

NEW TITLES & BESTSELLERS

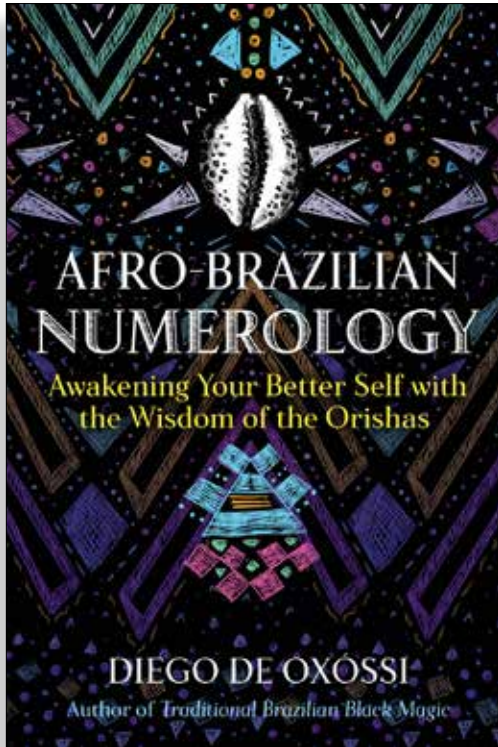
Fall • Winter 2022



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September 2022

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Rights: World English

Divination/Numerology



PHOTO: SANDRO CAJÉ

Author
Diego de Oxóssi

Afro-Brazilian Numerology

Awakening Your Better Self with the Wisdom of the Orishas

DIEGO DE OXÓSSI

A complete guide to working with the Birth Odus of your Orishas Birth Chart

- Offers step-by-step instructions to calculate your Birth Odus and cast your full Orishas Birth Chart
- Presents detailed interpretations of each of the 16 Birth Odus, showing how their energies manifest in an individual's personality, relationships, financial status, and general approach to life
- Shares self-transformation techniques to help you improve the positive qualities of your chart while embracing, integrating, and neutralizing negative energies and tendencies

Much like the celestial influences revealed by a natal astrology chart or the numerology of your birth date, African spiritual traditions believe that every person has specific personal energies ruling how we relate to each other and the way we foresee and achieve life goals. Called the Birth Odus, these inner energies influence your choices and decisions throughout life, defining and differentiating you from everyone else—and revealing the best ways to maximize your potential and meet the challenges you face.

Offering a complete guide to discovering, interpreting, and working with your Birth Odus, Diego de Oxóssi details step by step how to calculate your Birth Odus and cast your full Orishas Birth Chart. He explains the Afro-Brazilian concept of numerology and its relationship with the 16 Odus and their related Orishas, the deities of the Afro-Brazilian spiritual tradition. He explores how to determine the influences in the six major houses and the four minor houses of your Orishas Birth Chart, including those related to personality and identity, career and success, relationships and love, and challenges and personal evolution.

Presenting case studies from his practice, the author offers detailed interpretations of each of the 16 Birth Odus, showing how their energies manifest in an individual's life. He looks at the positive and negative aspects of each Odu, including how the negative aspects represent the shadow forces that one has to overcome to succeed in life. He offers self-transformation techniques to help you improve the positive qualities of your chart while embracing, integrating, and neutralizing the negative energies and tendencies.

Revealing how to better know yourself and understand the spiritual dynamics behind your choices and behaviors, this guide shows you how to work with the energies of the Odus and the strength of the Orishas to improve your communication and relationship skills, overcome life's challenges, and ensure success and happiness on your life's path.

Diego de Oxóssi is a Chief of Kimbanda and Orishas Priest. For more than 20 years he has been researching and presenting courses, lectures, and workshops on pagan and African-Brazilian religions. He writes a weekly column at CoreSpirit.com and is the publisher at Arole Cultural. The author of *Traditional Brazilian Black Magic*, he lives in São Paulo, Brazil.

Also by Diego de Oxóssi



Traditional Brazilian Black Magic

Diego de Oxóssi

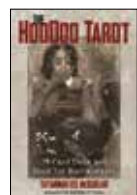
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August 2021 release

Of Related Interest



The Hoodoo Tarot

Tayannah Lee McQuillar

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The New Orleans Voodoo Tarot

Louis Martinié and

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The Female Archangels Oracle

A 44-Card Empowerment Deck and Guidebook

CALISTA

Illustrated by Marie-Joe Fourzali

An evolutionary oracle inspired by the Divine Feminine Archangels

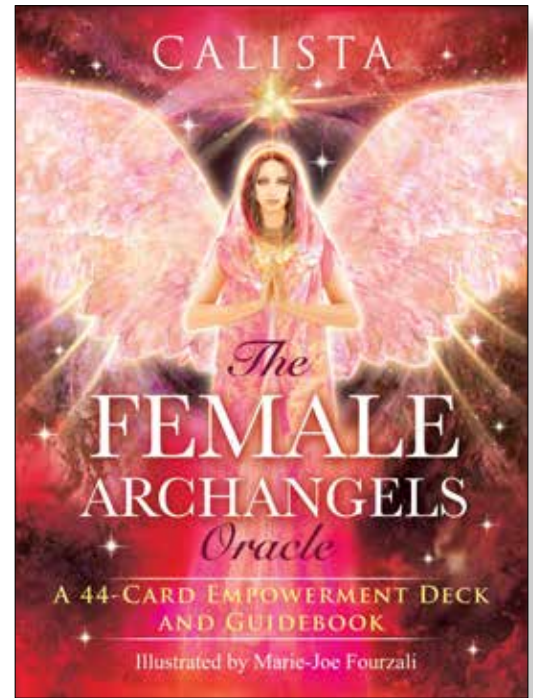
- The first oracle to introduce the female Archangels, why they are with us, and how to partner with them to heal and empower every area of your life
- The accompanying guidebook introduces the Archangel or symbol of each card, along with an angel message, a blessing, an expanded card meaning, a reverse card meaning, and an exercise to integrate the angels' energies into your life
- Explores how to use the cards for high-vibration healing, awakening your angelic origin, becoming an "Angel-in-Training," or journeying with any of 34 Archangels

The first oracle to focus on the female Archangels, this deck and book set includes 44 full-color cards to help you partner with the Archeiai, the female twins to the male Archangels. The stunning illustrations intimately transmit the unique frequencies of each Archangel and are embedded with vibrational keys of angelic energy, sacred geometry, crystalline Light-codes, and alchemical fires, bringing the angels to life and creating a direct bridge into their consciousness. The deck includes 17 female Archangel cards, 17 male Archangel cards, and 10 cards with universal, powerful symbols.

In the accompanying guidebook award-winning angel author Calista explores who the Archeiai are, why they have come now, how they work in cooperation with their male counterparts, and how they can help us. She introduces the Archangel or symbol of each card, along with an angel message, a blessing, an expanded card meaning to aid interpretation, a reverse card meaning that serves as a divine wake-up call, and a "Rise Like an Angel" experience to integrate the angels' energies into your everyday life. She details how to use the cards in connection with her high-vibration Angel Healing system and shares practices to help you embody the virtues of each Archangel and integrate their angelic frequencies, practices such as healing techniques, guided journeys, creative exercises, energetic attunements, and angel rituals. The guidebook also includes a download link for a free attunement audio track from Calista.

Offering a hands-on tool to connect with the female Archangels and take you beyond divination into divine knowing, this oracle will help you accelerate your path of Ascension, manifest your dreams, heal your heart, and fill it with Love.

Calista is an award-winning author, speaker, and pioneer of spiritual Ascension. As a former cancer research scientist, she blends the seen and unseen realms into her certified modalities, Angel Healing and Unicorn Healing, which are taught worldwide. The author of several books, including *The Female Archangels*, Calista lives in Perthshire, Scotland.



September 2022

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Essential Oils for Dental Health

A Holistic Guide to Oral Care and Treatment

KARIN OPITZ-KREHER and JUTTA SCHREIBER, D.M.D.

An experienced holistic dentist and aromatherapy practitioner detail how to use essential oils to support the health of your mouth and teeth

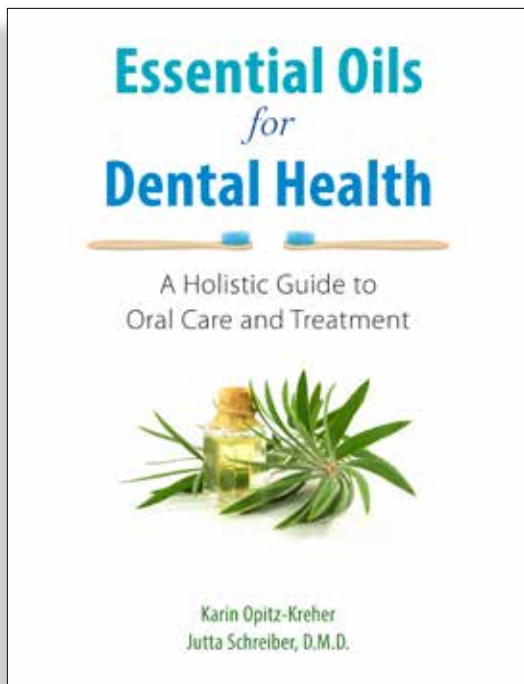
- Explores the benefits of and best methods of use for well-known dental care oils such as peppermint, tea-tree, and clove as well as the lesser known oral benefits of oils like cinnamon, manuka, and oregano
- Offers many simple practical techniques to easily incorporate essential oils into your daily oral care routine
- Includes recommended oil mixtures targeted to alleviate specific dental and oral ailments, such as periodontitis, oral herpes, ulcers, teething, dry mouth, bad breath, teeth grinding, and toothache

In this comprehensive guide to holistic dental self-care, authors Karin Opitz-Kreher and Jutta Schreiber, D.M.D., detail how essential oils offer many effective and natural ways to support our oral health. They explain how daily use of essential oils in our oral care routine supports the alkaline-acid balance inside the mouth, which is a basic prerequisite for healthy teeth, good breath, and preventing infections. The authors explore the most important essential oils and their multiple benefits for oral health. Different techniques for safe internal and external use are presented, including oil pulling, diluting essential oils in a carrier oil, trigger point and reflexology massage, and diffusion in an aroma lamp. Readers learn about the importance of quality and what to check before buying essential oils.

Dr. Schreiber also addresses some of the issues she has encountered in her more than 30 years of holistic dental practice, such as the links between dental health and diabetes or rheumatism. The authors include recommended oil mixtures targeted to alleviate specific dental and oral ailments, such as periodontitis, oral herpes, ulcers, bad breath, teeth grinding, and toothache. They also explore how to use essential oils to handle anxiety and nervousness about dentist visits and relax during treatment.

A collaboration between an experienced dentist and an essential oil wellness practitioner, this guide focuses their expert knowledge to help you prevent and treat dental and oral ailments in a holistic yet easy and enjoyable way.

Karin Opitz-Kreher runs her own wellness practice specializing in stress reduction and harmonization. Trained in Aura-Soma, Aura-Soma Bodywork, and foot reflexology, since 2013 she also incorporates traditional knowledge of essential oils in her practice and teaches about them in workshops. **Jutta Schreiber, D.M.D.**, has been working as a dentist with a holistic, naturopathic focus in her own practice for more than 30 years. The use of essential oils form an integral part of her daily work with her dental patients. Both authors live in Germany.



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ISBN 978-1-64411-578-7
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128 page, 5¼ x 7½
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Essential Oils/Holistic Health

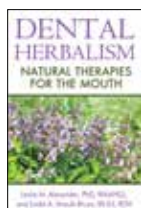


Author
Karin Opitz-Kreher

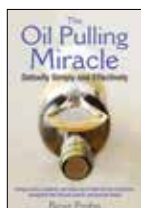


Author
Jutta Schreiber, D.M.D.

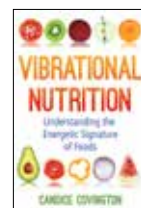
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The Power of Switchwords

67 Words to Reprogram Your Life

FRANZISKA KRATTINGER

A simple guide to using power words to change your reality

- Presents 67 switchwords and explores how to use them for manifesting goals
- Explains how switchwords work from a subconscious level to influence reality
- Explores how switchwords can be combined and shares a few special switchword combinations for specific situations and goals

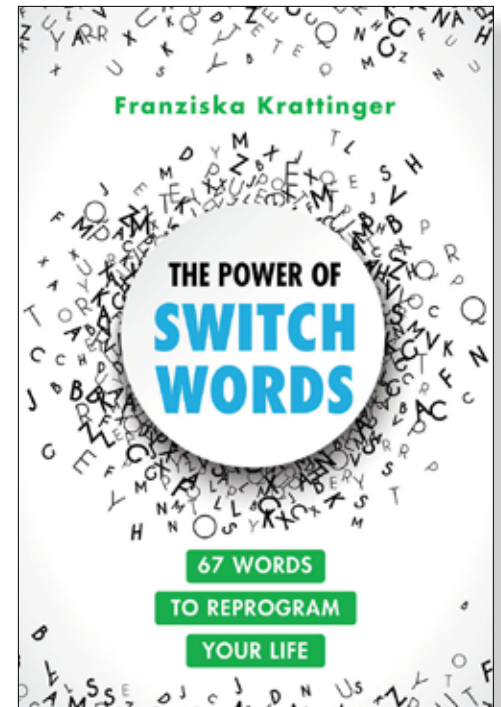
The power of language goes beyond the meaning of words. The words we use influence our subconscious and send ripples through the energy field around us. Certain words, called “switchwords,” have a stronger influence on our subconscious and energy fields. By using them intentionally, you can harness the power of the Law of Attraction to reprogram your reality and manifest your desires.

In this practical guide to 67 powerful switchwords, Franziska Krattinger explains how a single word or combination of words repeated several times either aloud, whispered, or spoken inwardly can be used to change our subconscious mind, the first step toward outer change and reprogramming ourselves and our reality. Describing the underlying cosmic rules behind the power of switchwords, she provides techniques for using these words and explains the multitude of energy shifts they can achieve in your life and how.

For each of the 67 switchwords presented in this guide, the author explains the specific situations they can help solve and the energy shifts they can bring into reality. For each word she recommends a special number of repetitions, sometimes with a certain rhythm, as well as word combinations for specific goals and tips and tricks to succeed. For example, the switchword “achieving” will help you activate your hidden skills. By combining “achieving” with other switchwords, such as “achieving life goal,” “achieving ability to love,” or “achieving partnership,” the energy is targeted to a certain purpose. The author also encourages you to be creative and experiment with different switchword combinations tailored to your own desires.

Offering an easy-to-use guide to harnessing the power of language, Krattinger shows how each of us can use words to change our reality and reprogram ourselves for health, happiness, and prosperity.

Franziska Krattinger, who died in 2013, was a Swiss author and life coach who had the ability to see the auras of people and animals. For more than 20 years she gave seminars on consciousness development and successfully used her abilities to counsel people in many professions.



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Self-Help

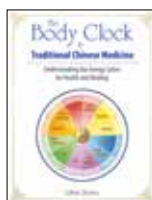


Author
Franziska Krattinger

Of Related Interest



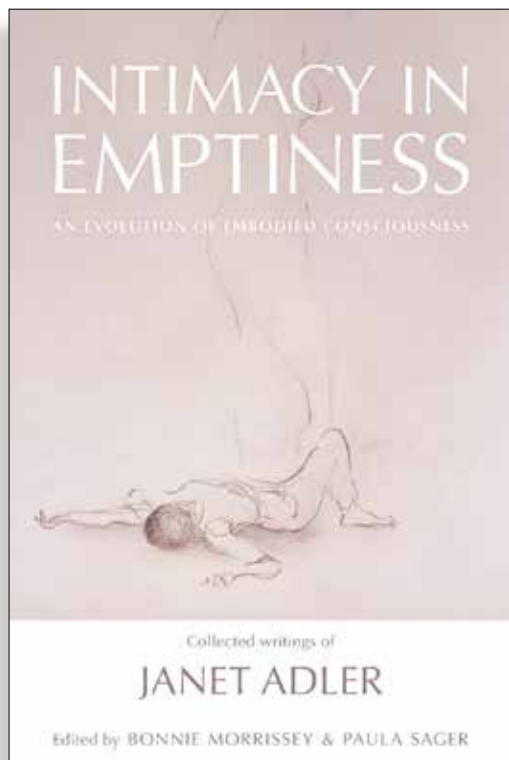
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Royce Christyn
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Intimacy in Emptiness

An Evolution of Embodied Consciousness

COLLECTED WRITINGS OF JANET ADLER

Edited by Bonnie Morrissey and Paula Sager

A profound inside experience of the transformative potential of the Discipline of Authentic Movement

- Offers insights from the author's 50-year study of the inner witness developing toward compassionate presence, intuitive knowing, and direct experience of the divine
- Illuminates how commitment to this mystical practice supports participation in evolving consciousness within groups, grounded in personal healing

The Discipline of Authentic Movement, grounded in the relationship between a mover and a witness, connects us directly with the inner wisdom of the body. In the emptiness of the movement space, a mover's inner experience—feelings, sensations, images, and thoughts—become outer, unchoreographed gestures. Seen by their inner witness in the presence of an outer witness, the mover steps into the intimate mystery of who they are becoming.

Sharing vivid examples taken from founder of the Discipline of Authentic Movement Janet Adler's 50-year teaching practice, *Intimacy in Emptiness* brings her essential writings, including new and previously unpublished work, to a wider audience, guiding readers through the multiple layers of this experiential and innovative approach to embodied consciousness. Her writings illuminate the path of the developing inner witness, transforming toward compassionate presence, conscious speech, and intuitive knowing. This contemporary mystical practice, a breakthrough in the field of consciousness studies, includes personal healing as an essential base from which direct experience of the numinous can safely emerge, be witnessed, and become integrated into the fullness of the whole person. The emergence of the unique gesture and voice of each individual develops toward participation in consciously embodied groups. A new form of intelligence moves through collective bodies in service of healing in our world.

Janet Adler is the founder of the Discipline of Authentic Movement. She has been teaching and exploring emergent movement in the presence of a witness since 1969. Her archives are housed at the New York Public Library for the Performing Arts. The author of *Arching Backward* and *Offering from the Conscious Body*, she lives in the Hudson Valley of New York. **Bonnie Morrissey** is a licensed clinical psychologist, a poet, and a teacher of the Discipline of Authentic Movement. She lives in Colchester, Vermont. **Paula Sager** is a teacher of embodied and contemplative practices, a writer, and founder of Three Stone Studio where she teaches the Discipline of Authentic Movement. She lives in Tiverton, Rhode Island. Janet, Bonnie, and Paula are faculty members of Circles of Four.



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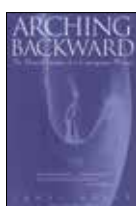
Rights: World

Spirituality/Dance Movement



Author
Janet Adler

Also by Janet Adler



Arching Backward

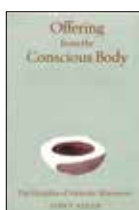
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Offering from the Conscious Body

Janet Adler

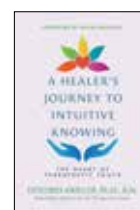
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A Healer's Journey to

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Dolores Krieger, Ph.D., R.N.

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July 2021 release

Healing Sounds

The Power of Harmonics

JONATHAN GOLDMAN

New edition of the classic guidebook on sound healing

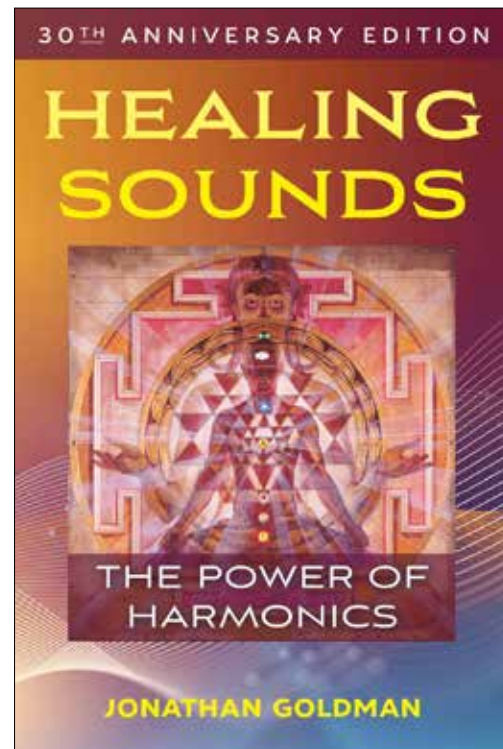
- Presents a step-by-step process of vibrational activation using sacred and healing sounds and explains in detail how to perform vocal harmonics to transform and heal
- Shares many easy-to-follow sound healing exercises, such as “Vowels as Mantras” for chakra chanting and “Overtoneing,” a powerful sound healing technique
- Offers more than 100 minutes of exclusive audio downloads featuring recordings of sound healing exercises, guided meditations, and sonic excerpts to help you experience and embody the power of harmonics

In this 30th anniversary edition of the classic guidebook on sound healing, internationally recognized master teacher Jonathan Goldman presents a step-by-step process of vibrational activation using sacred and healing sounds.

Sharing many easy-to-follow sound healing exercises, such as “Vowels as Mantras” and “Overtoneing,” Goldman explains in detail how to perform vocal harmonics—a form of overtone chanting—and experience their transformative and healing powers. He shows how harmonics can be used as sonic yoga for meditation and deep relaxation as well as to enhance energy and resonate the chakras, the energy centers of the body. Exploring the vibrational principles that underlie the framework of the universe, including frequency and resonance, Goldman explains how harmonics represent the colors of sound and affect us on all levels, bridging body, mind, and spirit. He provides diverse examples from sound healing systems incorporating both mystical and scientific traditions—from Tibetan monks’ use of tantric harmonics to Dr. Alfred Tomatis’ use of Gregorian chanting, from Pythagoras and sacred geometry to Kabbalistic God Names and neuro-resonance. He explores mantra and chakra chanting, sacred vowels, vocal toning, conscious listening, cymatics, sonic shamanism, magical incantations, and many other vibrational and sound healing techniques.

Providing the basis for how and why sound can heal and transform, this new 30th anniversary edition of *Healing Sounds* also offers more than 100 minutes of exclusive audio downloads featuring recordings of sound healing exercises, guided meditations, and sonic excerpts to help you experience and embody the power of harmonics.

Jonathan Goldman, M.A., is an award-winning musician, composer, writer, teacher, and chant master. An international authority and founding pioneer in the field of sound healing, he is the author of several books, including *The Humming Effect*, and the founder and director of the Sound Healers Association. He lives in Boulder, Colorado.



September 2022

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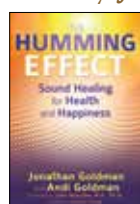
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Author
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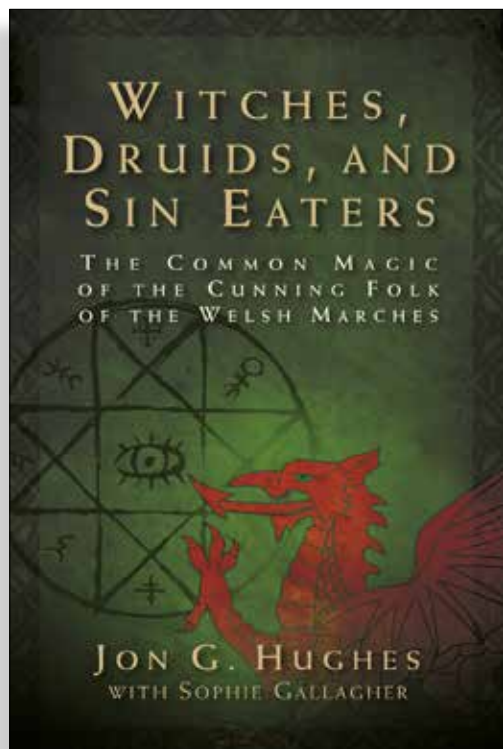


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Of Related Interest



Vibrational Sound Healing
Erica Longdon
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Witches, Druids, and Sin Eaters

The Common Magic of the Cunning Folk of the Welsh Marches

JON G. HUGHES with SOPHIE GALLAGHER

A guide to ancient beliefs including instructions for magic and spellcasting

- Describes the arcane rituals, ancient beliefs, and secret rites of the Welsh Marches, including those of the Sin Eaters, Eye Biters, and Spirit Hunters
- Shares extracts from ancient texts stored in the archives of the National Museum of Wales, along with many original photographs of related artifacts
- Includes a Grimoire of the Welsh Marches, a wide collection of spells and magical workings along with practical instruction on crafting and casting

In this collaboration between a Druid and a Witchcraft researcher, Jon G. Hughes and Sophie Gallagher describe in intricate detail the arcane rituals, ancient beliefs, and secret rites of the Welsh Marches, the borderlands between Celtic Wales and Anglo-Saxon England—one of the oldest and most significant locations for early Witchcraft and a lasting repository for ancient Druidic lore. The authors explore the repressed rituals and practices of Sin Eaters, those who take upon themselves the sins of a recently deceased person; Eye Biters, powerful witches able to cast malevolent curses simply by looking at their victims; and Spirit Hunters, witches who gain control of their victim's spirit. Drawing on their personal access to the archives of the National Museum of Wales, as well as the local museums found within the Welsh Marches, the authors share extracts from ancient texts, along with original photographs of related artifacts, such as charm and spell bottles used to ward off evil and “poppets,” wax effigies crafted by Witches to inflict pain and death on a targeted subject. In the second half of the book, the authors present a Grimoire of the Welsh Marches, a wide collection of spells and magical workings along with practical instruction on crafting and casting.

