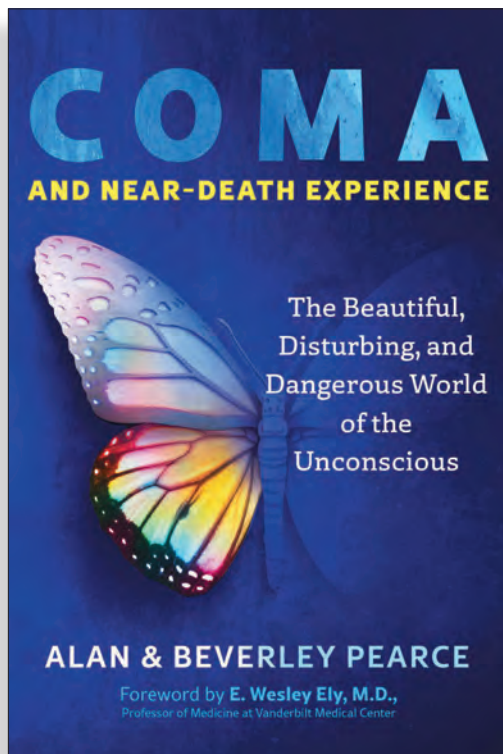
Findhorn Press



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Sacred Planet
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March 2024

Park Street Press

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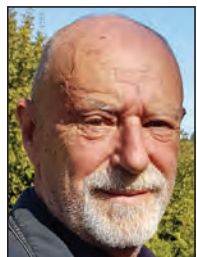


Also available as an ebook

336 pages, 6 x 9

Rights: World

Consciousness Studies



Author
Alan Pearce



Author
Beverley Pearce

Coma and Near-Death Experience

The Beautiful, Disturbing, and Dangerous World of the Unconscious

ALAN and BEVERLEY PEARCE

Foreword by E. Wesley Ely, M.D., Professor of Medicine at Vanderbilt Medical Center

Explores the extraordinary states of expanded consciousness that arise during comas, both positive and negative

- Examines the experiences of those who have survived comas
- Demonstrates how a key element of the brain is switched off by coma-inducing sedatives, allowing the mind to break free from the body
- Shares proven alternatives to medically-induced coma that are safer for treating critically ill patients and kinder for the patients and their families

Every day around the world, thousands of people are placed in medically-induced comas. For some coma survivors, the experience is an utter blank. Others lay paralyzed, aware of everything around them but unable to move, speak, or even blink. Many experience alternate lives spanning decades, lives they grieve once awakened. Some encounter ultra-vivid nightmares, while others undergo a deep, spiritual oneness with the universe or say they have glimpsed the afterlife.

Examining the beautiful and disturbing experiences of those who have survived comas, Alan and Beverley Pearce explore the mysterious levels of consciousness this near-death experience unlocks. They demonstrate how a key element of the brain is switched off by coma-inducing sedatives, allowing the mind to break free from the body and experience a greater expansion of consciousness. Revealing the dangers of deep sedation and other intensive care procedures, the authors show how comas are unnecessary more often than not and that many coma survivors go on to suffer lasting cognitive and physical harm. Exploring proven alternatives to medically-induced coma, they share tried and tested protocols that are safer for critically ill patients and kinder for the patients and their families.

Showing how we can avoid the suffering caused by comas, this book reveals the wide variety of conscious states that can arise during comas, both positive and negative, and how accepting the reality of these experiences is crucial not only to the recovery of coma survivors, but also to the field of consciousness and NDE studies.

Alan Pearce is a journalist, broadcaster, former BBC correspondent, and author of several books. He has contributed to numerous publications, from *Time Magazine* to *The Sunday Times* of London. **Beverley Pearce** is a former private investigator who now works as an aromatherapist and a practitioner in yoga-based bodywork. The authors live in Nouvelle Aquitaine, France.

Of Related Interest



A New Science of the Afterlife

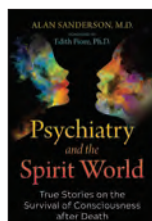
Daniel Drasin

Park Street Press

ISBN 978-1-64411-681-4

\$16.99 (CAN \$21.50) pb

June 2023 release



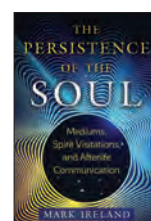
Psychiatry and the Spirit World

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

Park Street Press

ISBN 978-1-64411-576-3

\$22.99 (CAN \$28.99) pb



The Persistence of the Soul

Mark Ireland

Inner Traditions

ISBN 978-1-64411-718-7

\$24.99 (CAN \$31.50) pb

October 2023 release

The Hoodoo Tarot Workbook

Rootwork, Rituals, and Divination

TAYANNAH LEE McQUILLAR

A guide to advanced practices with the bestselling *The Hoodoo Tarot*

- Provides rituals for each of the Major Arcana cards and shares exercises for resolving problems and dysfunctional patterns the cards reveal
- Explores in depth the plants, herbs, and flowers of the Hoodoo tradition featured on the cards
- Offers eleven new card spreads, such as the New Moon spread, the Big House Healing Trauma spread, and the Difficult Ancestry spread

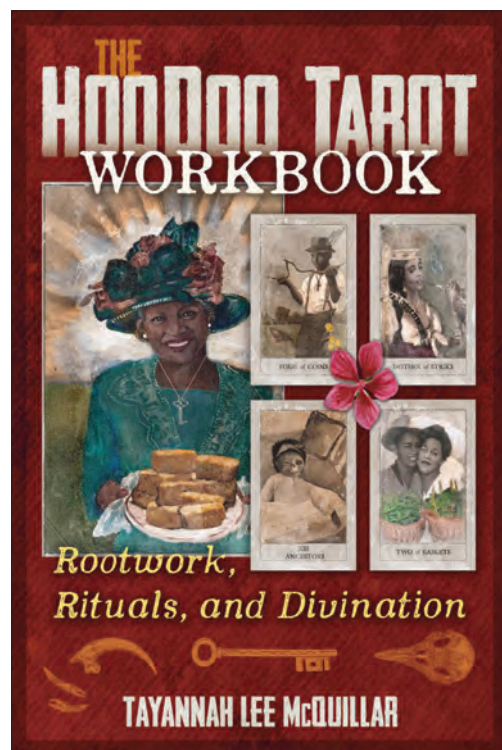
In this Hoodoo and divination workbook, Tayannah Lee McQuillar presents a deeper understanding of the concepts, themes, and symbology featured in her best-selling *Hoodoo Tarot* card deck alongside rituals, botanical knowledge, and advanced practices for working with the cards.

Exploring the philosophy behind Hoodoo as well as its historical and spiritual roots, the author looks at this tradition as a nature-based spiritual system, emphasizing the unique environmental features of the Deep South that have shaped what Hoodoo and rootwork are today. She explores in depth the plants, herbs, and flowers of the Hoodoo tradition featured on the cards, as well as the animals that play a totemic role in rootworking. She explains the three sacred circles of Hoodoo and the different groups whose spiritual traditions give this syncretic faith its complex heritage: early Black American Christianity, esoteric European traditions, and Indigenous American traditions. She also explores dreamwork and other divination systems practiced in Hoodoo, including bibliomancy, judicial astrology, cartomancy, and cleromancy (divination with pebbles or other objects).

Looking at the Elder cards (Major Arcana) of *The Hoodoo Tarot*, the author provides rituals to work with each of the cards and the plants, legendary figures, and spiritual concepts they represent. She offers eleven new card spreads, such as the New Moon spread, the Big House Healing Trauma spread, and the Difficult Ancestry spread. She looks closely at family card connections, explaining what particular cards reveal when they appear, and shares exercises for resolving problems and dysfunctional patterns. She also explores the important role of rootworkers in their communities in the past and looking forward into the future.

Presenting new ways to work with *The Hoodoo Tarot*, this book also provides a foundational introduction to the rootworking tradition, allowing divination practitioners and spiritual seekers alike to expand their journeys of growth and understanding.

Tayannah Lee McQuillar is a tarot reader and researcher of religion, esoterica, and mysticism. The author of several books and divination decks, including *The Hoodoo Tarot* and *Astrology for Mystics*, she lives in Winston-Salem, North Carolina.



March 2024

Destiny Books

ISBN 978-1-64411-633-3

\$19.99 (CAN \$24.99) Paper

Also available as an ebook

192 pages, 6 x 9

Full-color throughout

Rights: World

Divination/Tarot



Author
Tayannah Lee McQuillar

Also by Tayannah Lee McQuillar



The Hoodoo Tarot

Tayannah Lee McQuillar

Art by Katelan V. Foisy

Destiny Books

ISBN 978-1-62055-873-7

\$35.00 (CAN \$43.99) boxed set

50,000 copies sold



Astrology for Mystics

Tayannah Lee McQuillar

Destiny Books

ISBN 978-1-64411-051-5

\$16.99 (CAN \$21.50) pb



The Sibyls Oraculum

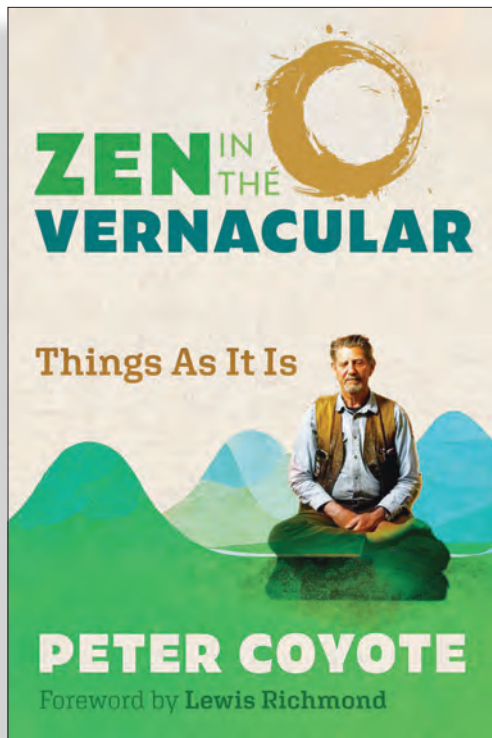
Tayannah Lee McQuillar

Destiny Books

ISBN 978-1-62055-671-9

\$24.99 (CAN \$29.99) boxed set

6,000 copies sold



March 2024

Inner Traditions
ISBN 978-1-64411-975-4
\$22.99 (CAN \$28.99) Paper

 Also available as an ebook

352 pages, 6 x 9
Rights: World
Buddhism/Meditation



Author
Peter Coyote

Zen in the Vernacular

Things As It Is

PETER COYOTE

Foreword by Lewis Richmond

[Buddha's core teachings explained in accessible, everyday language](#)

- Shows how Zen offers a creative problem-solving mechanism and moral guide ideal for the stresses and problems of daily life
- Shares the author's secular, vernacular interpretations of the Four Noble Truths, the Three Treasures, the Eightfold Path, and other fundamental Buddhist ideas

During the nearly 3,000 years since the Buddha lived, his teachings have spread widely around the globe. In each culture where Buddhism was introduced, the Buddha's teachings have been pruned and modified to harmonize with local customs, laws, and cultures. We can refer to these modifications as "gift wrapping," translating the gifts of Buddha's teachings in ways sensible to particular cultures in particular times. This gift-wrapping explains why Indian, Tibetan, Vietnamese, Japanese, Chinese, and Indonesian Buddhism have significant differences.

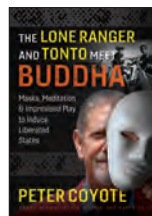
In this engaging guide to Zen Buddhism, award-winning actor, narrator, and Zen Buddhist priest Peter Coyote helps us peer beneath the Japanese gift-wrapping of Zen teachings to reveal the fundamental teachings of the Buddha and show how they can be applied to contemporary daily life. The author explains that the majority of Western Buddhists are secular and many don't meditate, wear robes, shave their heads, or believe in reincarnation. He reminds us that the mental/physical states achieved by Buddhist practice are universal human states, ones we may already be familiar with but perhaps never considered as possessing spiritual dimensions.

Exploring Buddha's core teachings, the author shares his own secular and accessible interpretations of the Four Noble Truths, the Three Treasures, and the Eightfold Path within the context of his lineage and the teachings of his teacher and the teachers before him. He looks at Buddha's teachings on our singular reality that appears as a multiplicity of things and on the "self" that perceives reality, translating powerful spiritual experience into the vernacular of modern life.

Revealing the practical usefulness of Buddhist philosophy and practice, *Zen in the Vernacular* shows how Zen offers a creative problem-solving mechanism and moral guide ideal for the stresses and problems of everyday life.

Peter Coyote is an award-winning actor, narrator, and teacher. Recognized for his narration work, he narrated the PBS series *The Pacific Century*, winning an Emmy Award, as well as eleven Ken Burns documentaries, including *The Roosevelts*, for which he won a second Emmy. In 2011 he was ordained as a Zen Buddhist priest and in 2015 received "transmission" from his teacher, making him an independent Zen teacher. The author of several books, including *The Lone Ranger and Tonto Meet Buddha*, he lives in northern California.

Also by Peter Coyote



The Lone Ranger and Tonto Meet Buddha
Peter Coyote
Inner Traditions
ISBN 978-1-64411-356-1
\$16.99 (CAN \$21.50) pb

Of Related Interest



Riding the Spirit Bus
Ahad Cobb
Inner Traditions
ISBN 978-1-64411-535-0
\$24.99 (CAN \$31.50) pb
January 2023 release



Flight of the Bon Monks
Harvey Rice
and Jackie Cole
Destiny Books
ISBN 978-1-64411-858-0
\$29.99 (CAN \$37.50) pb
February 2024 release

The Writer Who Inhabits Your Body

Somatic Practices to Enhance Creativity and Inspiration

RENÉE GREGORIO

A practical, body-oriented program to enliven your creative abilities

- Provides a comprehensive, step-by-step program for writers to use their bodies to expand their creative capacity on the page and in their lives
- Offers hands-on exercises, rooted in the disciplines of Aikido and somatics, to help writers center themselves and better access their authentic inner voice
- Helps writers confront obstacles like fear, doubt, and difficult emotions, transforming such subject matter into opportunities for creative exploration

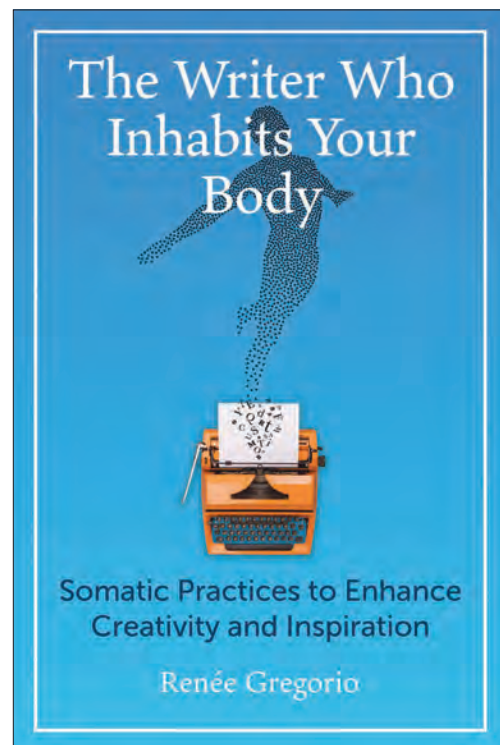
Writing is one of our most fundamental means of spiritual expression, a powerful capacity that enables us to shape and share our deepest thoughts, feelings, and experiences. Yet the writing process can be challenging and imprecise, and both novice and experienced writers may struggle with accessing their innermost creative selves.

Taking an embodied approach to writing, poet and Aikido practitioner Renée Gregorio offers a step-by-step experiential program to help you to center yourself in your body and, in so doing, expand your creative capacity on the page and in your life. Rather than provide a guide to writing, she helps you identify and give voice to the writer within. She shares hands-on exercises rooted in the martial art of Aikido and the practice of somatics—or body-centered learning—to provide direct and detailed ways to help facilitate personal growth and tap in to innate creative capacities, enabling you to fully immerse yourself in the creative process and discover immediate benefits.

Drawing on her extensive martial arts training, the author emphasizes creating your own internal writing “dojo” to clear the mind and enable you to access the deeper currents of language. Exploring discomfort as a doorway to deeper experience and new writing territory, she reveals how to examine difficult topics, express the full range of emotions, and turn self-doubt, fear, and painful experience into courage. She also explores how to unearth the power and physicality in your own voice, using techniques like “re-visioning” to effectively edit your work, ultimately embodying your writing with complexity and fullness.

Through immersive and physically focused experience, this book will help seasoned and aspiring writers alike work with the body as a wise teacher to better access, hone, and express their authentic inner voice.

Renée Gregorio is a poet, longtime Aikido practitioner, and Master Somatic Coach. She has published nine books of poetry and has won several writing awards and grants, including the New Mexico Book Award for Poetry and residencies at the Millay Colony for the Arts and the Mabel Dodge Luhan House. She teaches body-centered writing workshops across the United States. She lives in New Mexico.



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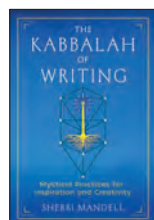
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192 pages, 6 x 9
12 black-and-white illustrations
Rights: World
Personal Growth/Creativity

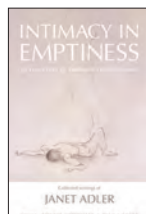


Author
Renée Gregorio

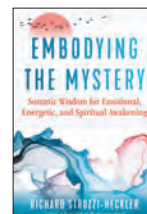
Of Related Interest



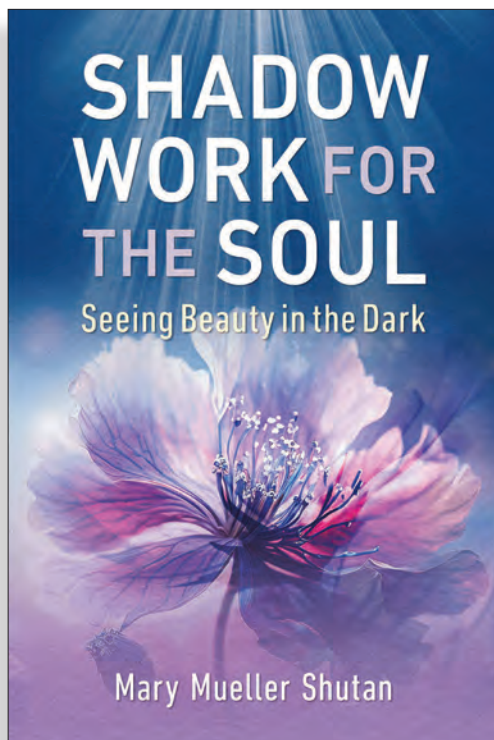
The Kabbalah of Writing
Sherri Mandell
Inner Traditions
ISBN 978-1-64411-610-4
\$18.99 (CAN \$23.99) pb
January 2023 release



Intimacy in Emptiness
Janet Adler
Inner Traditions
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\$40.00 (CAN \$49.99) hardcover



Embodying the Mystery
Richard Strozzi-Heckler
Inner Traditions
ISBN 978-1-64411-456-8
\$16.99 (CAN \$21.50) pb



March 2024

Findhorn Press

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\$19.99 (CAN \$24.99) Paper



Also available as an ebook

288 pages, 6 x 9

Rights: World

Self-Transformation



PHOTO: BK ROSE STUDIO

Author

Mary Mueller Shutan

Shadow Work for the Soul

Seeing Beauty in the Dark

MARY MUELLER SHUTAN

[A comprehensive guide to identifying and reclaiming your shadow](#)

- Explains how your shadow develops and how your reactivity to specific people and situations reflects the ways you project your shadow onto others
- Presents a wide variety of shadow work tools, emotional intelligence exercises, and self-inquiry practices to help you identify your shadow and heal and release any shadow-related traumas
- Explores the concept of collective shadows, including online shadows and relationship shadows, and reveals how to free yourself from shadow projections

Throughout our lives, we repress and deny the parts of our authentic selves that our families, peers, and the world told us were wrong, unlovable, or “too much,” and from this repression our shadow is born. By the time we reach adulthood, much of our authentic self is shadow. The connection we once had to who we truly are has been severed, and we no longer feel vibrant and enthusiastic about life.

In this practical and trauma-informed guide to deep shadow work, Mary Mueller Shutan explains how to find compassion for your dark side, reconnect with the repressed and abandoned parts of yourself, and reclaim the resiliency and joy of your authentic, whole self. She reflects on the positive, protective role of the shadow and describes how it is composed not only of the trauma and darkness we have experienced, but also the light we have yet to absorb. She explains how your reactivity to specific people and situations—your “triggers”—reflects your own pain and the ways you project your shadow onto others and the outer world. Presenting a wide variety of shadow work tools and emotional intelligence exercises, the author teaches you how to identify your shadow projections and safely and skillfully work with the difficult emotions that may arise during shadow work.

As you discover and understand more of your personal dark places, the author then introduces the concept of collective shadows that are created by society yet affect us individually, including online shadows and relationship shadows. She explains how to identify and free yourself from the projections of collective shadows to promote individual and collective health.

Offering a self-directed process for healing trauma and reclaiming the eclipsed light of your shadow, Shutan shows how shadow work allows you to move beyond the restrictions you’ve placed on yourself and others and see the beauty inherent in the dark places of the self.

Mary Mueller Shutan is a spiritual healer and teacher with an extensive background in Chinese medicine, energy work, and somatic bodywork. Author of *The Spiritual Awakening Guide*, *Managing Psychic Abilities*, *The Body Deva*, and *Working with Kundalini*, Mary lives near Chicago, Illinois.

