

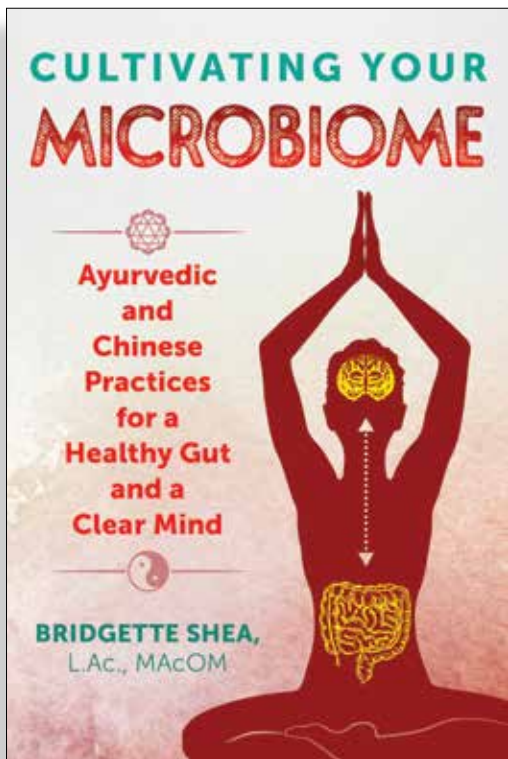


INNER TRADITIONS BEAR & COMPANY

FINDHORN PRESS

New Titles & Bestsellers
Fall • Winter 2020





Cultivating Your Microbiome

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

BRIDGETTE SHEA, L.Ac., MACOM

A holistic guide to improving your gut flora for better physical and emotional health

- Explores the influence of the gut microbiome and the mesentery on all other bodily systems, especially the brain and immune system
- Explains the central role of the digestive system in Ayurveda and traditional Chinese medicine and how these systems treat the microbiome
- Presents herbal remedies, acupuncture and acupressure techniques, and dietary methods to restore balance to your gut flora, including a microbiome reset

In traditional medicine, such as Indian Ayurveda and Chinese medicine, the digestive system and microbiome are recognized as the foundation for good health. Our internal flora influences our immune system, brain function, hormonal balance, cravings, sleep, mood, inflammatory response, digestion, nutrient assimilation, and elimination.

In this holistic guide to cultivating a healthy microbiome and managing gut health naturally, Bridgette Shea explores digestive functioning from the perspectives of both Western science and traditional medicine. She examines Ayurvedic and Chinese medicine principles on digestion and constitution types. She reveals how, in addition to describing what we now call the microbiome, traditional Chinese medicine also has long recognized the importance of an abdominal organ that modern science has only recently acknowledged: the mesentery, the tissues that connect and support the internal organs.

Going beyond probiotics and prebiotics, the author presents practices from Ayurveda and Chinese medicine to reestablish balance in your internal microbiome, support the mesentery, improve digestion and elimination, and restore a clear mind and strong immune system. She explains how to read your symptoms, from brain fog and fatigue to congestion and stool quality, and offers herbal remedies, acupuncture and acupressure techniques, and dietary methods to improve your internal health, including a microbiome dietary reset.

Revealing the diverse role that our inner microbial colonies play in keeping us happy and healthy, this book shows that by changing your microbiome, you can greatly improve your physical, emotional, and mental health.

Bridgette Shea, L.Ac., MACOM, is a licensed acupuncturist and wellness educator who has been practicing traditional healing modalities for more than 20 years. Her private practice is an integration of Chinese and Ayurvedic medicine, and she enjoys teaching workshops on Eastern wisdom. The author of *Handbook of Chinese Medicine and Ayurveda*, she lives in Saratoga Springs, New York.