Offering a comprehensive look at the earth-based beliefs and practices of primal Witchcraft and Druidic lore, the authors show not only how the traditions of the Welsh Marches had a profound influence on the cultural and spiritual history of the British Isles, but how their influence was exported to all corners of the world.

Jon G. Hughes is part of a lineage of Druids that has been practicing for five generations in a remote area of Wales. The director of the Irish Centre for Druidic Practices and the author of several books, including *The Druidic Art of Divination*, he teaches workshops throughout Europe. He lives in Killarney, County Kerry, Ireland. **Sophie Gallagher** is a Witchcraft researcher steeped in the ways of the ancient witches of the Welsh Marches. Raised in rural Wales, in the very center of the Welsh Marches, she now lives in Devon, England, close to the ancient moors of Dartmoor.



September 2022

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Author
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The Healing Practices of the Knights Templar and Hospitaller

Jon G. Hughes

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The Druidic Art of Divination

Jon G. Hughes

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A Druid's Handbook to the Spiritual Power of Plants

Jon G. Hughes

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The Occult in National Socialism

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

STEPHEN E. FLOWERS, Ph.D.

A critical history of the roots of Nazi occultism and its continuing influence

- Explores the occult influences on various Nazi figures, including Adolf Hitler, Albert Speer, Rudolf Hess, Alfred Rosenberg, and Heinrich Himmler
- Examines the foundations of the movement laid in the 19th century and continuing in the early 20th century
- Explains the rites and runology of National Socialism, the occult dimensions of Nazi science, and how many of the sensationalist descriptions of Nazi “Satanic” practices were initiated by Church propaganda after the war

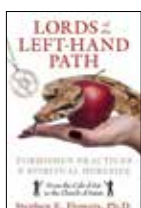
In this comprehensive examination of Nazi occultism, Stephen E. Flowers, Ph.D., offers a critical history and analysis of the occult and esoteric streams of thought active in the Third Reich and the new flowerings of occult Nazism at work in movements today.

Sharing the culmination of five decades of research into primary and secondary documents, many in the original German, Flowers looks at the symbolic, occult, scientific, and magical traditions that became the foundations from which the Nazi movement would grow. He details the influences of Theosophy, Volkism, and the work of the Brothers Grimm, as well as the impact of scientific culture of the time. Looking at the early 20th century, he describes the impact of Guido von List, Lanz von Liebenfels, Rudolf von Sebottendorf, Friedrich Hielscher, and others.

Examining the period after the Nazi Party was established in 1919, and more especially after it took power in 1933, Flowers explores the occult influences on various Nazi figures, including Adolf Hitler, Albert Speer, Rudolf Hess, and Heinrich Himmler. He analyzes Hitler’s usually missed references to magical techniques from *Mein Kampf*, revealing his adoption of occult methods for creating a large body of supporters and shaping the thoughts of the masses. Flowers also explains the rites and runology of National Socialism, the occult dimensions of Nazi science, and the blossoming of Nazi Christianity. The author reveals how many of the sensationalist descriptions of Nazi occult principles and “Satanic” practices originated in Church propaganda after the war. Concluding with a look at the modern mythology of Nazi occultism, Flowers critiques post-war Nazi-related literature and unveils the presence of esoteric Nazi myths in modern occult and political circles.

Stephen Edred Flowers, Ph.D., received his doctorate in Germanic languages and medieval studies from the University of Texas at Austin and studied the history of occultism at the University of Göttingen, Germany. The author of more than 25 books, including *Revival of the Runes*, he lives near Smithville, Texas.

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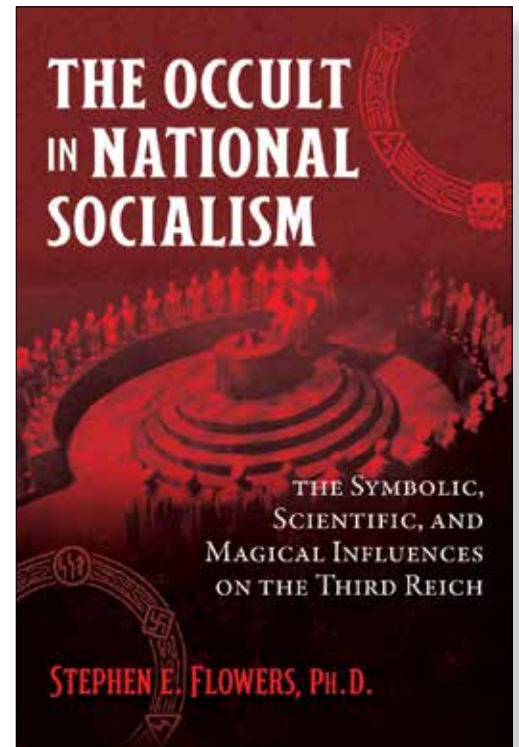
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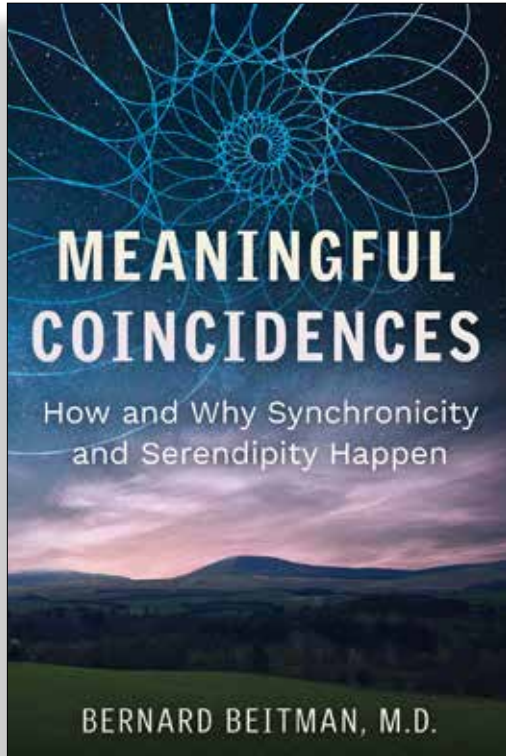
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BERNARD BEITMAN, M.D.

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Each of us has more to do with creating coincidences than we think. In this comprehensive exploration of the potential of coincidences to expand our understanding of reality, psychiatrist Bernard Beitman, M.D., explores why and how coincidences, synchronicity, and serendipity happen and how to use these common occurrences to inspire psychological, interpersonal, and spiritual growth.

Through a complete catalog of coincidence patterns with numerous illustrative examples, Dr. Beitman clarifies the relationship between synchronicity and serendipity and dissects the “anatomy of a coincidence.” He defines coincidence types through their two fundamental constituents—mental events and physical events. He analyzes the many uses of meaningful coincidences as well as their potential problems, emphasizing that synchronicity and serendipity, though most often positive, also have their shadow sides. Detailing how to record your experiences in a Coincidence Diary, he explains how you will see patterns guiding your life decisions and learn to expect that coincidences are more likely to occur during life stressors, high emotion, and strong need, which helps you be ready to use them when they occur.

Exploring the crucial role of personal agency—individual thought and action—in synchronicities and serendipities, Dr. Beitman shows that there’s much more behind these occurrences than “fate” or “randomness.” They can be clues to the functioning of the psychosphere, our mental atmosphere through which many of them happen. By sharing our personal coincidence stories, we help each other to grow through the incremental mapping of our connections to other people, to other living beings, and to the Earth itself.

Bernard Beitman, M.D., is the first psychiatrist since Carl Jung to systematize the study of coincidences. A graduate of Yale Medical School, he did his psychiatric residency at Stanford University. The former chair of psychiatry of the University of Missouri-Columbia medical school for 17 years, he writes a blog for *Psychology Today* on coincidence and is the coauthor of the award-winning book *Learning Psychotherapy*. The founder of The Coincidence Project, he lives in Charlottesville, Virginia.



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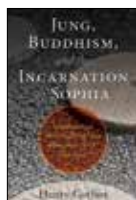


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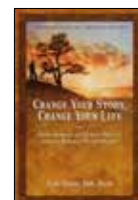
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ALAN SANDERSON, M.D.

Foreword by Edith Fiore, Ph.D.

A psychiatrist's comprehensive examination of evidence for the survival of consciousness after death

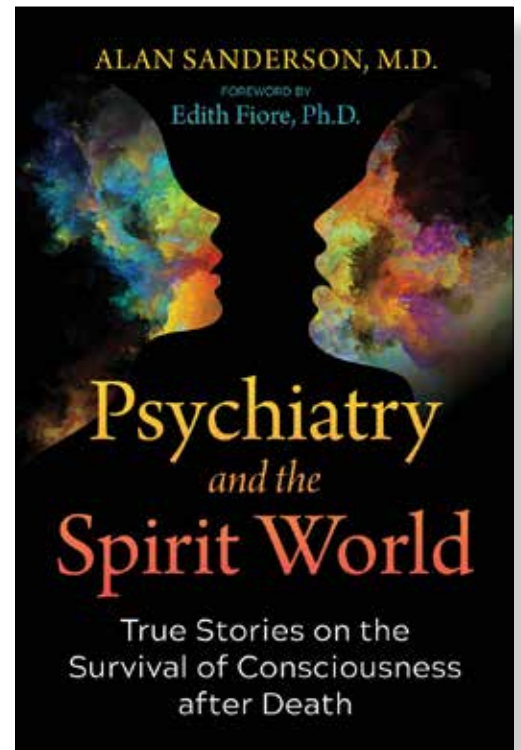
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After a twenty-year break from practice, Alan Sanderson returned to clinical psychiatry at age fifty-nine and soon realized that many of his patients were plagued by troublesome earthbound spirits, some of whom had been attached across lifetimes to multiple incarnations as well as multiple hosts. By talking with these attached spirits and persuading them to leave their hosts, Dr. Sanderson found remarkable success in the treatment of his patients.

Now, more than 30 years later, Dr. Sanderson shares his extensive research on the afterlife, the survival of consciousness after physical death, and paranormal phenomena related to the spirit world. He explains his practice of psychiatric spirit release, centered on the spiritual and psychic aspects of emotional disturbance, and shares case studies complete with full accounts of treatment sessions. He offers first-hand accounts of the survival of the spirit after death, from ancient times to the present day, and explores end-of-life experiences, including what is witnessed by the living people in the room, as well as profound accounts of near-death experiences, out-of-body experiences, and reincarnation. He examines evidence for mediumship, clairvoyance, telepathy, and the psychic aspects of heart transplants. He also details cases of remote healing, further proving the existence of connections beyond the material world.

Presenting a wealth of evidence, as well as suggestions for new treatment possibilities for mental health problems, Dr. Sanderson offers a comprehensive examination of spirit existence and the survival of consciousness after death.

Alan Sanderson, M.D., is a consultant psychiatrist who qualified in medicine at St. Thomas's Hospital in London in 1954. After his retirement in 1998, he began lecturing on the practice of spirit release at the College of Psychic Studies in London. In 1999 he cofounded the Spirit Release Foundation. He lives in London.



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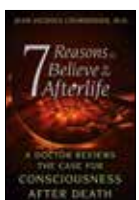
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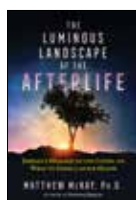


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The Biodynamics of the Immune System

Balancing the Energies of the Body with the Cosmos

MICHAEL J. SHEA, Ph.D.

Foreword by Bill Harvey

Biodynamic therapy practices for optimizing the immune system and healing the spiritual suffering at the root of many modern ailments

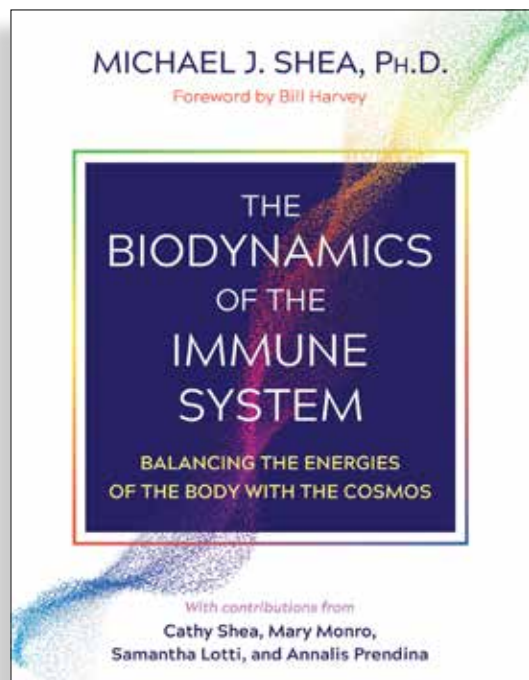
- Examines the need to restore balance to the immune system through a deeper spiritual connection to the energies of the universe
- Shares unique biodynamic protocols to balance the metabolism with the cosmos as well as optimize the immune system and the function of the vagus nerve

Drawing on more than 45 years of practicing Eastern medicine, Michael J. Shea, Ph.D., presents a holistic guide to biodynamic manual therapy practices for optimizing the immune system and for healing the deep spiritual suffering of our contemporary world. Showing spiritual suffering to be the root of our modern epidemic of metabolic syndrome and other widespread health issues, the author explains how the pervasive degradation of the human body relates directly with the food we eat, the air we breathe, and our thoughts and emotions. He explains how the Five Element theory of Eastern medicine offers a method to reclaim the body by sensing each element in and around us as a single continuum.

Focusing especially on “the fluid body” in Biodynamic Osteopathy and Biodynamic Craniosacral Therapy, the author shows how inflamed components of the fluid body, such as the blood and lymphatic system, form the substrate of metabolic syndromes. He offers practices to visualize the health of the fluid body. He explains how, in order to enact the full benefits of the immune system, we need to nurture a deep sense of safety inside the body—a symbolic return to our embryonic and cosmic origins and a restoration of our sacred wholeness.

Offering an extensive practical section, including both in-person and remote techniques, the author shares new and unique biodynamic protocols to balance the metabolism with the cosmos as well as optimize the immune system and the function of the vagus nerve. Enacting healing at the deepest spiritual level, Shea reveals how to create inner and outer balance to restore wholeness as it was at the time of the origin of the universe.

Michael J. Shea, Ph.D., holds a doctorate in somatic psychology from the Union Institute and has taught at the Upledger Institute, the Santa Barbara Graduate Institute, and the International University for Professional Studies. He is a founding board member of the Biodynamic Craniosacral Therapy Association of North America and the International Affiliation of Biodynamic Trainings. He is the author of several books, including *Somatic Psychology*, and lives in Juno Beach, Florida.



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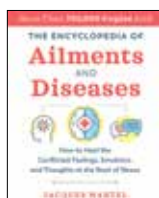


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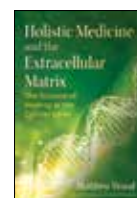
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The Story of Gaia

The Big Breath and the Evolutionary Journey of Our Conscious Planet

JUDE CURRIVAN, Ph.D.

Explores how the Universe, our planet, ourselves, and everything in existence has inherent meaning and evolutionary purpose

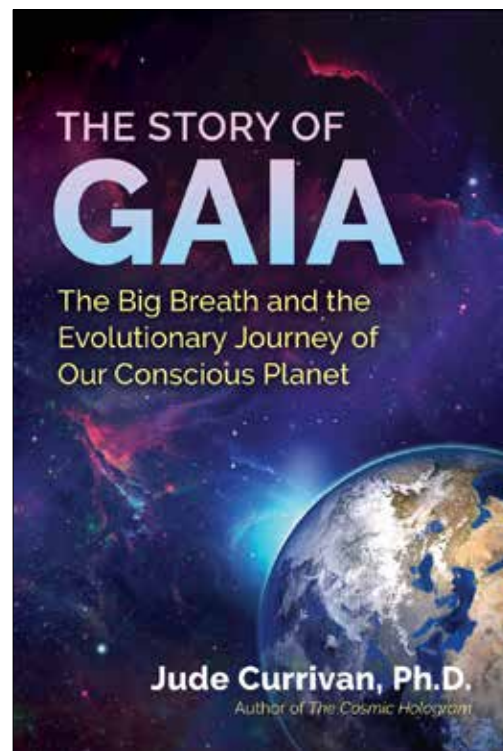
- Examines our emergence as self-aware members of a Universe that is itself a unified and innately sentient entity that exists TO evolve
- Shares leading-edge scientific breakthroughs and shows how they support traditional visions of Earth as a living being—Gaia
- Rewrites evolution as not driven by random occurrences and mutations but by intelligently informed and meaningful information flows and processes

Exploring our emergence as self-aware members of a planetary home and entire Universe that is a unified and innately sentient entity, Jude Currivan, Ph.D., shows that mind and consciousness are not what we possess but what we and the whole world fundamentally *are*. She reveals our Universe as “a great thought of cosmic mind,” manifesting as a cosmic hologram of meaningful in-formation that vitally, exists *to evolve*.

Sharing leading-edge scientific breakthroughs, and showing how they support traditional visions of Earth as a living being—Gaia, the author details the 13.8 billion-year story of our Universe and Gaia, where everything in existence has inherent meaning and evolutionary purpose. Showing how the Universe was born, not in an implicitly chaotic big bang, but as the first moment of a fine-tuned and ongoing “big breath,” she shares the latest evidence for the innate sentience that has guided our universal journey from simplicity to ever-greater complexity, diversity, and self-awareness—from protons to planets, plants, and people. She explains how evolution is not driven by random occurrences and mutations but by profoundly resonant and harmonic interplays of forces and influences, each intelligently informed and guided.

Currivan shows how, in Gaia, the Universe’s evolutionary impulse is embodied in collaborative relationships and dynamic co-evolutionary partnerships on a planetary scale and as a wholistic gaiasphere. She reveals how the conscious evolution of humanity is an integral part of Gaia’s own evolutionary progress and purpose. And, as she explains in vivid and moving detail, by perceiving and experiencing our planet as a sentient being and ourselves as Gaians, we open ourselves to a deeply ecological, evolutionary, and, above all, hopeful worldview.

Jude Currivan, Ph.D., is a cosmologist, futurist, planetary healer, member of the Evolutionary Leaders Circle, and previously a senior business woman in the UK. She has a master’s degree in physics from Oxford University and a doctorate in archaeology from the University of Reading. She has worked with wisdom keepers from many traditions and is a life-long researcher into the nature of reality. She is the author of 6 books, including *The Cosmic Hologram*, and is co-founder of WholeWorld-View.



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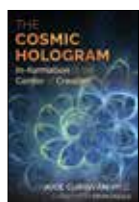
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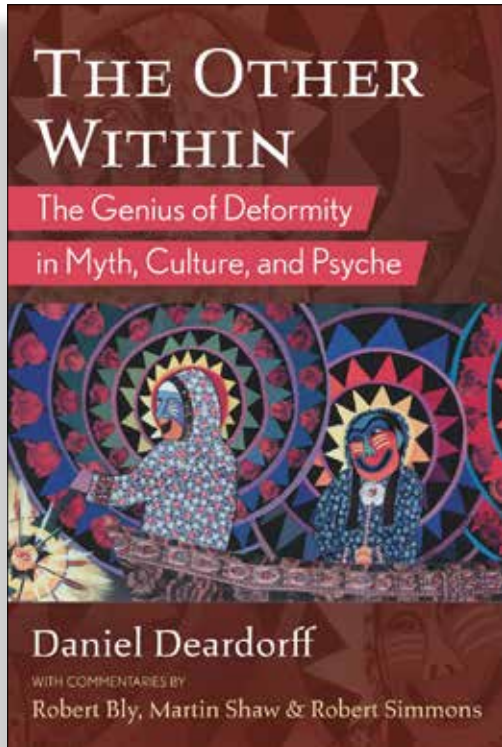
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- Discloses the blessings of outsiderhood and the gifts and insights gained and contributed to culture by those who are marginalized and outcast

There is an “other” that lives within each of us, an exiled part that carries wisdom so desperately needed for ourselves and the culture at large. Having survived disabling polio as an infant, Daniel Deardorff knows well the oppressions of exclusion, outsiderhood, and the betrayals endured by all who are “othered.” He guides readers on an initiatory journey through ancient myths, wisdom literature, and personal revelation to discover our own true identity.

These 10,000-year-old stories contain sacred medicine with insights that release imagination and restore wholeness amidst trauma, exile, climate chaos, disability, illness, death, and grief. Illustrating how archetypal figures of the Other—the Trickster, Daimon, Not-I, etc.—hold paradox, Deardorff teaches us to reframe disparities of self/other, civilization/wilderness, form/deformity and transform the experience of being outcast. Synthesizing lessons from shamanic practice, quantum physics, alchemy, soul poetry, wildness, social justice, and his own lived experience, Deardorff affirms the disruptive, transgressive, innovative forces that break through dogma, conventionality, and prejudice. He discloses the blessings of outsiderhood and gifts gained and contributed to culture by those who are marginalized. Through myth-making (mythopoeisis), the experience of Otherness—cultural, racial, religious, sexual, physiognomic—becomes one of empowerment, a catalyst for human liberation.

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Daniel Deardorff (1952–2019) was a mythsinger, storyteller, ritualist, composer, and producer. A polio survivor and early teacher about Otherness, he toured extensively with renowned soft-rock band Seals and Crofts for ten years and produced award-winning albums for other artists. When post-polio sequelae required change, he became an independent scholar of myth teaching internationally with Robert Bly and others. Mythsingerlegacy.org continues his work restoring myth to culture and community.



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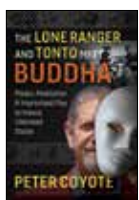
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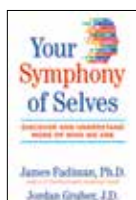


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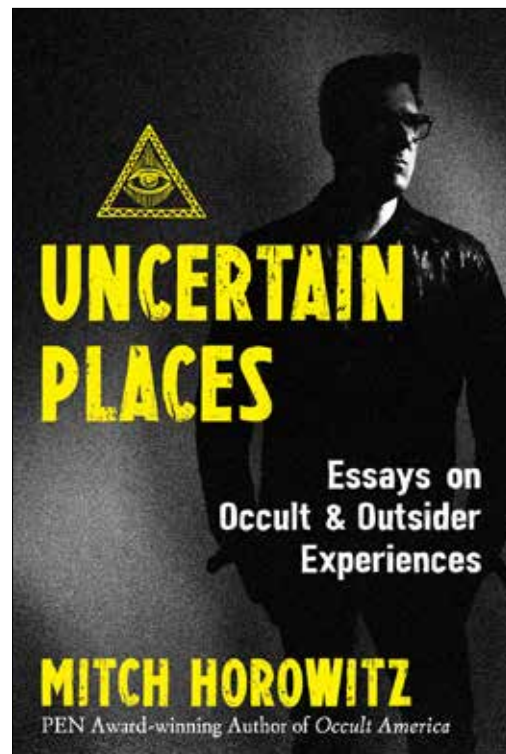
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Mitch Horowitz is a PEN Award-winning historian and widely known voice of esoteric ideas with bylines in *The New York Times*, *Time*, *Politico*, and *The Wall Street Journal*. He is the author of many books, including *Occult America*, *One Simple Idea*, *Daydream Believer*, and *The Miracle Club*. He lives in New York City.