Also by Mary Mueller Shutan



Managing Psychic Abilities

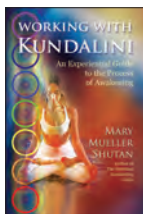
Mary Mueller Shutan

Findhorn Press

ISBN 978-1-84409-700-5

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11,000 copies sold



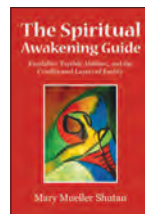
Working with Kundalini

Mary Mueller Shutan

Findhorn Press

ISBN 978-1-62055-881-2

\$16.99 (CAN \$21.50) pb



The Spiritual Awakening Guide

Mary Mueller Shutan

Findhorn Press

ISBN 978-1-84409-671-8

\$19.95 (CAN \$24.99) pb

9,000 copies sold

Healing through Sound

Awakening Your Audible Body

VICKIE DODD

Foreword by Rosemary Gladstar

Heal and align the body layer by layer through sound healing

- Shows how sound, even humming, can change the body's tissues, rearrange posture, and release long-held emotional trauma and stress
- Explains how to listen deeply to the body and discover the rhythms of the areas to be treated as well as how to intuit the sounds required for healing
- Offers practices to help you immediately release tension and explains how to use your voice to release emotional conflicts so your body can naturally heal

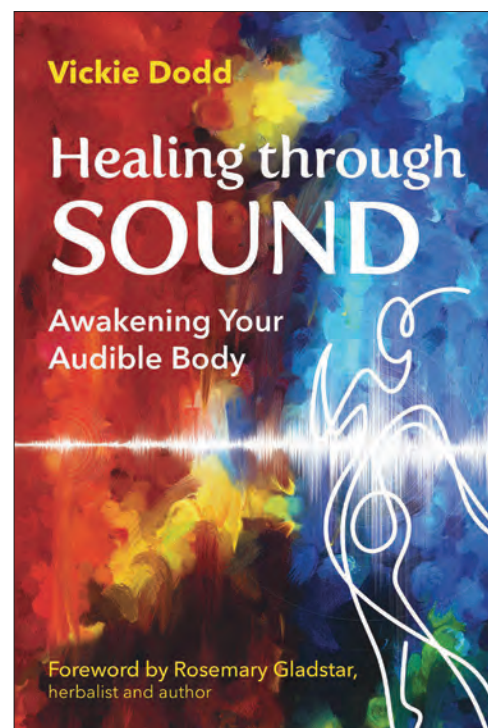
You are made of sound. By listening deeply, you can hear the rhythms and stories of the audible body. With the power of the voice, you can heal the body layer by layer, awakening your cells while releasing long-held tensions, stress, and emotional trauma.

In this guide to sound as bodywork, sound healer Vickie Dodd shares her system for addressing trauma locked in the physical body with the healing power of sound. Touching on the function of the nervous system and the parasympathetic breath, she reveals how sound travels the inner pathways of the body, eliciting responses from the body memory of tissues and muscles while bypassing the mind. Sharing examples from sessions with her clients across five decades, she explains how sound can change the body's tissues, rearrange posture, and release undigested emotional experiences. She teaches how to prepare the body for the work of sounding and releasing and explains the vocabulary of healing sounds, in particular the power of vowels to start the healing process.

Presenting experiential exercises, the author explores how to listen deeply and precisely to the body's stories and discover the rhythms of the areas to be treated as well as how to intuit the sounds required for healing—your unique soundprint. She offers practices to help you immediately experience a release of tension and stress and explains how to use your voice to release emotional conflicts so your body can naturally heal. She explores how to sing love songs to your shadow, transform negative patterns into harmonious ones, and discover the grace and peace that arise as your body's stories and tissues come to rest.

Revealing the vast potential of sound to heal and transform, Vickie Dodd shows how each of us can dialogue with our own body for release, restoration, and vitality.

Vickie Dodd, M.A., has been a sound healing therapist, body worker, workshop leader, and internationally recognized pioneer of healing through sound for more than 50 years. She co-founded the Institute of Music and Health in Boulder, Colorado, with Don Campbell and Jonathan Goldman, and has created sound school trainings around the world. Vickie offers residential retreats on sound at the NatureBridge Campus in Olympic National Park and is an adjunct faculty member at the Globe Institute in San Francisco. She lives in Port Angeles, Washington.



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Findhorn Press
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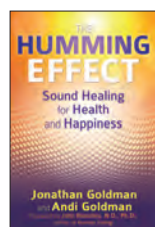
Also available as an ebook

176 pages, 6 x 9
Rights: World
Bodywork/Sound Healing

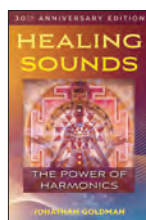


Author
Vickie Dodd

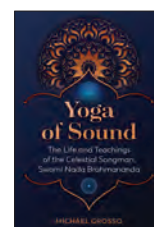
Of Related Interest



The Humming Effect
Jonathan Goldman
and Andi Goldman
Healing Arts Press
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32,000 copies sold



Healing Sounds
30th Anniversary Edition
Jonathan Goldman
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Yoga of Sound
Michael Grosso
Inner Traditions
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\$19.99 (CAN \$24.99) pb
April 2023 release



March 2024

Earthdancer Books

ISBN 978-1-64411-999-0

\$19.99 (CAN \$24.99)

Boxed set, 4 x 5.5

Includes 43 color cards and 112-page book

Rights: World English

Divination/Dragons

The Dragon Riders Oracle

43-Card Deck and Book

CHRISTINE ARANA FADER

Illustrated by Elena Dudina

An oracle deck with wisdom from dragons and their wise dragon riders

- Includes 43 beautiful full-color cards: 41 cards featuring a dragon and their companion, such as a god, goddess, angel, or ascended master, as well as two joker "opportunity" cards
- Shares messages of support, love, courage, abundance, and wisdom from both the dragon and the rider on each card
- The guidebook explores the different light-filled realms from which the dragon riders originate, as well as deeper interpretations of the messages and teachings of each card

Dragons, the oldest creatures in our universe, have accompanied gods, goddesses, planets, angels, elves, and ascended masters through the ages. Together these pairings of dragon and dragon rider create powerful energetic fields that can support us on our way to higher levels of consciousness.

In this 43-card full-color deck and guidebook set, "Dragon Woman" Christine Arana Fader introduces us to the dragon riders and the profound spiritual wisdom they have to offer. Forty-one of the cards feature a dragon and a wise dragon rider: both have a message for you and something to teach. You will connect with dragon riders from all times, countries, and cultures, such as Kuan Yin, Archangel Michael, Mother Mary, planet god Mars, the Celtic goddess Ceridwen, and Mother Earth, along with their ancient dragon companions. The deck also includes two joker cards, featuring cats, which, like dragons, magically connect our world to the spirit world. The jokers indicate a great opportunity at hand and, instead of a message, they offer a ritual to support you in making the leap to the next level.

In the guidebook the author explores the different light-filled realms from which the dragon riders originate, as well as deeper interpretations of the messages and teachings of each card, as if the dragon and its rider are speaking directly to you. The riders offer love, courage, abundance, happiness, and a clear, peaceful outlook on many situations in life, as well as helping you connect deeply with your soul.

Sharing direct wisdom from the realms of the dragons and the dragon riders, this oracle deck allows you to connect with dragon energy in a new way and find spiritual support on life's path.

Christine Arana Fader, the "Dragon Woman," has been accompanied by many teachers on her spiritual journey—angels, power animals, ascended masters, and especially dragons. Since 2010 she has led workshops to acquaint people with the energy of dragons. The author of *The Little Book of Dragons*, *Dragon Wisdom* oracle cards, and *Soul Helper Oracle*, she lives in Germany.



Raphael & Tobit



Rosmerta & Abundance

Also by Christine Arana Fader



Dragon Wisdom

Christine Arana Fader

Illustrated by Anja Kostka

Earthdancer Books

ISBN 978-1-64411-108-6

\$19.99 (CAN \$24.99) boxed set

16,000 copies sold



Soul Helper Oracle

Christine Arana Fader

Illustrated by Elena Dudina

Earthdancer Books

ISBN 978-1-64411-468-1

\$19.99 (CAN \$24.99) boxed set

Of Related Interest



Celtic Healing Oracle

Rosemarie Anderson, Ph.D.

Illustrated by Susan Dorf

Destiny Books

ISBN 978-1-64411-496-4

\$19.99 (CAN \$24.99) boxed set

January 2023 release

Dragons and Serpents

Earth Mysteries and the Time of Change

STEFAN BROENNLE

Explores the importance of dragon and serpent energies and symbols from prehistory to the present around the world

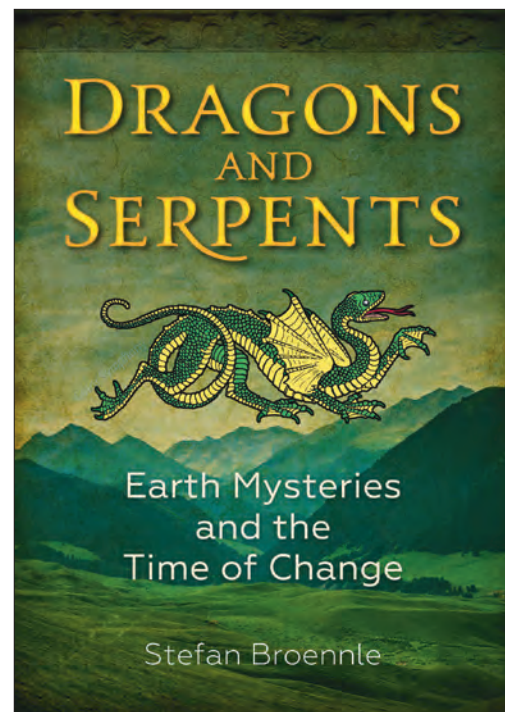
- Explains how dragons and serpents are bearers of the elemental and archetypal energies of the Earth
- Examines myths, legends, and symbols of dragons and serpents in many cultures, including their positive associations in Asia and their often misinterpreted negative meanings in Christianity
- Reveals the geomantic meaning of dragon energy and how to reconnect to it for supporting the Earth in these times of change

Revealing how dragons and serpents are deeply embedded in the story of humankind and the Earth itself, from prehistory to the present, Stefan Broennle takes us on a journey through the myths, legends, symbols, and geomantic powers of dragons in different cultures around the world. He shows how the ancient image of the dragon and the serpent are closely connected with each other. He explains how dragons are archetypes of the elemental force of the Earth, while the serpent, which can change its skin and regenerate, carries the elemental force of rebirth and is also connected to the Earth through its relationship with the feminine. Looking at lore from Europe and Asia, he shows how in Christian cultures, dragons and serpents were often connected to dark and evil forces whereas in Asia the dragon is considered the bearer of culture, the founder of countries, or even the primal father of the people.

The author examines ancient pictorial representations of dragons on buildings and in paintings, interpreting their different forms and unveiling their hidden meanings. Illuminating the meanings of dragons in geomantic symbolism, he explains the differences between dragon paths, soul paths, and ley lines, which form an energetic network all over the globe. He shows how our ancestors recognized the dragon-earth energies of these energetic lines and identified them with dragon place names or sculptures at precise geographical points. He explains how dragon portals can be opened through geomantic work and includes a powerful exercise to awaken the dragon energies within you and connect more deeply to the Earth.

Presenting a gateway into the ancient power of dragons, this book reveals how reconnecting with the archetypal Earth energies of dragons and serpents is crucial not only for our individual growth and transformation but also for the fate of humanity and the Earth during our present times of great change.

Stefan Broennle is a geomantic consultant and engineer who studied landscape ecology at the Technical University of Munich. Co-founder of Inana, a school for geomancy and shamanism, he also teaches geomancy and feng shui at the Weihestephan-Triesdorf University of Applied Sciences. He lives in Germany.



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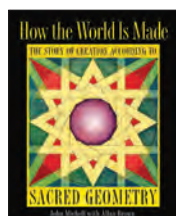
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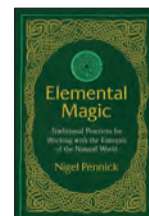
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The Hidden Power of Aikido

Transcending Conflict and Cultivating Inner Peace

SUSAN PERRY, Ph.D.

Forewords by John Stevens, author of *Aikido: The Way of Harmony* and John Perry, emeritus professor of philosophy at Stanford University

Real-life applications of Aikido for self-transformation, conflict resolution, and joy

- Explains Aikido solutions for peacefully resolving difficulties that arise with intimidating and unpredictable people, those who are stubborn or don't listen, insincere people who want something from you, and chaotic situations
- Presents Aikido's step-by-step protocol for developing the receptiveness of the beginner's mind and deescalating potentially violent or dangerous situations
- Shares stories of how Aikido helped the author transform interpersonal difficulties into peaceful interactions

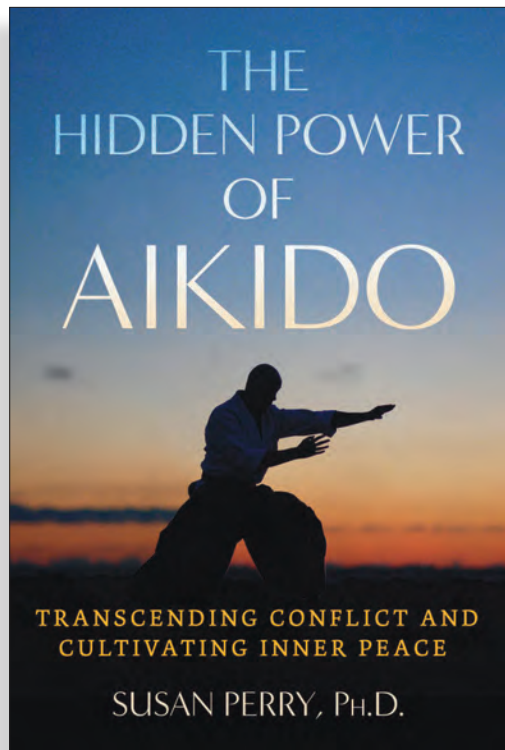
In addition to the physical practice, the modern martial art of Aikido also offers profound principles for transforming interpersonal conflict into peaceful interaction.

Illuminating the inner philosophical and practical aspects of Aikido, forty-seven-year Aikido practitioner and 6th-degree blackbelt Susan Perry, Ph.D., uses personal stories of joy, achievement, and hardship to demonstrate real-life applications of the transformational principles of Aikido. She introduces what Aikido is and where it comes from, providing a brief biography of its founder, Morihei Ueshiba. She explains in detail how Aikido helped her resolve difficulties at work, as a student, and as a teacher/sensei. Through each story shared, the author offers a glimpse of the beginner's mind in action, the key to changing even the violent energy of an attack into peaceful interaction.

Presenting Aikido's step-by-step protocol for developing the receptiveness of the beginner's mind, a state essential to personal transformation, Perry explains how distraction and timing can be used to deescalate potentially violent or dangerous situations. She discusses the founder's philosophy of conflict, showing how Aikido can help peacefully resolve difficulties that arise with pushy, intimidating, and unpredictable people, those who are stubborn or don't listen, insincere people who want something from you, and chaotic situations. She explains how a deepening practice of the martial art leads to an *aiki* state of inner peace, fusion, and boundless joy.

Revealing how Aikido can help you face your fears and develop your heart and soul, this book shows how this martial art helps you embrace change, cultivate a strong center, and ultimately live a joyful life of engagement with the world.

Susan Perry, Ph.D., has practiced Aikido for nearly 50 years. She holds a *Rokudan* (6th-degree blackbelt) in Aikido, a doctorate in philosophy, and a *Godan* (5th-degree blackbelt) in Japanese calligraphy. Best known for founding and publishing *Aikido Today Magazine*, she is now president of Aiko Institute. A former assistant professor in the California State University system, she lives in Claremont, California.



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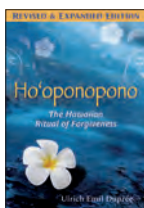


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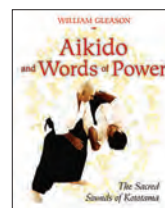
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An Autobiography of Trauma

A Healing Journey

PETER A. LEVINE, Ph.D.

An intimate memoir from Peter Levine, renowned developer of Somatic Experiencing and bestselling author of *Waking the Tiger*

- Shares the author's personal journey to heal his severe childhood trauma as well as his breakthroughs on the path to create Somatic Experiencing
- Explores how he came to view Einstein as his personal spirit guide and mentor, only to discover a profound real-life connection to him through his mother
- Explains how the SE method is derived from the author's studies of animals in their natural environments, neurobiology, and 50 years of clinical observations

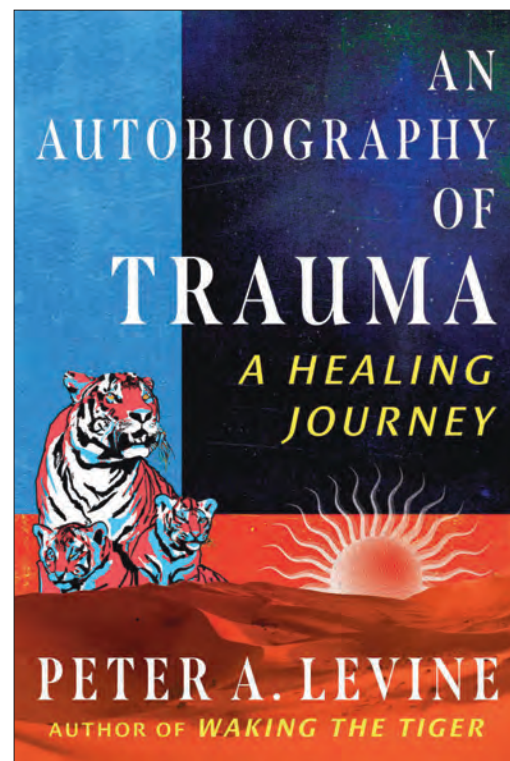
In this intimate memoir, renowned developer of Somatic Experiencing Peter A. Levine shares his personal journey to heal his own severe childhood trauma as well as offering profound insights into the evolution of his innovative trauma healing method.

Casting himself as a modern-day Chiron, the wounded healer of Greek mythology, Dr. Levine describes, in graphic detail, the violence of his childhood juxtaposed with specific happy and exuberant memories, which helped him prepare for coming to terms with his horrifying experiences. He shares his inner experience of being guided through Somatic Experiencing (SE) to illuminate and untangle his traumatic wounds and describes the mysterious and unexpected dreams and visions that have guided him through his life's work. Exploring his dream visitations from Albert Einstein in depth, he explains how he came to view Einstein as his personal spirit guide and mentor and how he later discovered his own personal and profound real-life connection to him through his mother.

Describing his breakthroughs in developing Somatic Experiencing, the author details how he helped thousands of others before resolving his own trauma years later with the support of his method. He explains how the SE method is derived from his studies of wild animals in their natural environments, neurobiology, and more than 50 years of clinical observations. He describes his education and career as well as his encounters with noteworthy figures such as somaticists Charlotte Selver and Ida Rolf, ethological zoologist Nikolas Tinbergen, and autism pioneer Mira Rothenberg.

Unveiling the inner story of the man who changed the way psychologists, doctors, and healers understand and treat the wounds of trauma and abuse, this autobiography reveals how anyone suffering from trauma has a valuable story to tell. And by telling our stories, we can catalyze the return of hope, dignity, and wholeness.

Peter A. Levine, Ph.D., is the renowned developer of Somatic Experiencing. He holds a doctorate in Medical and Biological Physics from the University of California at Berkeley and a doctorate in Psychology from International University. The recipient of four lifetime achievement awards, he is the author of several books, including *Waking the Tiger*, which has now been printed in 33 countries and has sold over a million copies.



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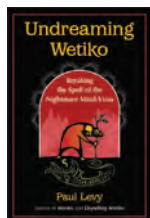
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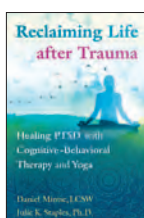


Author
Peter A. Levine, Ph.D.

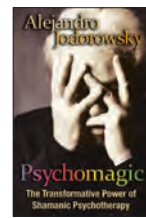
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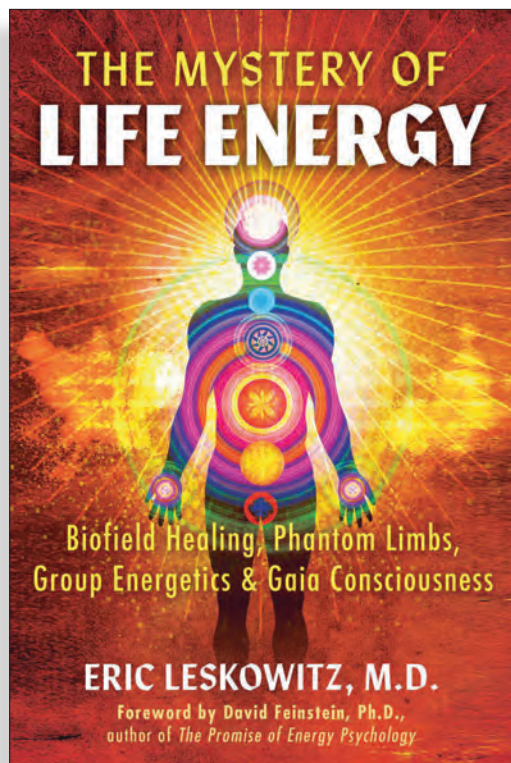
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Rights: World

New Science/Energy Healing



Author
Eric Leskowitz, M.D.

The Mystery of Life Energy

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

ERIC LESKOWITZ, M.D.

Foreword by David Feinstein, Ph.D.

Explores the wealth of evidence for the reality of the biofield

- Describes how energy therapies are now gaining acceptance due to irrefutable proof of their effectiveness for clinical conditions from PTSD to phantom limb pain
- Examines the power of group energetics and team chemistry in sports and in society
- Explains how megalithic sacred sites are aligned with Earth's subtle energies and explores the energetics of crop circles and global consciousness

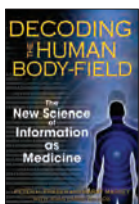
Examining the wealth of evidence supporting the reality of the human biofield, Eric Leskowitz, M.D., explores the role of life energy in healing therapies and outlines its many manifestations at the individual, group, and global levels. He shows how energy therapies have been taboo in the West, from the French Royal Academy's suppression of Franz Mesmer's animal magnetism, to the FDA's persecution of Wilhelm Reich and his orgone box therapy, to Wikipedia's biased coverage of energy psychology. He then reveals irrefutable evidence for the clinical benefits of energy-based therapies and describes the obstacles he faced in his own attempts to bring these holistic approaches into the world of academic medicine.

The author's detailed exploration of phantom limb pain shows that this phenomenon is not a psychosomatic creation of the brain but is a tangible energetic structure: the human biofield in action. Exploring group energetics and team chemistry, he looks at how group situations—a concert, a meditation retreat, a sporting event—create their own energetic power. He shares the results of his innovative computer measurements during Red Sox baseball games, proving that group energies can be detected when fans become entrained in resonance to the larger field. He explores how Stonehenge and other megalithic structures were built in alignment with Earth's own energy meridians, and he proposes that the mysterious phenomenon of crop circles may be emerging in harmony with Earth's subtle energies.

Blending hard science with ancient healing wisdom, the author reveals how we can all thrive together by remembering our shared energetic roots and our undeniable interconnectedness through the global web of life energy and consciousness itself.

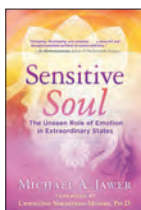
Eric Leskowitz, M.D., is a retired Harvard Medical School-affiliated psychiatrist who practiced pain management for more than 25 years at Spaulding Rehabilitation Hospital in Boston. He has published more than 50 articles in peer-reviewed scientific journals and is the author/editor of four books. His documentary about group energies and sports, *The Joy of Sox*, aired nationally on PBS in 2012. He lives in western Massachusetts.