September 2020

Healing Arts Press
ISBN 978-1-62055-780-8
\$16.99 (CAN \$21.50) Paper

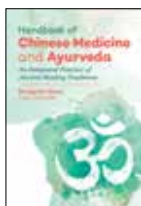
Also available as an ebook

208 pages, 6 x 9
7 black-and-white illustrations
Rights: World
Holistic Health



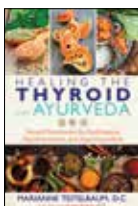
Author
Bridgette Shea

Also by Bridgette Shea

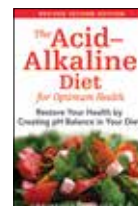


Handbook of Chinese Medicine and Ayurveda
Bridgette Shea, L.Ac., MACOM
Healing Arts Press
ISBN 978-1-62055-616-0
\$29.99 (CAN \$37.50) hardcover

Of Related Interest



Healing the Thyroid with Ayurveda
Marianne Teitelbaum, D.C.
Healing Arts Press
ISBN 978-1-62055-782-2
\$16.99 (CAN \$21.50) pb
10,000 copies sold



The Acid-Alkaline Diet for Optimum Health
Christopher Vasey, N.D.
Healing Arts Press
ISBN 978-1-59477-154-5
\$12.95 (CAN \$14.95) pb
187,000 copies sold

Sensitive Soul

The Unseen Role of Emotion in Extraordinary States

MICHAEL A. JAWER

Foreword by Christine Simmonds-Moore, Ph.D.

Explores how emotion underlies personality, triggers the development of non-ordinary states and perceptions, and connects all life

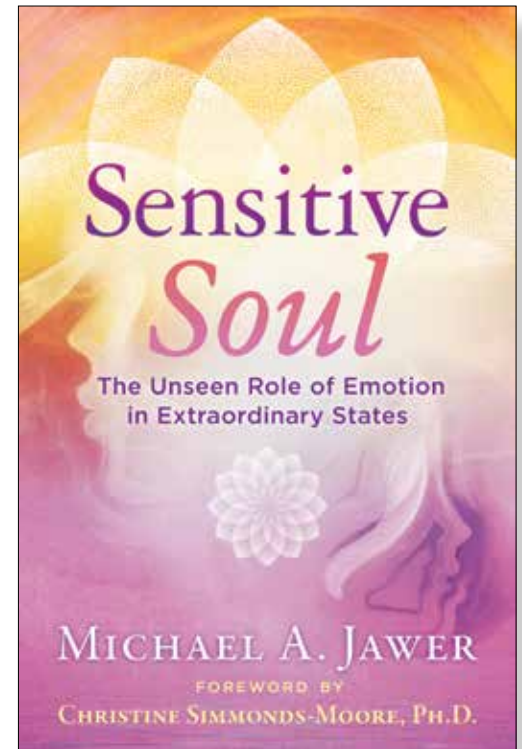
- Shows how the flow of our emotions shapes individual minds and personalities
- Reveals the significant role of emotion in PTSD, alexithymia (not knowing what one is feeling), autism, savantism, synesthesia (overlapping senses), déjà vu, phantom pain, migraines, and extreme empathy
- Looks at the emotional lives of animals, demonstrating how life-threatening emergencies can trigger amazing sensitivities and abilities in them

Emotion, as it exists within and between people, underpins personality, spirituality, and a range of extraordinary perceptions, conditions, and experiences. These include déjà vu, phantom pain, post-traumatic stress disorder (PTSD), and extreme empathy, where people instantaneously feel the physical or emotional pain of another. Many gifted children, those with synesthesia, and people with autism—not to mention highly sensitive people in general—report forms of innate “knowing” and even paranormal experiences. In this exploration of the role of emotion in non-ordinary states and abilities, Michael Jawer shows how the flow of our emotions and those of the people around us greatly influences the development of exceptional capacities and sensitivities.

Drawing on a range of scientific studies, Jawer explores how 5 remarkable kinds of people—individuals with autism, synesthesia, savantism, child prodigies, and children who remember past lives—are linked through the biology of emotion and how a hidden emotional intensity underlies both autism and anomalous perception. He examines the psychological concept of thin and thick boundaries and how those with thin boundaries—those who are more environmentally sensitive—have a greater predisposition toward empathy, synesthesia, psi abilities, and extraordinary states of perception. Sharing extraordinary examples, the author explores how strong emotion may endure through time and space, possibly even after death. He also looks at the emotional lives of animals, our soulful connections with them, and how life-threatening emergencies can trigger amazing sensitivities and abilities in our fellow creatures.