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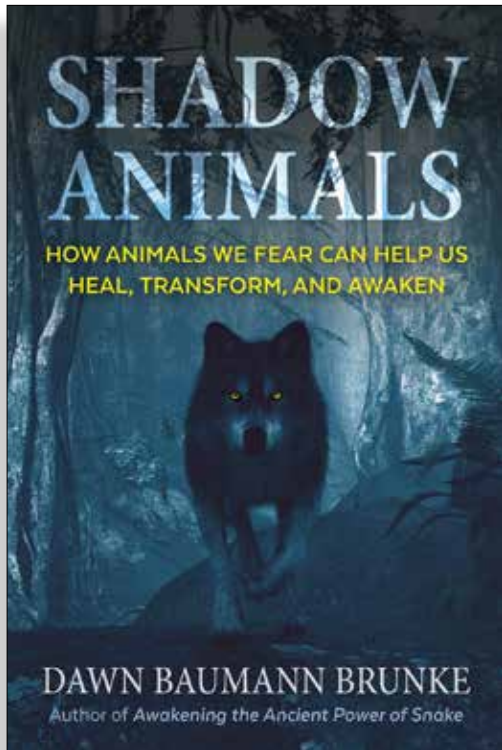
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Shadow Animals

How Animals We Fear Can Help Us Heal, Transform, and Awaken

DAWN BAUMANN BRUNKE

[A guide to shadow work with animal teachers](#)

- Explains how the animals we fear or dislike can help us recognize and investigate our shadow side: the hated, abandoned, judged, and denied aspects of ourselves
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- Looks at the elements of the psyche each shadow animal represents and presents thirteen animal-inspired exercises designed to examine, embrace, and integrate our shadow selves

We often project qualities onto animals that we don't wish to admit in ourselves. Thus, snakes are evil, spiders are creepy, rats are dirty, and so on. As Dawn Baumann Brunke explains, the animals we fear or dislike can help us to recognize our Shadow: the hated, abandoned, judged, and denied aspects of ourselves. Because they are often identified with attributes of ourselves that we seek to disown, shadow animals offer excellent clues to what is obstructing the radiance of our inner light. As teachers and guides, shadow animals can help us to reclaim the inner strengths, abilities, and wisdom that we have forgotten or disowned.

Brunke explores the lessons of numerous shadow animals, including those that many think of as shadowy, such as snakes or bats, as well as those that only seem shadowy to some, such as dogs, cats, birds, and horses. Though shadow animals may initially appear frightening, they offer profound healing and expert guidance in helping us identify, learn from, and embrace our shadow selves. Brunke explains how shadow animals represent unexamined elements of the psyche—from secret fears and suppressed emotions to unacknowledged prejudices and repressed trauma. She presents thirteen animal-inspired exercises, each uniquely designed to help us find and better understand the lost, wounded pieces of our psyche, and so begin the healing process of integrating our shadow selves.

Presenting an animal-centered guide to Shadow work, Brunke reveals how shadow animals protect and advise, challenge and encourage, inspire and offer support to the spiritual adventure of enlightenment as we awaken to who we really are.

Dawn Baumann Brunke is an animal communicator who has led workshops and offered animal consultations for more than 20 years. Her many books include *Animal Voices*, *Animal Guides*; *Shapeshifting with Our Animal Companions*; *Dreaming with Polar Bears*; and *Awakening the Ancient Power of Snake*. She lives in Alaska.

Also by Dawn Baumann Brunke

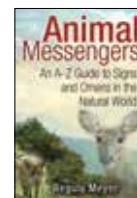


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Archangel Alchemy Healing

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ALEXANDRA WENMAN

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- Provides channeled guidance, meditations, attunements, and healing practices to connect you with your true angelic nature for healing, harmonizing, and connecting with your soul purpose

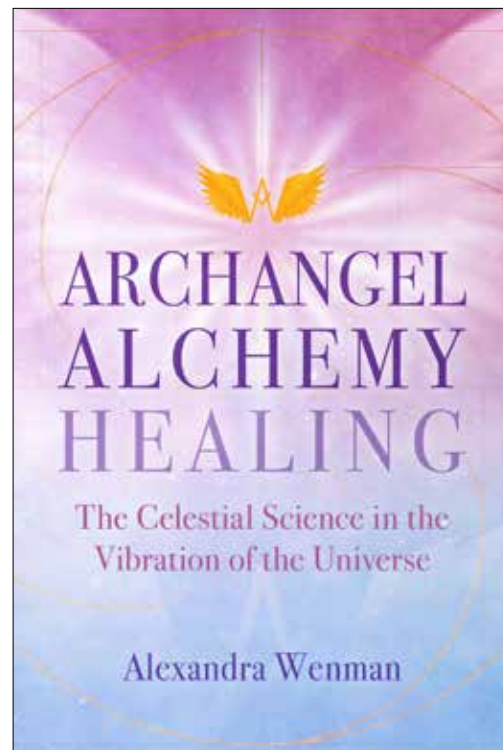
Channeled directly to Alexandra Wenman through the Archangels, primarily Gabriel and Metatron, Archangel Alchemy is an angelic energy healing system that aligns you with the Angelic Kingdom and enables you to connect with your true angelic nature.

Providing channeled guidance, meditations, attunements, and healing practices, Alexandra shows you how to tap into your own magical and healing gifts by experiencing, feeling, and embodying angelic qualities, energies, and vibrations. She explains key concepts such as the hierarchy and purpose of the Archangels, the relationship between the subtle and physical body, and the holographic nature of the soul. She introduces light language and its symbols, along with a channeled Ascension message from Archangel Gabriel on our present evolutionary state.

Detailing the therapeutic practice of Archangel Alchemy, Alexandra explores its protocols, invocations, and healing techniques, including hands-on healing, distance healing, and Earth healing. She explains how to establish the pillar of light, prepare your energy field, establish the diamond shield, and open the gateway to the multi-dimensional self. She also includes several attunements to Ascended Masters, the Angelic Kingdom, the new Elohim angels, the great cosmic heart, the divine diamond, and the diamond-white ray, as well as a cleansing healing attunement. Presenting evidence to support the existence of the Angelic Kingdom, and of life and the myriad dimensions beyond our physical reality, Alexandra looks at how and why the therapy of Archangel Alchemy works, backed up by scientific research, quantum physics, and the sacred geometry of nature, as well as psychology and metaphysics.

Providing practical techniques that you can apply in your life instantly, this guide to the Archangel Alchemy healing system enables anyone to harness the power of angelic energies to heal, harmonize, and connect to your soul purpose.

Alexandra Wenman is a gifted angel communicator, spiritual alchemist, channel, healer, poet, and presenter. The former editor of *Prediction Magazine*, she is the founder of Precious Wisdom and Archangel Alchemy and the host of *The Alexandra Wenman Show* on YouTube. The creator of *Archangel Fire Oracle*, she lives in London.



October 2022

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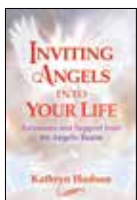
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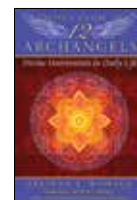


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The Complete Guide to Reflexology

RUTH HULL

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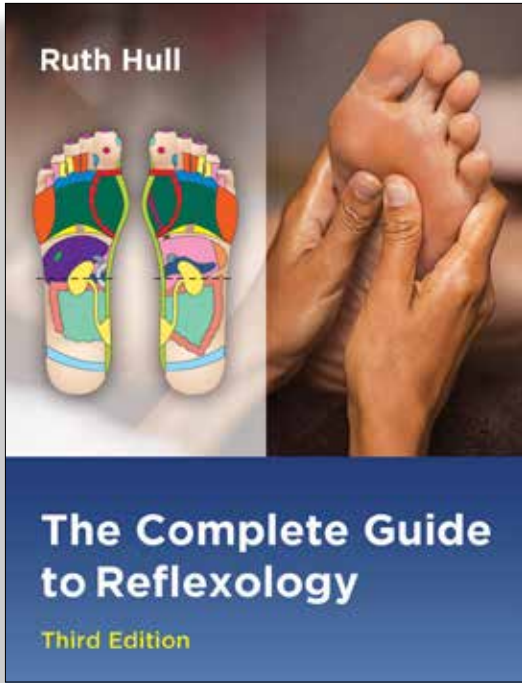
Reflexology is a gentle, non-invasive therapy that encourages the body to balance and heal itself. It involves applying finger or thumb pressure to specific points on the hands and feet. Called “reflexes,” these points reflect, or mirror, the organs and structures of the body as well as a person’s emotional health. In this way, the hands and feet are “mini maps” or “microcosms” of the body that can be used to encourage holistic healing.

Presenting the most complete reflexology study guide available, this full-color illustrated textbook is designed for use both in the classroom and as a home study resource. Ideal for students of reflexology up to levels 2 and 3, it exceeds the curriculum requirements of all the major awarding bodies as well as meeting the current National Occupational Standards for reflexology.

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

Offering a comprehensive guide to the theory, philosophies, and history of reflexology, this book will encourage students to develop understanding and confidence in their reflexology practice.

Ruth Hull is an integrative health consultant and author who has been working in natural health since 1999 as a therapist, lecturer and writer. Born and educated in Zimbabwe, she holds a degree in philosophy and literature as well as a master’s degree in health and homoeopathy. She studied and practiced complementary therapies in London and worked as a homoeopathic doctor and lecturer in South Africa. The author of *The Complete Guide to Reflexology Workbook*, she lives in Australia.

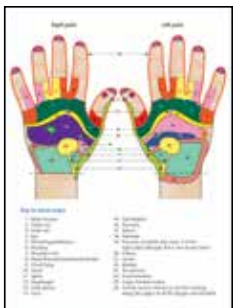


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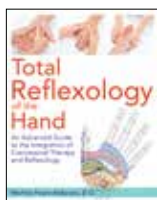
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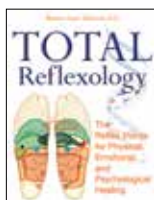
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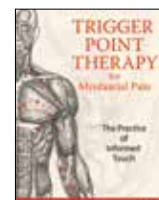
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Functional Anatomy of Yoga

A Guide for Practitioners and Teachers

DAVID KEIL

A full-color illustrated exploration of the body in motion during yoga practice

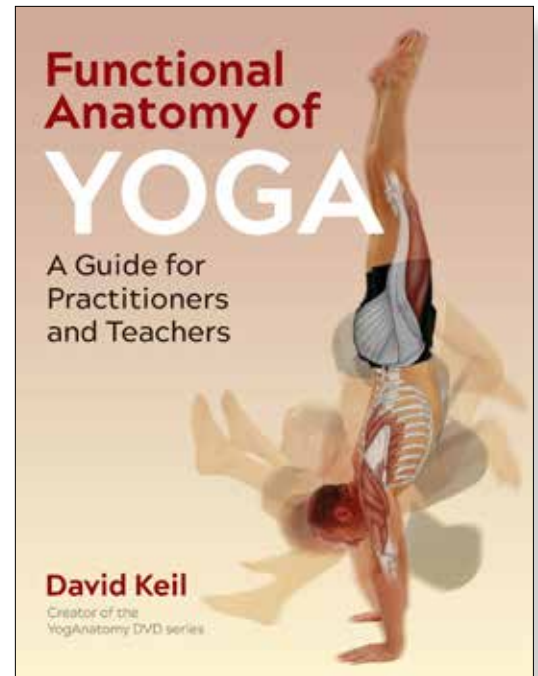
- Examines anatomical patterns and body mechanics in specific asanas, such as forward bends, twists, external hip rotations, arm balances, and back bends, to inspire confidence in students, deepen practice, and prevent injury
- Provides detailed images and photos overlaid with anatomical diagrams, allowing you to see clearly what is happening within each asana discussed
- Explores how various yoga postures interrelate from the perspective of functional anatomy

In this full-color illustrated guide, David Keil brings the anatomy of the body in yoga asanas to life. Writing in an accessible, conversational tone, he outlines how practitioners and yoga teachers alike can utilize a deeper understanding of their anatomy and its movement and function to deepen their yoga practice, increase confidence, prevent injury, and better understand their students and their challenges.

Providing detailed images and photos overlaid with anatomical diagrams, allowing you to see clearly what is happening within each asana discussed, Keil shows how the muscles, joints, tendons, and structure of the body work together to support integrated movement. He discusses the basics of functional anatomy, exploring the workings of the foot and ankle, the knee, the hip joint, the pelvis and SI joint, the spine, the shoulder, and the hand, wrist, and elbow. He examines anatomical patterns and body mechanics in specific asanas, such as forward bends, twists, external hip rotations, arm balances, and back bends, such as, for example, how a wide-legged forward bend shifts the position of the femur and the pelvis, allowing students with tight hamstrings to accomplish a deep forward bend—something they struggle with when the legs are together. Keil also shows how various yoga postures interrelate from the perspective of functional anatomy.

Revealing in detail how everything in the body is connected and how your anatomy functions holistically during yoga practice, this book helps you to understand the body better and connect and integrate yoga postures in a completely new way.

David Keil is an experienced yoga teacher and longtime practitioner. The creator of the YogAnatomy DVD series, he was introduced to yoga in 1989 by his Tai Chi Chuan instructor and later studied yoga in Mysore, India, with Sri K. Pattabhi Jois and his grandson R. Sharath. He was an instructor of Kinesiology at Miami's Educating Hands School of Massage from 1999 to 2003, and since 2000 he has been presenting yoga anatomy workshops. He lives in Miami, Florida.



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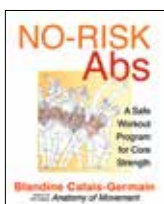
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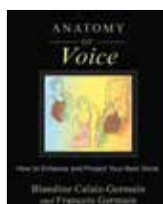
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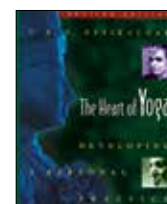
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The Inner Marriage

A Guide to Masculine and Feminine Polarity Work

ELLIOTT SAXBY

How to integrate and evolve your inner masculine and feminine

- Explains polarity work as a tool to heal trauma, become less judgmental, and develop a more integrated relationship with ourselves and others
- Explores 44 common traits of mature and immature masculine and feminine expressions, explaining how to evolve unhealthy expressions into healthy ones
- Offers simple yet profound methods for evolving your inner masculine and feminine, as well as healing the shadow

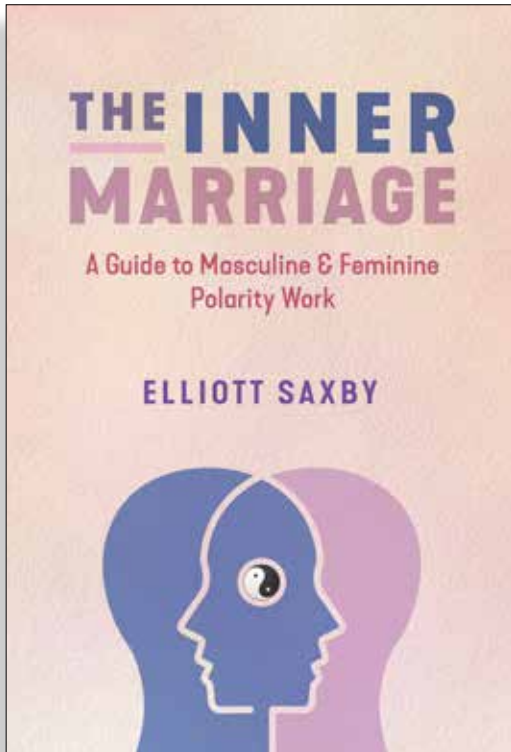
Within our body, mind, and soul, each of us has both masculine and feminine dynamics. Through polarity work, we can balance, evolve, and integrate the masculine and feminine within our personality, creating an inner marriage that in turn supports the release and transformation of trauma on the cellular, emotional, and soul levels.

In this practical guide, Elliott Saxby presents methods and exercises to apply polarity work as a tool in integrative and non-dual therapy to help you identify masculine and feminine traits within yourself, become less judgmental, and develop a more integrated relationship with yourself and others. He explains how emotional energy can affect you physically and spiritually and how understanding your inner masculine and inner feminine can help you evolve unhealthy expressions of polarity into healthy ones. He examines 11 common life experiences through the lens of mature and immature masculine and feminine expressions, providing 44 traits to identify within yourself and consciously choose to change. He then shows what evolving the masculine and feminine looks like, as well as depicting the shadow in immature masculine and feminine expressions. You can find beneficial solutions to nearly any emotional or relationship scenario if you consciously work with your mature and immature aspects and with the shadow.

Fusing ancient Vedic knowledge and Western psychology with Tantric and Taoist wisdom, Saxby offers simple yet profound methods for evolving your inner masculine and feminine, as well as healing the shadow, through applying universal laws of polarity, duality, and oneness and the laws of attraction, vibration, and resistance. He also explores sexuality and desire through polarity work and the need to re-align our physical, mental, and emotional bodies to generate power through sexuality.

As the author reveals, the more adept we become at integrating our inner masculine and feminine, at supporting our inner marriage, the more empowered and able we become to evolve our relationships not only with ourselves, but also with our partners, family, and friends.

After a colorful and traumatic childhood, **Elliott Saxby** spent six years in the Findhorn Ecovillage before traveling to Asia, where he studied yoga, massage, and Taoist and Tantric practices. The founder of the School of Energetic Bodyworks, Elliott teaches and trains therapists in non-dual therapy and Kundalini bodywork around the world.



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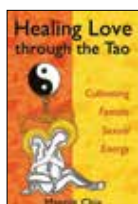
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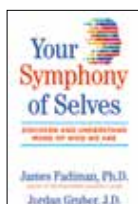


Author
Elliott Saxby

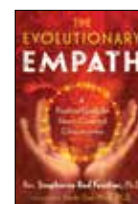
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The Flowering Wand

Rewilding the Sacred Masculine

SOPHIE STRAND

A deep exploration of the regenerative and magical secrets of sacred masculinity hidden in familiar myths both ancient and modern

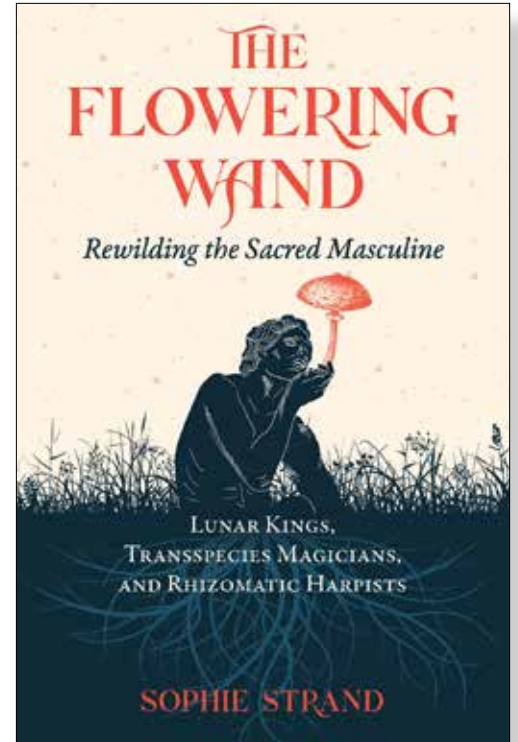
- Reveals the restorative fungi archetype of Osiris, the Orphic mysteries as an underground mycelium linking forests and people, how Dionysus teaches us about invasive species and playful sexuality, and the ecology of Jesus as depicted in his nature-focused parables
- Liberates Tristan, Merlin, and the Grail legends from the bounds of Campbell's hero's journey and invites the masculine into more nuanced, complex ways of dealing with trauma, growth, and self-knowledge

Long before the sword-wielding heroes of legend readily cut down forests, slaughtered the old deities, and vanquished their enemies, there were playful gods, animal-headed kings, mischievous lovers, trickster harpists, and vegetal magicians with flowering wands. As eco-feminist scholar Sophie Strand discovered, these wilder, more magical modes of the masculine have always been hidden in plain sight.

Sharing the culmination of eight years of research into myth, folklore, and the history of religion, Strand leads us back into the forgotten landscapes and hidden secrets of familiar myths, revealing the beautiful range of the divine masculine, including expressions of male friendship, male intimacy, and male creative collaborations. Starting with Osiris and Genesis, Strand encourages us to think like an ecosystem, instead of like an individual. She connects dying, vegetal gods to the virtuous cycle of composting and decay, highlighting the ways in which mushrooms can restore soil and heal polluted landscapes. Exploring esoteric Christianity, the author celebrates the Gnostic Jesus of The Gospel of Thomas, imagining the ecology that the Rabbi Yeshua would have actually been referencing in his nature-focused parables. Moving into medieval history, legends, and fairytales, Strand frees Tristan, Merlin, and the Grail legends from the bounds of Campbell's hero's journey and invites the masculine into more nuanced, complex ways of dealing with trauma, growth, and self-knowledge.

By rewilding the myths of the masculine, Strand reseeds our minds with new visions of male identity and shows how each of us, regardless of gender, can develop a matured ecological empathy, reinvigorate the magic of the world around us, and witness a blossoming of sacred masculine powers that are soft, curious, connective, and celebratory.

Sophie Strand is a poet and writer with a focus on the history of religion and the intersection of spirituality, storytelling, and ecology. Her poems and essays have appeared in numerous projects and publications, including The Dark Mountain Project and poetry.org and the magazines *Unearthed*, *Braided Way*, *Art PAPERS*, and *Entropy*. She lives in the Hudson Valley of New York.



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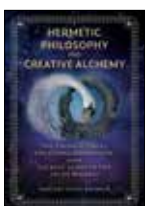
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WES "SCOOP" NISKER

Foreword by Jack Kornfield

How to tune in to our own biology in pursuit of spiritual awakening

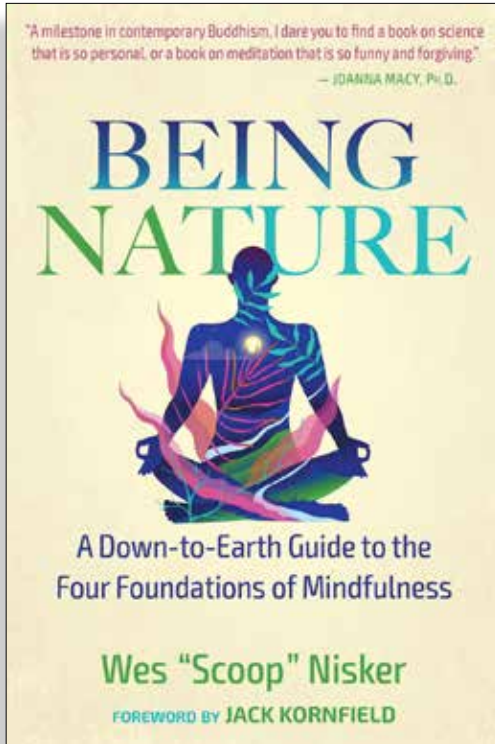
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- Shows how recent discoveries in physics, evolutionary biology, and psychology express in scientific terms the same insights the Buddha discovered more than 2,500 years ago
- Reveals the origins of attachments, desires, emotions, and thoughts in our own bodies

As Wes "Scoop" Nisker reveals, the way to enlightenment lies within our very biology. Taking us on an evolutionary journey to find the origins of emotions, desires, and thoughts in our own bodies, he shows not only how cutting-edge science is proving the tenets of the Buddha but also how we can interpret the traditional practices of Buddhism through this scientific lens for more personal freedom and peace of mind.

Using the Four Foundations of Mindfulness, a traditional Buddhist meditation series, as a framework, Nisker offers a witty and insightful narrative along with practical meditations and exercises, to train the mind to overcome painful conditioning and gain greater self-awareness, increased wisdom, and happiness. He shows how recent discoveries in physics, evolutionary biology, and psychology express in scientific terms the same insights the Buddha discovered more than 2,500 years ago, such as the impermanence of the body, where thoughts come from, and how the body communicates within itself. Exploring the origins of attachment, desire, emotion, thought, and consciousness, as well as the essential role of biology in spiritual evolution, he demonstrates how we're not separate from nature or the evolving universe.

Presenting new ways to harness the power of mindfulness to transform our understanding of ourselves and the world, Nisker teaches us how to put our understanding of evolution in the service of spiritual awakening.

Wes "Scoop" Nisker is an award-winning broadcast journalist and commentator. He has been a meditation practitioner for more than fifty years, a teacher since 1990 at Spirit Rock Meditation Center, as well as a standup "dharma comic." Author of many books, including *The Essential Crazy Wisdom*, and founding co-editor of *The Inquiring Mind*, an international Buddhist journal, he lives in Oakland, California.