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Healing Wisdom from the Afterlife

How to Communicate with the Spirit World

ALEXANDRA LECLERE

A practical guide to working with the spirit world for Soul development

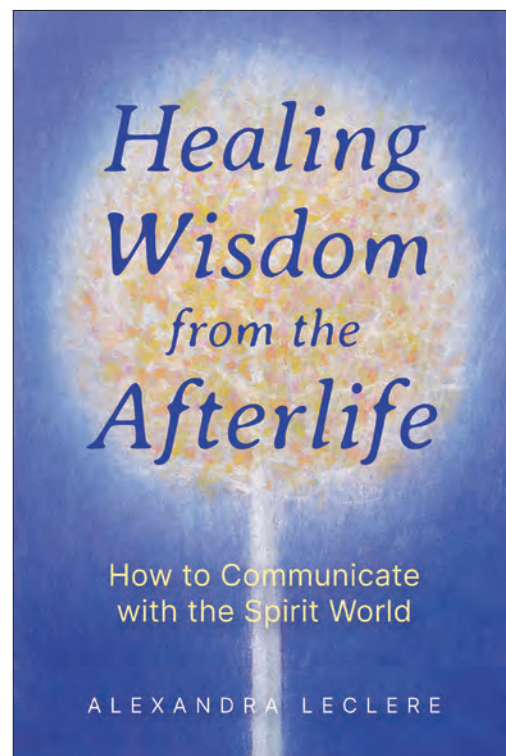
- Explains the workings of the spirit world, detailing the process of reincarnation and rebirth, along with key concepts like Incarnation Planning Time, the Life Review process, and the Chatter Mind
- Explores how communication with spirits can help heal physical and emotional trauma, better understand free will and fate, and support your Soul's divine plan
- Presents spiritual journey work techniques to make contact with your birth spirit guide and work with spirits to break unhealthy habits and addictions

Sharing insights from her more than two decades of experience as a practicing medium and energy healer, Alexandra Leclere presents wisdom from the spirit world on the cycles of death, life after death, and rebirth and reveals how communicating with spirits can help you navigate daily life and support your Soul's purpose. She explains how the Soul undergoes an Incarnation Planning Time before incarnating in a physical body, agreeing to the karmic responsibility of certain major events and key moments. Once incarnated, the Soul's communication with the physical body is often clouded by current life events, pain from past-life experiences, and the Chatter Mind, which introduces anxiety and negative thoughts of past failures—all of which make it difficult to follow the Soul's divine plan for this incarnation.

Presenting spiritual journey work techniques, Leclere reveals how to clear the negative traumas and memories that are holding you back from happiness and the purpose that compelled your Soul to reincarnate. She explains how to communicate with the spirits of the departed to learn what is predestined for your Soul, what is freely chosen, and how to stay on target with your Soul's purpose. She shows how to make contact with your birth spirit guide, who can offer unconditional love and support to help you overcome life's challenges. She explains how to work with spirits to break unhealthy habits and addictions, process grief, heal physical and emotional trauma, and aid the Souls of departed loved ones as they transition into the beyond. The author also describes the Life Review process that happens after we die, a part of the preparation for our next life and a part of our Soul's ongoing process of self-development.

Through this practical guide to working with the spirit world, you will learn to communicate with those who have passed on and discover ways to make the often-chaotic experience of life clearer and more fulfilling.

Alexandra Leclere is a clairvoyant, clairaudient, and clairsentient medium and energy healer with more than 20 years of professional experience. She is the author of the book *Seeing the Dead, Talking with Spirits* and also facilitates sweat lodge ceremonies. She lives in New Rochelle, New York.



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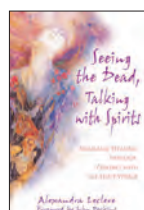
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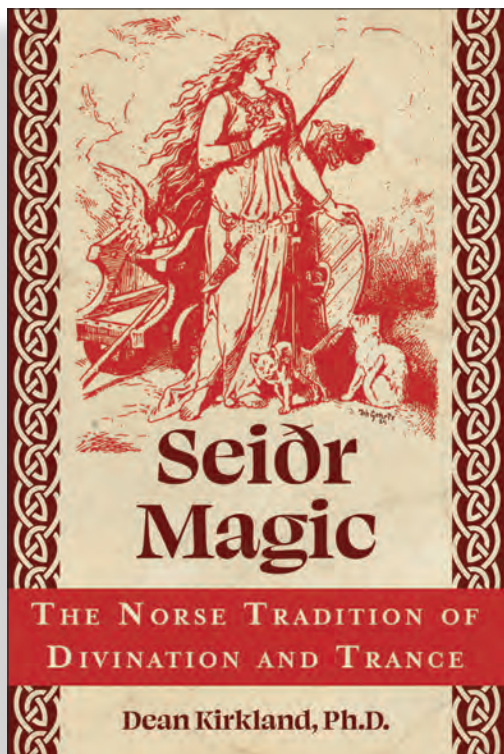
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Author
Dean Kirkland, Ph.D.

Seiðr Magic

The Norse Tradition of Divination and Trance

DEAN KIRKLAND, Ph.D.

A practical guide to the Norse shamanic techniques of seiðr

- Explains the techniques used to achieve trance in seiðr, how to journey in the Nine Realms, and the different gods and spirits you may encounter
- Discusses the tools of seiðr, such as the seiðr staff and hood, and how to create them, empower them, and care for them
- Details Norse divination methods, ways to alter fate, healing techniques, the use of protective songs, and the practice of Norse soul retrieval

While Norse rune work is well known, there is another major ancient Norse magical practice: *seiðr* (pronounced “sayther”), a form of trance spirit work and divination. Although *seiðr* is often considered an ancient form of witchcraft, recent archaeological evidence suggests it is more closely related to shamanism.

In this practical guide to *seiðr*, Dean Kirkland, Ph.D., reconstructs the magical and shamanic techniques of the *seiðr* priest or priestess using the sagas and other literature from the Viking age, tools found in the archaeological record, and surviving indigenous shamanic traditions. He addresses the misconception that *seiðr* was a practice reserved only for women and shows how anyone called to this work would have been accepted in ancient Norse society. He discusses the tools of *seiðr* and how to create them, empower them, and care for them. He explores the use of protective songs (*varðlokkur*) that involve forming bonds with spirits, a practice he likens to the medicine songs of Amazonian shamans. He explains the techniques used to achieve trance in *seiðr* and how they are based on finding balance between the light and the darkness.

Looking at trance journeying in the Nine Realms of the Norse cosmos, the author discusses the different gods and spirits the *seiðr* practitioner may encounter in the Upper Realms, the Middle Worlds, and the Lower Realms. He shares exercises on the Wyrd, divination methods in *seiðr*, as well as ways to alter *Ørlög*, or fate, through spiritual work. Discussing soul-healing techniques in *seiðr*, the author looks in depth at the Norse shamanic practices of soul retrieval and reintegration of the soul parts. He then explores *seiðr*’s role in death, dying, and dealing with the dead, including work with the Valkries and the ancestors.

Presenting a historically based handbook for contemporary heathens, this book offers a practical path for anyone seeking to explore Norse trance magic and mysticism.

Dean Kirkland, Ph.D., has been a practicing reconstructionist heathen for more than 35 years. A *goði*, or spiritual/ritual specialist, to Three Castles Heathen Kindred located in the English Danelaw, he is also an associate of the Rune Gild and part of the ritual specialist team for Asatrú UK. He completed his shamanic apprenticeship with the Sacred Trust in Dorset UK and studied traditional Andean shamanism for several years with an indigenous paco. He lives in Lincolnshire, UK.

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Occult Germany

Old Gods, Mystics, and Magicians

CHRISTOPHER McINTOSH

An exploration of German esoteric history from prehistory to the present

- Examines the survival and revival of the old pre-Christian gods, investigates prehistoric sacred sites, and reveals ancient shamanic traditions
- Looks at Rosicrucianism and the distinctive Germanic forms of astrology, alchemy, and the Kabbalah
- Discusses German poets, philosophers, and mystics, such as Dr. Johann Faust, Wolfram von Eschenbach, Meister Eckhart, Hildegard of Bingen, and Jakob Boehme

No country is richer in occult and esoteric traditions than Germany. In this magical journey through the inner history of Deutschland, Christopher McIntosh explores many of these traditions from prehistory to the 21st century.

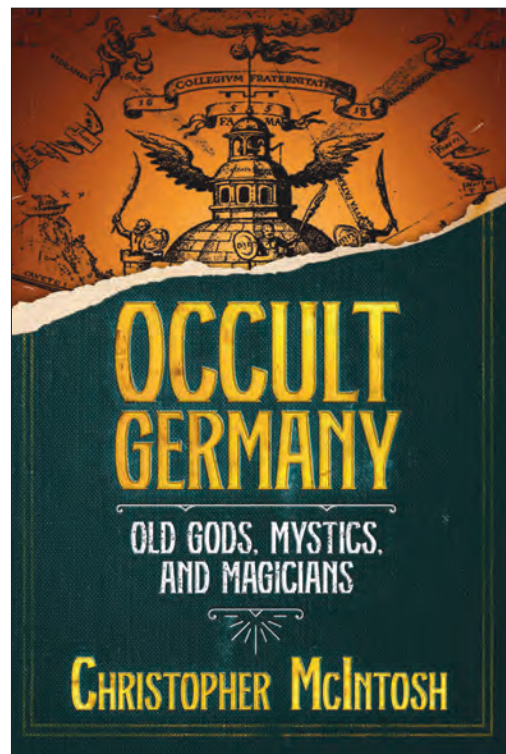
Recounting the longstanding magical tradition of Germany, McIntosh investigates the numerous prehistoric sacred sites that point to a nearly-forgotten ancient shamanic civilization. He examines the survival and revival of the old pre-Christian gods in folklore, customs, and practices as well as witchcraft. He looks at Germany's rich and many-faceted spiritual heritage and explores Christian mysticism and theosophy as exemplified by Meister Eckhart, Hildegard of Bingen, and Jakob Boehme.

Examining Rosicrucianism, which originated in Germany, the author also looks at other secret societies that flourished in Germany such as speculative Freemasonry, the Fraternitas Saturni, and the Golden and Rosy Cross. He explores how the Church sought to stamp out the old gods and pagan beliefs, as well as how periods of the Church's heaviest oppression produced immortal poets, philosophers, theologians, artists, and mystics. He examines the distinctive forms adopted by astrology, alchemy, and the Kabbalah in Germany as well as the esoteric influences on Romanticism.

Exploring more recent centuries, the author looks at the Nordic revival in the 19th century and the influence of Theosophy and the movements that grew out of it, such as Steiner's Anthroposophy. Examining the esoteric traditions of the 20th century, he looks at the work of neo-Nordic occultists and esoteric writers like Meyrink and Hesse. He explores certain occult aspects of the Third Reich, which resulted in a backlash against the occult. He also looks at modern occult practices and the rise of neopaganism.

Revealing both the enlightened and the dark sides of occult Germany, the author shows how this country has long been a cauldron in which esoteric ideas have flourished, spread, been condemned, and lauded, leaving an enduring mark.

Christopher McIntosh is a British-born writer and historian who has lived in Germany for more than 30 years. He has a doctorate in history from Oxford University, a degree in German from London University, and a diploma in Russian from the United Nations Language School. The author of many books, including *Occult Russia*, he lives in Lower Saxony, North Germany.



April 2024

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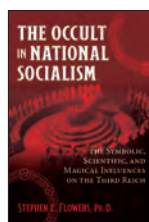
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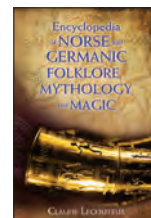
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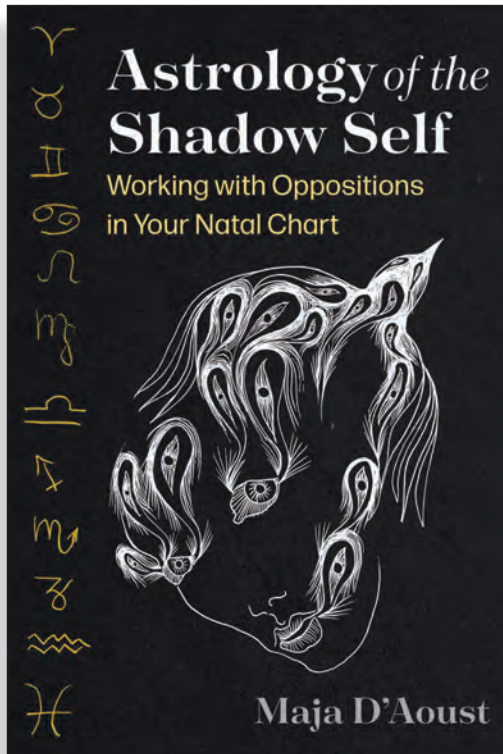
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Rights: World

Astrology/Spirituality



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Astrology of the Shadow Self

Working with Oppositions in Your Natal Chart

MAJA D'AOUST

[A guide to discovering the shadow wisdom hidden in your birth chart](#)

- Explains how to determine your shadow planets and zodiac signs through the oppositions of your birth chart
- Details the meaning and challenges of each shadow counterpart for every astrological sign and planet that appears in a traditional astrological chart
- Looks at the alchemical nature of the dark side of the human mind and shadow-work methods for bringing the oppositional self into personal awareness

Recently rediscovered by modern psychology, the shadow self was recognized in ancient teachings as an inseparable part of the human being, a vital portion of who we are. The ancient Egyptians regarded working with the shadow as a necessary part of spiritual growth, and shadow work practices are alluded to in the oldest writings.

In this practical guide to shadow astrology, Maja D'Aoust explains how to determine the shadow polarities of your natal chart and explore the hidden wisdom and challenges of the oppositional identity within. She shows how finding your shadow planets is easy—they are the opposite sign of the planets in your birth chart. For example, someone with the sun in Libra will have their shadow sun in Aries. She explains how, just like the traditional planets of astrology, each shadow planet governs a specific area of human activity: Venus shadows speak of tainted love, while Mercury shadows reveal challenges of the mind. Each of these shadow planets presents a specific type of negative challenge that emerges when opposition arises. Providing vivid examples, the author details the meaning of each shadow counterpart for every astrological sign and planet that appears in a traditional astrological chart and explains how to interpret and work with their challenges.

In addition to chart interpretation, the author also explores the history of this astrological method, including its roots in ancient Egypt, ancient Greece, and the Western magic tradition. She looks at the alchemical nature and subconscious influences of the dark side of the human mind and the shadow-work methods necessary for bringing the oppositional self into personal awareness.

Revealing how to interpret astrological charts for personal growth and conscious evolution, this guide invites you to explore the darkness within in order to know the totality of your whole self.

Maja D'Aoust is a professional astrologer with more than 20 years' experience integrating her master's degree in transformational psychology into the interpretation of thousands of natal charts. A practicing Witch and scholar of alchemy and occult lore, she is the author of *Familiars in Witchcraft*, *The Occult I Ching*, and *A Witch's Bestiary*, coauthor of *The Secret Source*, and creator of a Tarot deck, *The White Witch Tarot*. She lives in Los Angeles.

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The Way of the Wild Soul Woman

5 Earth Archetypes to Unleash Your Full Feminine Power

MARY REYNOLDS THOMPSON

An initiatory and Nature-based guide to rewilding your soul

- Introduces five Earth Woman Archetypes along with in-depth initiations to help you to unleash your fullest, most authentic, and creative self
- Includes rituals, exercises, meditations, and journal prompts to help you integrate each initiatory stage and embody the ways of a Wild Soul Woman
- Explores how to overcome the core wounding of each Earth Archetype, how the Archetypes can empower you, and how to embody their wisdom

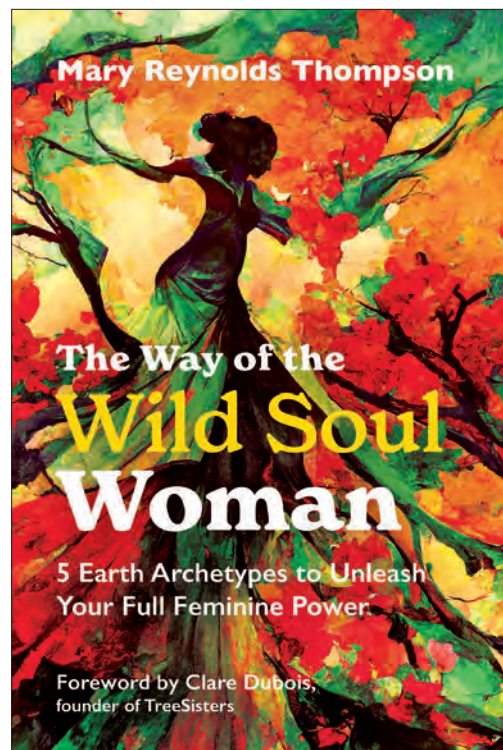
Taking you on a Nature-based journey of transformation and rebirth, Mary Reynolds Thompson reveals how to unleash your full feminine power and discover authenticity, wholeness, creativity, and healing through initiation with ancient Earth Archetypes.

Providing a guided map for rewilding your soul, the author introduces the five archetypes of the Wild Soul Woman's psyche—the untamed, unashamed, and unstoppable aspects of inner feminine power that many women have forgotten or disconnected from. You will undergo five powerful initiations, each centered on ancient Earth wisdom. You will learn from Desert Woman and her Barren Worlds how to let go of what no longer serves you, from Forest Woman and the Dark Womb how to seed new dreams and nurture them in your depths, and from Ocean and River Woman and her Breaking Waters how to ride the flow of your deepest longings. As Mountain Woman you will experience Giving Birth to a vision as you take a stand for your values, and from Grassland Woman you will learn how to support the Nurturing of the New that has emerged within.

Sharing rituals, exercises, meditations, and journal prompts to help you integrate these five initiatory stages, the author also explores each Earth Archetype's Challenge (how to overcome a core wounding), the Shift (how the Archetype empowers you to reach for a fuller, more creative life), and the Way (how to embody its wisdom). She shows how, because both women and the Earth were wounded in similar ways across the ages, restoring your connection with Nature and the wisdom of feminine archetypes can help heal both your soul and the world around you.

Woven throughout with inspiring stories of women from around the world who embody these archetypal energies, as well as exquisite illustrations by Kathleen Brigidina, the book reveals how to awaken your inner feminine wisdom and true power. As you reclaim your voice and your visions, you become an unstoppable force of nature. You liberate your Wild Soul.

Mary Reynolds Thompson, founder of Live Your Wild Soul Story, is an award-winning author, internationally recognized speaker, and facilitator of journal and poetry therapy. A pioneer in the spiritual ecology movement, she lives in Marin County, California.



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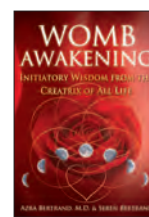
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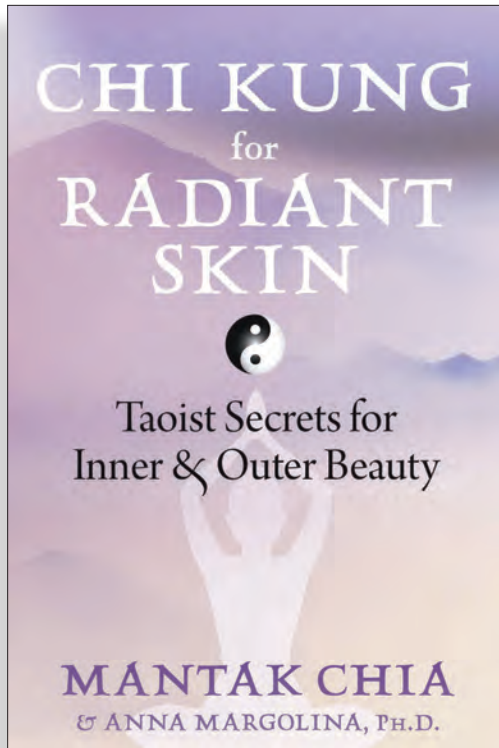
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MANTAK CHIA and ANNA MARGOLINA, Ph.D.

Techniques and practices for skin renewal and ageless vitality

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- Shares Taoist secrets for beautiful hair and looks at the connections between beauty and emotions

Presenting a holistic approach to skin health, Taoist Master Mantak Chia and skin care expert Anna Margolina, Ph.D., share ancient Taoist wisdom and chi kung practices for a radiant complexion and ageless beauty.

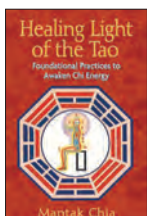
The authors explain how Beauty Chi Kung exercises holistically restore the skin's ability to renew itself by regenerating your skin's chi, or vital energy. They offer Taoist energy-cultivation practices that work with the body's major systems to promote optimum circulation, relax muscular tensions, reduce inflammation, restore immune system balance, and recharge your batteries to ensure the vitality of your body's outermost layer. Looking at common challenges to skin health, the authors reveal the key role of the skin in detoxification and what needs to be done to ensure the toxins your body is expelling do not stagnate at the skin level. They offer tips for releasing CO2 fully from the body, so it is not reabsorbed into the body's tissues, and share Taoist deep breathing practices to help release what the lungs have collected from the blood stream.

Exploring skin renewal, the authors detail skin breathing techniques and easy circulation-enhancing activities. They detail the practice of stem cell chi kung, showing how hydration and vibrations can activate stem cells to support deep and extensive renewal of the skin's surface. They also look at several of Master Chia's classic Universal Healing Tao practices that can help support inner and outer beauty.

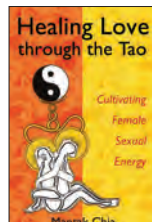
Revealing how to cultivate physical and spiritual beauty, this Taoist guide to energetic skin care presents powerful and effective methods for achieving youthful radiance and glowing health at any age.

Mantak Chia, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979 and has taught tens of thousands of students and trained instructors all over the world. The founder of the Tao Garden Health Spa and Resort in Thailand, he is the author of more than 60 books, including *Healing Light of the Tao*. **Anna Margolina, Ph.D.**, is a scientist, spiritual teacher, and Chi Kung and Universal Healing Tao instructor. She has a master's degree in medical biophysics and a doctorate in biology from the Russian Medical State University, Moscow. For more than 20 years she has worked as an adviser for cosmetic companies in the United States and Israel. She lives outside of Seattle, Washington.