Revealing the unseen role of emotion in mind and personality, Jawer shows that emotion is the binding force that connects us with one another, with all of life, and with nature itself.

Michael A. Jawer is an emotion researcher and coauthor, with Marc Micozzi, of *The Spiritual Anatomy of Emotion* and *Your Emotional Type*. He lives in Vienna, Virginia.



September 2020

Park Street Press

ISBN 978-1-64411-082-9

\$16.99 (CAN \$21.50) Paper

Also available as an ebook

256 pages, 6 x 9

Rights: World

Personal Growth/Self-Transformation

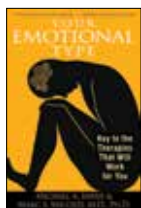


photo by Ana Gross

Author

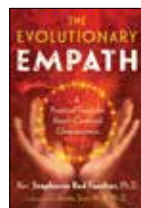
Michael A. Jawer

Also by Michael Jawer



Your Emotional Type
Michael A. Jawer and
Marc S. Micozzi, M.D., Ph.D.
Healing Arts Press
ISBN 978-1-59477-431-7
\$14.95 (CAN \$17.95) pb
14,000 copies sold

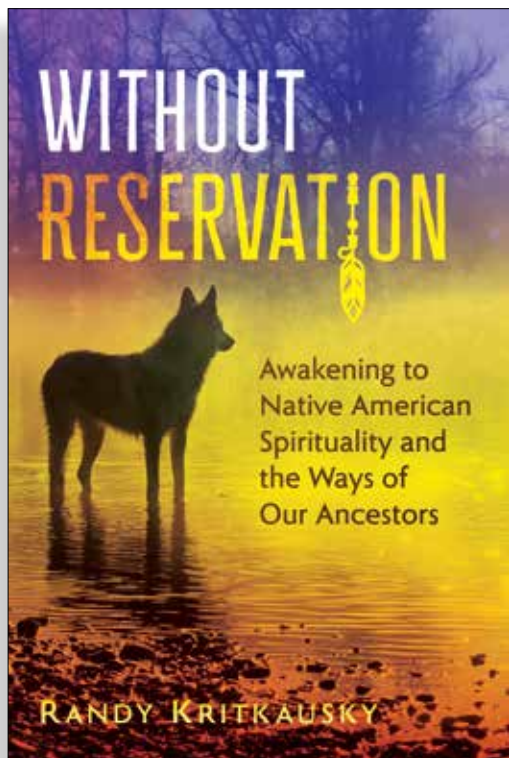
Of Related Interest



The Evolutionary Empath
Rev. Stephanie Red Feather, Ph.D.
Bear & Company
ISBN 978-1-59143-350-7
\$18.00 (CAN \$22.50) pb
November 2019 release



The Missing Element
Debra Silverman, M.A.
Findhorn Press
ISBN 978-1-84409-689-3
\$16.99 (CAN \$21.50) pb
15,000 copies sold



Without Reservation

Awakening to Native American Spirituality and the Ways of Our Ancestors

RANDY KRITKAUSKY

A powerful story of spiritual awakening, reconnection with Nature, and rekindling of ancestral wisdom

- Details the author's encounters with ancestral spirits and animal teachers, such as Coy-Wolf, and profound moments of direct connection with the natural world
- Shows how ancestral connections and intimate communications with Nature are not unique or restricted to those with indigenous cultural roots
- Reveals how reconnection with ancestors and the natural world offers insight and solutions for the complex problems we face

We are but a few generations removed from millennia spent living in intimate contact with the natural world and in close commune with ancestral spirits. Who we are and who we think we are is rooted in historical connections with those who came before us and in our relationships with the land and the sentient natural world. When we wander too far from our roots, our ancestors and kin in the natural world call us home, sometimes with gentle whispers and sometimes in loud voices sounding alarms.