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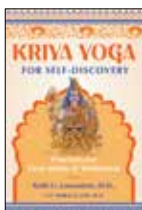
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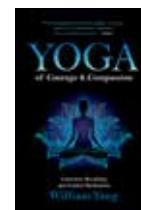
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How Psychedelics Can Save the World

Visionary and Indigenous Voices Speak Out

Edited by STEPHEN GRAY

Foreword by Julie Holland, M.D.

Inspiring teachings centered on navigating our world's collective challenges with indigenous wisdom and the power of psychedelics

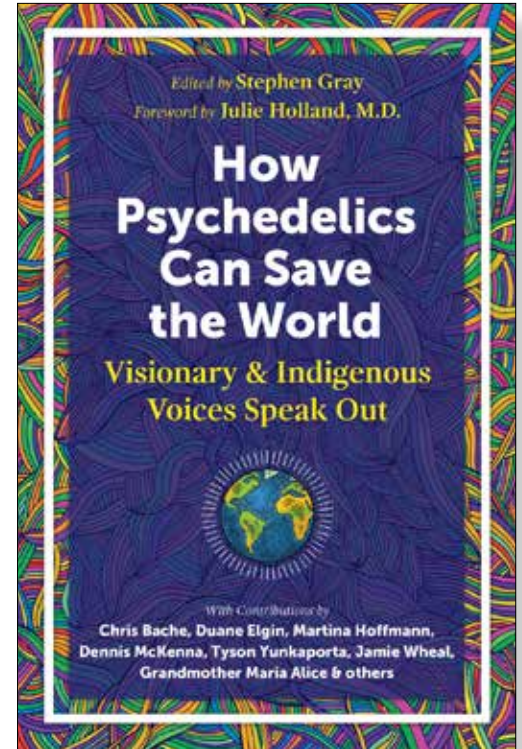
- With contributions by Chris Bache, Duane Elgin, Martina Hoffmann, Dennis McKenna, Tyson Yunkaporta, Jamie Wheal, Grandmother Maria Alice, and others
- Explores the immense healing intelligence of nature, the wisdom of ancient indigenous prophecies and shamanic practices, the importance of the Divine Feminine for environmental regeneration, and the crucial role of psychedelic and entheogenic plants in initiating transformations of consciousness

Exploring the way forward for humanity in the face of unprecedented crisis, more than 25 contributors show how the wisdom of indigenous peoples and the power of psychedelics can help us enact the radical shift in consciousness necessary to navigate the collapse of the old world order and the birth of a new consciousness centered on awakened-heart interconnectedness.

We hear from psychedelic visionaries Christopher Bache, Wade Davis, Chris Kilham, Zoe Helene, Laurel Sugden, Françoise Bourzat, and others on the promise of psychedelic medicines for spiritual and healing work. We learn about indigenous stories to support our transformation from Native American leader Solana Booth, ancestral memory from Grandmother Maria Alice Campos Freire, cannabis's role in world building from Minelli Eustácio-Costa, the ritual roots of talking plants from Michael Stuart Ani, and alchemy across the arc of time from shaman Ya'Acov Darling Khan. We also hear from Bruce Damer, former NASA scientist turned mystic; Tyson Yunkaporta, Australian Aboriginal artist and scholar; visionary artist Martina Hoffmann; professor of religious studies G. William Barnard; activist Duane Elgin; Kohenet Rachel Kann, ordained Jewish priestess and ceremonialist; and several other wise leaders for our time.

Throughout these profound, inspiring, and ultimately hopeful essays we are reminded of the immense healing intelligence of nature and our plant allies, of the wisdom of ancient indigenous prophecies and shamanic practices, of the importance of the Divine Feminine for environmental regeneration, and of the crucial role of psychedelic and entheogenic plants in initiating transformations of consciousness and healing our world's collective disconnection from spirit.

Stephen Gray is a teacher and writer on spiritual subjects and sacramental medicines. He has worked extensively with Tibetan Buddhism, the Native American Church, and with entheogenic medicines. He is also a conference and workshop organizer, leader, and speaker. The editor of *Cannabis and Spirituality*, he lives in Vancouver.



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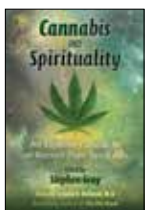
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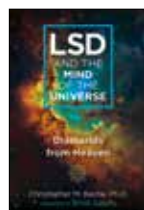
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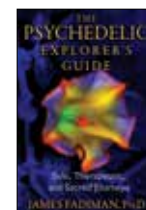


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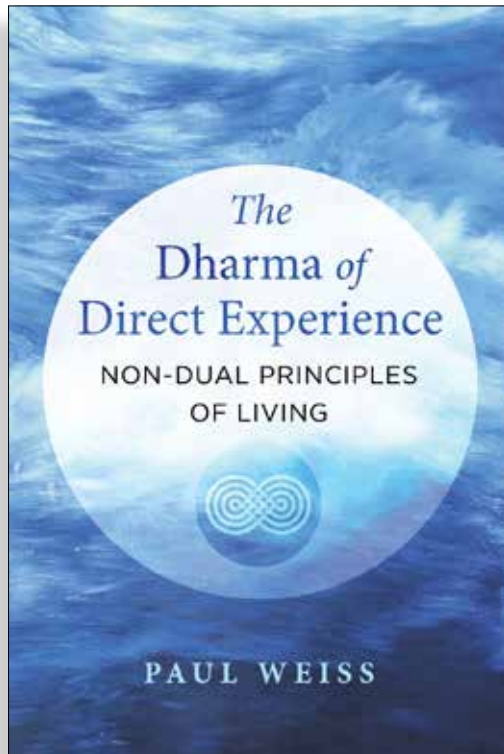
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Author
Paul Weiss

The Dharma of Direct Experience

Non-Dual Principles of Living

PAUL WEISS

A deep exploration of the direct experience of non-dual reality and its lessons for spiritual growth and development

- Examines the direct perception of non-dual reality and shows its implications for navigating ordinary reality in an open, compassionate, and ever-maturing way
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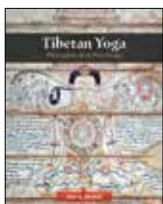
Exploring the direct perception of non-dual, “non-ordinary” reality, Paul Weiss shows how it reveals guidance for navigating ordinary reality in an open, compassionate, and ever-maturing way. He affirms our shared human potential for “direct experience” of reality—unmediated by our more relativistic mental faculties—and that this experience is also an essential dimension of our conscious capacity for growth. He shares his most significant awakening experiences and the circumstances leading up to them, exploring the personal and transpersonal dimensions of the experiences and their psycho-emotional and psychospiritual foundations. He points to such experiences as part of our ongoing integration as human beings and the essential path of practice that supports our availability to them.

Interweaving perspectives from psychology and neuroscience with important lessons from spiritual traditions around the world, Weiss explores how to live a life of integrity, reciprocity, and openness to reality, offering practical teachings for spiritual understanding, emotional development, and the cultivation of compassion, viewed by ancient Buddhist sages as the true meaning of existence. He addresses such human qualities as vulnerability, empathy, reciprocity, openness, and intimacy and how they express and participate in deeper conscious truths. The author also examines practical wisdom teachings within both Buddhist and Christian paths to realization.

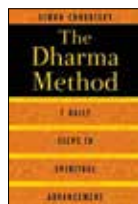
Combining engaged mysticism with transcendent humanism, along with thought-provoking poetry, Weiss offers a living vision of a non-dual way of experiencing the world, a path that supports our functional, emotional, and spiritual maturity.

Paul Weiss began serious practice in zen as well as tai chi in 1966 and spent years in several training and monastic settings, including in schools and clinics in China. A life-long poet, he is the author of two collections of poems and essays, *You Hold This* and *Moonlight Leaning Against an Old Rail Fence: Approaching Dharma as Poetry*. In 1981 he founded The Whole Health Center in Bar Harbor, Maine, where he teaches, counsels, and offers meditation retreats and his True Heart, True Mind Intensive.

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Radical Regeneration

Sacred Activism and the Renewal of the World

ANDREW HARVEY and CAROLYN BAKER

Forewords by Matthew Fox and Paul Levy

An inspiring manual for navigating humanity's collective dark night and enacting personal and planetary transformation

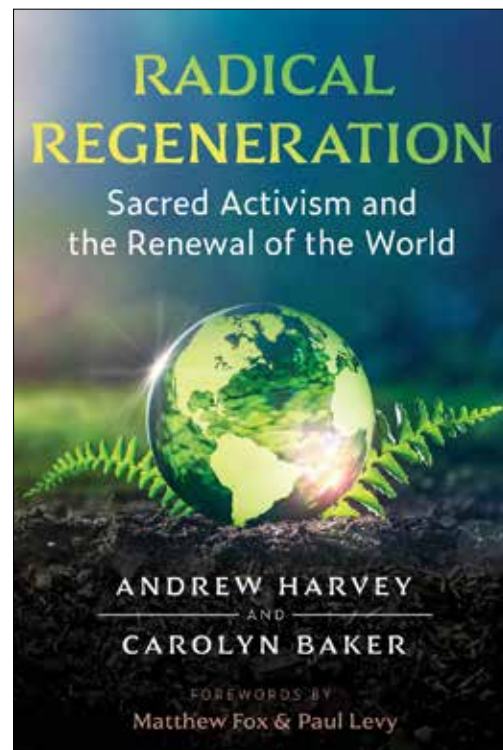
- Explores how Sacred Activism—specifically, creative, wise, sacredly inspired action—offers an antidote to the crises facing our world
- Reveals how to uncover and sustain joy and how to use it as fuel for continuing Sacred Activism in dangerous times
- Includes practical maps of the dark night process and of the four-part path to transfiguration drawn from the secret depths of the mystical traditions

Presenting a manual for navigating humanity's collective dark night, Andrew Harvey and Carolyn Baker explore potential antidotes, drawn from mystical tradition and Sacred Activism, to help us find inspiration and take action in the face of the daunting challenges to our world.

Offering a deep discussion of our global dark night in terms of the Kali Yuga, the authors examine the dangers of a growing constellation of intractable crises—authoritarianism both in America and abroad, climate change, economic inequality, social upheaval, and spiritual malaise. They then explore the antidotes to these crises: Sacred Activism—specifically, creative, wise, sacredly inspired action—and a profound understanding of our evolutionary ordeal and its potentialities. Examining the power of joy to help enact personal and planetary transformation, they explain how joy, or *ananda*, is a force all mystical traditions recognize as the essence of the divine. They reveal how to uncover and sustain joy in ourselves and how to use joy as fuel for continuing Sacred Activism in dangerous times.

Drawing on the visionary teachings of mystics such as Pierre Teilhard de Chardin and Sri Aurobindo, the authors show how the global dark night is part of an evolutionary mutation process and how its very intensity makes it the potential seedbed of a new embodied, divine humanity. They offer practical maps of the crises themselves, of the shadows that this global dark night is casting, and of the four-part path to transfiguration drawn from mystical traditions. Sharing a vision of a new and focused global moment of love in action, the authors reveal that apocalypse is not inevitable—if enough people awaken to the extraordinary possibilities of Sacred Activism.

Andrew Harvey is an internationally renowned religious scholar, writer, teacher, and the author of more than 30 books. The founder and director of the Institute for Sacred Activism, he lives in Chicago, Illinois. **Carolyn Baker, Ph.D.**, is a former psychotherapist and professor of psychology and history. The author of several books, she offers life and leadership coaching as well as spiritual counseling and works closely with the Institute for Sacred Activism. She lives in Boulder, Colorado.



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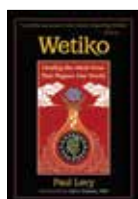


Author
Andrew Harvey



Author
Carolyn Baker, Ph.D.

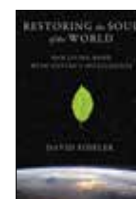
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The Light of Hermes Trismegistus

New Translations of Seven Essential Hermetic Texts

CHARLES STEIN

A presentation of seven essential texts, central to the Hermetic Tradition, never before published together

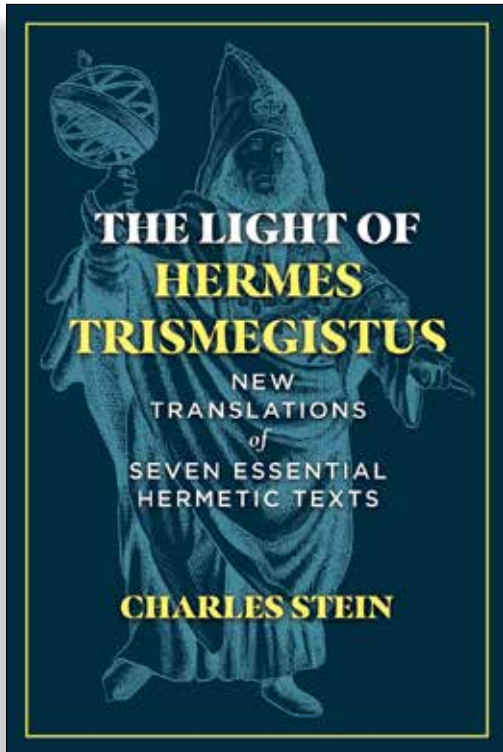
- Includes *Theogony*, *The Homeric Hymn to Hermes*, *The Poem of Parmenides*, *The Poimandres*, *The Chaldean Oracles*, *Hymn to Isis*, and *On Divine Virtue*, each translated from the original Greek or Latin
- Presents interpretive commentary for each text to progressively weave them together historically, poetically, hermeneutically, and magically

Linked to both the Greek god Hermes and the Egyptian god Thoth, Hermes Trismegistus is credited, through legend, with thousands of mystical and philosophical writings of high standing, each reputed to be of immense antiquity. During the Renaissance, a collection of such writings known as *The Corpus Hermeticum* greatly inspired the thought of philosophers, alchemists, artists, poets, and even theologians.

Offering new translations of seven essential Hermetic texts from their earliest source languages, Charles Stein presents them alongside introductions and interpretive commentary, revealing their hidden gems of insight, suggesting directions for practice, as well as progressively weaving the texts together historically, poetically, hermeneutically, and magically. The book includes translations of Hesiod's *Theogony*, *The Homeric Hymn to Hermes*, *The Poem of Parmenides*, *The Poimandres* from the *Corpus Hermeticum*, *The Chaldean Oracles*, *Hymn to Isis* from Apuleius' *Metamorphoses*, and *On Divine Virtue* by Zosimos of Panopolis.

Through his introductions and commentaries, Stein explains how the many traditions that use Hermes' name harbor a coherent spirit whose relevance and efficacy promise to carry Hermes forward into the future. Revealing Hermes as the very principle of Mind in all its possibilities, from intellectual brilliance to the workings of the cognitive life of everyone, the author shows how these seven texts are central to a still-evolving Western tradition in which the principle of spiritual awakening is allied with the creative. Never before published together, these texts present a new vehicle for transmission of the Hermetic Genius in modern times.

Charles Stein is a poet and independent scholar with a Ph.D. in literature from the University of Connecticut and a bachelor's degree in ancient Greek from Columbia University. The author of several books of poetry, including *From Mimir's Head*, as well as literary works such as *Persephone Unveiled* and *The Secret of the Black Chrysanthemum*, he lives in Barrytown, New York.



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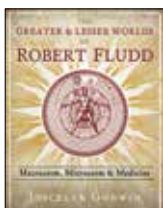
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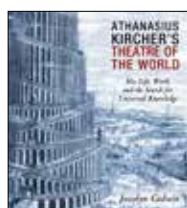


Author
Charles Stein

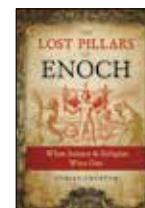
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Creating Places of Power

Geomancy, Builder's Rites, and Electional Astrology in the Hermetic Tradition

NIGEL PENNICK

An exploration of the traditional rites of auspicious building and crafting

- Explains the ceremonial beginnings and Hermetic principles in the laying out of foundations not only for sacred buildings like temples but also for homes and barns
- Examines the principles and ceremonies of electional astrology and details how to compute natural time, as opposed to clock time
- Shares examples from ancient Egypt, Iran, India, and Europe that range from the Stone Age to the Renaissance and include secret societies

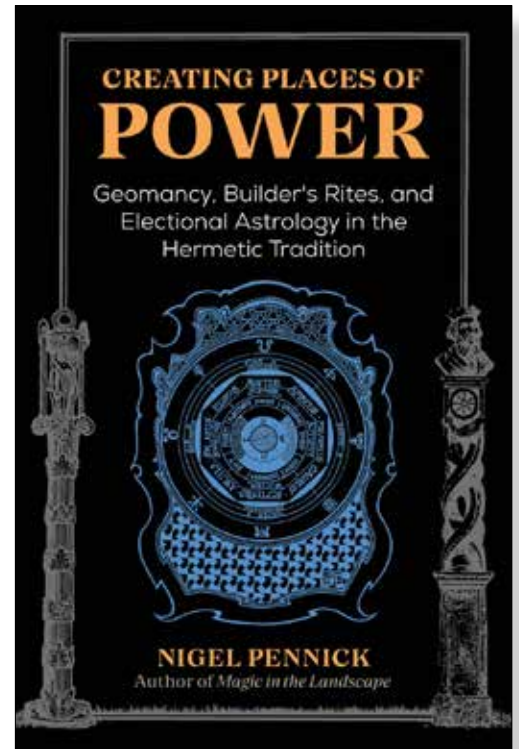
When we make things—whether a building, a sacred space, or a magical object—there is a precise moment when the artifact comes into being as a separate entity. That moment in time possesses its own unique quality, and because of this, there is a right time to do something and a wrong time. And, as Nigel Pennick reveals, we have the power to select favorable moments for our creations, just as our ancestors did.

Illustrating ancient principles of divination, chronomancy, and electional astrology, Pennick examines all the factors behind the ancestral art of geomancy: the auspicious creation and alignment of sacred buildings and places of power. Sharing examples from ancient Egypt, Iran, India, and Europe that range from the Stone Age to the Renaissance, including secret societies like the Rosicrucians and the Freemasons, he explains how many ancient cities were constructed on specially selected sites and founded ritually at precise, pre-determined, moments. He explains how the patterns of time and space were understood in ancient and medieval societies, as well as how they were used in the construction of sacred buildings.

Looking at the traditional rites of creating places of power, Pennick explains the ceremonial beginnings and Hermetic principles in the laying out of foundations, as well as the use of sacrifice in the building of early human structures. He discusses witch bottles and other magical items found in old foundations that provided protective powers. Examining the role of sacred geometry in geomancy, Pennick explains the Hermetic meaning assigned to each direction in traditional cultures as well as the principles of natural measures and the science of understanding lucky and unlucky days.

Revealing how geomantic principles are rooted in the structure of the world and the cosmic patterns of space and time, the author shows how they transcend the ages and are just as meaningful today as they were to our ancestors.

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 50 books, including *The Pagan Book of Days*. The founder of the Institute of Geomantic Research and the Library of the European Tradition, he lives near Cambridge, England.



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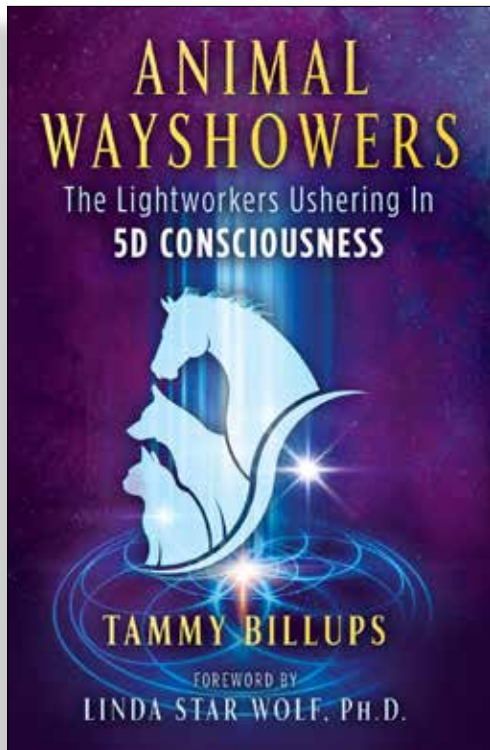
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Animal Wayshowers

The Lightworkers Ushering In 5D Consciousness

TAMMY BILLUPS

Foreword by Linda Star Wolf, Ph.D.

A guide to understand, support, and honor the soul missions of our animal companions

- Explains how animals that live alongside humans are lightworkers helping to raise the vibration of collective consciousness and aid in humanity's ascension process
- Shares example stories of incredible animal Wayshowers from around the world whose actions and sacrifices on behalf of their human companions changed them all for the better
- Offers meditations, rituals, and transformational soul practices to embrace 5D frequencies, intuit heart intelligence, connect to the Higher Self, and heal the shadow

Animals are natural holders of 5D consciousness. The extraordinary animals who have chosen, at a soul level, to live alongside humans are lightworkers on the front lines of the animal kingdom's mission to help people to heal, evolve, and attune to their divine purpose as well as assist in raising the vibration of the planet and collective consciousness to 5D.

As Tammy Billups reveals, once we become aware of the soul path of our animal companions, we are then able to connect with them soul-to-soul, not only supporting their soul missions but also finding the healing we need to let go of 3D reality and begin making the transition to 5D. Sharing example stories of incredible animal Wayshowers from around the world whose actions and sacrifices on behalf of their human companions changed them all for the better, she explores the many levels of service your beloved animal friends are providing you each and every day, including during disasters, storms, pandemics, and even from beyond the physical. She shows how they help shoulder the psychological and emotional burdens we are not yet capable of holding on our own and show us the way back to our own hearts. Presenting guidance to help animals succeed in their goal of raising consciousness, the author offers meditations, rituals, and exercises for applying the teachings of the animal stories shared, including transformational soul practices to embrace 5D frequencies, intuit heart intelligence, connect to the Higher Self, and heal the shadow.

Offering ways to embrace and emulate the soul teachings of our animal companions, Tammy Billups shows that, by honoring animals as courageous guides on our ascension to 5D consciousness, we too can become Wayshowers in our own right.

Tammy Billups is an international healer, teacher, and pioneer on the animal-human sacred soul partnership. The creator of animal-human Tandem Healings, she has been a Certified Interface Therapist (Bioenergetics) for over two decades. The author of *Animal Soul Contracts* and *Soul Healing with Our Animal Companions*, she lives near Atlanta, Georgia.



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MARGARET ANN LEMBO

A deck to help you amplify your intentions with aromatherapy oils and vibrationally matching crystals

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- Includes a 160-page booklet explaining how to use the cards
- Provides, for each essential oil, its therapeutic properties and safety precautions as well as how the gemstone relates to the use of the oil

Just like gemstones, essential oils work on an energetic level to rebalance us spiritually, mentally, and emotionally and offer many physiological benefits.

Bringing aromatherapy into partnership with crystals, *Essential Oils & Gemstone Guardians Cards* present a hands-on way to engage with the enhanced powers of allies from the mineral and plant kingdom together. Specifically created to help you establish clear intentions, the 42 two-sided cards each show an essential oil and a vibrationally matching crystal, offering guidance and positive affirmations for your life. The color-coded cards are divided into six groups: Focus, Grounding, and Protection; Health and Well-Being; Love, Friendship, and Romance; Money, Creativity, and Motivation; Happiness and Self-Confidence; Intuition and Communication—each helping you to understand yourself better. With an intention or request for clarity or insight in mind, you can either draw just one card or create a card spread by choosing several cards.

The accompanying booklet provides, for each essential oil, the botanical name, fragrance profile, chemical components, therapeutic properties, and safety precautions as well as how the gemstone relates to the use of the essential oil. As author Margaret Ann Lembo explains, the energetic value, or vibration, of an essential oil is stabilized by the devic forces associated with mother plant, flower, root, or bark. The energetic vibration of a gemstone holds records and goals to help you focus on the reality you wish to create. You design your reality and the cards in this deck will help you focus on your intentions and ignite transformation in your life.

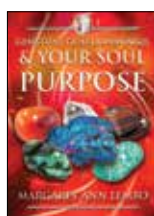
Designed to spark your courage and innate knowledge and abilities, this deck and guidebook set helps empower you to step forward with confidence and realize your unlimited potential.

Margaret Ann Lembo is a crystal expert, aromatherapist, spiritual entrepreneur, and practitioner as well as noted author and speaker, sought after for more than 30 years. The author of several books and decks, including *Gemstone Guardians and Your Soul Purpose*, *Animal Totems and the Gemstone Kingdom*, and *The Archangels and Gemstone Guardians Cards*, Margaret is the owner of The Crystal Garden, the conscious living store and center of the Palm Beaches in Boynton Beach, Florida.