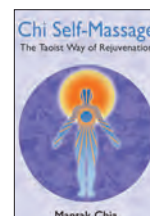
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Cannabis Therapy

A Complete Guide

WENDY READ

A step-by-step guide to healing mind, body, and spirit with cannabis

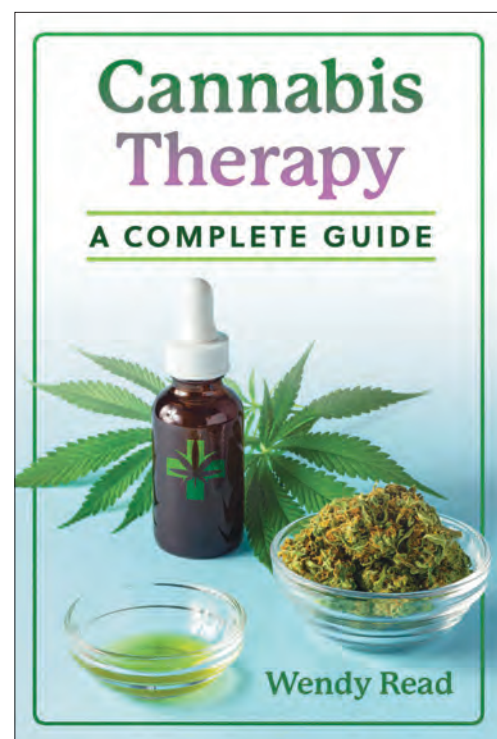
- Examines the endocannabinoid system and explains how cannabis medicine affects the major systems of the body
- Looks at more than 20 marijuana medicines, describing each medicine's time of onset, duration of effect, target areas, and conditions treated
- Shares recipes for making simple marijuana medicines as well as detailed instructions for making psychoactive and non-psychoactive teas, tinctures, oils, salves, and aromatherapy remedies

In this in-depth guide to cannabis therapy, written for both health practitioners and those looking for self-care methods, herbalist and holistic healer Wendy Read provides a complete look at why marijuana medicine works, its medical and spiritual uses throughout history, and how to develop a personalized healing plan. She explores the endocannabinoid system (ECS) of the body and how phytocannabinoids interact with it. She addresses the myths and confusion around cannabis, which stem from its history of persecution and propaganda, and looks at how our ancestors around the world used this plant ally to help heal their spirits. She explains why "getting high" can be good for your physical and mental health and also cautions about the potential side effects of cannabis therapy and how to mitigate them.

Looking at cannabis as whole plant medicine, the author examines the many healing components throughout the plant, from flowers to roots, from cannabinoid acids to alkaloids. Outlining how to develop a personalized cannabis therapy plan for yourself or others, the author presents a comprehensive list of more than 20 marijuana medicines, describing for each medicine its time of onset, duration of effect, target areas of the body, and conditions that each medicine is ideal for, including anxiety, PTSD, depression, opioid addiction, Alzheimer's Disease, and cancer therapy. The author also shares recipes for making simple marijuana medicines at home as well as detailed instructions for psychoactive and non-psychoactive teas, tinctures, oils, salves, and aromatherapy remedies.

Revealing the vast benefits of cannabis therapy, this step-by-step guide shows you how to use marijuana medicine to help restore balance of mind, body, and spirit.

Wendy Read is a certified herbalist, holistic massage therapist, and plant spirit healing practitioner with a bachelor's degree in biochemistry from California State University, Chico. She has studied with herbalists and shamanic healers in Mexico, Guatemala, Swaziland, South Africa, Senegal, and the United States. Since 2005 she has taught at Motherland Sanctuary and many other herbal schools and symposiums. A spiritual counselor and founding minister of the Caretaker's Garden, she also has a clinical, holistic healing family practice. She lives in Northern California.



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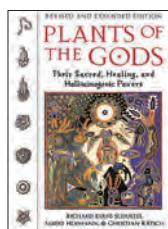
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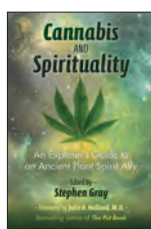


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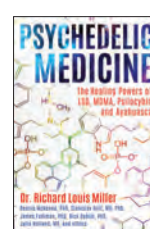
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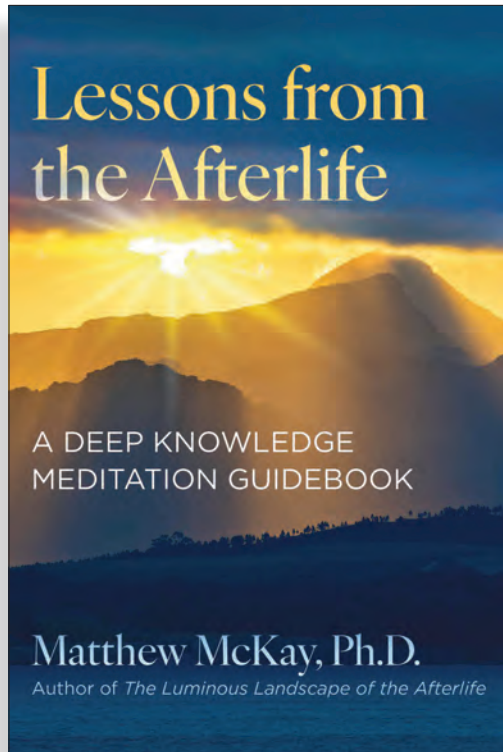
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Matthew McKay, Ph.D.

Lessons from the Afterlife

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A guided journey to discover your soul's answers to life's great questions

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- Shares channeled lessons from the author's late son Jordan on the mysteries of human existence, including what the divine or god is, the nature of a soul, the nature of matter and energy, the role of love in our lives, and the origin of the universe

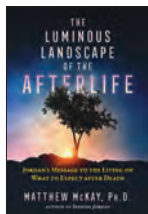
Human life is surrounded by mystery. At the center of this mystery is the question: Why are we here? is there a purpose to our existence, a reason why we're experiencing the beauty and pain of physical life? There is also the mystery of the universe itself. What is it and where did it come from? Religious and spiritual traditions have created complex cosmologies to answer these questions, but each tradition has a different answer and we are left with profound uncertainty about deeper reality. As psychologist Matthew McKay reveals, we can each discover our own answers to these questions, our own inner truth, by connecting with the wisdom of our souls.

In this guided workbook, McKay offers a step-by-step process to unleash the unconscious and intuitive wisdom held in the awareness of your soul. He explains how to use "deep knowledge meditation" to access all of your soul's accumulated knowledge, everything you have learned across all of your incarnations. Channeling his late son, Jordan, a discarnate soul who has lived hundreds of lives, McKay shares Jordan's lessons on the mysteries of human existence, including what the divine or god is, the nature of a soul, the nature of matter and energy, the role of love in our lives, and the origin of the universe. Accompanying these channeled teachings are journal prompts from Jordan, to be used with deep knowledge meditation, to help you listen to your heart and shine a light on your own deepest wisdom and soul knowledge.

Guiding you on a journey of self-discovery, this book offers the opportunity to find your soul's truth about your life's purpose and the nature of physical reality.

Matthew McKay, Ph.D., is a clinical psychologist, professor of psychology at the Wright Institute, founder of the Berkeley CBT Clinic, and cofounder of the Bay Area Trauma Recovery Clinic, which serves low-income clients. He has authored and coauthored more than 40 books, including *Seeking Jordan*, *The Luminous Landscape of the Afterlife*, and *Love in the Time of Impermanence*. The publisher of New Harbinger Publications, he lives in Berkeley, California.

Also by Matthew McKay, Ph.D.



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The Occult Sylvia Plath

The Hidden Spiritual Life of the Visionary Poet

JULIA GORDON-BRAMER

Explores Sylvia Plath's enduring interest and active practice in mysticism and the occult from childhood until her tragic death in 1963

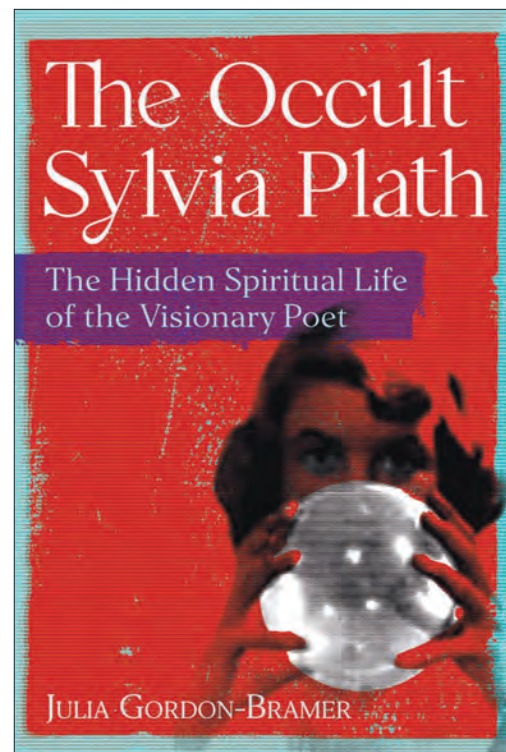
- Decodes the alchemical, Qabalistic, hermetic, spiritual, and Tarot-related references in many of Plath's poems
- Based on more than 15 years of research, including analysis of Plath's unpublished personal writings from the Plath archives at Indiana University
- Examines the influences of Plath's parents, her early interests in Hermeticism, and her and husband Ted Hughes's explorations in the supernatural and the occult

Sharing her more than 15 years of compelling research—including analysis of Sylvia Plath's unpublished calendars, notebooks, scrapbooks, book annotations, and underlinings, as well as published memoirs, biographies, letters, journals, and interviews with Plath and her husband, friends, and family—Plath scholar Julia Gordon-Bramer reveals Sylvia Plath's enduring interest and active practice in mysticism and the occult from childhood until her tragic death in 1963. She examines Plath's early years growing up in a transcendentalist Unitarian church under a brilliant, if stern, Freemason father and a mother who wrote her master's dissertation on the famous alchemist Paracelsus. She reveals Plath's early knowledge of Hermeticism, how she devoured books on the occult throughout her life, and how, since adolescence, Plath regularly wrote of premonitory dreams. Examining Plath's tumultuous marriage with poet Ted Hughes, she looks at their explorations in the supernatural and Hughes's mentoring of Plath in meditation, crystal-gazing, astrology, Qabalah, Tarot, automatic writing, magical workings, and use of the Ouija board. She also reveals how, at the end of her marriage, Plath used her husband's hair and fingernails in rituals.

Looking at Plath's writing and her evolution as a person through mystical, political, personal, and historical lenses, Gordon-Bramer shows how her poems take on radically new, surprising, and universal meanings—explaining why Hughes perpetually denied that Plath was “a confessional poet.” Contrasting the versions in *Letters Home* with those held in the Plath archives at Indiana University, the author also shows how all occult influences have been rigorously excised from the letters approved for publication by the Plath and Hughes Estate.

Revealing significant, previously undiscovered meanings in Sylvia Plath's works, much broader than the narrow lens of her tragic autobiography, the author shows how Plath's writings are deeply rooted in her mystical and occult endeavors.

Julia Gordon-Bramer is a Sylvia Plath scholar, professional Tarot card reader, award-winning writer and poet, and former professor for the Graduate Writing Program at Lindenwood University. She is the author of several books, including *Fixed Stars Govern a Life: Decoding Sylvia Plath*, and *Tarot Life Lessons*. She lives in St. Louis, Missouri.



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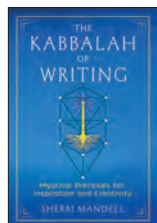
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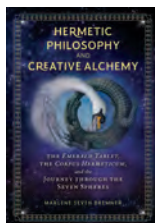
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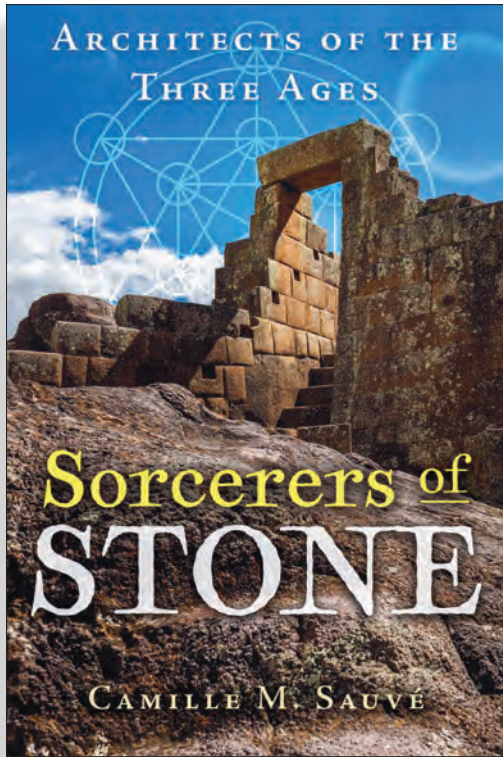
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All around the world are mysterious ancient monoliths with strange features—perfectly carved terraces, massive steps, basins, and abstract forms with underground grottos and cave systems. Most archaeologists have a hard time explaining them and attribute their construction to the earliest known cultures in the area. However, these vestiges are found throughout Asia, Asia Minor, Indonesia, Europe, and especially in South America, so they transcend regional boundaries and cultures and point toward a long-forgotten ancient worldwide civilization.

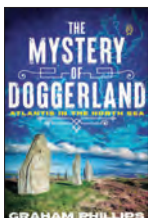
Examining sacred sites in Peru and their counterparts around the world, researcher and journalist Camille M. Sauvé shows how they share specific architectural characteristics and reveal evidence of a very ancient culture that once existed worldwide. She examines the work of Peruvian researcher Alfredo Gamarra, who first described in detail the three distinct building styles and construction methods of these sites and how they represent three ancient world ages. She explains how *Hanan Pacha* (Heaven Above) constructions, the oldest style, are universally revered as sacred by the civilizations that came after them. Weaving together a tapestry of what early humanity looked like, the author examines the writings of famous clairvoyants like Rudolf Steiner, Madame Blavatsky, and Edgar Cayce who recorded the works of early man through the Akashic records. She also looks at myths and legends that offer insights into the three forgotten ages, including connections to Lemuria and Atlantis.

Besides the more esoteric questions about who could have built these wonders, the author also examines the unique properties of the monoliths themselves and the sophisticated science behind the construction of these stone sites. She shows how they seem to be placed on earth power spots and how most of the rocks have significant piezoelectric properties from high quartz and silica content. She also examines evidence of the use of vitrification and what seems like the ability to shape hard metamorphosed stone without conventional tools.

Revealing that many sacred sites are much older than previously thought, Camille Sauvé shows that Peru may hold the secret to remembering our forgotten prehistory.

Camille M. Sauvé is a graphic designer and an independent journalist and researcher who has lived in Pisac, Cusco, Peru for more than five years.

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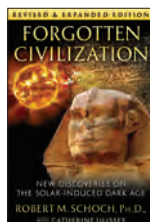
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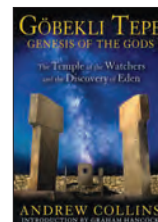
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Shamanic Teachings of the Condor

Encounters with the Mystical Traditions of the Andes

MARTHA WINONA TRAVERS, Ph.D.

Foreword by Julia Plevin Oliansky, author of *The Healing Magic of Forest Bathing*

Experience the heart-opening wisdom of Andean shamanism

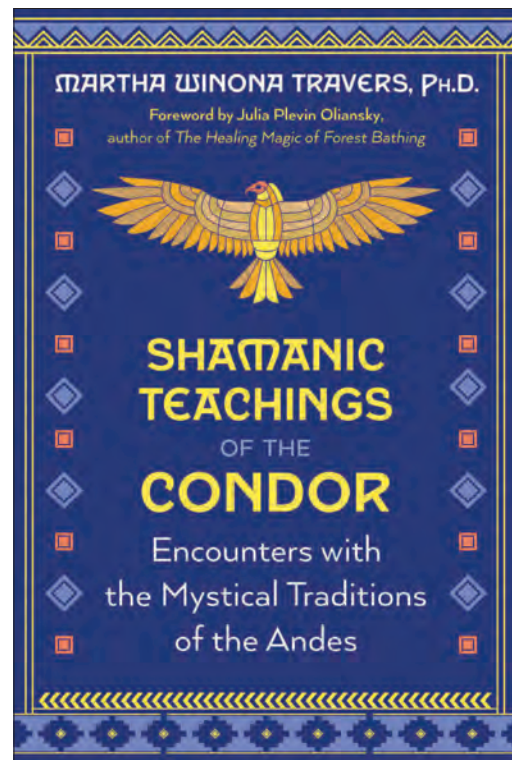
- Presents the teachings of revered Ecuadorian Kichwa elder Taita Alberto Taxo as vivid, experiential journeys
- Details how to return to intimacy with Nature and the natural world through communicating with the elements
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In this deep dive into South American shamanism, Martha Winona Travers shares the teachings and practices she learned during her 22 years as an apprentice to revered Ecuadorian Kichwa elder, Taita Alberto Taxo.

Presenting Taita Alberto's teachings as vivid, experiential journeys, Travers allows you to immerse yourself in his direct, heart-centered wisdom as if you, too, were one of his shamanic apprentices. You will learn the ancient mystical traditions of the Andes, traditions saved by the elders specifically for these times. These traditions of healing invite human beings to return to intimacy with Nature and the natural world, through initiating conversations with the elements including the fifth, spiritual element, the *Ushai*. You will learn about the delicate dance of the Eagle (the mind) and the Condor (the heart), including how to reestablish the path of the heart to help bring the over-active mind into balance, the key to embarking on powerful shamanic journeys. You will visit sacred waterfalls, travel high up the active volcano Cotopaxi to a mountain lake for ceremony, experience the sounds carried on the wind in the mountains, see the Condor flying, and sit at night around the fire, listening to stories and laughter.

As you journey together with Taita Alberto, you will begin to sense the fifth element, *Ushai*, being activated as the potent energy of spiritual transformation awakens within you. By experiencing his profound mystical realizations through shamanic transmission, you will learn to express gratitude with each of the elements, leave behind those burdens you no longer need to carry, and discover how to fly higher in life.

Martha Winona Travers, Ph.D., is a writer, teacher, and Mama Iachak who apprenticed with Ecuadorian Kichwa elder Taita Alberto Taxo for 22 years, including 10 years visiting the indigenous Kichwa in the Andes. She holds a doctorate in English literature from the University of Michigan and teaches contemplative practices at the University of Michigan, at the GilChrist Retreat Center, and at Sleeping Bear Dunes National Lakeshore Park. The author of *The WayCard Oracle*, she lives in Manchester, Michigan.



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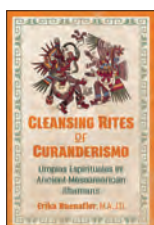
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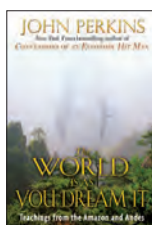


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Martha Winona Travers, Ph.D.

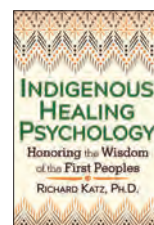
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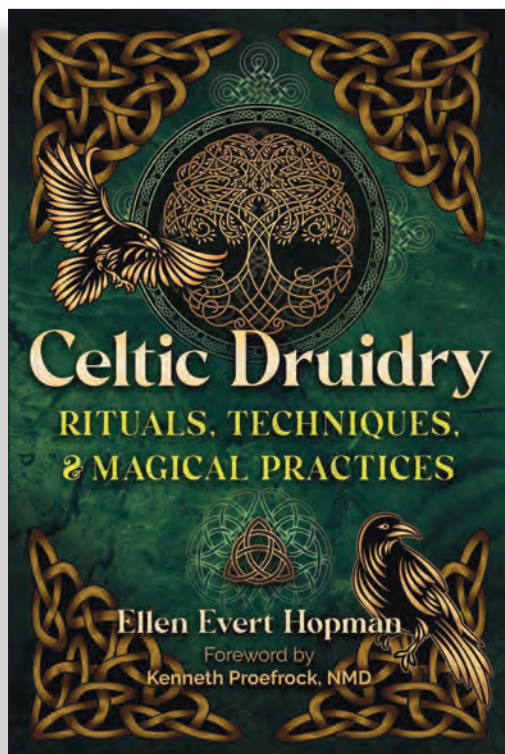
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Celtic Druidry

Rituals, Techniques, and Magical Practices

ELLEN EVERT HOPMAN

Foreword by Kenneth Proefrock, NMD

A handbook for becoming a modern Druid

- Explains how to make and use the essential tools of a Celtic Druid and how to create Druid rituals for seasonal rites, blessings, and other sacred observances
- Details Druidic magical techniques and divination practices, as well as plant spells for performing magic with herbs
- Explores the Gods and Goddesses of the Celtic pantheon, Druidic cosmology, and the Druidic festivals that occur throughout the year

In this authentic handbook for the Celtic Druid path, Ellen Evert Hopman shares lessons, rituals, and magical techniques drawn from the ancient wisdom teachings of the Celts as well as a modern Druid Order created by the leading minds of 20th-century Celtic Reconstructionism.

Hopman begins by exploring what we know about the original ancient Druids, citing Druid-contemporary sources such as Caesar and Diodorus Siculus as well as transcriptions of Druid oral teachings. She explains the basic tools and clothing of a Celtic Druid, including instructions for making the essential tools of the craft, such as a Crane Bag, the Serpent Staff, and the Apple Branch, the tool used to open a Druid rite. She explores meditation techniques based on ancient texts and discusses the Gods and Goddesses of the Celtic pantheon, Druidic cosmology, and the Druidic festivals that occur throughout the turning of the year. She shares hymns to the Moon and the Sun as well as invocations for connecting with specific deities and elements. She also outlines the basics of Druidic liturgy, enabling you to create Druid rituals for seasonal rites, baby blessings, house blessings, hand-fastings, funerals, and other sacred observances.

Detailing Druidic magical techniques, Hopman shares charms and incantations for abundance, protection, and healing as well as plant spells for performing magic with herbs. She discusses many forms of Druidic divination, including interpreting omens and divining with the ancient Irish alphabet, Ogham. Exploring the special connection between humans and Nature, a core component of Druidic practice, the author explains how to bond with Nature and the sacred land as well as examining the connection between Druids and trees.

Revealing how to become a modern Druid, this concise yet detailed guide presents everything you need to know to start your journey on the Druidic path.

Ellen Evert Hopman is a master herbalist and lay homeopath, who has been a Druidic initiate since 1984. She is a founding member of the Order of the White Oak, an Archdruidess of the Tribe of the Oak, and a member of the Grey Council of Mages and Sages. She is the author of several books, including *The Sacred Herbs of Samhain* and *Once Around the Sun*. She lives in Massachusetts.



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The Sacred Herbs of Samhain

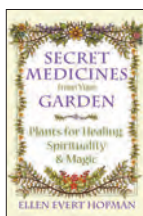
Ellen Evert Hopman

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The Jolanda Witch Tarot

The Healing Art of Magic

ROSIE BJÖRKMAN and HANS ARNOLD

A deck and book set that blends Tarot, magic, shamanism, and indigenous storytelling

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- Shares unique in-depth card interpretations that draw on spiritual and magical teachings from indigenous healers, shamans, witches, magicians, and wisdom teachers from all over the world
- Includes new and unusual card spreads for readings and short practical exercises to help awaken your inner witch

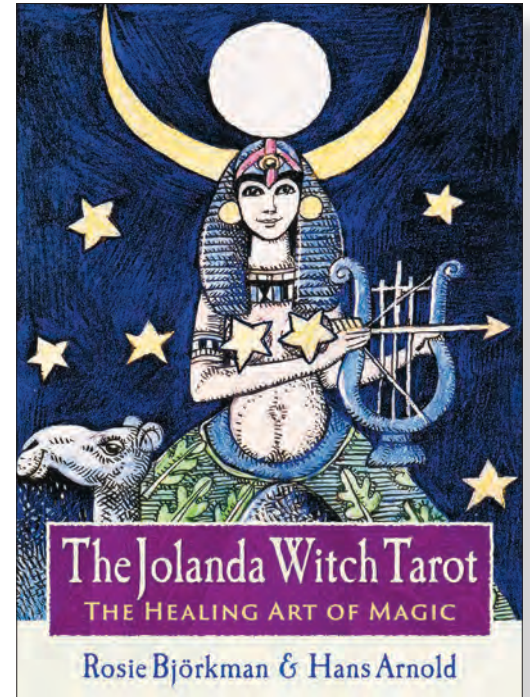
Inviting you to experience the magical and empowering world of the tarot, this 78-card deck portrays both Major and Minor Arcana through colorful depictions of female archetypes, animal guides, and esoteric symbolism from witchcraft, alchemy, and shamanic healing traditions.

In the comprehensive guidebook, Rosie Björkman, known in Sweden as “Jolanda the Witch,” shares unique in-depth card interpretations that draw on spiritual and magical teachings from indigenous healers, shamans, witches, magicians, and wisdom teachers from all over the world, including Madame Blavatsky, Aleister Crowley, and the Sweet Medicine healing tradition of the Deer Tribe Metis Medicine Society. Björkman’s interpretations include direct and reversed meanings for each card, easy-to-remember keywords, and symbolic and healing stories to help you intuitively understand the wisdom of each card. She also includes new and unusual card spreads for readings and short practical exercises to help awaken your inner knowing and think about and relate to life in a magical way.

Illustrated by Hans Arnold, internationally known for his illustrations, especially of fairy tales, the playful card art allows you to instantly grasp the energetic meaning of the cards drawn and intuitively understand the issue at hand.

Offering a hands-on way to learn card divination and magic together, this set seamlessly blends tarot with witchcraft, shamanism, occult science, and indigenous storytelling to present a magical, spiritual path for awakening to your own inner wisdom.

Rosie Björkman is a recognized expert in tarot and the occult. Known in Sweden as “Jolanda the Witch,” she trained in Sweet Medicine with the Deer Tribe Metis Medicine Society in North America and has also worked with Cherokee teacher Donna Talking Leaves, Hopi Medicine Woman Denise Linn, and a Siberian shaman. She regularly gives workshops, lectures, and tarot readings. She lives in Solna, Sweden. **Hans Arnold** (1925–2010) was a renowned illustrator known for his horror art, short-story illustrations, the animated TV program *Matulda och Megasen*, and the quirky cover art for ABBA’s *Greatest Hits* album.



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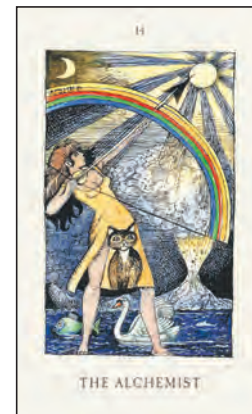
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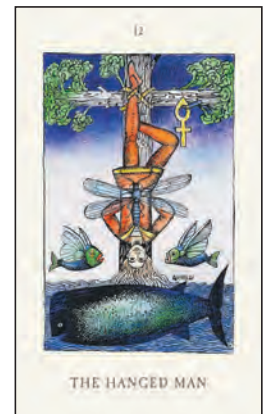
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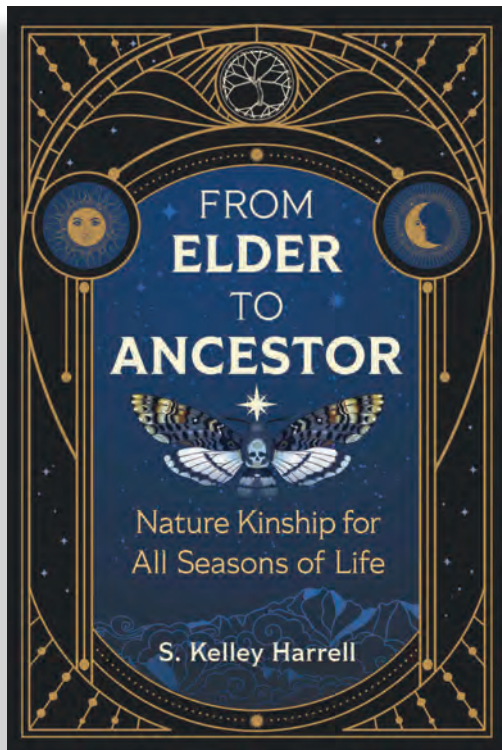
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PHOTO: ROB REINHARDT

Author
S. Kelley Harrell

From Elder to Ancestor

Nature Kinship for All Seasons of Life

S. KELLEY HARRELL

A practical guide to becoming a good Ancestor

- Explains the importance of creating a direct personal connection with Nature and how it is key to becoming an elder who will go on to become a wise Ancestor
- Presents exercises and rituals to awaken and deepen your animistic connection to the world and help you intentionally craft yourself as a fit elder
- Explores deep spiritual work with the Sacred Self, including shadow work and trauma honoring, as well as practices to help you heal your family line

For millennia people connected with the Ancestors as part of their regular spiritual practice, seeking wisdom and inspired vitality from those who came before. Each member of a community grew up guided by sage elders, naturally walking the path into fit elderhood themselves and, upon their good deaths, becoming wise, capable Ancestors to whom their descendants could turn.

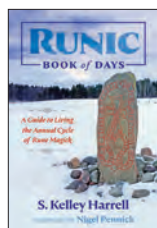
Revealing how to restore the path from fit elder to wise ancestor, S. Kelley Harrell explores the spiritual, cultural, and ancestral aspects of aging well and presents practical exercises and rituals to help you intentionally craft yourself as a fit elder on the path to Ancestorhood. She explains the importance of creating a direct personal connection with Nature and of respecting the spirits who surround us, including asking their permission before engaging them in ritual or healing work. Exploring the concept of animism and how it is key to becoming an elder who will go on to become an Ancestor, the author shares exercises for awakening and deepening your animistic connection to the world around you as well as rituals for embodiment and grounding.

Examining the most powerful obstacles to dying well, the author explores deep spiritual work with the Sacred Self, including shadow work, the initiatory rite of heartbreak, and how to honor the traumas that created your shadow parts and their dysfunctional patterns. She looks at Ancestor work, including forging a supportive connection with our Sacred Parents, the first Ancestors, as well as specific practices to help you heal your family line. She shows how recognizing that you are Nature, part of the sacred order, allows you to begin rewilding and how honoring your own sacredness, the divinity of your inner cosmology, allows you to identify and value what you have to offer your community as an elder.

Showing that initiation into elderhood is the work of our lives, this book explains how, through personal introspection and engagement with the living world around us, we can cultivate our unique way to elder well.

S. Kelley Harrell is an animist, deathwalker, and death doula. Through her Nature-based soul-tending practice, Soul Intent Arts, she helps others ethically build thriving spiritual paths through runework, animism, ancestral tending, and deathwork. The award-winning author of several books, including *Runic Book of Days*, she lives in North Carolina.

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A Shamanic Herbal

Plant Teachers and Animal Medicines

MATTHEW WOOD

An experiential journey into shamanism as a spiritual path and the teachings of plants, animals, and Nature

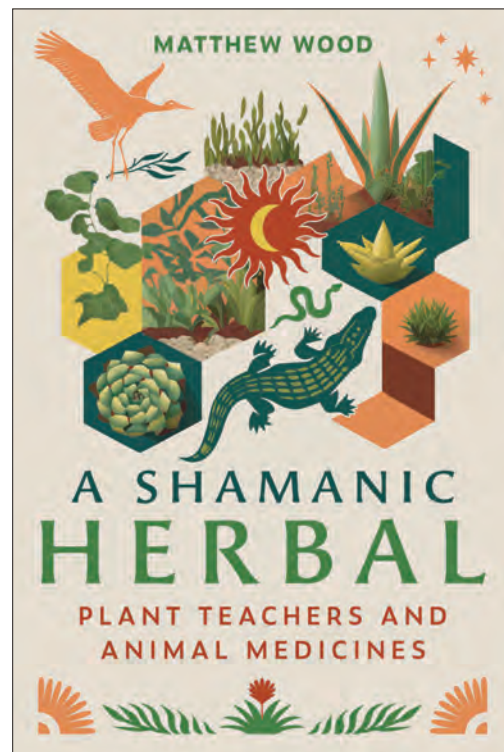
- Explores the alphabet of Nature personified in animals and the spiritual lessons of animal medicines—animals personified in plants—including Turtle, Bear, Deer, Wolf, Alligator, and Horse Medicine teachings
- Shares profound experiences from the author's long career as an herbalist and his first years growing up on a remote Seminole reservation in the Everglades
- Offers shamanic adventures interwoven with comparisons to the psychology of Freud and Jung, the visions of Castaneda, and the occult teachings of Steiner and Gurdjieff

Sharing profound experiences from his long career as well as his first years growing up on a remote Seminole reservation in the Everglades, renowned herbalist Matthew Wood interweaves practical herbalism and the spiritual potency of Nature to explore the plant teachers, animal medicines, and foundational principles of shamanism.

Wood explains how his life's journey required him to learn a new language in which the patterns and relationships inherent in Nature are emphasized, rather than the linear human perspective. Thanking the precious indigenous culture in which his first thoughts were formed, he draws an experiential map to the "Green Tongue," the "Language of the Shamans." Based on direct and sometimes supernatural experiences as well as case studies from his practice, he examines the alphabet of Nature personified in animals and the spiritual lessons of animal medicines—animals personified in plants. He shares accounts of Turtle Medicine plants for self-examination, Bear Medicine plants to open the imagination, and Wolf Medicine plants for wholeness and magic. He explores the plants of Alligator Medicine for healthful prosperity, Horse Medicine plants to bring the conscious self in harmony with the animal self, Badger Medicine plants to strengthen gut instincts, and many other herb and animal teachers. He also looks at plants associated with journeying to the spirit world through the medicine of Crane, Dragon, and Bat. Throughout the shamanic adventures he shares, Wood offers profound comparisons between shamanism and the psychology of Freud and Jung, the visions of Carlos Castaneda, and the occult teachings of Rudolf Steiner and G. I. Gurdjieff.

Revealing the shamanic roots of his herbal teachings, Matthew Wood provides not only an inside view of his life-long spiritual path but also an immersive and experiential guide to the shamanic wisdom of countless plant and animal teachers.

Matthew Wood has been a practicing herbalist for more than 35 years. An internationally known author and lecturer in the field, he holds a master of science degree in herbal medicine from the Scottish School of Herbal Medicine and is a professional member of the American Herbalists Guild. The author of several books, including *The Earthwise Herbal* and *The Book of Herbal Wisdom*, he lives in Spring Valley, Wisconsin.



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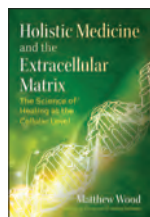
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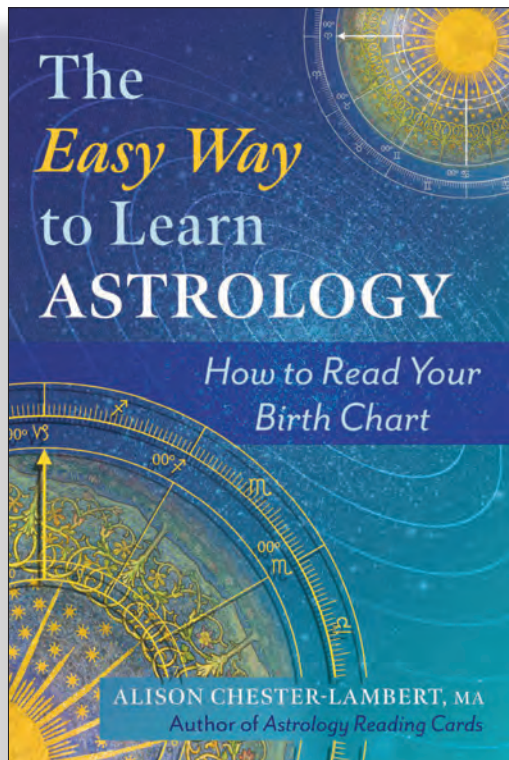


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The Easy Way to Learn Astrology

How to Read Your Birth Chart

ALISON CHESTER-LAMBERT, MA

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- Shows how to read a birth chart step-by-step with the methods of psychological astrology, allowing you to quickly identify personality traits
- Includes sample charts and interpretations to help you get started

Learning to read a birth chart—to see and understand the patterns and interactions of the planets at the moment we were born—can be daunting, especially when following traditional systems for learning astrology.

Presenting a simple way to learn astrology, professional astrologer and astro-psychologist Alison Chester-Lambert breaks down the complexities of a birth chart into easy-to-understand, bite-sized pieces, revealing how to quickly decode a person's strengths, weaknesses, challenges, and opportunities with psychological astrology. Starting with the Zodiac Signs, Alison explains how each Sign is either Masculine or Feminine and how simply looking at the Masculine–Feminine balance of Signs in a chart can reveal a lot about a person. She looks at the four Elements of Fire, Earth, Air, and Water in astrology and how each Element rules over specific Zodiac Signs. Sharing personality-trait keywords for each Element, she shows how looking at the Elements present in a birth chart can help you understand the motivation behind a person's actions and choices. Alison explains how to interpret the Ascendant, or Rising Sign, in a birth chart as well as the meaning of each House and which Element they are ruled by. She also provides several sample charts and interpretations to get you started.

Sharing an approachable way to learn astrology and begin reading charts right away, Alison shows how psychological astrology not only reveals the spiritual structure of the Cosmos but also can help each of us truly understand all behavior in depth.

Alison Chester-Lambert, MA, is a certified astrologer and life coach. She studied with the Faculty of Astrological Studies and the Centre for Psychological Astrology in London, followed by a master's degree in Cultural Astronomy and Astrology. The former resident astrologer for a daily BBC news show, she is the founder of the Midlands School of Astrology. Alison is the author of the *Astrology Reading Cards* and *Greek Mythology Reading Cards* and lives in Leicestershire, United Kingdom.



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CranioSacral Therapy for Grief and Loss

Hands-On Techniques to Release Trauma Stored in the Body

DIEGO MAGGIO, BSc (Hons), DO, CST-D

Practical support for the trauma of losses, from large to small

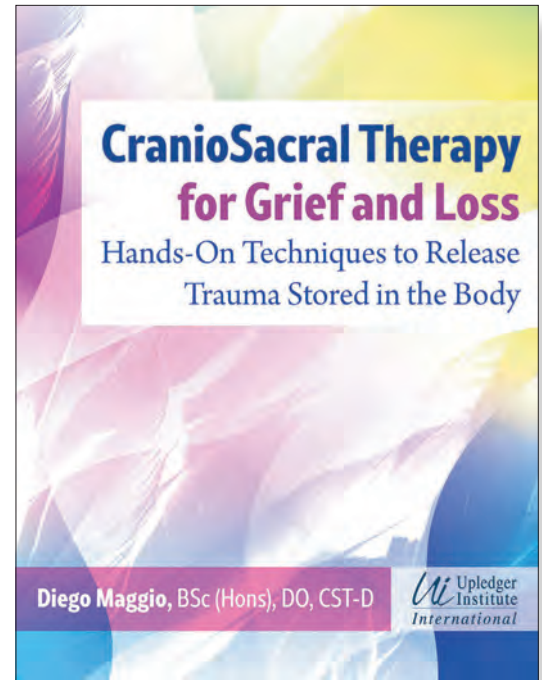
- Explains how CranioSacral Therapy and SomatoEmotional Release can help you through the common traumas of the life cycle, from birth to death
- Shares techniques and exercises to help process emotions and experiences, assess the functionality of the body's systems and energetic framework, and recognize and transform destructive energies into constructive processes
- Looks at how to enhance CST techniques with other protocols, including the Holmes and Rahe Stress Scale and Elisabeth Kübler-Ross' stages of grief

Loss, abandonment, separation, and grief—many of life's most challenging experiences are also the most common. But the trauma created by these experiences does not need to hold us back in life. As Diego Maggio shows, we can use the techniques of CranioSacral Therapy (CST) and SomatoEmotional Release (SER) to understand, address, and overcome the stress that traumatic events cause and transform the painful experiences inherent in life into opportunities for growth and expanded awareness.

Sharing Dr. Upledger's techniques and his own innovative applications of CST and SER across 20 years of practice, Maggio presents tools and exercises to facilitate your inner self-healing mechanisms and support yourself and others through the stages of grief and bereavement following a loss—whether the loss is large or one of the “small deaths,” such as losing a job or ending a relationship. The author explores all of the biological and energetic evolutionary stages of the life cycle through the lens of CST and shares manual therapy techniques and self-help exercises to process emotions and experiences, assess the energetic framework of the body and the chakras, and recognize and transform destructive energies into constructive processes. He looks at how to combine CST techniques with other protocols for managing the grieving process, including the Holmes and Rahe Stress Scale and Elisabeth Kübler-Ross' stages of grief. He also explores how CST and SER techniques can help support the dying and those around them in the process of transition.

Revealing how CranioSacral Therapy can help us integrate challenges and traumas whether recent or long past, Maggio shows how our experiences can give us the opportunity to evolve and grow as we journey through the beautiful cycles of life.

Diego Maggio, BSc (Hons), DO, CST-D, is a doctor of osteopathy who studied CranioSacral Therapy as a direct apprentice to Dr. John E. Upledger. Before completing his training as a facilitator and instructor of CranioSacral Therapy and SomatoEmotional Release, he served as assistant to Dr. Upledger and other instructors around the world. The co-president of Upledger Italia, he lives in Trieste, Italy.



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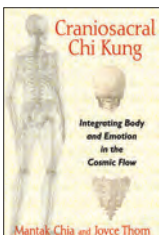
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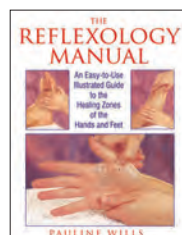


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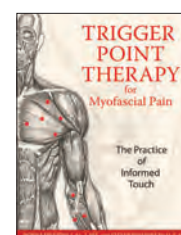
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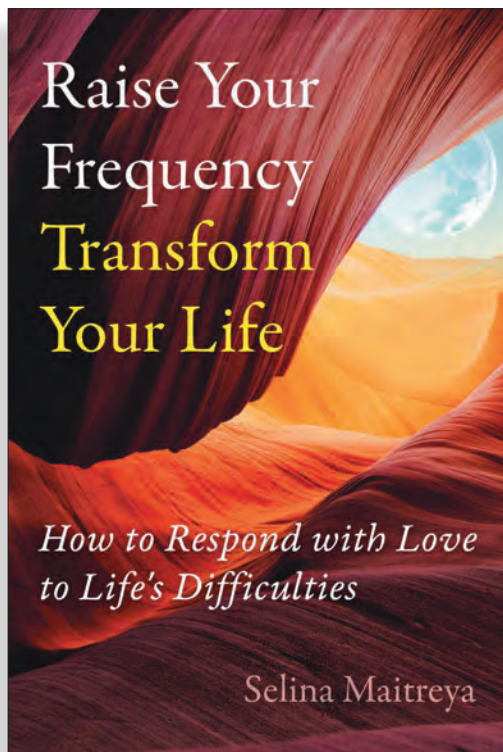
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Self-Transformation



Author
Selina Maitreya

Raise Your Frequency, Transform Your Life

How to Respond with Love to Life's Difficulties

SELINA MAITREYA

A hands-on guide to cultivating a more conscious and spiritually present life

- Shows you how to recognize and transform daily difficulties into opportunities, empowering you to use every challenge as a tool to find deeper peace
- Offers a variety of practices, including exercises and action steps, to enable you to more fully integrate your spiritual beliefs into daily life
- Emphasizes working with energy frequencies, rather than thoughts, as a means to reach inner healing, transformation, and self-empowerment

In this practical and powerful guide, spiritual teacher Selina Maitreya shares a radical process of self-transformation that allows you to discover your highest potential and live an extraordinary life. Drawing on her 25 years of experience as a spiritual teacher, Maitreya explores how to recognize and transform the difficulties and challenges you experience into tools to raise your consciousness, thus empowering you to use each difficult life experience, no matter how small or large, as a tool to create peace and build the foundation for a truly abundant life.

Through practical methods and exercises, as well as transformational goals and action steps, the author emphasizes the importance of accessing and raising your inner vibration. She introduces you to your energetic systems and teaches how to respond to any life difficulty—from a small irritation to a major life tragedy—from the energy of love, rather than from the energy of fear. By focusing on energies, rather than thoughts or emotions, she demonstrates how working with the heart frequency can provide ways to understand, work through, and transform challenges that arise, better connecting you to your intuition, which is a high frequency state. With practice, each difficult moment is transformed into an opportunity rather than a feeling of lack, a catalyst for personal growth. As your personal vibration rises, you attract the people, situations, and events that align with your unique path toward extraordinary life.

Offering an accessible and intuitive program to enact real change, Maitreya reminds us that living spiritually and authentically is possible even—and especially—in the bustle of daily life.

Selina Maitreya is a lecturer, author, and spiritual teacher. The creator of Clarion Call, an online conference of spiritual teachers, she is a founding member of the Manhattan Holistic Chamber of Commerce and a past board member of the Boston Theosophical Society. She lives in Arlington, Massachusetts.