Also by Margaret Ann Lembo



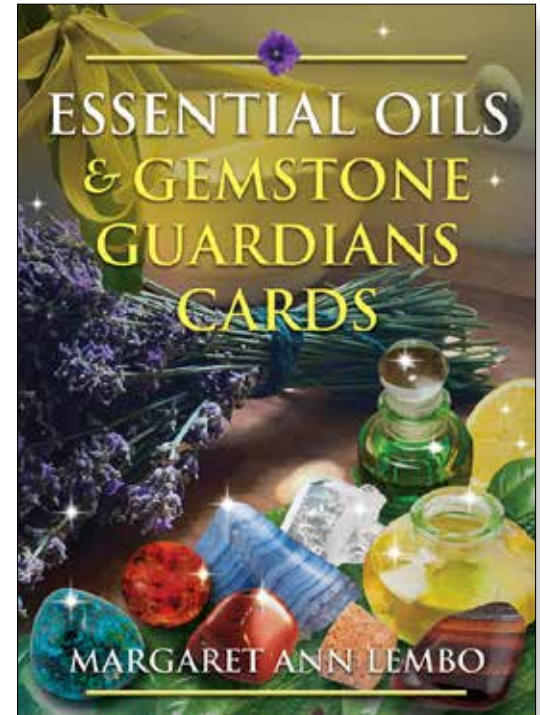
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Aleister Crowley in Paris

Sex, Drugs, and Magick in the City of Light

TOBIAS CHURTON

Examines Aleister Crowley's 30-year-long intimate association with Paris

- Investigates the tales of Crowley “raising Pan,” going mad, and working gay sex magick in Paris
- Uncovers Crowley's involvement in the Belle Époque with sculptor Auguste Rodin and other artists and in the 1920s with Berenice Abbott, Nancy Cunard, Man Ray, André Gide, and Aimée Crocker
- Reveals Crowley's “expulsion” from Paris in 1929 as a high-level conspiracy against Crowley

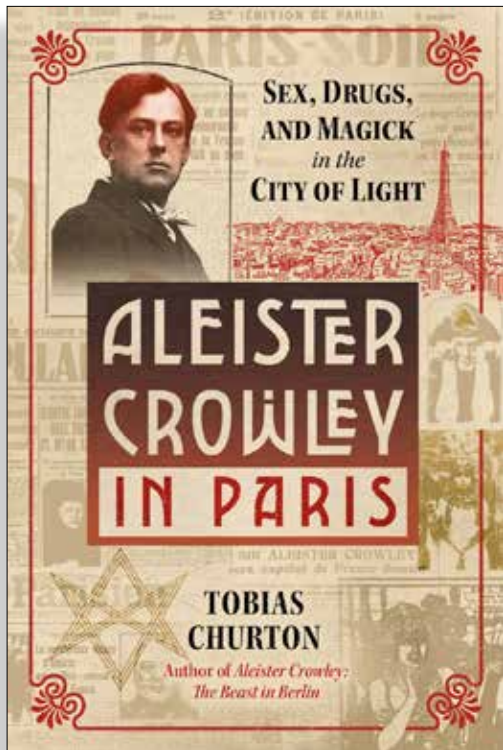
Exploring occultist, magician, poet, painter, and writer Aleister Crowley's longstanding and intimate association with Paris, Tobias Churton provides the first detailed account of Crowley's activities in the City of Light.

Using previously unpublished letters and diaries, Churton explores how Crowley was initiated into the Golden Dawn's Inner Order in Paris in 1900 and how, in 1902, he relocated to Montparnasse. Soon engaged to Anglo-Irish artist Eileen Gray, Crowley pontificates and parties with English, American, and French artists gathered around sculptor Auguste Rodin: all keen to exhibit at Paris's famed Salon d'Automne. In 1904—still dressed as “Prince Chioa Khan” and recently returned from his *Book of the Law* experience in Cairo—Crowley dines with novelist Arnold Bennett at Paillard's. In 1908 Crowley is back in Paris to prove it's possible to attain Samadhi (or “knowledge and conversation of the Holy Guardian Angel”) while living a modern life in a busy metropolis. In 1913 he organizes a demonstration for artistic and sexual freedom at Oscar Wilde's tomb. Until war spoils all in 1914, Paris is Crowley's playground.

The author details how, after returning from America in 1920, and though based at his “Abbey of Thelema” in Sicily, Crowley can't leave Paris alone. When Mussolini expels him from Italy, Paris becomes home from 1924 until 1929. Churton reveals Crowley's part in the jazz-age explosion of modernism, as the lover of photographer Berenice Abbott, and many others, and how he enjoyed camaraderie with Man Ray, Nancy Cunard, André Gide, and Aimée Crocker. The author explores Crowley's adventures in Tunisia, Algeria, the Riviera, his battle with heroin addiction, his relationship with daughter Astarte Lulu—raised at Cefalù—and finally, a high-level ministerial conspiracy to get him out of Paris.

Reconstructing Crowley's heyday in the last decade and a half of France's Belle Époque and the “roaring Twenties,” this book illuminates Crowley's place within the artistic, literary, and spiritual ferment of the great City of Light.

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



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384 pages, 6 x 9

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Biography/Occult History



Author
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Aleister Crowley in England

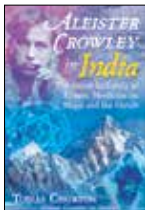
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Explores how the search for meaning in the post-Soviet era has given rise to a revival of ancient spiritual traditions and a plethora of new movements

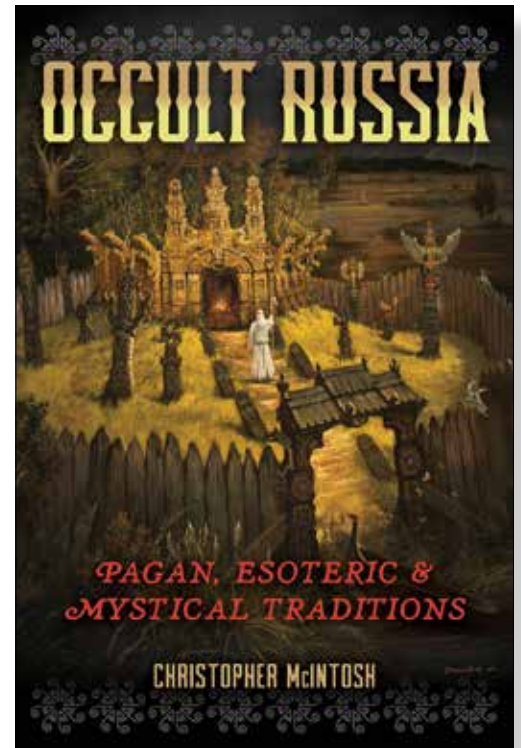
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- Examines the precursors to modern spiritual movements in the “Silver Age” (1880–1920) and discusses the impact of the Russian Revolution on spiritual and esoteric groups
- Offers a deep look at the controversial Book of Veles, branded by some as a forgery and hailed by others as an epic chronicle of the Slavic people

In this in-depth look at occult and esoteric traditions in Russia, Christopher McIntosh explores the currents of mysticism, myth, magic, and the spiritual to which the Russian soul has always been attuned. The author explains how the search for meaning in the post-Soviet era has given rise to a revival of ancient spiritual traditions and a plethora of new movements. He examines the precursors to these movements in the “Silver Age” (1880–1920) before the Revolution, when alternative forms of spirituality were finding new life as a reaction to the ongoing climate of violence, revolt, and repression. He discusses the impact of the Russian Revolution on spiritual and esoteric groups, and shows how their activities were tolerated and even in some instances encouraged—until Stalin assumed power in 1924.

Discussing the spiritual reawakening after the fall of communism in 1989, the author explores the survival of Slavic deities and pagan practices in modern Russia, including the indigenous pre-Christian customs of the Mari people and the shamanic traditions of Siberia. He examines the resurgence of the Orthodox Church and the burgeoning of alternative forms of spirituality. He offers a deep look at the controversial Book of Veles, branded by some as a forgery and hailed by others as an epic chronicle of the Slavic people. He also explores the interface between spirituality and the arts and the unique qualities of the Russian language as a medium for the sacred.

Revealing the implications of the modern Russian spiritual and esoteric renaissance, McIntosh shows that it still remains to be seen whether Edgar Cayce’s prediction of Russia as the hope of the world will come true or if Russia will remain, as Churchill famously stated, “a riddle, wrapped in a mystery, inside an enigma.”

Christopher McIntosh is a British-born writer and historian, specializing in the esoteric traditions of the West. 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, most recently *Beyond the North Wind*, he lives in Lower Saxony, North Germany.



December 2022

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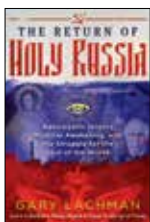
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Author
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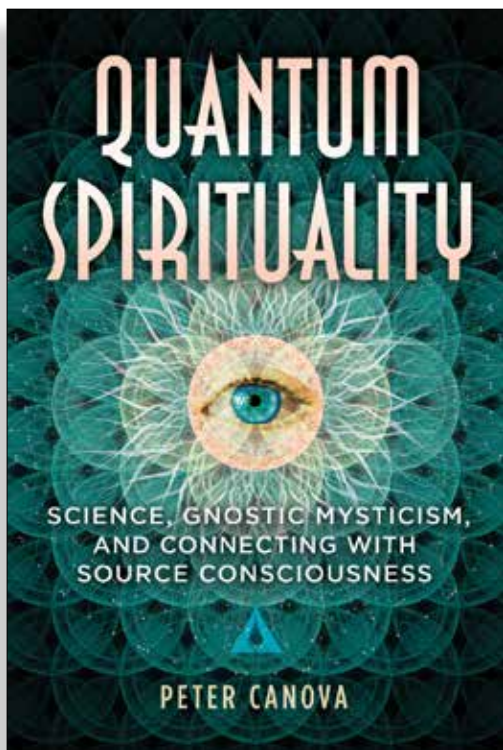
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Author
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Quantum Spirituality

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PETER CANOVA

Reveals how ancient Gnostic teachings predicted modern quantum physics

- Explains how the perennial principles of Gnosticism, a repository of Judeo-Christian mysticism, describe major theories of quantum physics, such as the Big Bang, parallel universes, the Holographic Universe theory, and Einstein's Relativity
- Shows how these teachings reveal consciousness as the creator of reality
- Reveals how to harness quantum spirituality for personal empowerment, access to higher levels of consciousness, and manifestation

From the dawn of history, a universal wisdom tradition has existed that explains humanity's purpose in the cosmos and our relationship to the Master Source Consciousness. This mystical philosophy was harnessed by the ancient seers known as Gnostics, who were in direct contact with Source Consciousness. As Peter Canova reveals, not only do the ancient teachings of Gnosticism contain important spiritual truths, but they profoundly align with the modern sciences of quantum physics and psychology. They can also provide us with a transformative path to higher consciousness and practical tools to create your own reality.

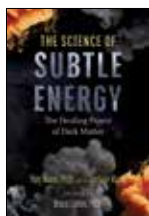
Merging modern science and ancient wisdom, Canova explores the perennial principles of Gnosticism and shows how they describe major theories of quantum physics, such as the Big Bang, parallel universes, the Holographic Universe theory, and Einstein's Relativity. He recounts the Gnostic story of Sophia from a scientific standpoint, showing how it describes the fall of spiritual consciousness into material existence. He also provides in-depth evidence that Jesus taught a hidden, mystical Gnostic initiation rite.

Explaining how the Master Consciousness created and shaped all life, including humans, the author reveals how Source gave us a critical role to fulfill in the cosmos, including the ability of our thoughts to affect the material world. He describes Carl Jung's role in the spiritualization of psychology and how this can be used by the modern spiritual seeker to pursue a path of enlightenment and personal fulfillment.

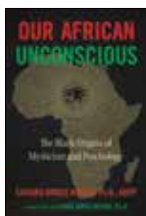
Ultimately showing how enlightenment is a process wherein outer manifestations arise from inner experience—including synchronicity and dreams—the author reveals how each of us can harness the power of quantum spirituality to transform our world on both an individual and collective level.

Peter Canova is an international businessman who, after a series of life-changing spiritual experiences, began writing on spirituality and consciousness. He is the author of the award-winning First Souls Trilogy and has contributed to the popular Chicken Soup for the Soul series. He hosts a podcast, *Quantum Spirituality*, on Dreamvisions 7 Radio Network. He lives in Florida.

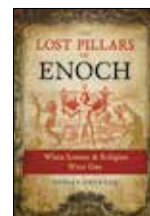
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Initiation into Dream Mysteries

Drinking from the Pool of Mnemosyne

SARAH JANES

A psychomagic journey to awaken lucid dream consciousness

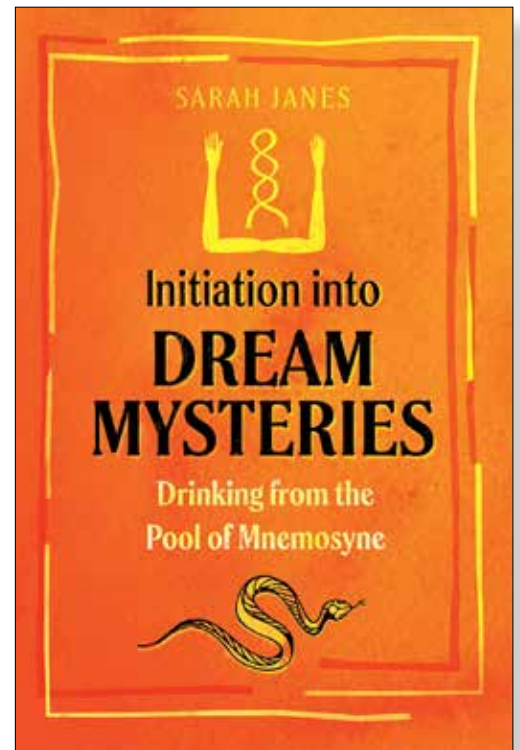
- Presents effective exercises and techniques, inspired by ancient texts, to deepen your personal awareness of the dream state and experiment with dreams for healing and divinatory purposes
- Each initiatory chapter includes a psychodramatic narrative designed to generate the perfect dream for each stage in the initiation
- Explains how dreaming has influenced cultural, religious, and spiritual thinking
- Includes access to a seven-part hypnagogic guided journey recording

Invoking Mnemosyne—Greek goddess of memory and eloquence, daughter of Heaven and Earth, mother of the Muses, and archetypal deity of the Asklepiion dream temple tradition—this book initiates you into full dream consciousness, offering a lucid-dreaming ritual experience in the spirit of the Mystery Schools of antiquity.

Explaining how a conscious dream life is essential for self-discovery, deep integration, and healing, lucid-dreaming instructor Sarah Janes presents exercises, techniques, and initiations to help you explore the inner depths of your psyche. These realms, accessible through dreams, can help you to form a better understanding of who you are. Sharing her more than a decade of research on Sleep Temples and Mystery Schools of the Esoteric Tradition, Sarah explores the evolution of imagination, memory, and consciousness throughout the ages and proposes that dreams have been fundamental in the creation and development of culture. Dreams play an important role in ancestor worship, afterlife beliefs, animism, religion, and wisdom traditions. Sarah reveals how dreams offer us an opportunity to remember and directly experience our divinity, to transcend the limitations of our mortality and enter timeless, imaginal realms.

Employing the power of story to affect the mind and lay down new neural pathways—as if one were really *living* the story—Sarah begins each initiatory chapter with a psychodramatic narrative. Using symbolism and powerful imagery, these stories help you generate the perfect dreams for each stage in the initiation. And by becoming a better dreamer, you can make better, more aware decisions in your waking life.

Sarah Janes has been an enthusiastic lucid dreamer since childhood. She is a writer, public speaker, and sleep hypnosis workshop facilitator. She runs Explorers Egyptology, an online lecture series, and with Carl Hayden Smith operates The Seventh Ray, a virtual reality Mystery School. She is also producer and co-host for the *Anthony Peake Consciousness Hour* podcast. Sarah is currently working with Rupert Sheldrake and The British Pilgrimage Trust to reinvigorate the practice of dream incubation at sacred sites. She lives in the UK.



December 2022

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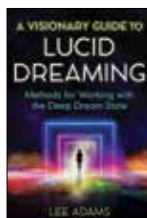


Author
Sarah Janes

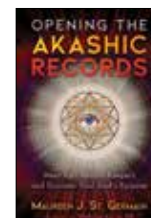
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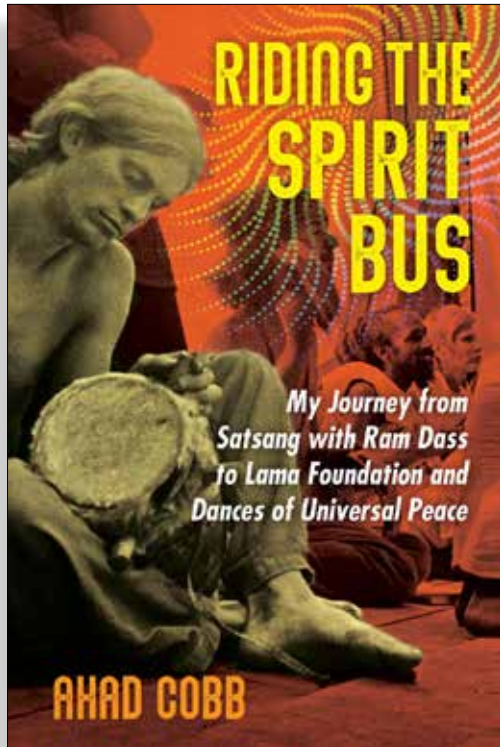
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58 black-and-white illustrations
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Author
Ahad Cobb

Riding the Spirit Bus

My Journey from Satsang with Ram Dass to Lama Foundation and Dances of Universal Peace

AHAD COBB

A memoir of spiritual awakening and travel in the 60s and 70s, sacred dance in the 80s and 90s, and astrological insight in the 90s and 2000s

- Recounts the author's deep involvement with three spiritual community movements originating in the sixties which are still thriving today: the Ram Dass satsang, Lama Foundation, and Dances of Universal Peace
- Offers insights from his study of Vedic astrology, sacred dance, his search for love, and his personal work with past-life recordings, Jungian analysis, and trauma release

After coming of age and graduating in the tumultuous sixties, Ahad Cobb found himself wandering without direction. A chance road trip with a friend led him to Ram Dass, thus beginning an enthusiastic journey of spiritual awakening and deep involvement with three spiritual communities originating in the sixties and still thriving today: the Ram Dass satsang, Lama Foundation, and Dances of Universal Peace.

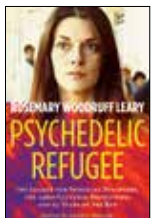
Sharing his opening to the inner life, his poetry and dreams, his spiritual passions and astrological insights, Ahad Cobb's memoir begins with his summer with Ram Dass and his satsang, immersed in meditation, devotion, and guru's grace. His path takes him to New Mexico, to a newly established intentional spiritual community, Lama Foundation, where he lives on the land for thirteen years, experiencing the disciplines and rewards of communal living and spiritual practice. At Lama, he is initiated into universal Sufism in the tradition of Hazrat Inayat Khan and the Dances of Universal Peace. He travels overseas to spend time with Sufis in Chamonix, Istanbul, Konya, and Jerusalem.

After the birth of his son, Ahad moves off the mountain and serves as sacred dance leader and musician for 35 years in Santa Fe and later Albuquerque. When Lama Foundation is nearly destroyed by a forest fire in 1996, Ahad serves as a trustee, guiding the rebuilding of the community. He imparts insights from his personal work with Jungian analysis and trauma release, shares his search for and discovery of his soul mate, and details his twelve years of study with Hart DeFouw in the wisdom stream of Vedic astrology.

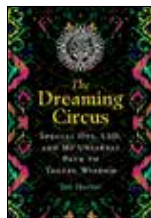
Offering a poignant reflection on life lived from the inside out, and the delicate balance between spirituality and psychology, this memoir leads readers on an outer and inner journey steeped in poetry, music, astrology, dreams, inner work, and spiritual practice in the context of community devoted to awakening.

Ahad Cobb is author, editor, and publisher of six books, including *Image Nation* and *Early Lama Foundation*. A musician and leader of Dances of Universal Peace, he has also served as a continuing member, officer, and trustee of the Lama Foundation. He studies and teaches Jyotish (Vedic astrology). He lives in Albuquerque, New Mexico.

Of Related Interest



Psychedelic Refugee
Rosemary Woodruff Leary
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March 2021 release



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Jim Morris
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July 2022 release



Into the Mystic
Christopher Hill
Park Street Press
ISBN 978-1-62055-642-9
\$16.95 (CAN \$21.50) pb

Psychedelic Wisdom

The Astonishing Rewards of Mind-Altering Substances

DR. RICHARD LOUIS MILLER

Foreword by Rick Doblin, Ph.D.

Shares wisdom-bringing psychedelic experiences from authorities well-known in psychedelic history, therapy, and research

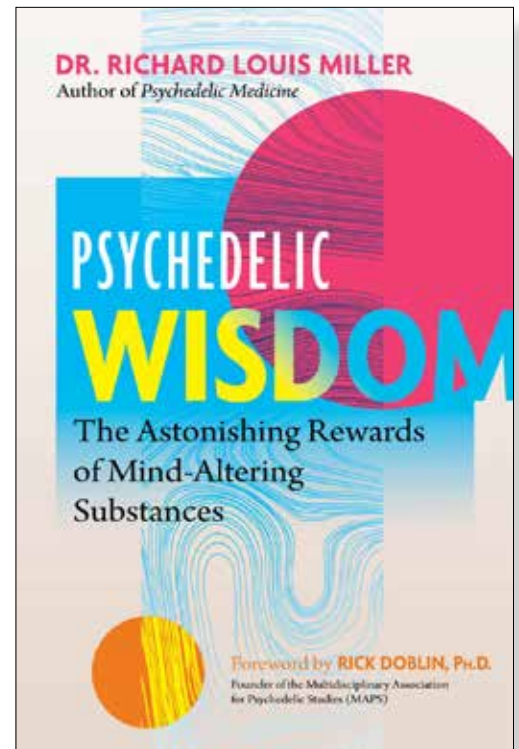
- Reveals how these scientists, doctors, therapists, and teachers have applied their entheogenic experiences in their professions, leading to therapeutic advancements, scientific discoveries, and healing for thousands
- Includes contributions from scientific psychonaut Amanda Feilding, psychedelic swami Dr. Allan Ajaya, “America’s Doctor” Dean Edell, convicted psychiatrist Frederike Meckel Fisher, love doctor Charley Winger, professor of psychedelics Thomas B. Roberts, ethnobotanical explorer Dennis McKenna, the “Sunshine Makers” Tim Scully and Michael Randall, as well as many others

Over the past decade, many famous entrepreneurs and celebrities have begun to open up about their life-changing experiences with psychedelics that led to their personal successes. But less well-known are the wisdom-bringing psychedelic experiences of many top psychologists, psychiatrists, researchers, and others who have taken what they learned from their entheogenic experiences and applied it in their professions, leading to therapeutic advancements, scientific discoveries, and healing for thousands.

In this profound book, Dr. Richard Louis Miller shares stories of psychedelic transformation, insight, and wisdom from his conversations with 19 scientists, doctors, therapists, and teachers, each of whom has been self-experimenting with psychedelic medicines, sub rosa, for decades. We hear from scientific psychonaut Amanda Feilding, founder of the Beckley Foundation; ethnobotanical explorer Dennis McKenna; research advocate and head of MAPS Rick Doblin; and the “Sunshine Makers”: Tim Scully, the scientist taught to make LSD by Owsley Stanley, and Michael Randall, the leader of the Brotherhood of Eternal Love. We learn about recasting “bad trips” as unfamiliar challenges from psychedelic swami Dr. Allan Ajaya, therapeutic uses of MDMA from “the love doctor” Charley Winger, decades of insights from psychedelic professor Thomas B. Roberts, as well as several others.

Revealing the psychedelic wisdom uncovered in spite of decades of the “War on Drugs,” Dr. Miller and his contributors show how LSD and other psychedelics offer a pathway to creativity, healing, innovation, and liberation.