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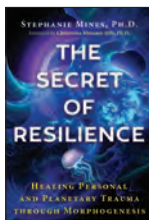
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A First Peoples' Account of the Sacred Geography of America

TAYLOR KEEN

An exploration of Indigenous cosmology and history in North America

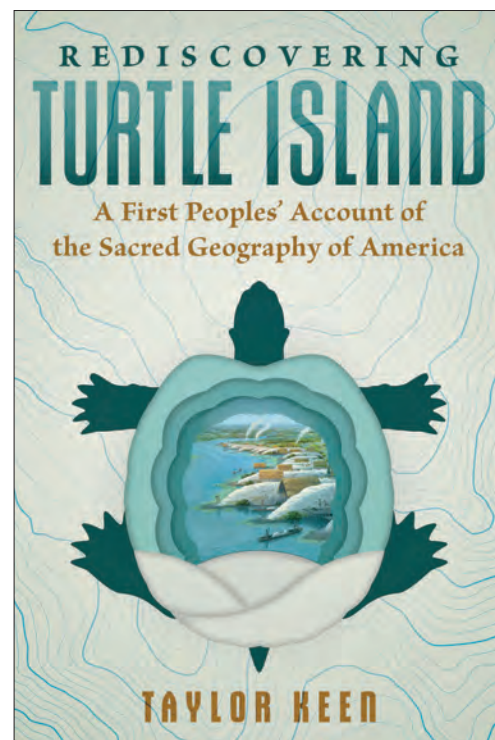
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- Explores the history of Cahokia, the Mississippian Mound Builder Empire of 1050-1300 CE, told through the voice of Honga, a Native leader of the time
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While Western accounts of North American history traditionally start with European colonization, Indigenous histories of North America—or Turtle Island—stretch back millennia. Drawing on comparative analysis, firsthand Indigenous accounts, extensive historical writings, and his own experience, Omaha Tribal member, Cherokee Citizen, and teacher Taylor Keen presents a comprehensive re-imagining of the ancient and more recent history of this continent's oldest cultures. Examining the complexities and commonalities of Indigenous legends and creation myths, Keen reveals shared oral traditions across much of North America, including among the Algonquin, Athabascan, Sioux, Omaha, Ponca, Osage, Quapaw, and Kaw tribes. He explores the history of Cahokia, the Mississippian Mound Builder Empire of 1050-1300 CE, told through the dramatic story of Honga, a Native leader who is building a dynastic empire within the third largest city in the world at the time. He examines ancient earthen works and ceremonial sites of Turtle Island, revealing the Indigenous cosmology, sacred mathematics, and archaeoastronomy encoded in these places that artfully blend the movements of the sun, moon, and stars into the physical landscape.

Challenging the mainstream historical consensus, Keen presents an Indigenous revisionist history regarding Thomas Jefferson, expansionist doctrine, and Manifest Destiny. He reveals how, despite being displaced as the United States colonized westward, the Native peoples maintained their vision of an intrinsically shared humanity and the environmental responsibility found at the core of Indigenous mythology.

Building off a deep personal connection to the history and mythology of the First Peoples of the Americas, Taylor Keen helps to rediscover and give renewed voice to the immemorial cultures of Turtle Island, revealing an alternative vision of the continent's geography and the significance of our past and future presence here.

Taylor Keen is a senior lecturer in the Heider College of Business Administration at Creighton University. He holds a bachelor's degree from Dartmouth College and two master's degrees from Harvard University and has served as a Fellow in the Harvard Project on American Indian Economic Development. He is the founder of Sacred Seed, an organization devoted to propagating tribal seed sovereignty, and is a member of the Earthen Bison Clan of the Omaha Tribe. He lives in Omaha, Nebraska.



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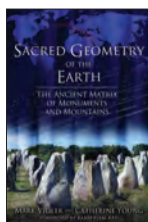
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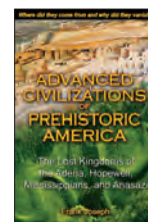
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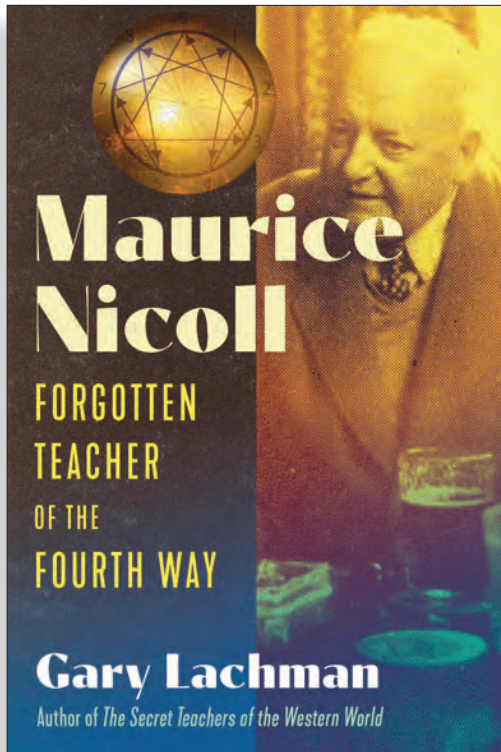
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Forgotten Teacher of the Fourth Way

GARY LACHMAN

A biography of the influential teacher of the Fourth Way

- Traces the life of Maurice Nicoll, who left a successful career as a psychiatrist in 1922 to study with G.I. Gurdjieff and P.D. Ouspensky
- Explores newly uncovered diaries from Nicoll, revealing his mystical sex practices, his shadow self, and new understandings of his unorthodox teachings
- Examines the influence of psychiatrist Carl Jung and Swedish scientist and philosopher Emanuel Swedenborg on Nicoll's work

In 1922, Maurice Nicoll (1884-1953) abandoned his successful London psychiatry practice and his direct studies with Carl Jung to move his family just outside of Paris to the Institute for the Harmonious Development of Man, a center recently opened by philosopher, mystic, and spiritual guru G.I. Gurdjieff, the founder of the esoteric system that became known as the "Fourth Way." Nicoll went on to become one of the most passionate teachers of the Fourth Way, committing the final three decades of his life to teaching "The Work" in his own unorthodox style.

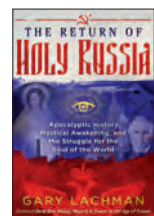
In this revealing biography, Gary Lachman draws on recently uncovered diaries to explore the unusual, syncretic approach Nicoll brought to his teaching of the Fourth Way. He shows how Nicoll is unique in having Jung, Gurdjieff, and Ouspensky as teachers and to have known each of these important figures in esoteric history personally, yet—as Lachman reveals—Nicoll was not a blind devotee by any stretch. The author shows how he incorporated elements of Jungian psychology and Emanuel Swedenborg-inspired mysticism into his exploration and teaching of both Gurdjieff's and Ouspensky's ideas, as well as into his best-known work, *Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky*.

Lachman reveals the unorthodox side of Nicoll in fuller detail than ever before through excerpts from recently shared diaries, in which Nicoll included detailed accounts of his own solitary "self-sex" erotic experimentations to reach visionary states, along with recordings of his dreams and other personal and mystical reflections. The social details of Nicoll's life are also examined, including vivid portraits of the occult scene in the early-to-mid-20th century and the communal living situations in which Nicoll sometimes resided.

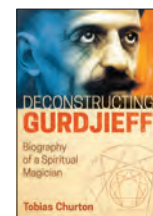
Drawing on his familiarity with hermetic practices and his own experiences with "The Work," Lachman comprehensively explores the significance of Nicoll and the novelty of his thought, offering a profound, needed, and sympathetic but critical study of this man so instrumental to the development and legacy of the Fourth Way.

Gary Lachman is an author and lecturer on consciousness, counterculture, and the Western esoteric tradition. His works include *Dark Star Rising*, *Beyond the Robot*, and *The Secret Teachers of the Western World*. A founding member of the rock band Blondie, he was inducted into the Rock and Roll Hall of Fame in 2006. He lives in London.

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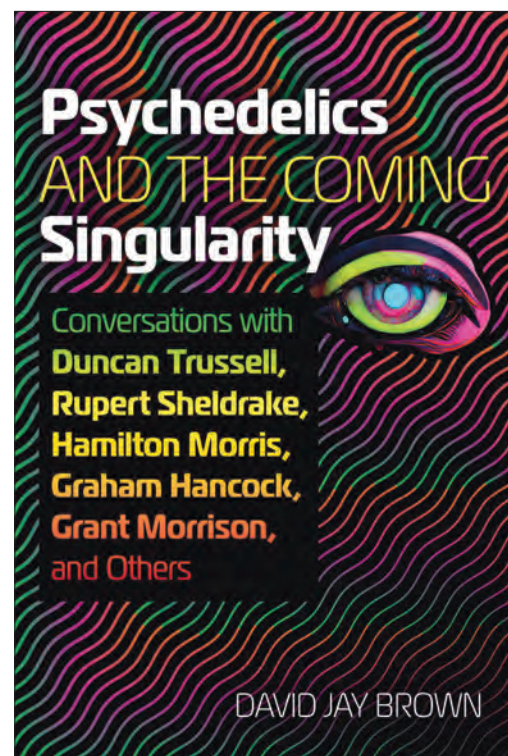
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The precariousness of our global situation has never been clearer. Between war, inequality, destabilizing advances in technology like AI, and biosphere collapse and climate change, humankind is confronted with an almost insurmountable array of challenges. Yet many brilliant experts are working on outside-the-box solutions, looking to challenges of the past, current ground-breaking research, and psychedelic-inspired visions of the future to lead humanity through these crises.

In a series of conversations with leading minds in consciousness studies, psychedelic culture, anthropology, chemistry, and other disciplines, author David Jay Brown elicits answers to some of the most thought-provoking questions about our origins, our present situation, and the future of humanity and the Earth. Brown and these luminaries explore topics as diverse as the possibility of human extinction, the relationship between psychedelics and ecological consciousness, Simulation Theory, Virtual Reality and lucid dreaming, the consciousness-altering effects of the pandemic, space migration and contact with alien intelligence, and DMT research and advanced robotics.

Whether he's speaking to podcaster Duncan Trussell about the Singularity, comic book author Grant Morrison about magick and the occult, or neuroscientist Julia Mossbridge about psychic phenomena, Brown's spirited interview approach helps draw profound insights from these cutting-edge thinkers. What, he asks, are the implications of our understanding of consciousness, particularly altered states—and how might entheogens help raise ecological awareness to impact the future of our species? In this curated collection of interviews, Brown seeks to find out.

David Jay Brown holds a master's degree in psychobiology from New York University. A former neuroscience researcher at the University of Southern California, he has written for *Wired*, *Discover*, and *Scientific American*. He is the author of more than a dozen books, including *Dreaming Wide Awake*, *Women of Visionary Art*, and *Frontiers of Psychedelic Consciousness*. He lives in Santa Cruz, California.



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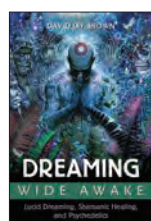
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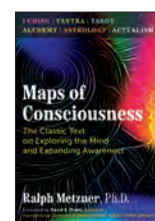


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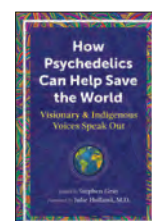
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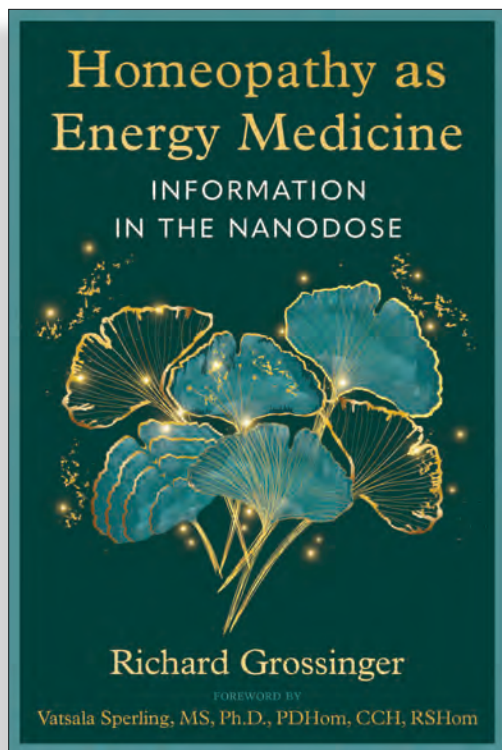
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Homeopathy as Energy Medicine

Information in the Nanodose

RICHARD GROSSINGER

Foreword by Vatsala Sperling, MS, Ph.D., PDHom, CCH, RSHom

A detailed overview of the alternative healing modality and its modern advances

- Comprehensively examines what homeopathy is and places the practice within the larger framework of energy medicine and microdose effects
- Lays out the principles and origins of homeopathy, explaining its discovery and development by Samuel Hahnemann
- Explores the rise and fall and current rise in popularity of homeopathy over the years and its resonance during the COVID-19 pandemic

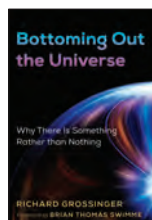
Helping first-time patients as well as longtime devotees gain a deeper understanding of just what homeopathy is, Richard Grossinger presents a comprehensive overview of the healing art, explaining its essential philosophy and methodology and showing how it relates to the broader concepts of energy medicine and nanodose treatments. He introduces homeopathy's basic framework and explores its three central principles: the Law of Similars, microdose transmission of energetic information, and potentization. Addressing the many critiques of homeopathy, he looks at the power of the placebo effect and offers a case history and comparison of homeopathy to other alternative and mainstream healing modalities.

Placing homeopathy in a historical context, he explores doctor Samuel Hahnemann's discovery of homeopathy in the late 18th century as part of his advanced medical research and looks at medical and pharmaceutical systems that preceded homeopathy, such as alchemy, Paracelsan herbalism, and Greek and Roman medicine. He examines homeopathy's rise and fall in popularity over the years, including its renaissance in early 19th-century North America and its revival in the counterculture of the 1970s. He looks at modern evolutions of homeopathy, including Dr. Rajan Sankaran's "sensations" theory and homeopathy's resonance during the COVID-19 pandemic. Exploring the broader applications of homeopathic philosophy, Grossinger also examines the concept of the pill-less pharmacy, the microdose basis of astrological charts, and psychic homeopathy.

Presenting a modern understanding of homeopathy as energy medicine, this book offers everything needed to begin self-healing with the power of the nanodose.

Richard Grossinger is the curator of Sacred Planet Books at Inner Traditions and the cofounder and former publisher of North Atlantic Books. He has a Ph.D. in ecological anthropology and has written more than 40 books, including *Bottoming Out the Universe* and *Dreamtimes and Thoughtforms*. He lives in Bar Harbor, Maine.

Also by Richard Grossinger



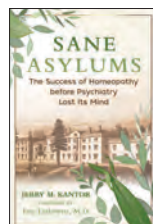
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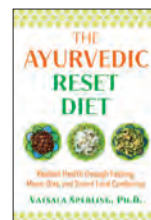
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Ancestral Slavic Magic

Transcend Family Patterns and Empower
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NATASHA HELVIN

A guide to harnessing ancestral power in the Slavic Pagan tradition

- Offers traditional rituals and spells to help you connect with your ancestors, see your family's ancestral patterns, and change your destiny
- Examines the history of ancestor worship in the Slavic tradition and ancient Slavic burial and funeral customs, many of which are still practiced today in remote pockets of Russia
- Explores the similarities between ancestral beliefs in Haitian Vodou and the Slavic tradition

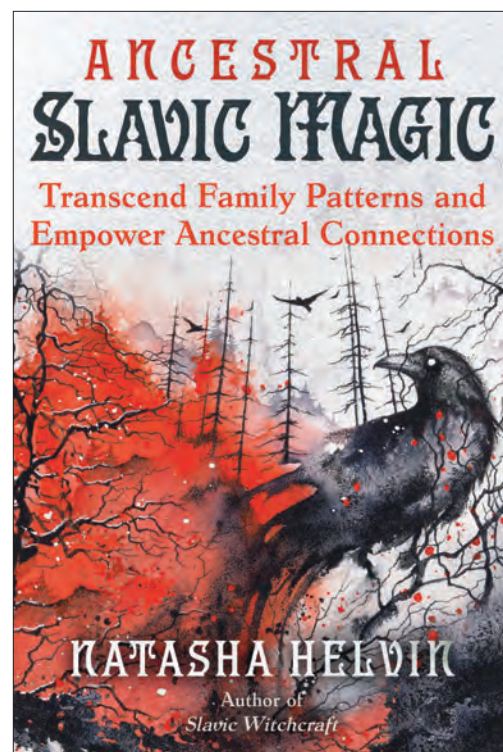
Raised in the Soviet Union, where she grew up steeped in ancient Slavic magical traditions, occultist and hereditary witch Natasha Helvin reveals not only how you are continually and powerfully influenced by your ancestors, but also how you can open the door to your ancestral connections in order to know who you truly are and change the course of your destiny.

Helvin examines ancestor worship in southeastern Europe and western Russia and the way it shaped their indigenous magical and spiritual practices. She explains how energy flows in a familial context and how strengths and dysfunctions are passed from one generation to the next for centuries, becoming embedded in your body and mind as specific patterns that affect your life. She shares time-honored rituals and spells to help you to recognize these ancestral patterns and influences, make changes in the harmful ones, and harness your familial strengths to direct your destiny.

Looking at both Slavic Pagan and Eastern Orthodox traditions concerning the dead, the author examines ancient Slavic burial and funeral customs, many of which are still practiced today in remote regions of Ukraine and Russia. She reveals how these burial rites became incorporated into rural witchcraft practices, and she explains traditional Slavic ideas on death and the afterlife, the soul, the spiritual power of colors, and magical objects. Helvin—an initiate in Haitian Vodou—also looks at the parallels between Vodou and the folk magic of the Slavic tradition.

Presenting an in-depth look at ancestor worship and magic in the Slavic Pagan tradition, Helvin shows how forging a stronger connection to your ancestors can lead to increased power and understanding in life.

Natasha Helvin is an occultist, hereditary witch, and priestess in the Haitian Vodou tradition, as well as an avid scholar of other magical traditions. Raised in the Soviet Union, she learned the ancient Slavic secrets of magic and healing from her family and, as a child, often saw her grandmother and mother use magic in their everyday lives to help neighbors and friends. A professional rootworker and spiritual coach, she is the author of *Slavic Witchcraft* and *Russian Black Magic* and lives in the Pacific Northwest.



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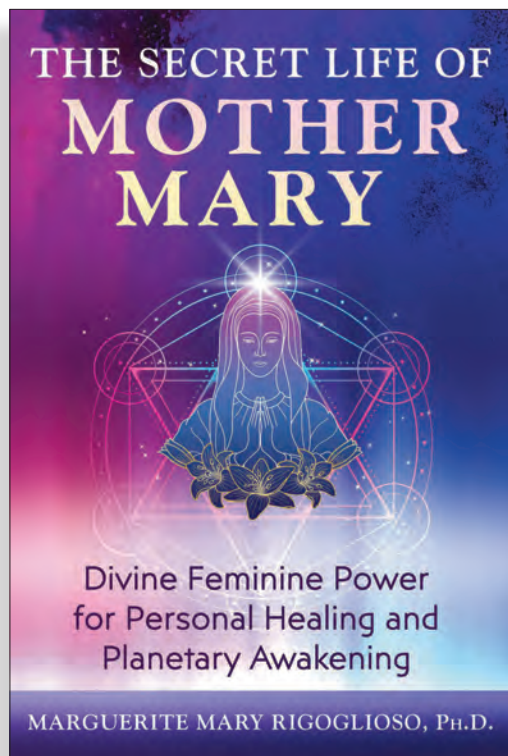
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Marguerite Mary Rigoglioso, Ph.D.

The Secret Life of Mother Mary

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MARGUERITE MARY RIGOGLIOSO, Ph.D.

A bold new vision of Mother Mary as a holy priestess and spiritual master

- Explores obscured periods of Mary's life, including her time as leader of the Christian community and as the spiritual teacher to Jesus and Mary Magdalene
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- Shows how nurturing a relationship with Mother Mary can provide healing, empowerment, and the development of your own womb powers

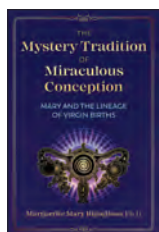
Many women have trouble with the image of the Virgin Mary, a young woman whose most esteemed quality has been celibacy. Yet, as Marguerite Mary Rigoglioso, Ph.D., reveals in inspiring depth, Mary was not just a docile maiden chosen by God to be the mother of Jesus. She was a great spiritual master in her own right: a sought-after healer and holy priestess who continued her public work long after Jesus's resurrection.

Examining apocryphal texts as well as revelations from respected contemporary seers, Rigoglioso presents a revolutionary new understanding of Mother Mary and shows how her wisdom can help those on the spiritual path. The author explores largely ignored periods of Mary's life, including her time as leader of the early Christian community and the supreme teacher to other spiritual teachers, including Jesus and his beloved companion, Mary Magdalene. She looks at Mother Mary's teachings of love, compassion, and inner power and reveals how it was her achievement of extraordinary yogic powers and womb abilities that enabled her to conceive Jesus in a non-biological way and resurrect his body. She also examines Mary's assumption into heaven and explains how her powers as a great spiritual master enabled her to transform into a goddess at the end of her time on earth.

Revealing the secret life of Mother Mary as a deeply revered community leader, miracle-worker, and advanced spiritual practitioner, Rigoglioso shows how nurturing a relationship with the world's most famous holy woman can provide healing, empowerment, and the development of your own womb powers.

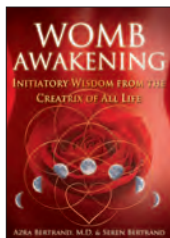
Marguerite Mary Rigoglioso, Ph.D., is the world's foremost authority on the history of virgin birth and has taught graduate and undergraduate courses in the United States and United Kingdom. The founding director of Seven Sisters Mystery School, she is the author of several books, including *The Mystery Tradition of Miraculous Conception*. She lives in western Massachusetts.

Also by Marguerite Mary Rigoglioso



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Marguerite Mary Rigoglioso, Ph.D.
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Savoring the Fullness of Life

KAMLA K. KAPUR

An inspiring guide to embracing your mortality and living a fulfilled life

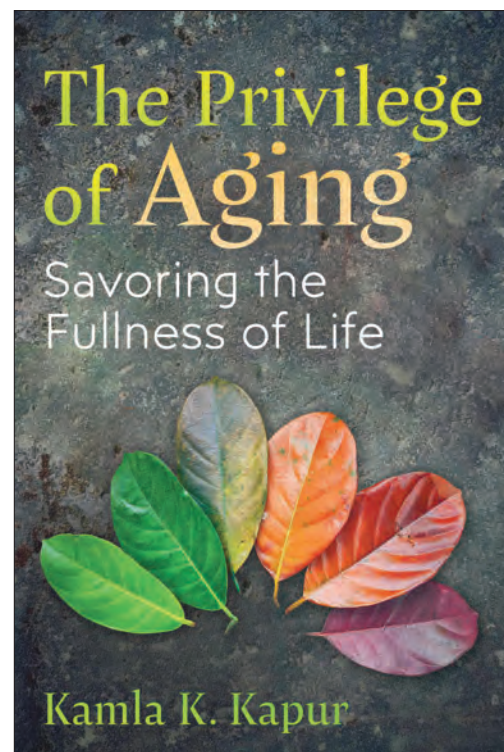
- Shares the author's inner adventure to face aging, illness, and death, along with hard-won wisdom on the art of resting, happiness, and letting go
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Presenting a clarion call to the aging to awaken before they die, Kamla K. Kapur explores how we can become warriors on the spiritual path in order to embrace and prepare for the truth of our mortality and the ultimate triumph of conscious living and dying.

Set in both California and India, Kapur shares her inner adventure to navigate the hazardous battlefield of aging with the aid of spiritual guides that pilot her to safety and offer hard-won wisdom on the art of resting, happiness, and letting go. Revealing the arc of her own self-discovery, she examines her own shadows, fears, anxieties, and regrets, decluttering her mind of disempowering thoughts and reframing and co-creating her reality with the powerful tool of unconditional self-love. Drawing on stories from all traditions, Kapur demonstrates the power of self-examination, vigilance, and intentionality to have a successful old age and offers strategies, tools, and ways of thinking to ensure mental, physical, and spiritual strength to meet aging's challenges and transform from the people we once were to the ones we are becoming on the penultimate stage of earthly life.

Encouraging readers to proceed on their own journeys of awakening, Kapur describes how to confront, express, and embrace your darkness, consciously and honestly, to move forward into the ever greater wholeness of being that incorporates our animal, human, and divine nature. She shows how to make the final course of an ardent, empowered, and courageous journey into God's heart, revealing how the privilege of aging is to fully experience this precious, painful life and to achieve vitality, satisfaction, and joy in the life we are fortunate to still have.

Kamla K. Kapur was born and raised in India and studied in the United States. An award-winning playwright, poet, and author, her writing has been featured in anthologies and journals such as *Parabola* and *The Sun*. A former literature professor at Grossmont College, she and her husband divide their time between the remote Indian Himalayas and San Diego, California.



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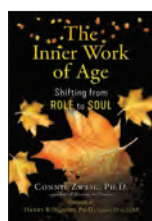
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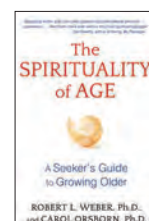
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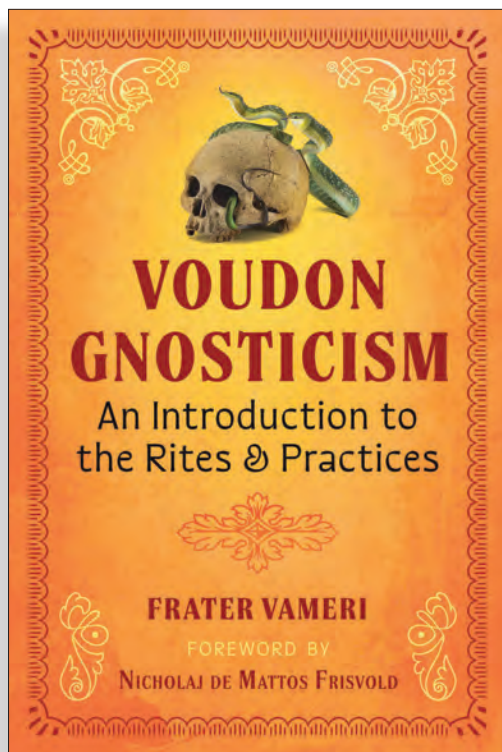
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Voudon Gnosticism

An Introduction to the Rites and Practices

FRATER VAMERI

Foreword by Nicholaj de Mattos Frisvold

[A comprehensive introduction to the Voudon Gnostic system of magic](#)

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- Explores the history of Voudon Gnosticism and significant teachers like Martinez de Pasqually, Lucien François Jean-Maine, and Michael Paul Bertiaux

The Voudon Gnostic system—a unique melding of Haitian Vodou with Gnosticism, Martinism, and other traditions—is one of the most creative and rich ways to explore magic. Providing a comprehensive introduction to this complex magical tradition, Frater Vameri explores its history and practices, initiating novices and more advanced readers into his own Vodounist world and the tradition's conceptions of life and death.

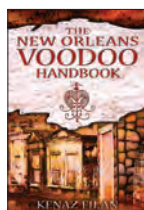
Vameri begins by exploring the founding and evolution of the system from its origins in Haiti to its séances in Chicago, including significant teachers such as Martinez de Pasqually, Lucien François Jean-Maine, Papus, and Michael Paul Bertiaux. He looks at Voudon Gnosticism's early connections with Caribbean Martinist colonies, the Black Templars, Paschal Beverly Randolph, the *Ordo Templi Orientis Antiqua*, and the Hermetic Brotherhood of Luxor. The author explains the difference between Voudon Gnosticism and Haitian Vodou while also exploring the strong connection between them.

The author explains how the *Lwas* of Voudon Gnosticism are the same spirits found in traditional Haitian Vodou, yet approached differently. He explores how to learn to speak with the *Lwas*, establish relationships with them, and profit from their revelations. He examines the Hoodoo system of the Voudon Gnosticism tradition and details how to build a Hoodoo altar as well as an *atua*, or spirit house, for adepts who have decided to establish enduring relationships with the spirits. The author also includes other magical techniques, such as practices to attune to the Voudon Gnostic current, methods for receiving spirit messages, and an exploration of how to use sexual Voudon energy.

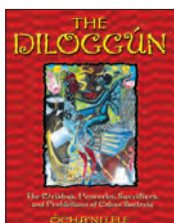
Presenting a practical guide to this unique system, Vameri not only enables you to understand the history and intricate mechanisms of Voudon Gnosticism, but also reveals how to build your own magical universe with the help of Les Vudu.

Frater Vameri (Eduardo Regis) is an initiate of the OTOA-LCN and the Golden Dawn, a houngan of Haitian Vodou, and a practitioner of Umbanda and Quimbanda, among other traditions. He is the author of the novel *A Sorte do Coveiro* and has written two books in Portuguese about Haitian Vodou. He lives in Rio de Janeiro, Brazil.

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The Silver Branch and the Otherworld

Forest Magic and Plant Allies

SEÁN PÁDRAIG O'DONOGHUE

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- Introduces thirteen important plant and fungi allies and provides simple practices for deepening your connections with wild plants and your ancestors

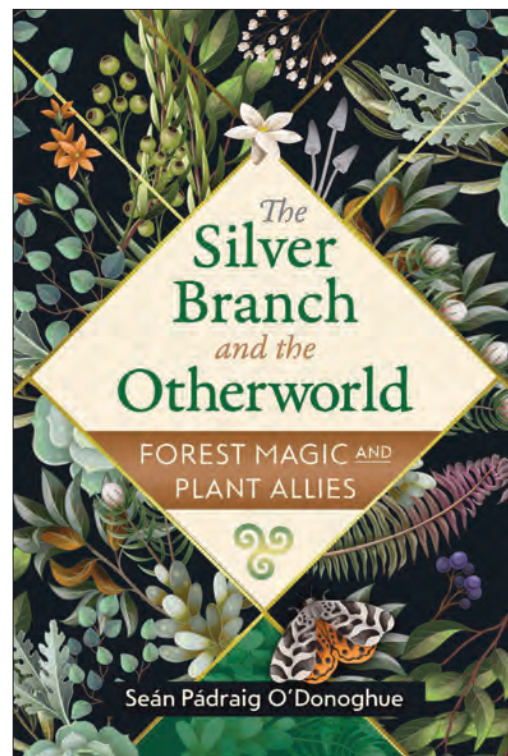
To our ancestors, the wild world around them was filled with meaning, guidance, and insight. They recognized the symbols hidden in Nature that represent invitations to connect with our wild kin, such as the Silver Branch of Irish legend. They understood that plants and fungi are living teachers who can become our allies in healing and magic. They knew that there is deep healing available when one lives in direct connection with the living world.

Braiding together insights from herbalism, ecology, neurobiology, psychology, Irish history, and magical tradition, Seán Pádraig O'Donoghue shows how we, too, can tap into the flow of communication from the wild world and our ancestral traditions to transform our lives, culture, and worlds. Introducing the seven principles of animist herbalism, he revitalizes the ancient Irish understanding of the “three cauldrons” of the body and shows how this framework can be applied to the practice of modern herbalism. He examines the importance of physical and spiritual nourishment, including the role of seasonal ritual in setting the rhythms of our lives. He shares ancient Irish stories, with precautions and protocols regarding the ethics of engaging the Otherworld and working with plant medicines, especially psychedelics.

O'Donoghue introduces thirteen of his closest plant and fungi allies, discussing what it means to develop a relationship with a plant and how to work with their medicines for healing and magic. He also provides simple practices for rooting in nature, navigating the wheel of the year, and deepening your connections with wild plants, as well as trees, water, and the ancestors.

Revealing the depths of healing and magic available through wild plants, O'Donoghue helps us to reconnect body and spirit with the living world around us.

Seán Pádraig O'Donoghue is a clinical herbalist, writer, and teacher who weaves together the insights of traditional Western herbalism and contemporary science. A columnist for *Plant Healer Magazine* and founder of the Otherworld Well Hedge School, he lives in western Maine.



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The UFO Paradox

The Celestial and Symbolic World of
Unidentified Aerial Phenomena

KEITH THOMPSON

Examines both the physical and the spiritual sides of the UFO debate

- Looks at witnesses' reports as well as the theories of skeptics, revealing how UFOs represent a call from the cosmos to expand our understanding of reality
- Explores UFO encounters against the backdrop of visionary experience—angelic visitations, near-death experiences, shamanic journeys, and religious miracles
- Shares the author's UFO discussions with late Harvard psychiatrist John Mack, philanthropist Laurance S. Rockefeller, and astronaut Edgar Mitchell

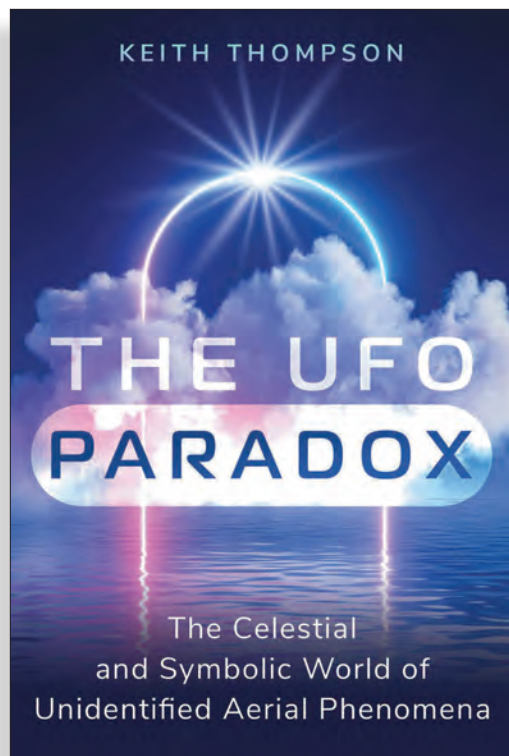
In case after case related to UFO encounters and other unknown aerial phenomena (UAP), the same impasse is reached: testimony from witnesses on one side, dismissive responses from the authorities on the other. In the fertile void of this deadlock, however, lie extraordinary possibilities—about the nature of mind and matter, spirit and soul, their plans for us—transforming the UFO into a celestial, metaphysical event.

Focusing on the possibilities found by exploring both sides of the UFO debate, veteran UFO observer and reporter Keith Thompson shares profound insights and experiences from his several decades of research, revealing that the UFO phenomenon is decidedly real, yet perhaps not what either side of the debate expects. He looks at UFOs as a genuine unknown, from outer space or manifesting from hidden dimensions, as well as the theories of skeptics and debunkers, who insist that UFOs can be explained as hoaxes, hallucinations, or misidentified phenomena. He explores the modern flying saucer era against the backdrop of visionary experience—angelic visitations, near-death experiences, shamanic journeys, religious miracles, and the Celtic fairy faith—and shows how UFOs are simultaneously physical and spiritual, presenting a form of intelligence capable of altering the perceptions of witnesses.

Chronicling his own investigations into the UFO mystery, the author details how he introduced the late Harvard psychiatrist John Mack to accounts of alien abduction and how he was invited by philanthropist Laurance S. Rockefeller to lobby then-president Bill Clinton to disclose government-held UFO information. Sharing stories from his friendship with astronaut Edgar D. Mitchell, the author recounts their discussions on how best to interpret UFOs and non-ordinary phenomena of various kinds.

Ultimately, Thompson reveals how the UFO phenomenon ultimately represents a call from the cosmos for humanity to open to greater dimensions of reality and recognize that our understanding of the universe is still far from complete.

Keith Thompson is an author, independent journalist, talk radio host, former TV talk show host, and former U.S. Senate staff member. His articles have appeared in the *New York Times*, *Esquire*, *San Francisco Chronicle*, *Idaho Statesman*, and the *Pacific Sun*. The author of *Angels and Aliens* and *Leaving the Left*, he lives in northern Florida.



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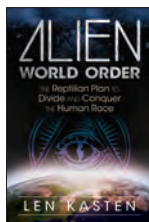
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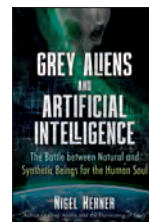
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The Geoengineered Transhuman

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

ELANA FREELAND

An exposure of the ongoing global shift to digital biology and transhumanism

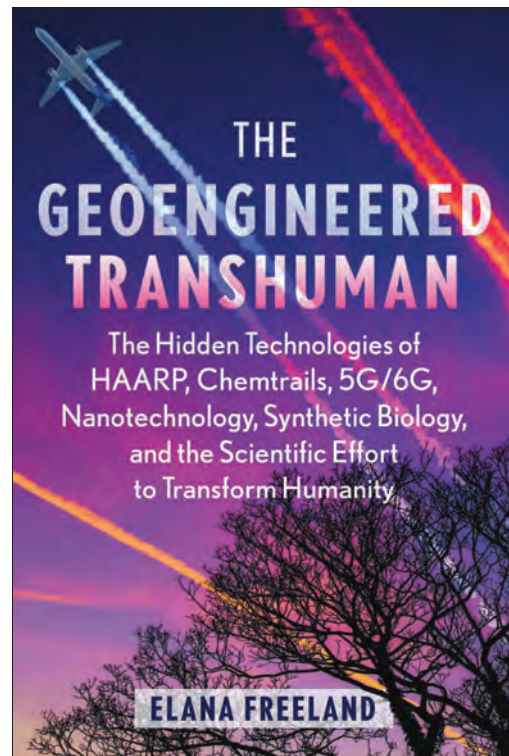
- Explores how chemicals and nanotechnology are being continuously delivered via chemtrail aerosols by jets, drones, and rockets in the guise of “climate change”
- Examines the public-private partnerships behind transhumanism, including Big Pharma, GMO agribusiness, DARPA/IARPA, corporations, and foundations
- Reveals the reality of the secret space program (SSP) and the planetary “smart grid” of 5G/6G, the Internet of Things (IoT), and artificial intelligence (AI)

What if the degradation of the planet is not just a byproduct of human greed but the explicit intention of government agencies bought off by corporations? What if their intent is to create a “post-human” global government run by AI, populated by a genetically and electromagnetically altered *Homo sapiens* loaded with nanotechnology and run by 5G/6G/7G transceivers from space?

Building on decades of research, Elana Freeland offers a comprehensive exposé of the transhumanist agenda—the transformation of humanity into a slave class by means of biotechnology, genetic engineering, molecular nanotechnology, and artificial intelligence. She reveals that weather control is already a global reality, thanks to the aerosol chemtrails that maintain the ionized atmosphere needed for a myriad of military and civilian wireless operations like weather modification, delivery of nanotechnology and synthetic biology (*synbio*) by jets, drones, and rockets, and pulses that alter human behavior, bodies, and brains. The air we breathe, the soil we grow our food in, and the water we drink have all been altered away from Nature and toward a synthetic “metaverse.” Meanwhile, Big Pharma injects nano-sized hardware and software *in vivo* that activate a transhumanist brain-computer interface with AI. The author also examines the public-private partnerships behind transhumanism, including Big Pharma, GMO agribusiness, DARPA/IARPA, corporations, and foundations, and reveals the reality of the secret space program (SSP) and the planetary “smart grid” of 5G/6G.

The eons-old global dream of power seems to be coming of age in this overwhelmingly technological era of domination by the wealthy. And yet by exposing the transhumanist agenda and studying the technology being employed to subjugate the human race, we have the opportunity to begin to find ways not just to resist becoming machines ourselves but also to become self-responsible creators who utilize our technologies not for power but for restoring a high civilization in service to the Good, the Beautiful, and the True.

Elana Freeland is a writer, teacher, and lecturer who researches classified issues such as geoengineering, MK-ULTRA, and invasive electromagnetic weapons. The author of several books, including *Under an Ionized Sky*, she lives in Olympia, Washington.



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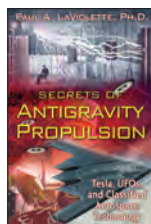
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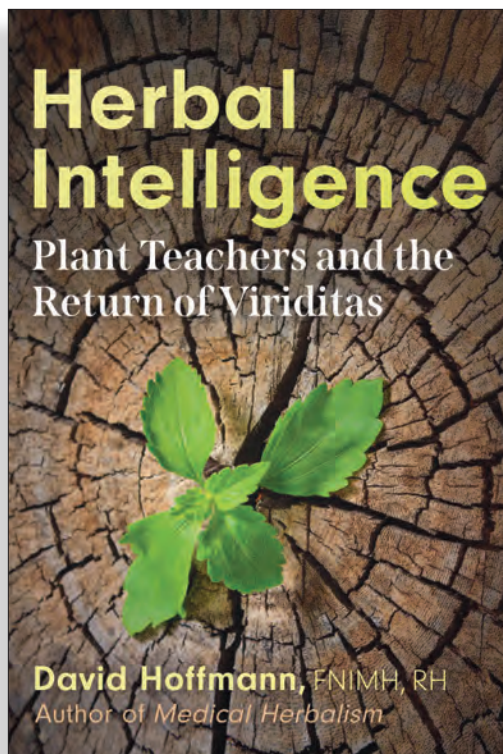
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Author

David Hoffmann, FNIMH, RH

Herbal Intelligence

Plant Teachers and the Return of Viriditas

DAVID HOFFMANN, FNIMH, RH

A guide to the cultural reawakening of modern herbalism

- Reveals how herbalism is a powerful way to participate in the green transformation underway in our culture
- Examines the radical and non-hierarchical roots of herbalism, the growth of spiritual awakening and social radicalism
- Looks at the most recent research in herbalism, revealing the exponential growth in peer-reviewed literature covering phytotherapy and other herbal-oriented healing modalities

Providing a comprehensive guide to the dynamic new landscape of modern herbalism, renowned medical herbalist David Hoffmann explores how ancient healing modalities are once again becoming prominent—just when the planet most needs them. Acknowledging the ecologically unsustainable course we are on as a species, Hoffmann reveals herbalism as a way to reconnect with the land and ourselves, a powerful way to participate in the earth-centered green transformation underway in our culture.

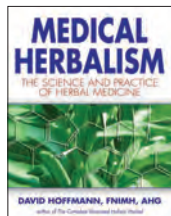
Using the concept of *viriditas*—the understanding of nature as divinely intelligent—Hoffmann explores modern herbalism in detail. He looks at the deep involvement of herbs and their constituents in ecology, revealing the universal role of plants in integration and homeostasis. He examines the concepts of biodiversity and chemodiversity, elaborating on the ecological role of human-herb interactions and co-evolutionary relationships between species. Presenting evidence of medicinal plant use by animals and early humans, he reviews herbalism from its ancient roots to the modern varieties in practice today, emphasizing how herbalism that developed outside of the dominant culture laid the foundations for the effective, simple techniques relevant for our modern world. He examines the radical and non-hierarchical roots of herbalism, considering the parallels between the field's development and the growth of spiritual awakening and social radicalism.

Exploring herbalism through the modern scientific lens, Hoffmann reveals the exponential growth in recent research and peer-reviewed literature on phytotherapy and herbs. He describes the problems inherent in herbalism's integration into the global marketplace, emphasizing that herbalism must stay rooted in the health of the people to avoid becoming commodified. He also offers a range of herbal approaches to support personal and cultural resilience during the crises humanity is facing.

Ultimately, Hoffmann says, a vibrant culture of herbalism can have critical implications for the future: in the face of ecosystem breakdown and myriad crises, earth-centered herbalism can serve as a crucial force for health and resilience.

David Hoffmann, FNIMH, RH (AHG), has been a clinical medical herbalist since 1979. A Fellow of Britain's National Institute of Medical Herbalists, he is one of the founding members of the American Herbalists Guild and the author of many books, including *Medical Herbalism*, *The Complete Illustrated Holistic Herbal*, and *The Herbal Handbook*. He lives in California.

Also by David Hoffmann

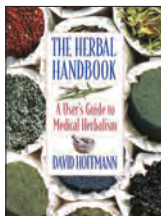


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The Way of Imagination

From Psychomagic to Psychotrance

ALEJANDRO JODOROWSKY

A detailed guide to the theory and power behind psychomagic

- Explains the theoretical basis behind psychomagic, Jodorowsky's shamanic healing technique
- Details the author's technique of "psychotrance" to access his subconscious mind to discover the most suitable psychomagic remedy
- Shares passionate correspondence between Jodorowsky and patients and admirers who have successfully used psychomagic methods for personal healing

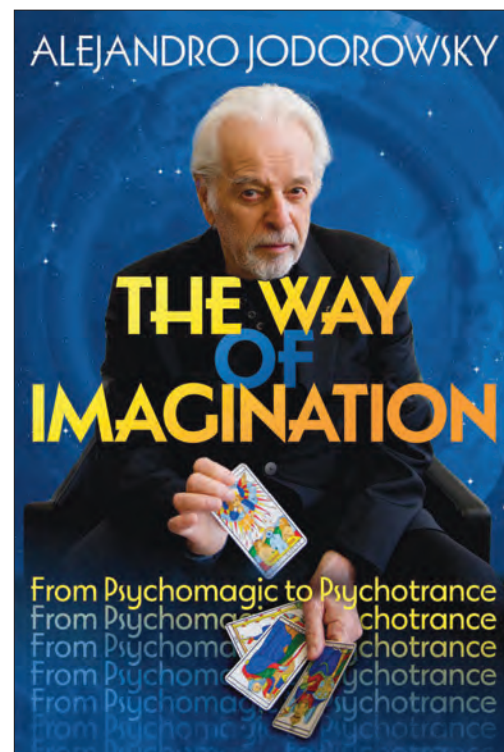
Through films, books, comics, and art spanning seven decades, legendary filmmaker Alejandro Jodorowsky has offered his singular surrealistic perspective on the fundamentally dreamlike nature of reality. This perspective also underlies his healing technique known as psychomagic, which uses the symbolism of the unconscious to understand and mend reality as if it were a dream.