Richard Louis Miller, MA, PhD, has been a clinical psychologist for more than 50 years. He is host of the syndicated talk radio show, *Mind Body Health & Politics*. The founder of the nationally acclaimed Cokenders Alcohol and Drug Program, he has been a faculty member at the University of Michigan and Stanford University and an advisor on the President’s Commission on Mental Health. The author of *Psychedelic Medicine*, he lives in northern California.



December 2022

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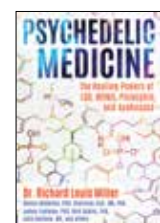
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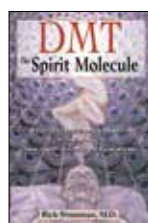
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Dr. Richard Louis Miller

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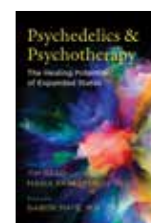


Psychedelic Medicine
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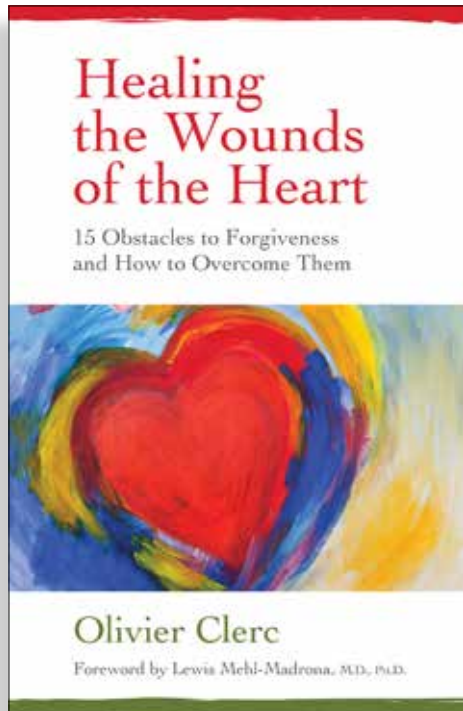
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October 2021 release



Healing the Wounds of the Heart

15 Obstacles to Forgiveness and How to Overcome Them

OLIVIER CLERC

Foreword by Lewis Mehl-Madrona, M.D., Ph.D.

An exploration of the life-changing power of forgiving

- Discusses 15 perceived obstacles to forgiveness and how to overcome them
- Details four different methods of forgiveness: the Hawaiian practice of Ho'oponopono, Colin Tipping's Radical Forgiveness, Fred Luskin's Nine Steps to Forgiveness, and the author's own Gift of Forgiveness
- Shares inspiring testimonies and stories from around the world, revealing how forgiveness helps stop a spiral of destruction, cleanses the heart, and leads to relief, freedom, and inner peace

Can everything be forgiven? Forgiving the small and average sufferings experienced throughout life is one thing. But what about bigger transgressions, like infidelity, abuse, or even large-scale offenses such as genocide? Showing that forgiveness is the healing of the heart's wounds as well as the revival of love, Olivier Clerc looks at what prerequisites might be needed to enter into a process of forgiving and what the effects of doing so might be, for oneself as much as, if not more than, for the perpetrator. He identifies 15 obstacles to forgiveness—prejudices, confusions, false ideas, misunderstandings—and discusses where these perceptions and obstacles originate from, which keep many of us from taking the path to healing.

Exploring how to overcome the obstacles to forgiveness and how to let go and change our thinking, the author details four practical methods for forgiveness, each with a unique approach: the Hawaiian practice of Ho'oponopono, Colin Tipping's Radical Forgiveness, Fred Luskin's Nine Steps to Forgiveness, and the author's own Gift of Forgiveness, inspired by his work with don Miguel Ruiz. Drawing from his years of forgiveness work as well as from the Forgiveness Project, he shares inspiring testimonies and examples from both victims and perpetrators who have rebuilt their lives after trauma by walking the path of conscious forgiveness. Clerc reveals how choosing to engage in a conscious process of forgiving our perpetrators—while not without struggle—helps stop a spiral of destruction, cleanses the heart, and leads to relief, freedom, and inner peace. Even when faced with the unspeakable, forgiveness is a path we can all take and in doing so we recover our full capacity to love and find happiness.

Olivier Clerc is a writer, translator, editorial consultant, and workshop leader. He is the founder of the international program Circles of Forgiveness, based on his life-changing experiences in Mexico with don Miguel Ruiz. With his wife, he created a yearly conference on forgiveness and founded the International Forgiveness Association (API). The author of *The Gift of Forgiveness*, he lives in Cluny, France.



December 2022

Findhorn Press

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144 pages, 5 x 7 3/4

Rights: World English Spirituality/Forgiveness



PHOTO: FRANCK WEBER

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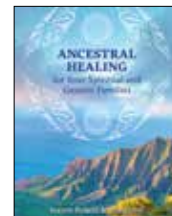


The Gift of Forgiveness
Olivier Clerc
Findhorn Press
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Of Related Interest



Ho'oponopono
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The Wisdom of Wildness

Healing the Trauma of Domestication

REN HURST

A guide to rewilding your heart, so you can undomesticate your life

- Explores 13 principles of unconditional love for addressing the trauma of domestication, healing relationships, and restoring deep connection to the inner guidance of your wild soul
- Explains the nature of trauma from the perspective of emotional development
- Provides experiential practices for the cultivation of authentic relationships that are free of exploitation and codependency

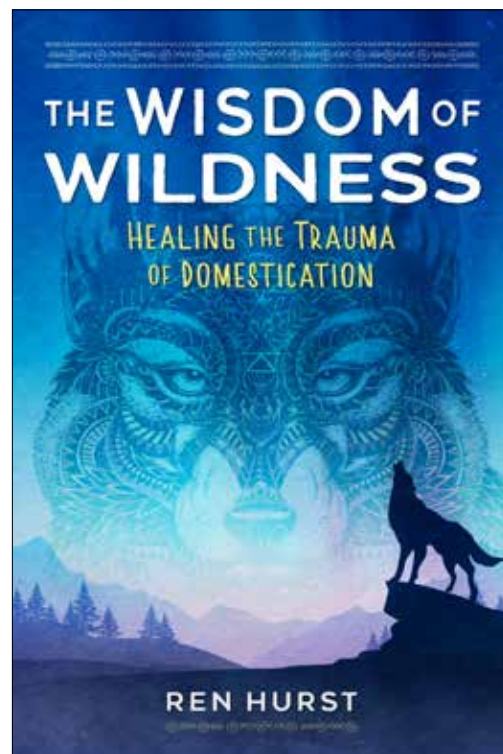
After more than twenty years as a professional horsewoman, and applying what she had learned to a half-wild husky dog, Ren Hurst decided to take a deep look into the nature of domestication and humanity's relationship to other animals. She found that our own domestication—and our resultant disconnection from nature—is the root trauma for much of the human experience, perpetuated by our domestication of others. She then reverse-engineered the conditioning process that leads to domestication and discovered a practical roadmap for deprogramming and undomesticating yourself in order to heal trauma, restore connection, and reclaim the innate wisdom of wildness within.

Sharing enlightening moments from her journey of taking in and connecting with her husky, Denali, the author explains how their growing relationship was testing her to her limits. Yet when she embraced the principles of unconditional love, she found the instinct and intuition necessary so she and the dog could understand one another and find their rightful places within the power dynamics of guardian and dependent. The author shows how, when there is emotional awareness and authentic leadership that links in with your own wild parts, an authentic relationship between human and animal—or between one's self and another person—is possible.

Looking at the domestication of humanity, the author explains the nature of trauma and disconnection from the perspective of emotional development. She unveils 13 principles of unconditional love for deprogramming yourself, healing the trauma of domestication, and restoring deep connection to inner guidance, your wild soul, and, ultimately, freedom. She also offers experiential practices to help you cultivate authentic, undomesticated relationships free of exploitation and codependency, whether with human or animal companions.

Helping you reclaim the innate wildness within, Ren Hurst explores how to rewild your heart, receive guidance from your wild soul, and approach your life path with authenticity and emotional maturity.

Ren Hurst is an author, educator, energy tracker, and guide helping people address the trauma of domestication. After 20 years of being a professional horsewoman, Ren produced a body of work called Sanctuary13 to help people restore connection to their most authentic, wild human animal nature. Ren lives in the Pacific Northwest.



December 2022

Findhorn Press

ISBN 978-1-64411-679-1

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4 black-and-white illustrations

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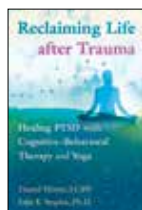
Spirituality/Nature



PHOTO: BRANDY SETZER

Author
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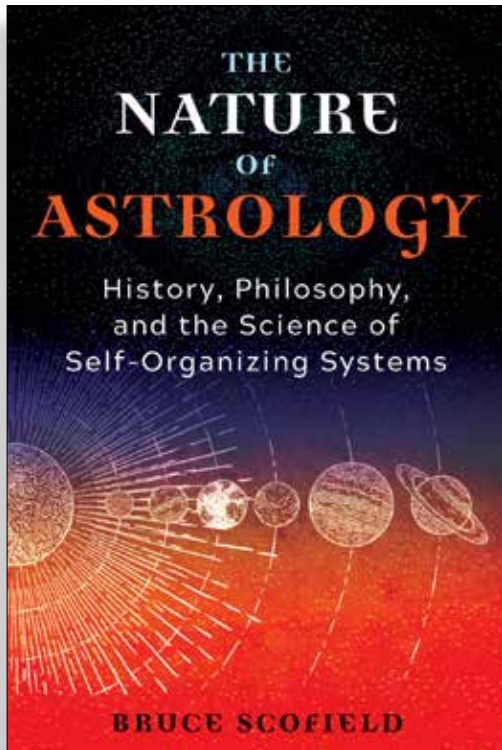
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The Nature of Astrology

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

BRUCE SCOFIELD

An in-depth examination of how astrology is a form of systems science

- Shares modern biological studies offering evidence that our solar system neighbors profoundly affect and shape life on our planet
- Explores the early practice of astrometeorology, revealing the links between the solar system, weather, and climate over large spans of time
- Looks at the history, philosophy, and methodologies of astrology, as well as its potential future applications in medicine and the social sciences

Our ancient ancestors recorded the rhythms of the Sun, Moon, planets, and stars, correlating these rhythms with weather, plant growth, and animal and human behaviors. From these early geocosmic recordings were born calendars, astronomy, and astrology. While astrology is now mostly viewed as subjective fortune-telling, Bruce Scofield argues that astrology is not only a practice but also a science, specifically a form of systems science—a set of techniques for mapping and analyzing self-organizing systems.

Providing clear evidence that our solar system neighbors profoundly affect and shape life on our planet, Scofield shares modern biological and climatological studies on the effects of Earth's rotation, the Sun, the Moon, and the rhythms of light, gravity, magnetism, and solar radiation on terrestrial processes. He explores the early practice of astrometeorology, a method of weather forecasting used from ancient times into the Renaissance, revealing the links between the solar system, weather, and climate over large spans of time. He shares his own studies on the correlations between Saturn's position and terrestrial weather as well as presenting a wealth of evidence on astrological effects and the theories and mechanics behind them.

Examining the history of astrology, he looks at its earliest foundations in Mesopotamia and its development by the classical Greeks into a mathematically informed body of knowledge. He explores the decline and marginalization of astrology during the Scientific Revolution of the Renaissance and the Enlightenment, when astrology was transformed from a credible science to a controversial practice after being attacked by the Church and then abandoned by experimental scientists.

Presenting a broad look at how the cosmic environment shapes nature, the author shows how the practice and natural science of astrology can expand its applications in modern society in such varied fields as medicine, history, and sociology.

Bruce Scofield holds a doctorate in geosciences from the University of Massachusetts, a master's degree in social sciences from Montclair University, and a degree in history from Rutgers. A member of the National Council for Geocosmic Research and president of the Professional Astrologers Alliance, he is the author of 14 books. He lives in Amherst, Massachusetts.



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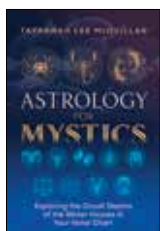
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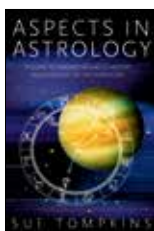


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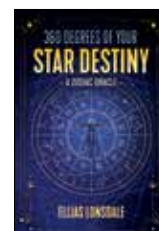
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When Shadow Meets the Bodhisattva

The Challenging Transformation of a Modern Guru

ANDREW COHEN with HANS PLASQUI

Foreword by Allan Combs

Insights from a renowned spiritual teacher's intense soul-searching after the dramatic collapse of his spiritual community

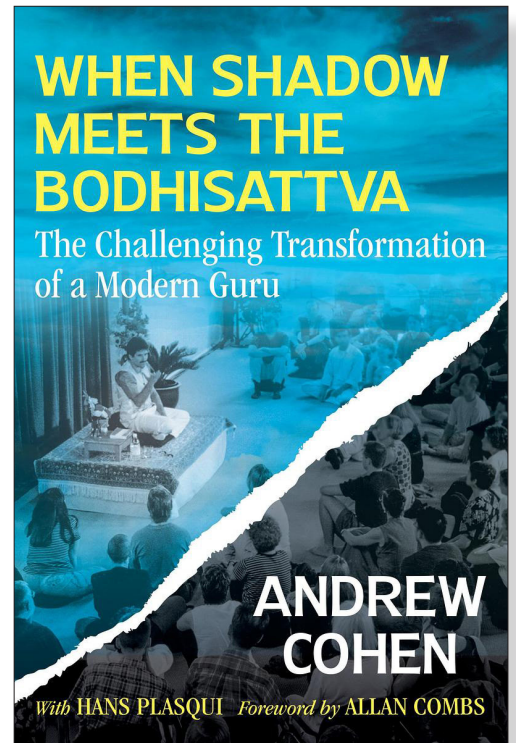
- Explores the rise and fall of the author's organization EnlightenNext, including his own responsibility for its failure, and the lessons he learned, such as the need to deal thoroughly with one's shadow for continued spiritual growth
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- Shares a new vision for the spirituality of tomorrow

After his very public fall from grace in 2013, renowned spiritual teacher Andrew Cohen vanished from view and underwent a dark night of the soul. After years of intense introspection and soul-searching, Cohen shares his insights into the failure of his organization EnlightenNext, including his own responsibility for its downfall, as well as a new vision for modern spirituality based on the wisdom of the lessons he learned.

The author details his spiritual initiation, his rapid rise to guruhood, the explosive growth of his spiritual community worldwide, and then—right at the height of its spiritual and creative emergence—its dramatic collapse, which left his students lost, bitter, angry, and confused. He shares his gripping spiritual odyssey from the heights of illumination, down into the existential ashes of failed aspirations, to the underworld of inner darkness, and back again into the light.

Building upon the lessons he learned, including the need to deal thoroughly with one's own shadow, Cohen explains the necessity of the guru in spiritual practice, while also exposing the dysfunctions of the traditional guru-disciple model. He shares insights from his discussions with spiritual leaders, including Ken Wilber, Diane Musho Hamilton, Doshin Roshi, Jeffrey Kripal, and Patricia Albere, revealing how the issues he faced are profoundly relevant to the spiritual community as a whole. He also shares how his teachings have evolved and sheds light on the art of communicating beyond ego and unleashing the co-creative power of our shared collective intelligence—the key to initiating enlightened change in this world in crisis.

Andrew Cohen is a spiritual teacher and founder of the global non-profit EnlightenNext and *EnlightenNext* magazine. After the collapse of EnlightenNext in 2013, Cohen took several years off from public teaching. In 2020, he and a group of collaborators launched Manifest Nirvana, a virtual spiritual meeting place. The author of several books, including *Evolutionary Enlightenment*, he lives in India.



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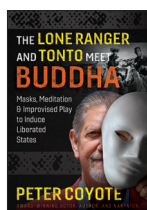
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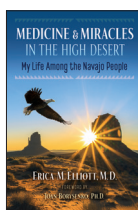
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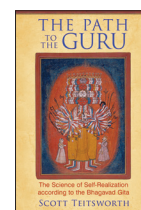
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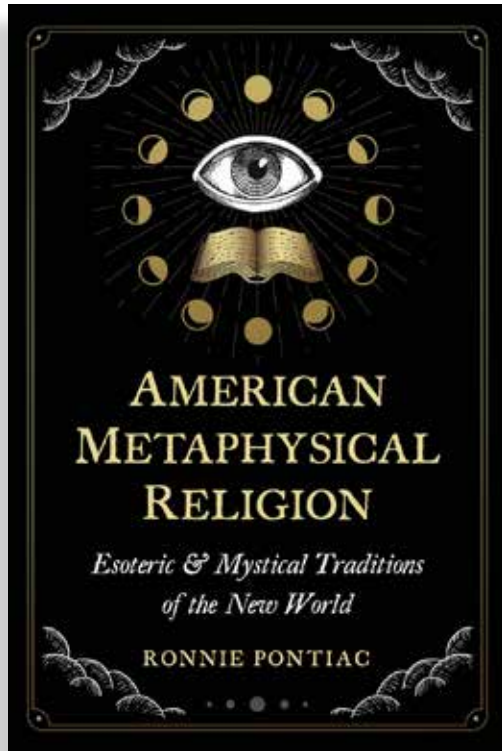
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An in-depth exploration of four centuries of American occult and spiritual history, from colonial-era alchemists to 20th-century teachers

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- Reveals the Rosicrucians among the first settlers from England, the spiritual influence of African slaves, the work of mystical abolitionists, and how Native Americans and Latinx people helped shape contemporary spirituality

Most Americans believe the United States was founded by pious Christians. However, as Ronnie Pontiac reveals, from the very beginning America was a vibrant blend of beliefs from all four corners of the world.

Based on the latest research, with the assistance of leading scholars, this in-depth exploration of four centuries of American occult and spiritual history looks at everything from colonial-era alchemists, astrologers, and early spiritual collectives to Edgar Cayce, the Hermetic Brotherhood of Luxor, and St. Germain on Mount Shasta. Pontiac shows that Rosicrucians were among the first settlers from England and explores how young women of the Shaker community fell into trances and gave messages from the dead. He details the spiritual influence of African slaves, the work of mystical abolitionists, and how Native Americans and Latinx people played a large role in the shaping of contemporary spirituality and healing practices.

The author looks at well-known figures such as Manly P. Hall and lesser known esoteric luminaries such as the Pagan Pilgrim, Tom Morton. He examines the Aquarian Gospel, the Sekhmet Revival, *A Course in Miracles*, the School of Ageless Wisdom, and mediumship in the early 20th century. He explores the profound influence of the Bodhi Tree Bookstore in Los Angeles and looks at the evolution of female roles in spirituality across the centuries. He also examines the right wing of American metaphysics from the Silver Legion to QAnon.

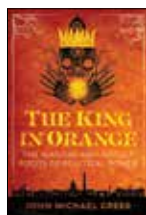
Revealing the diverse streams that run through America's metaphysical landscape, Pontiac offers an encyclopedic examination of occult teachers, esotericists, and spiritual collectives almost no one has heard of, but who were profoundly influential.

Ronnie Pontiac worked as Manly P. Hall's research assistant, screener, and designated substitute lecturer for seven years. He is an award-winning documentary producer, and has written for *Invisible College Magazine*, *Newtopia*, *Metapsychosis*, *Occult of Personality*, and *Reality Sandwich*. He lives in Los Angeles.

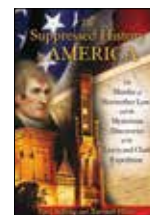
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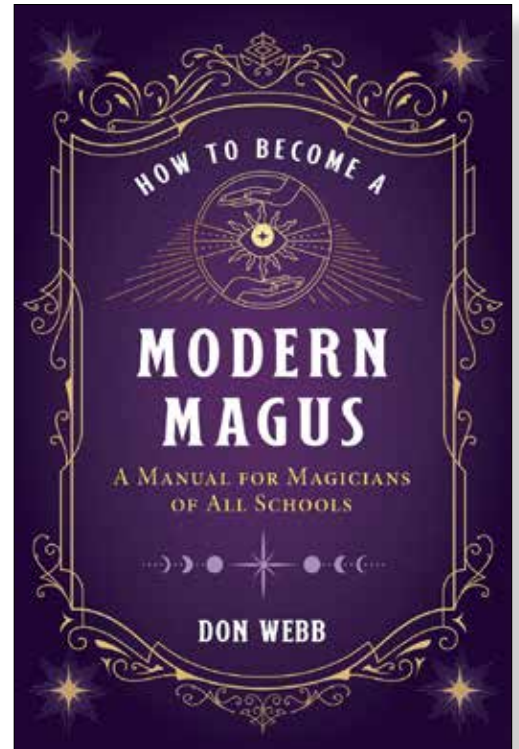
In this practical training guide, Don Webb lays out a detailed step-by-step program for building and sustaining a magical practice. Based not on Eliphas Levi's correspondence system but on an older form of Egyptian magic, as well as drawing on Chaos Magick, shamanism, and the secret techniques of the Temple of Set, the program offers a full 12 months of activities, rituals, spells, and exercises to help you acquire magical skills and knowledge and maximize your strengths over the course of a year.

Beginning with the hows and whys of magic, as well as the real dangers of the occult and how to avoid or cure them, the author shares experiences from his 45 years of personal work and 30 years of teaching the magical arts. He presents the Inshallo Rite for creating a magical helper as the first step on the road to becoming a magician. He explores the temporal aspect of magic—what works best at which times of year, month, or day—as well as the importance of keeping a magical diary, creating a warded work space, and properly preparing for magical work.

Presenting a chapter-per-month curriculum, he explores the magical powers of elements, gods, and esoteric traditions, with weekly and daily exercises as well as emotional and mental training connected to each month's topic. He examines the four elements in depth, sharing rites, invocations, spells, and activities for working magically with each element. Looking at Egyptian Soul Craft, he details how to work with the KA and the BA and how to perform magical workings with Egyptian deities. He explores sex magic, dream magic, group practice, and rites for the Nine Gates—events that can serve as pivotal moments for initiation.

Based on more than three decades of magical teaching, Don Webb's guide to becoming a modern magus will help beginners start their magical journey and support experienced magicians to revitalize and balance their existing practice.

Don Webb joined the Temple of Set in 1989, where he served as High Priest for 6 years and is recognized as an Ipsissimus. The author of several books on Left-Hand Path practice and philosophy, including *Energy Magick of the Vampyre*, he lives in Austin, Texas.



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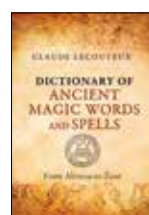
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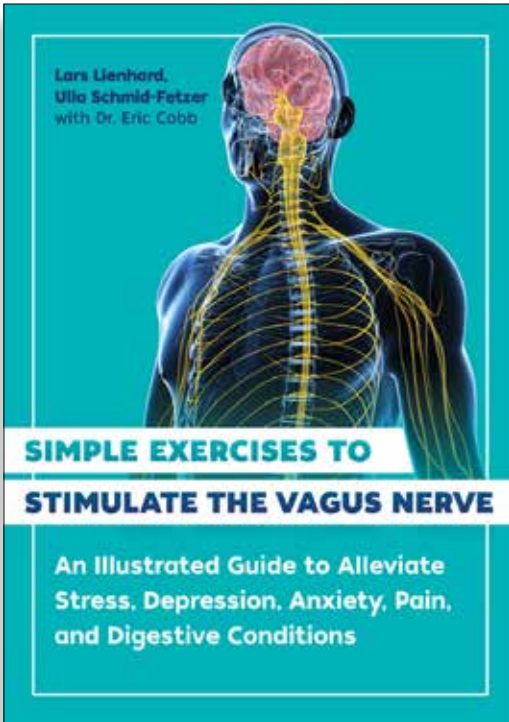
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In a world where our lives and daily rhythms are becoming increasingly demanding, being able to implement effective techniques to downregulate our stress levels is essential to maintaining a healthy mind and body. The most significant component of the parasympathetic nervous system, which regulates our ability to “rest and digest,” the vagus nerve is an information superhighway transmitting information between the brain and the heart, the gut, the immune system, and many organs. By stimulating the vagus nerve, you can work with your parasympathetic nervous system to reduce stress and anxiety, regulate digestion and appetite, moderate heart rate and blood pressure, and balance systems throughout the body.

Backed up by the latest scientific research, this book will guide you through more than 100 effective exercises to naturally and gently stimulate your vagus nerve and in turn help manage anxiety, depression, inflammation, sleep, and digestive disorders. The simple techniques include a variety of balance, hearing, sight, breathing, and touch exercises. By improving the quality of stimulation the vagus nerve receives, these neuroeffective exercises enable the brain–gut and brain–heart axes to function more predictably and effectively, providing a solid foundation for mental health, physical resilience, and self-healing.

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Lars Lienhard, sports scientist and former performance athlete, works as a trainer and consultant in high-performance sports. **Ulla Schmid-Fetzer**, author and former dance performance athlete, is one of the few certified neuroathletics trainers in Europe. **Dr. Eric Cobb**, founder of Z-Health Performance Solutions, is one of the world's leading experts in innovative, neurologically-focused rehabilitation and sports performance programs.

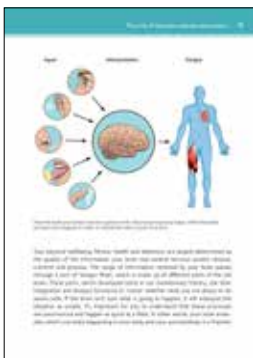


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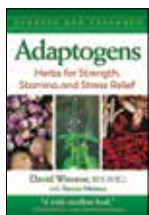
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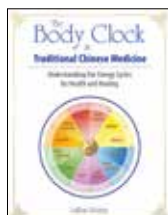
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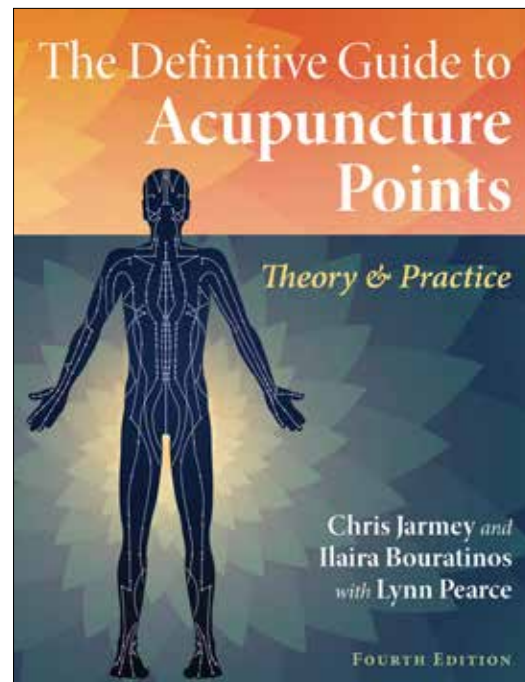
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A complete reference atlas of acupuncture and acupressure points, this newly updated guide by renowned shiatsu, qigong, and bodywork teacher Chris Jarney with experienced acupuncture clinician Lynn Pearce illustrates how to best locate and treat nearly 400 acupoints throughout the body. Full-color throughout and abundantly illustrated, this fourth edition is updated to offer comparisons of Eastern and Western teaching models as well as new theoretical material to help instill intuitive understanding for students and early practitioners of acupuncture.

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Honoring the traditional Eastern roots of acupuncture in parallel with modern approaches of Western medicine, this book is an essential resource for practitioners of all levels seeking to deepen their understanding of working with acupoints.

Chris Jarney (1954–2008) taught shiatsu, qigong, bodywork therapy, and anatomy and founded the European Shiatsu School. He was the author of many books on anatomy and bodywork, including *The Concise Book of Muscles* and *Shiatsu—The Complete Guide*. **Ilaira Bouratinos** founded the Oriental Medicine and Shiatsu Training Centre in 1994. She is based in Athens, Greece. **Lynn Pearce** is an acupuncture clinician of more than 30 years and an accredited lecturer within the Acupuncture Association of Chartered Physiotherapists (AACP). Trained in both Western and Chinese Medical models, she studied at the British College of Acupuncture. She lives in the U.K.

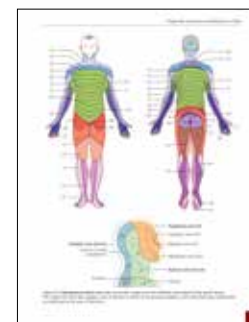
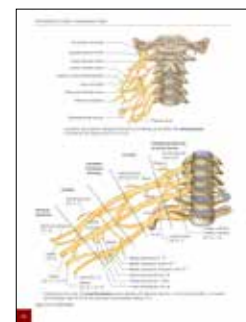


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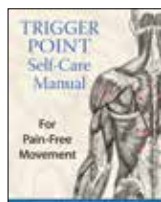
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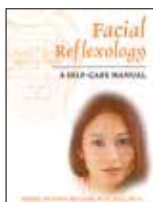
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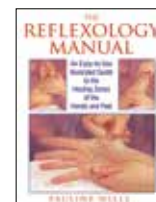
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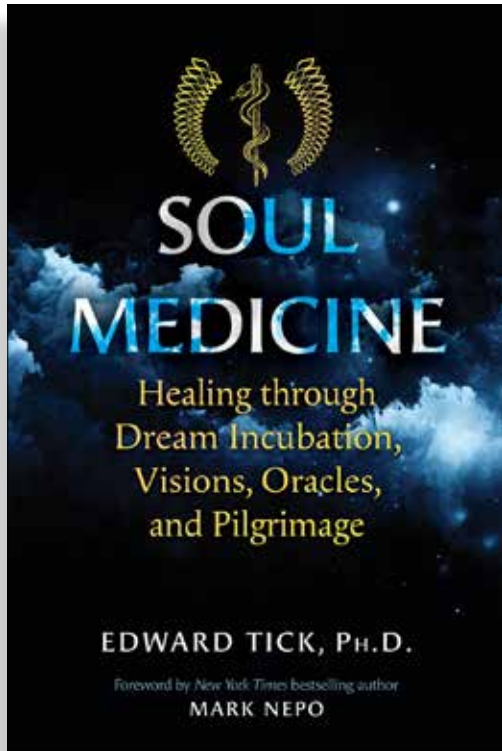
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Soul Medicine

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EDWARD TICK, Ph.D.

Foreword by *New York Times* bestselling author Mark Nepo

An in-depth look at ancient Greek practices for profound, lasting healing

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The modern practice of medicine and psychology grew out of the ancient Greek healing tradition, said to be founded by Asklepios, god of healing and dreams. For two thousand years the system spread all over the Mediterranean world and planted the roots of Western medicine and psychology by offering ritual and holistic practices that recognized that healing begins at the soul level. Yet, since that time, the spiritually based practices were cast aside, leaving behind only the scientific medical techniques that dominate healthcare today.

Resurrecting and restoring the sacred, mythological, and cultural origins of medicine and psychotherapy, Edward Tick, Ph.D., explores the soul-healing practices missing in our contemporary health systems. He looks at the dream incubation tradition of Asklepios, sacred theatre of Dionysos, oracle gifting of Apollo, special practices of warriors, and their roots in Neolithic shamanism and indigenous traditions. Demonstrating the ritual use of dreams, visions, oracles, synchronicities, and pilgrimage for healing and connecting to the transpersonal and divine, he explains how dream incubation is a technique where you plant a seed for a specific healing or growth goal in order to facilitate dreaming and work toward soul restoration.

Using both ancient wisdom and modern depth psychology alongside stories of healings from his more than 25 years of guiding Greek pilgrimages, Tick explores how we can use ancient healing philosophies and practices to achieve holistic healing today. He examines the interaction between mind and body (*psyche* and *soma*) and between physical illness and the soul. He explains the art of making accurate and holistic interpretations of signs, symbols, and symptoms to determine what they reveal about the soul. Showing how dreams and other transpersonal experiences are essential components of soul medicine, the author reveals how restoration of the soul facilitates true healing.

Edward Tick, Ph.D., is a transformational psychotherapist, international pilgrimage guide, educator, author, and poet. A specialist in archetypal psychotherapy and the healing of violent trauma, he is the author of four nonfiction books, including *The Practice of Dream Healing* and *War and the Soul*. He lives in central Massachusetts.



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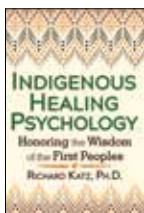


PHOTO: GABRIEL TICK

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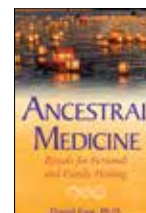
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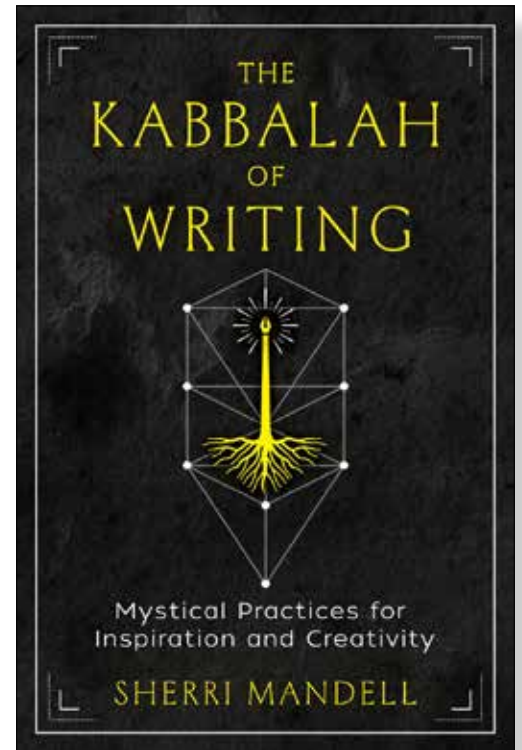
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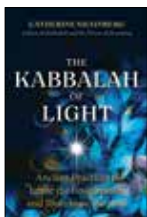
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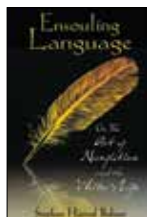


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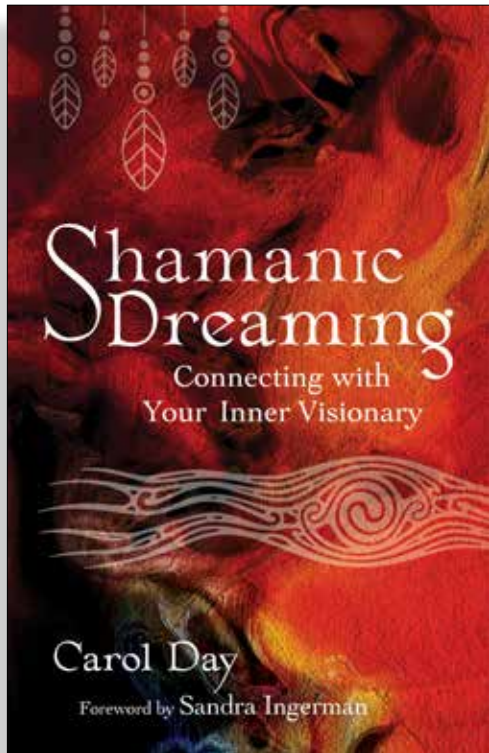
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Shamanic Dreaming

Connecting with Your Inner Visionary

CAROL DAY

Foreword by SANDRA INGERMAN

A journey through the three pathways of time—present, past, and future—to open yourself to shamanic visions

- Presents shamanic tools to help you prepare to receive visions, release the burdens of the past, and bring clarity to your visions of the future
- Shares Earth Whispering practices to expand the senses, set intentions, and connect deeply with intuition and spirit helpers
- Offers advice on working with guides and soul protectors as well as the different realms a guide might emerge from

The role of a visionary is to help dream the future into life. Throughout the ages, shamans have played the role of visionary within their communities. Yet how does one open to visions and allow the messages we need to hear to come through?

Exploring how to access your creative potential to shape and hold a strong vision for yourself and others, visionary teacher Carol Day shares hands-on tools and step-by-step shamanic practices to become more visionary and connected to the world around. She explains how to prepare for shamanic visioning and details Earth Whispering practices to expand the senses, set intentions, and connect deeply with intuition and spirit helpers.

Detailing the visionary quest, the author offers exercises to open up to different dimensions and initiate a conscious relationship with the elements through the creativity wheel. Introducing animal and archetype support systems, she shares advice on working with guides and soul protectors, such as elemental spirits, birds, trees, and the fae. She presents visionary practices to help you connect, acknowledge, and honor the past, present, and future—each of which is connected with an element, a spirit animal, and a plant spirit. She shares a sacred time-travel journey in the symbolic form of a loop, taking you first through the present, then opening to an exploration of the realm of the past and the ancestors, continuing into the vision of the future ones, and ultimately back to the beginning of time.

Taking you through the three pathways of time, this guide presents shamanic tools to help you prepare to receive visions, release the burdens of the past to heal your ancestral line, and bring clarity to your visions of the future.

Carol Day is a visionary teacher, psychotherapist, artist, and director of The Centre for Creative Vision in Scotland. She has trained with well-known visionaries, including shamanic teachers Sandra Ingerman, Franco Santoro, and Stephen Mulhearn and psychologist Marshall Rosenberg. She runs a private practice in systemic story therapy and is involved in projects centered on creating community and connecting people back to the land. Carol lives in Glasgow, Scotland.



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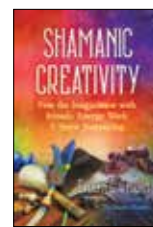
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Self-Healing with Chinese Medicine

A Home Guide to Treating Common Ailments

CLIVE WITHAM, L.Ac., M.Sc.

Transform your health with the ecological approach of ancient Chinese medicine

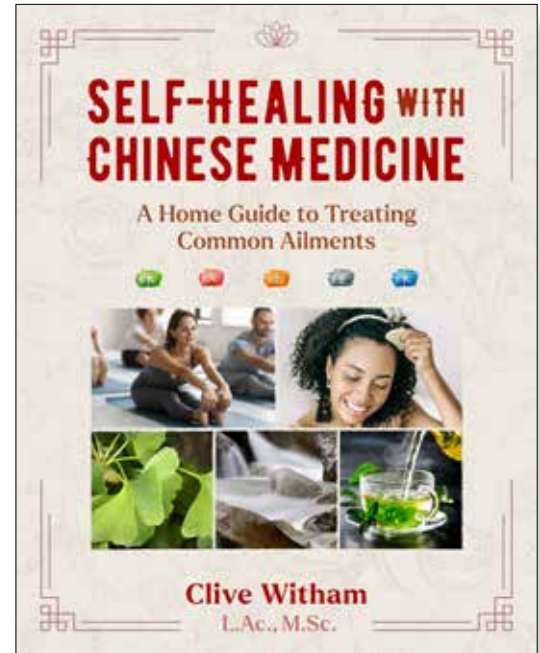
- Addresses how and why illness in the body occurs according to the natural principles of Chinese medicine
- Shares self-care treatments for a number of common health disorders, from colds and high blood pressure to backache, nausea, menstrual pain, and depression
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The human body is governed by the universal principles of the natural world. Ancient Chinese medicine embraces these natural principles to offer a unique ecological approach to understanding the body and its functions in the interest of encouraging balance and self-healing.

In this practical and easy-to-follow guide, acupuncturist Clive Witham addresses how and why illness in the body occurs according to Chinese medicine and what we can do to restore ourselves back to health from many common ailments and conditions. He explores basic principles from nature, such as yin and yang, the effects of our natural environment, blood circulation and obstruction, and universal patterns within all things, to explain the effects of change on our body systems. He explains how to assess your body's signs and symptoms as well as how to recognize and understand patterns of illness through their ecological connections. With clear illustrations and step-by-step instructions, he shares self-care treatments for a number of common health disorders, from colds and high blood pressure to backache, nausea, menstrual pain, and depression. He details how to maintain wellbeing and initiate healing from within through the use of hands-on treatment modalities and techniques such as food and lifestyle changes and manual therapies like acupuncture, massage, and Gua sha.

Enabling you to assess physical signs, understand illness patterns, and proactively support your own recovery, this guide allows you to take charge of your own healing process, alleviate symptoms quickly and effectively, and enhance your body's resilience with simple self-care.

Clive Witham is a licensed acupuncturist and the director of the Komorebi Institute and the Gua sha Center in Spain. For more than a decade, he ran a chronic illness clinic in North Africa. The creator of Ecology in Motion Gua sha, he specializes in Gua sha and promoting the knowledge of ancient Chinese healing as a viable, practical world medicine. The author of several books, including *Holographic Gua Sha* and *Facial Gua Sha*, he lives in Barcelona, Spain.



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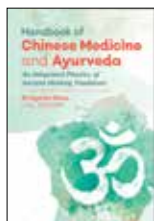
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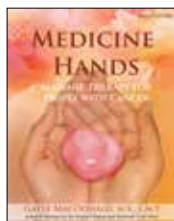


Author
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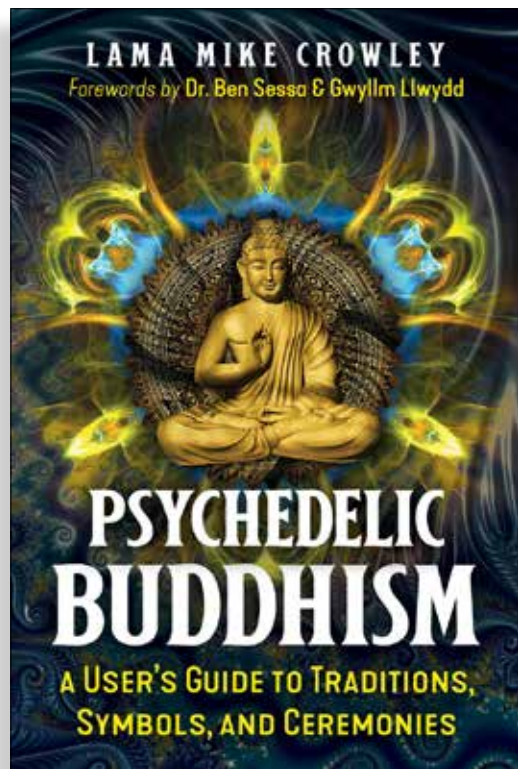
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Psychedelic Buddhism

A User's Guide to Traditions, Symbols, and Ceremonies

LAMA MIKE CROWLEY

Forewords by Dr. Ben Sessa and Gwyllm Llwydd

A guide to psychedelics and Buddhist practice

- Presents guidance and techniques for Buddhists who wish to incorporate psychedelics into their practice as well as for psychonauts who are interested in the maps of inner space provided by Buddhism
- Explores the use of psychedelics in Buddhist practice, sharing the kind of spiritual experiences that can be gained with each
- Describes meditation techniques, with special attention being given to the generation of the Four Positive Attitudes

In this user's guide to Psychedelic Buddhism, Lama Mike Crowley presents techniques for Buddhists who wish to incorporate psychedelics into their practice as well as for psychonauts who are interested in the maps of inner space provided by Buddhism. The author details how psychedelics have led to spontaneous awakening experiences, such as "Indra's net" and universal voidness, that were once thought to be available only to advanced meditators. He explores the use of psychedelics, such as LSD or psilocybin mushrooms, in a Buddhist context, sharing the kind of spiritual experiences and benefits that can be gained with each. The author also looks at the use of psychedelics encoded in Vedic and Buddhist scriptures, particularly in the Vajrayāna tradition, from the Middle Ages until the present day.

Presenting an informed summary of Buddhism for psychonauts, the author explores the key beliefs of Buddhism, the life of the Buddha, and the practices followed in various *yānas*, or paths. He describes meditation techniques, with special attention being given to the generation of the Four Positive Attitudes: loving-kindness, compassion, sympathetic joy, and equanimity, each being taken from their personal to their universal forms. He looks at Buddhism symbols, ceremonies, deities, and initiations, as well as psychic powers in Buddhist tradition, and how these ideas and practices can be used in the exploration of the inner realms of consciousness.

Providing a complete guide to integrating psychedelics into Buddhist practice, this book reveals how the ancient Buddhist teachers discovered their universal maps of consciousness and how you can use their wisdom to guide your journey.

Lama Mike Crowley met a Tibetan lama, Lama Radha Chime Rinpoche, in London when he was 18 years old. He became Lama Chime's first student and has continued to study with him to the present day. He took "refuge" and the five Pansil vows on May 1, 1970 and, after much study and meditation, was ordained as a lama on January 1, 1989. He is the founder of Amrita Dzong, an American extension of his teacher's group, and a member of the advisory board of the national Psychedelic Sangha. The author of *Secret Drugs of Buddhism*, he lives in northern California.



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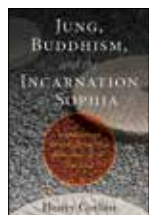
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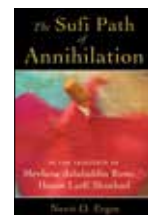
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Conversations with Birds

The Metaphysics of Bird and Human Communication

ALAN POWERS

Foreword by Richard C. Wheeler

An exploration of communicating with birds and the lessons they can teach us

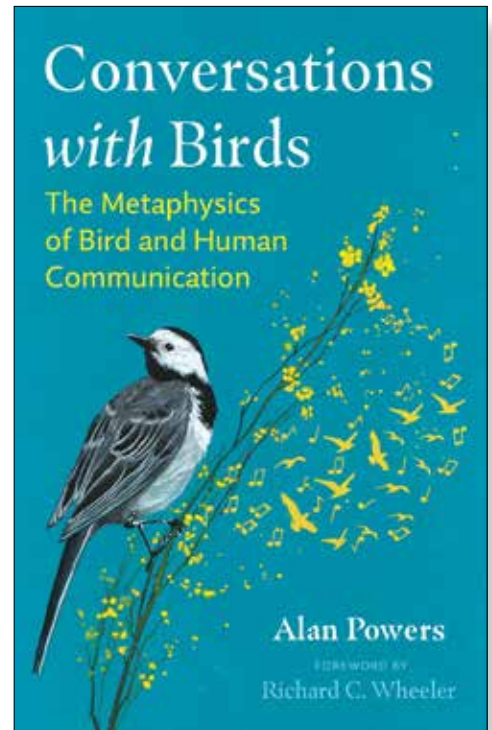
- Discusses specific birdtalk techniques and offers insights into many species
- Looks at the long-standing tradition of “avitherapy” throughout history and in literature and the arts
- Explains how song-talk with birds restores peace, calms anxiety, and enhances health

For decades Alan Powers has studied bird vocalizations, developing the remarkable ability to imitate birds' songs and get them to respond and even change tunes. Through his years of study, he has discovered that birds can teach us important lessons about the world and about ourselves. As Powers explains, by communing cross-species we reach out to the timeless interconnected web of all life past and present—what Renaissance philosopher Giordano Bruno called in Latin the *Universus*, the “Whole turned into One.”

Sharing his journey to learn birdtalk and his profound observations about the poetic, spiritual, and healing influences of birdsong, Powers explores the ancient language of birds and the depth of meaning birds convey. He explains how bird speech sounds like song to us, but birdtalk is urgent and nuanced, whether about predators or the weather. He details how he began learning birdtalk, listening to one bird each summer, learning their many vocalizations and variations. Discussing specific techniques, he shares insights into the birdtalk of many species, including the complex and intelligent speech of Crows, the emotional depths of Loons, the mimicry of Blue Jays, and the beautiful song of the Wood Thrush.

Exploring the intertwined metaphysics of bird and human languages, Powers looks at the long-standing tradition of “avitherapy” throughout history, literature, and the arts. He shares insights into birds from Shakespeare and Emily Dickinson, reveals how birds appear in love songs throughout the world, and examines how famous writers such as Keats, Catullus, St. Francis of Assisi, and the French historian Jules Michelet found that talking to birds improves their state of mind. He also explores how song-talk with birds restores peace, calms anxiety, and enhances health.

Alan Powers earned his Ph.D. in English from the University of Minnesota in 1974, with post-doctoral studies at Princeton, Brown, Harvard, Cornell, the Folger Library, Breadloaf, Villa Vergilliana (Italy), and the American Academy, Rome. He is professor emeritus of English at Bristol Community College, where he was chairman of the English department from 1988 to 1992. The author of several books, including *The Worlds of Giordano Bruno*, he lives in Westport, Massachusetts.