In *The Way of Imagination*, the master offers a detailed exploration of the mechanisms by which psychomagic works to heal our most pressing emotional and spiritual wounds. He examines the development of this magical form of shamanic healing and its roots in the work of René Daumal, Éliphas Levi, filmmaker Luis Buñuel, psychoanalyst Erich Fromm, Mexican curanderas, and others. He describes the four maladies of the soul, the initial stages of psychomagic's development into a practice, and how he crafted the first psychomagic prescriptions to speak directly to the subconscious through the language of dreams. Above all, Jodorowsky explains, psychomagic is a therapy of action, rather than one of words.

Sharing passionate correspondence between himself and patients and admirers, the author demonstrates how people have successfully used psychomagic to make profound changes in their lives. He shares detailed accounts of how he uses Tarot readings to determine a diagnosis as well as how he uses a trance state—what he calls "psychotrance"—to access his subconscious mind to discover the most suitable psychomagic remedy.

Presenting a complete immersion in the techniques of psychotrance and psychomagic, this guide allows you to work with the dreamlike nature of reality and move forward on the path to healing.

Alejandro Jodorowsky is a filmmaker who made the legendary cult films *El Topo* and *The Holy Mountain*. His most recent film is 2019's *Psychomagic, a Healing Art*. He is the author of more than 20 books, including *Psychomagic*, *The Way of Tarot*, and *Metagenealogy*. He lives in Paris.



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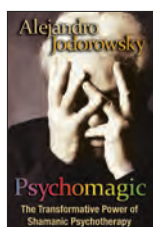
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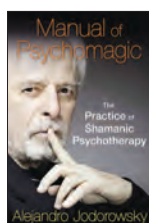


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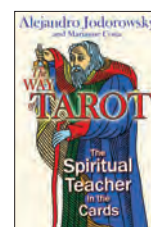
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The Tao of Cosmos

The Holographic Unity of Heaven, Earth, and Humankind

ZHEN G. MA, Ph.D.

Explores the interplay between ancient wisdom and modern cosmology

- Connects the philosophy of the I Ching with key recent advances in cosmology, such as the Big Bang theory, Penrose's cyclic cosmology, and Penrose and Hameroff's cosmic quantum brain model
- Explains the Taoist cosmology of Heaven-Humanity Oneness in the context of Teilhard de Chardin's evolutionism, Thomas Berry's cosmogenetic trinity, and Brain Swimme's 12 cosmological powers
- Examines the holographic unity of Heaven, Earth, and Humankind at microcosmic, mesocosmic, and macrocosmic scales

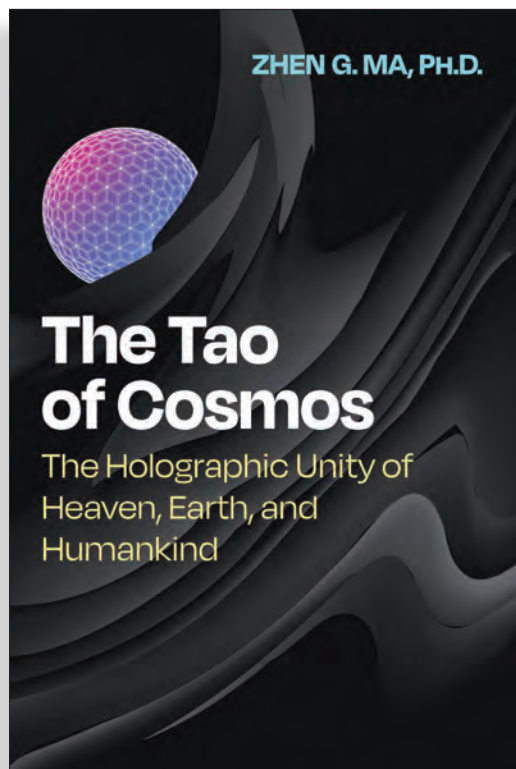
Is the universe inert and empty space, or is it some way responsive to consciousness? Breathing new life into a question that has perplexed philosophers since ancient times and scientists for the last century, physicist Zhen G. Ma, Ph.D., offers a quantitative "theory of everything" that beautifully integrates ancient I Ching philosophy, Eastern Taoism, modern cosmology, and the quantum brain dynamics of consciousness.

Sharing insights from his years of research on space physics and black-hole space-time at institutions in China, Canada, and the US, complemented by studies in quantum brain dynamics and cosmological powers with Brian Swimme at the California Institute of Integral Studies, Dr. Ma explains how his integrated theory draws primarily on two key paradigms in the philosophy of cosmology and consciousness: Swimme's cosmic creation story of the universe as a green dragon and Roger Penrose and Stuart Hameroff's cosmic consciousness playing an intrinsic role in the universe.

Extending these theories further, Dr. Ma shows how they harmonize not only with the ancient Eastern philosophy of Heaven-Humanity Oneness, but also with a holographic cosmic principle that connects the quantum-plasma brain with the universe and the Earth with Heaven. He then looks at this holographic unity in the cyclic process of birth, growth, decay, and death and shows how it resonates with Einstein-Friedmann's cosmological dynamics and Hawking-Penrose's quantum gravity model.

Demonstrating a quantitative paradigm of everything, Dr. Ma shows how humanity is inextricably and holistically blended into the cosmic fabric of the universe.

Zhen G. Ma, Ph.D., is a space and black-hole scientist who currently studies the intersection between astrophysics and consciousness. His ongoing research involves quantum-plasma mechanisms of consciousness and investigations into the stages of a dying brain. He was a former associate research professor at the National Astronomical Observatory and the National Space Center at the Chinese Academy of Sciences, Beijing; a NSERC visiting fellow at Canada Space Agency; and a senior research scientist at Embry-Riddle Aeronautical University in the United States for a NASA-JPL project. He is currently a visiting teaching professor at several Canadian universities. He lives in Longueuil, Quebec.



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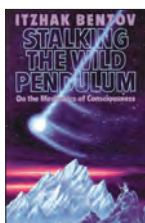
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Author

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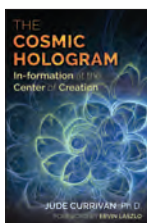
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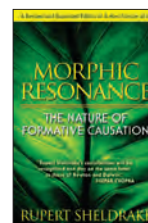
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Song of the Dark Man

Father of Witches, Lord of the Crossroads

DARRAGH MASON

Foreword by Peter Mark Adams, author of *The Game of Saturn*

A study into the enigmatic devil of folkloric witchcraft and his many forms

- Explains the Dark Man phenomenon through centuries-old folklore and mythology, testimony from British witch trials, and modern accounts
- Challenges the simplistic concept of the Devil as “evil,” explaining how encounters with this entity can reveal one’s life purpose and how the Dark Man can be an initiator into witchcraft
- Presents interviews with those who have witnessed the Dark Man firsthand, offering insights into how he can serve as a guide to a more positive life

From the forteen phantoms that terrorized Victorian England to the haunted crossroads of the Irish hinterlands, the Devil—also known as the Dark Man—has found countless novel ways to influence culture and bring us face to face with our fears. Tracing this enigmatic entity through the centuries via mythology, folklore, occult writings, and modern accounts, Darragh Mason shows how the Dark Man is more than just a myth: he is a real, vital presence in our world.

Drawing on Irish manuscripts dating back to the 12th century, testimony from 15th and 16th century Scottish witches, his own experiences, and interviews with contemporary witches and mystics, Mason builds the case for the “pattern” of the Dark Man phenomenon, showing what his presence can mean, what it’s like for those who experience him, and how his appearance serves as a calling to the path of witchcraft. In doing so, Mason challenges conventional understandings of the Dark Man as an “evil” presence, emphasizing his role in questioning authority and liberating individuals from the confines of strict social convention. He shows how the Dark Man’s presence serves as a potent illustrator of the battles between light and dark in Irish mythology, acting as an instructive figure on the nature of reality, the experience of individuation, and the return to the void through dissolution of duality.

But, Mason emphasizes, these stories of the Dark Man are not necessarily just folktales. Sharing a series of interviews with contemporary figures, including Orion Foxwood and Peter Grey, who speak of the nature of this spirit and their experiences with Him, the author illustrates how encounters with the Dark Man can challenge you to make changes—often painful ones—and how if you meet His challenges, you may be bestowed with mystical gifts and initiated into witchcraft. Ultimately, Mason shows how the Dark Man may be a liberating figure: if one faces Him and moves beyond the fear, He can open the door to a richer, more fulfilling, and more magical life.

Darragh Mason is a writer, witch, folklorist, and award-winning travel and documentary photographer. Mason hosts the award-nominated podcast “Spirit Box.” Best known for his work on the Aghori and Djinn, he lives in East Sussex, UK.



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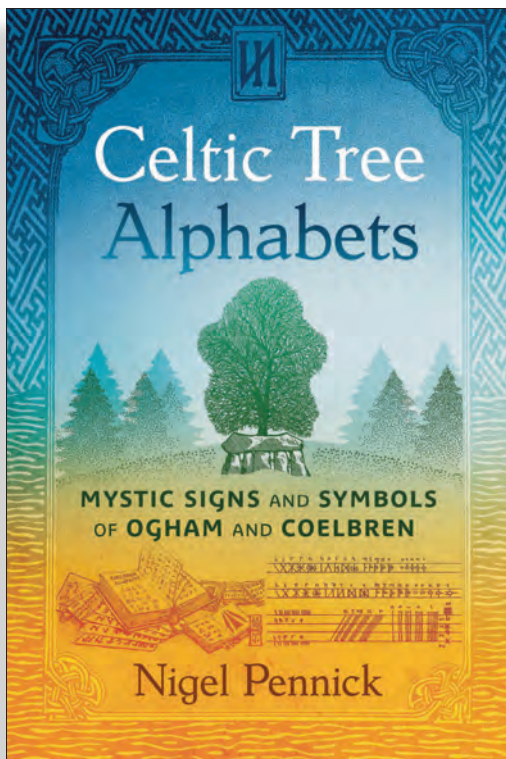
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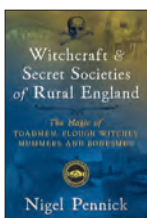
Emerging from the sacred forests of ancient Britain and Ireland, the Celtic tree alphabets known as Ogham and Coelbren are symbolic systems that encapsulate the ancestral spiritual wisdom of the British Isles, including Druidic teachings and ways of thinking. Like the trees of old growth forests, for which they are named, these ancient symbols represent the voices of elemental powers and speak to the inner, untamed part of the human soul, offering the possibility of deep psychic transformation.

Presenting a wide-ranging exploration of Celtic tree lore and tree alphabets, Nigel Pennick examines the Ogham tree alphabet of Ireland and west Britain as well as the Bardic secret alphabet of Wales known as Coelbren. He explains how ancient tradition maintains these symbols were a gift from the wilderness and were created by Ogma, the God of Speech and Poetry. He explains how, like Norse Runes, each Ogham character is a meditative symbol in its own right, embodying a creative energy available to all. He provides a full explanation for each character of the Celtic tree alphabets and their historic variants, including each symbol's corresponding trees, colors, birds, cryptic codes, and esoteric inner meanings. He details the correspondences and cosmologies contained within the Oghams and Coelbren and explores the practice of Ogham cryptography as well as their use in spiritual invocation, divination, and symbolic art. He also discusses ceremonies that aid in reconnecting with nature and the wilderness, such as "maying" and greenwood marriages, and the use of magical binding knots and colors in Celtic tradition.

This handbook for learning Ogham and Coelbren also offers a comprehensive understanding of the ancient Celtic worldview, allowing you to apply their wisdom in modern 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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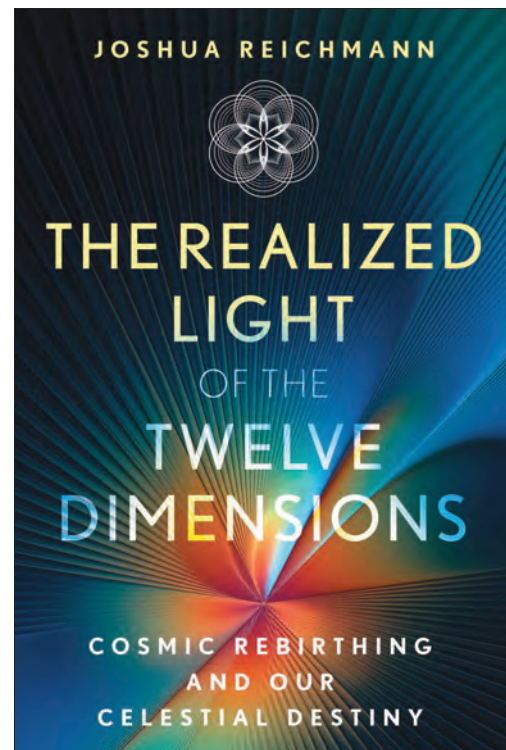
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Joshua Reichmann is an Akashic reader, Pleiadian channel, contemplative therapist, and multidisciplinary artist. He has practiced and taught traditional Tibetan Buddhism, holographic recapitulation, psychic integration, and healing at temples, spiritual centers, and group retreats for more than 10 years. He lives in Costa Rica.



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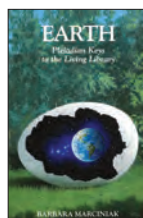
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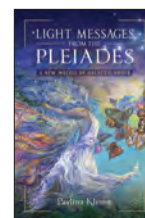
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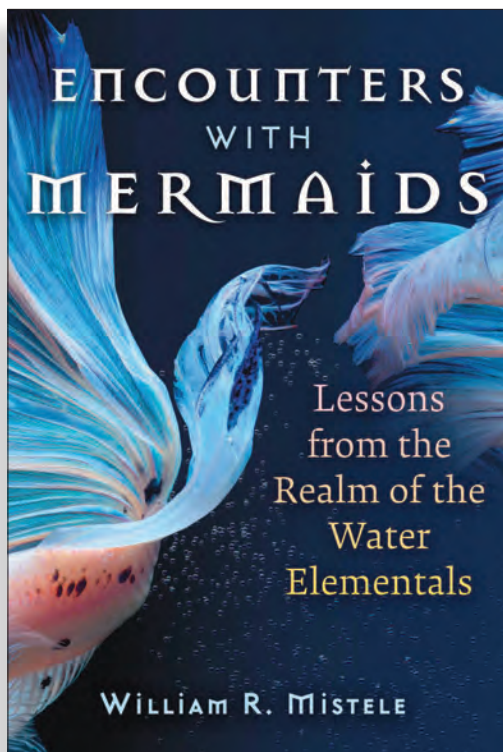
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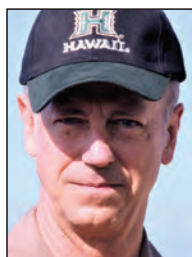
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Speaking through the author, the mermaids reveal that the oceans of the earth are the outer expression of an inner kingdom of love. Personifying this magical love intertwined with profound empathy and compassion, mermaids are able to contain within themselves the soul of any being so as to shelter, inspire, and transform. The mermaids reveal how their abilities are latent in us all and crucial to humanity's spiritual growth and survival, especially empathy, harmony with nature, and a cooperative rather than combative relationship with the world.

Sharing elemental exercises and attunements, the author shows how we each can awaken mermaid intuitive and empathic abilities and develop an inner connection to rivers, lakes, and oceans as well as the inexhaustible love of the mermaid kingdom. When we experience this love, we will no longer perceive nature as external to ourselves. Rather, like these magical beings of water, we will feel united with nature from the core of our being.

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. The author of *The Hermetic Tree of Life*, he lives in Honolulu, Hawaii.

Also by William R. Mistele

**The Hermetic Tree of Life**

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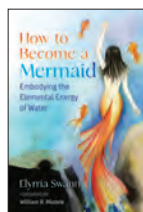
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Las runas nórdicas es un sistema mágico potente que tiene profundas resonancias dentro del mundo nórdico pagano de diosas y dioses, gigantes, enanos, guerreros y magos, que ha influido en el trabajo de J. R. R. Tolkien, entre otros. Runas nórdicas es una guía práctica sobre este antiguo oráculo que aborda tres áreas principales: su tradición, la historia de este oráculo nórdico de 2.000 años de antigüedad; sus pentagramas, el significado de cada runa y sus poderosas lecciones mitológicas, mágicas y prácticas para la vida diaria; y su tirada, una guía completa y contemporánea para la aplicación de este antiguo sistema de adivinación. Como muestra este libro, las runas ayudan a desarrollar y mejorar nuestra intuición. Mientras el lector aprende a lanzar e interpretar las runas, se volverá receptivo a las corrientes de energía en la realidad material y se fortalecerá en las artes de su transformación.

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- Revela cómo algunas de las personas más exitosas del mundo pueden ser etiquetadas como cazadores con TDAH, incluidos Benjamin Franklin, Thomas Edison y Andrew Carnegie

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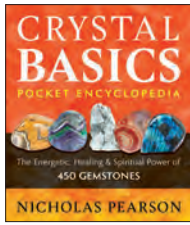
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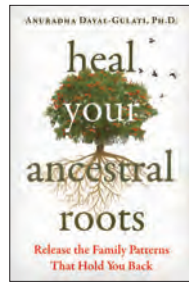
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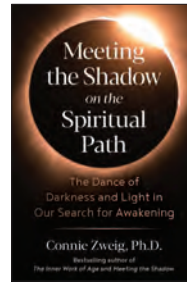
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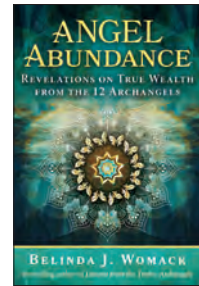
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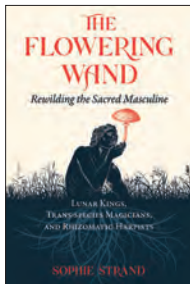
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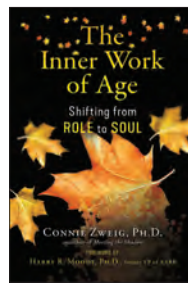
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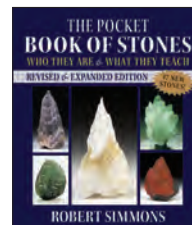
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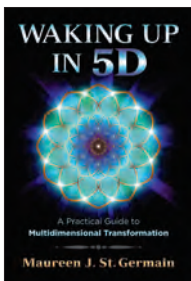
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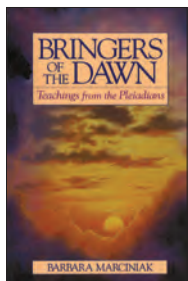
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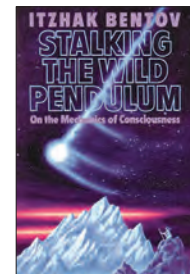
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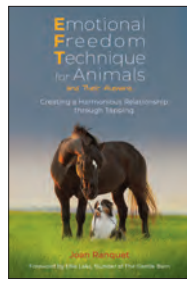
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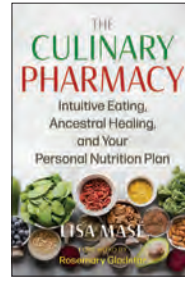
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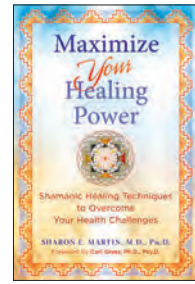
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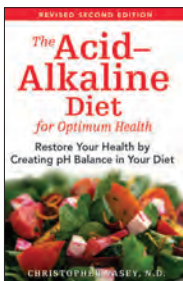
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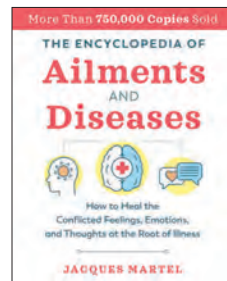
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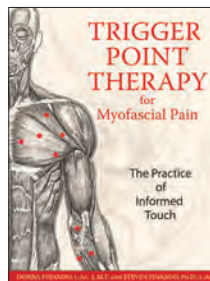
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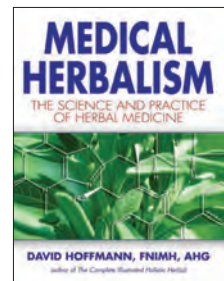
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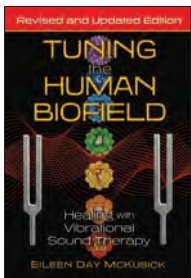
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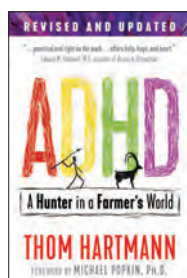
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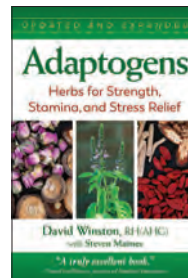
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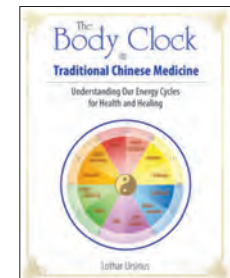
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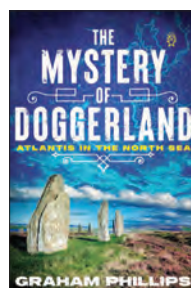
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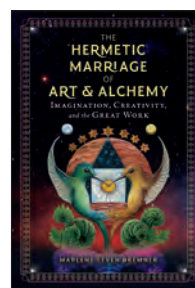
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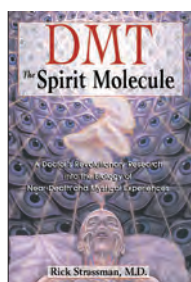
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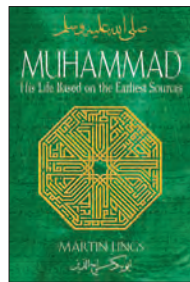
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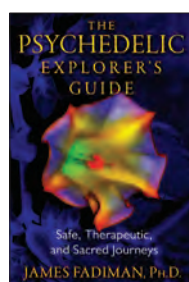
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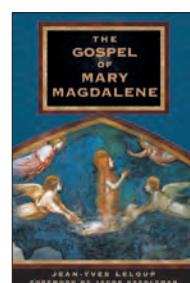
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