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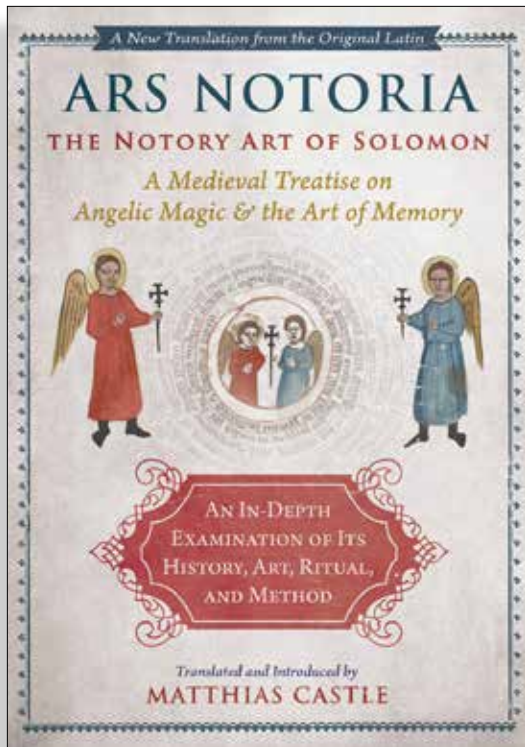
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The 13th-century magical treatise *Ars Notoria* offers a secret account of the angel Pamphilius revealing the sacred magic to King Solomon by which he gained his famed wisdom and learning, thereby expanding upon the biblical narrative in which Solomon received a vision of God. Solomon's writings were transmitted to the first-century philosopher, Apollonius of Tyana, who provided a commentary entitled the *Golden Flowers (Flores Aurei)*, which is contained within *Ars Notoria*.

The magical text presents a complete system of angelic magic consisting of prayers addressed to angels, using figures called *notae*, for the purpose of acquiring scholastic and heavenly knowledge. Due to its rising popularity among university students, the magical ritual was reworked time and again, producing five treatises, dating from the 13th to 15th centuries; *The Work of Works (Opus Operum)*, the *Book of Flowers of Heavenly Teaching* composed by the French Benedictine monk named John of Morigny, *The Short Art (Ars Brevis)*, the abridged version attributed to Thomas of Toledo, and *The Pauline Art (Ars Paulina)*, thereby establishing an entire notorial art tradition.

In this new and complete translation of *Ars Notoria*, based on Julien Veronese's critical Latin edition, translator Matthias Castle presents the classic magical text, both short and long versions, including four of the later treatises. Castle explains how these theurgic ritual practices were performed, giving special attention to all the original pictorial figures (*notae*), and how the art of memory relates to angelic magic. Providing practical instruction, extensive commentary, and in-depth background research and annotations, *Ars Notoria: The Notory Art of Solomon* is an essential sourcebook on angelic magic for scholar and magician alike.

Matthias Castle holds a Bachelor of Arts degree in religious studies and philosophy from Emory & Henry College. His passions include classical studies, medieval history, and the Western esoteric tradition. He lives in southern California.

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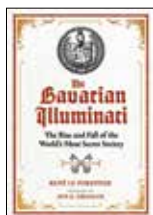
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Mysteries of the Far North

The Secret History of the Vikings in
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JACQUES PRIVAT

Foreword by Claude Lecouteux

Presents evidence of early Norse settlement in Greenland and North America

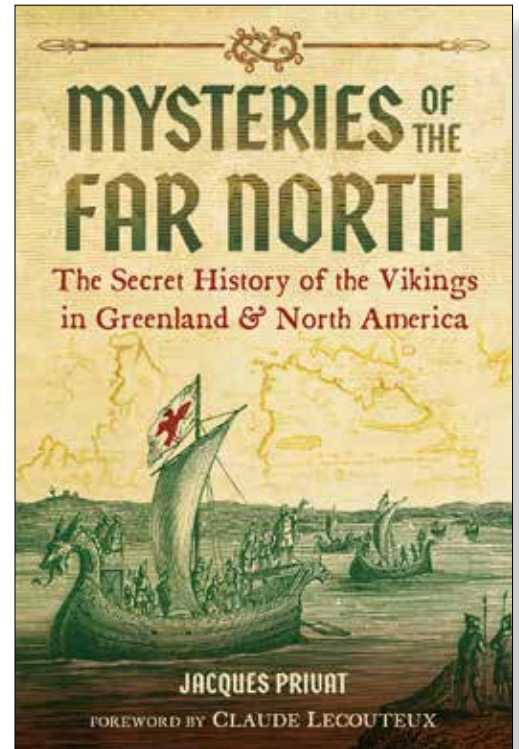
- Explores in depth how Greenland and its surroundings were inhabited for nearly 5 centuries by two Nordic colonies, *Vestri-bygd* and *Eystri-bygd*
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- Examines ancient maps and other cartography, such as the 15th-century Martin Behaim globe, as well as explorers' records of their voyages

Sharing his extensive and meticulous research, Jacques Privat reveals that the Vikings were in Greenland, its neighboring islands, and the eastern shores of Canada long before Columbus. He examines in depth how Greenland and its surroundings were inhabited for nearly 5 centuries by two Nordic colonies, *Vestri-bygd* and *Eystri-bygd*, which disappeared mysteriously: one in 1342 and the other in the 16th century. Drawing on the still-living indigenous oral tradition of the Far North, as well as surviving sculptural art such as carvings, he shows how, far from being constantly at odds with the native population, the Norsemen and the Inuit formed a harmonious community. He reveals how this friendly Inuit-Viking relationship encouraged the Scandinavian settlers to forsake Christianity and return to their pagan roots.

Working with ancient European maps and other cartography, such as the 15th-century Martin Behaim globe, as well as explorers' records of their voyages, the author examines the English, Irish, German, Danish, Flemish, and Portuguese presence in the Far North. He explores how Portugal dominated many seas and produced the first correct cartography of Greenland as an island. He also reveals how Portugal may have been behind the disappearance of the Vikings in Greenland by enslaving them for their European plantations.

Dispelling once and for all the theories that the Inuit were responsible for the failure of the Scandinavian colonies of the Far North, the author reveals how, ultimately, the Church opted to cut all ties with the settlements—rather than publicize that a formerly Christian people had become pagan again. When the lands of the Far North were officially “discovered” after the Middle Ages, the Norse colonies had vanished, leaving behind only legends and mysterious ruins.

Jacques Privat holds a Ph.D. from the Sorbonne and works as a translator of Scandinavian languages. In addition to his degrees from the Sorbonne and the Arctic Center of Paris, he has studied at INALCO in Paris, the Greenland Art School, and the Institut for Eskimologi in Copenhagen, Denmark. He lives in Paris.



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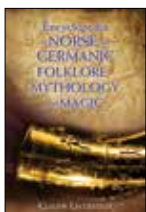
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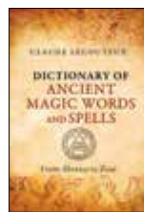
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CARL ABRAHAMSSON

Foreword by Nicholaj de Mattos Frisvold

An exploration of how magic can be found within all human activities

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- Examines magic as it relates to psychedelics, Witchcraft, shamanism, pilgrimage, Jungian individuation, mortality, and the literary works of Beat icons like Burroughs and Gysin

Since the dawn of time, magic is the node around which all human activities and culture revolve. As magic entered the development of science, art, philosophy, religion, myth, and psychology, it still retained its essence: that we have a dynamic connection with all other forms of life.

Exploring the source magic that flows beneath the surface of culture and occulture throughout the ages, Carl Abrahamsson offers a “magical-anthropological” journey from ancient Norse shamanism to the modern magick of occultists like Genesis P-Orridge. He looks at how human beings relate to and are naturally attracted to magic. He examines in depth the consequences of magical practice and how the attraction to magic can be corrupted by both religious organizations and occult societies. He shows how the positive effects of magic are instinctively grasped by children, who view the world as magical.

The author looks at magic and occulture as they relate to psychedelics, Witchcraft, shamanism, Thee Temple ov Psychick Youth (TOPY), the panic rituals of the Master Musicians of Joujouka in Morocco, psychological individuation processes, literary “magical realism,” and the cut-up technique of Beat icons like William S. Burroughs and Brion Gysin. He explores the similarities in psychology between poet Ezra Pound and magician Austin Osman Spare. He looks at the Scandinavian Fenris Wolf as a mythic force and how personal pilgrimages can greatly enrich our lives. He also examines the philosophy of German author Ernst Jünger, the magical techniques of British filmmaker Derek Jarman, and the quintessential importance of accepting our own mortality.

Sharing his more than 30 years of experiences in the fields of occulture and magical anthropology, Carl Abrahamsson explores ancient and modern magical history to reveal the source magic that connects us all, past and present.

Carl Abrahamsson is a writer, publisher, magico-anthropologist, and filmmaker. The author of *Occulture*, *Reasonances*, and *Anton LaVey and the Church of Satan*, as well as the editor and publisher of the annual anthology of occulture, *The Fenris Wolf*, he lives in Småland, Sweden.

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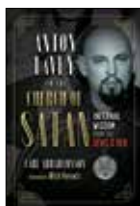
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64 Cards and Guidebook

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Illustrated by Susan Dorf

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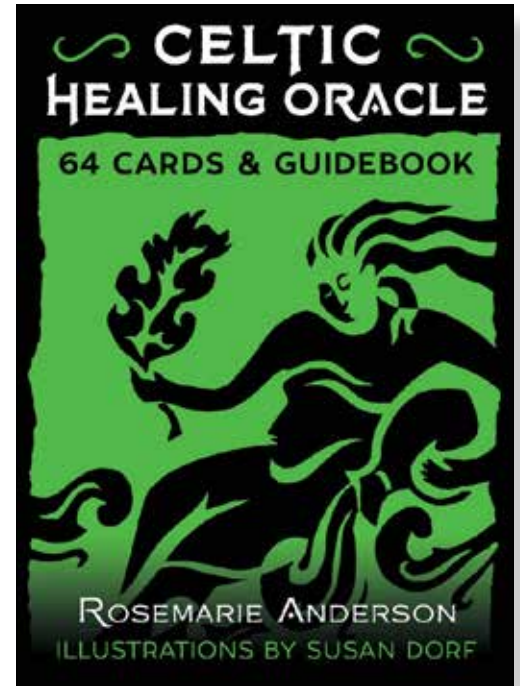
Attuned to the movements of nature, the Celts understood that all things are connected, and they “divined” answers to their queries as well as what the future holds from the animals, plants, the winds, and the seasons. Trees and animals had particular knowledge of past, present, and future. Through natural methods of divination, bards, healers, soothsayers, and holy women and men gained powers to see into the unseen. Stories and legends of their powers were told and retold, transmitting an enormous store of wisdom across the generations.

In this oracle deck and guidebook, Rosemarie Anderson interprets Celtic myths and legends to create an oracle system of 64 cards featuring symbols from the ancient Celtic ways of knowing. The symbols represent three thousand years of Celtic culture and history, derived from archaeological excavations of Bronze and Iron Age Celtic sites throughout Europe and from the myths, folktales, and faery traditions still flourishing in rural Ireland, Scotland, and Wales. The symbols of the cards represent cauldrons, spirals, leprechauns, faeries, animals, trees, the wondrous child (*Cú Chulainn*), the Sacred King, Cernunnos (the antlered god), the Morrigan (the raven goddess), Tir na nóg (the Blessed Isles), and other imagery and figures from Celtic lore.

The accompanying guidebook explores the meaning, symbology, and mythic background for each card, such as how the Triple-Mother Goddess (Card 1) represents magnificence and the primal goddess in all her aspects—maiden, mother, and crone. The guidebook also explores the Celtic worldview, the basic principles of Celtic divination, as well as how to use the oracle to receive answers to specific questions.

Conveying the power and wisdom of the ancient Celtic ways of knowing, this oracle offers a hands-on way to gain insight into the hidden forces at play in our lives.

Rosemarie Anderson, Ph.D., is an author, poet, professor emerita of psychology, Episcopal priest, and award-winning researcher. She is the author of several books, including *The Divine Feminine Tao Te Ching*. After living in different countries around the world, including South Korea, Japan, Germany, Italy, and Ireland, she now lives in southern Oregon surrounded by wilderness and wildlife.



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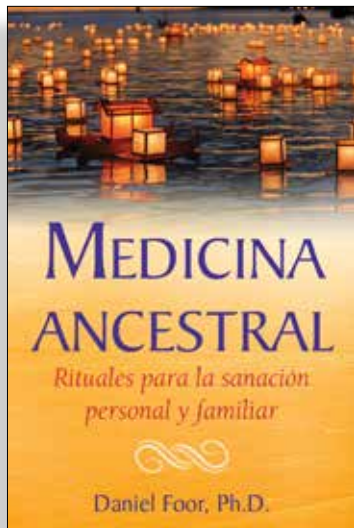
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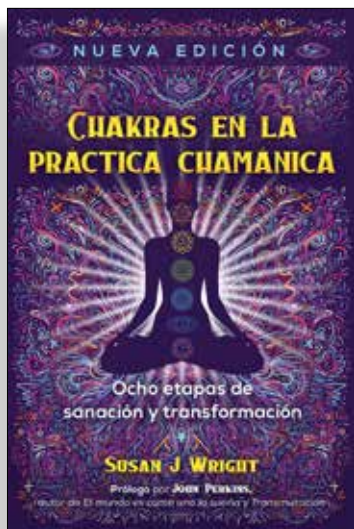
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- Explora cómo tus antepasados pueden ayudarte a transformar los legados intergeneracionales de dolor y abuso, así como a recuperar el espíritu positivo de la familia

Todos tenemos antepasados sabios a quienes podríamos invocar para recibir apoyo. Daniel Foor detalla cómo relacionarse con antepasados a través de ejercicios basados en antiguas tradiciones de sabiduría para iniciar el contacto, encontrar guías de apoyo, armonizar tus líneas de sangre y ayudar a los fallecidos que aún no están en paz. La guía muestra cómo recuperar las bendiciones y dones de los linajes para lograr avances curativos de los miembros vivos y librar a las generaciones futuras de cargas ancestrales. Foor describe formas de honrar a los ancestros, abordar visitas oníricas de los muertos, trabajar con santuarios y llevar a cabo ritos funerarios. A través de la reverencia a los antepasados descubrirás cómo mantener las conexiones con familiares queridos después de su muerte y entender mejor la relación entre los vivos y los muertos.

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Cómo trabajar con los centros de los chakras para sanar heridas psíquicas no resueltas

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El sistema de chakras identifica ocho centros en la psicoanatomía, cada uno asociado a una parte diferente del cuerpo físico/energético. Susan J. Wright, chamana y psicoterapeuta Gestalt, explica que cada chakra está vinculado a una etapa clave del desarrollo de la vida y que los traumas vitales experimentados en determinados momentos se alojan en el cuerpo energético, aferrándose a su chakra correspondiente. Por medio de ejercicios físicos y meditaciones guiadas, Wright ofrece una forma de identificar y trabajar con el chakra en cuestión para reunir y nutrir las partes fragmentadas del cuerpo energético y conducirse hacia el bienestar físico, emocional y espiritual.

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- Incluye visualizaciones guiadas sobre cómo trabajar con los Ángeles para acceder al poder sanador de los chakras y manifestar con la imaginación creativa
- Contiene 48 mensajes específicos de los Ángeles, diseñados para acceder rápidamente cuando se necesite apoyo en la vida cotidiana

Cada uno tiene la capacidad de comunicarse con los Ángeles si abrimos nuestras mentes. Belinda Womack era una científica cuando se encontró en presencia del Arcángel Gabriel y se dio cuenta de su vocación como canal de los Ángeles. En este libro, Womack comparte lecciones de los 12 Arcángeles para liberar nuestros miedos y llevar a cabo una transformación subconsciente e inmediata. A través de visualizaciones guiadas de los Ángeles, podemos acceder al poder sanador de los chakras y aprender a manifestar con la imaginación creativa. Womack incluye una sección de mensajes diseñados para acceso rápido cuando se necesita apoyo en la vida cotidiana. Al abrimos al soporte de los 12 Arcángeles podemos entrar en la abundancia del Cielo y cambiar nuestra vibración a una de amor incondicional por uno mismo, los demás, la Madre Tierra y el Universo.

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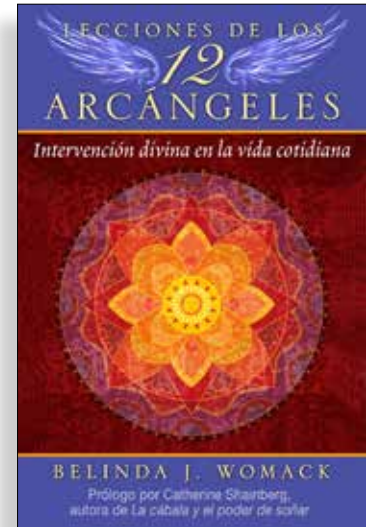
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- Revela herramientas divertidas y sencillas para la manifestación y la autoayuda, actualizadas para una nueva generación

Royce Christyn detalla un proceso de “guionización” simple para aprovechar la ley de la atracción y manifestar lo que quieres en tu vida. Inspirado por los clásicos del nuevo pensamiento y del pensamiento positivo, el autor explica cómo desarrolló su método de guionización, tras cuatro años de ensayo y error, y comparte páginas de sus diarios para demostrar cómo crear la vida que quieres con ejercicios prácticos hasta que tus guiones converjan con la realidad. Adicionalmente, la guía indica las frases clave que debes incluir para que tu guion se haga realidad rápidamente. Christyn te da las herramientas para poner en marcha tus pensamientos y cerrar la brecha que existe entre donde estás ahora y donde quieres estar en tu vida.



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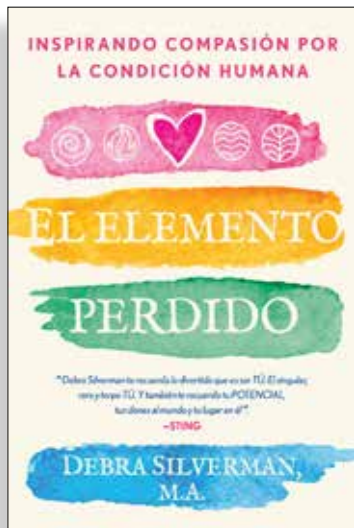
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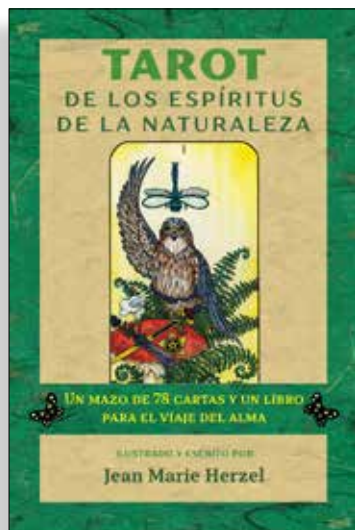
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- Se basa en una investigación extensa del significado esotérico del Tarot y el simbolismo de los nativos americanos, los celtas y la filosofía oriental y occidental

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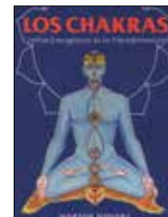
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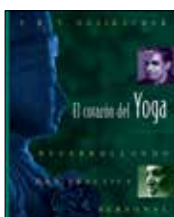
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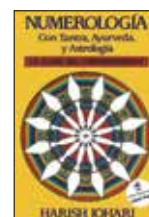
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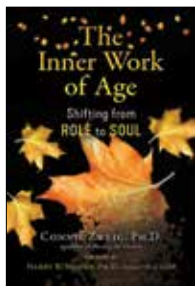
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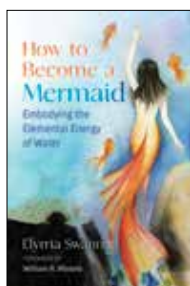
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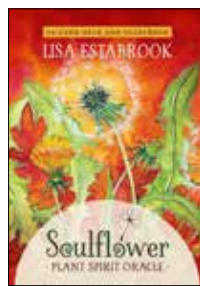
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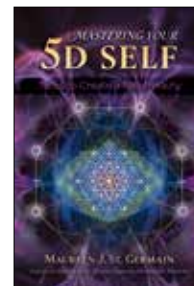
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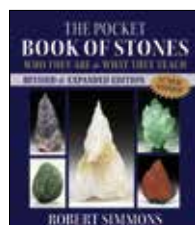


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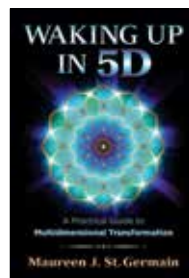
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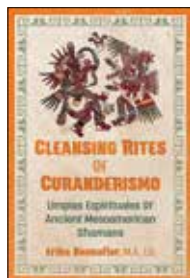
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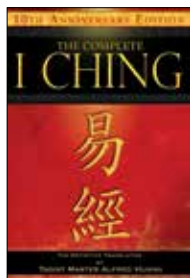
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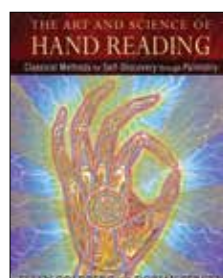
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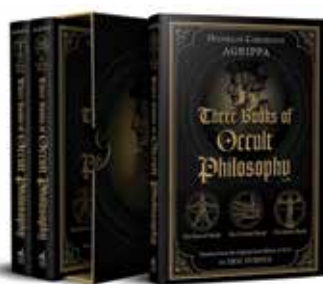
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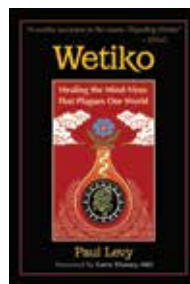
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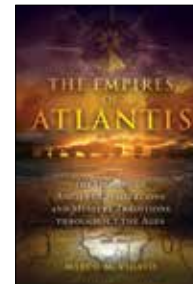
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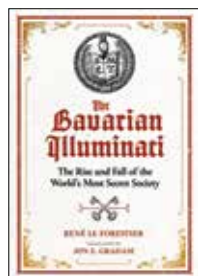
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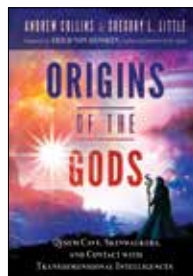
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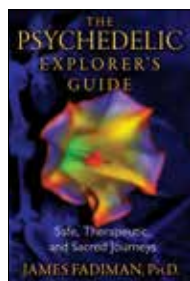
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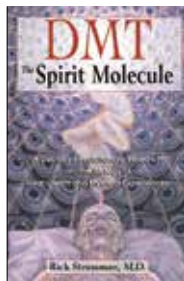
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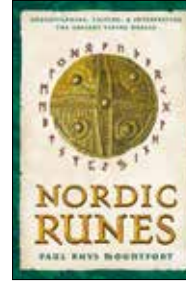
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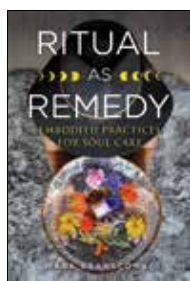
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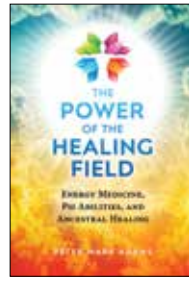
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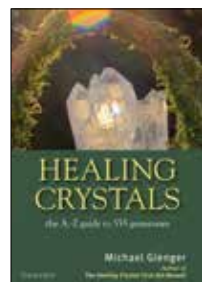


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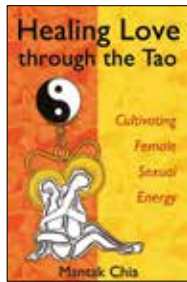


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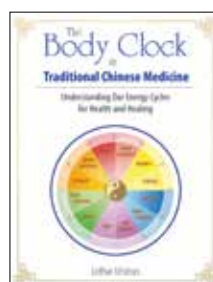
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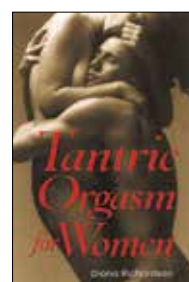
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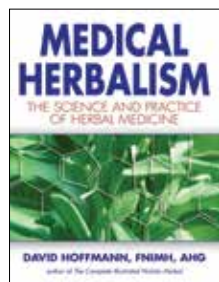
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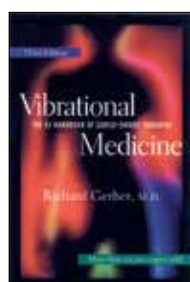
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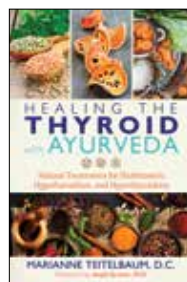
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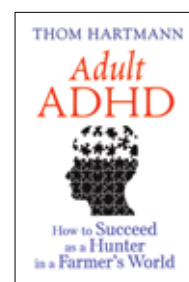
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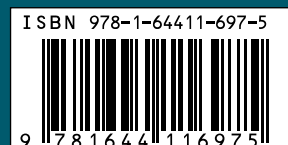
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