In this powerful story of spiritual awakening, Randy Kritkauský shares his journey into the realm of ancestral Native American connections and intimate encounters with Mother Earth and shows how anyone can spiritually reconnect with their ancestors and Nature. Like 70 percent of those who identify as Native American, Kritkauský grew up off the reservation. As he explains, for such "off reservation" indigenous people rediscovering ancestral practices amounts to a reawakening and offers significant insights about living in a society that is struggling to mend a heavily damaged planet. The author reveals how the awakening process was triggered by his own self-questioning and the resumption of ties with his Potawatomi ancestors. He details his encounters with ancestral spirits and animal teachers, such as Coy-Wolf. He shares moments of direct connection with the natural world, moments when the consciousness of other living beings, flora and fauna, became accessible and open to communication.

Through his profound storytelling, Kritkauský shows how ancestral connections and intimate communications with Nature are not unique or restricted to those with indigenous cultural roots. Offering a bridge between cultures, a path that can be followed by Native and non-Native alike, the author shows that spiritual awakening can happen anywhere, for anyone, and can open the gateway to deeper understanding.

Randy Kritkauský is an enrolled tribal member of the Citizen Potawatomi Nation. He is a founder of ECOLOGIA, an international environmental organization that works on the planet's more extreme challenges, and formerly professor at Keystone College, research scholar at Middlebury College, and Erasmus Mundus Scholar at the Central European University in Budapest and Lund University in Sweden. He lives in Vermont.



September 2020

Bear & Company
ISBN 978-1-59143-384-2
\$20.00 (CAN \$24.99) Paper

Also available as an ebook

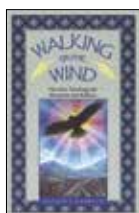
304 pages, 6 x 9
11 black-and-white illustrations
Rights: World
Native American Spirituality

Photo by Carolyn Schmitt



Author
Randy Kritkauský

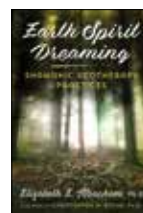
Of Related Interest



Walking on the Wind
Michael Tlanusta Garrett
Bear & Company
ISBN 978-1-879181-49-6
\$14.00 (CAN \$16.95) pb
60,000 copies sold



The Cherokee Full Circle
J. T. Garrett and Michael Tlanusta Garrett
Bear & Company
ISBN 978-1-879181-95-3
\$15.00 (CAN \$18.00) pb
25,000 copies sold



Earth Spirit Dreaming
Elizabeth E. Meacham, Ph.D.
Findhorn Press
ISBN 978-1-62055-987-1
\$16.99 (CAN \$21.50) pb
February 2020 release

The Heart Path Oracle Cards

Miraculous Messages of Love

NADINE GORDON-TAYLOR

An intuitive oracle deck illustrated with images of animals and esoteric symbols along with channeled messages of Universal love

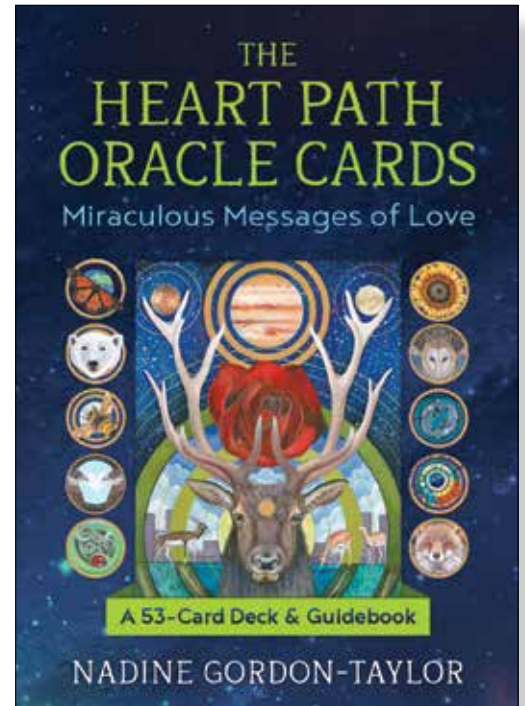
- Includes 53 full-color cards and a 128-page full-color guidebook
- For each card, offers an explanation of its title and symbolism, a channeled message of love, and an affirmation to implement the message in your life
- Explains how immersing yourself in the vivid art on each card—from deer, bison, bluebirds, and ladybugs to platypus, ferns, ankhs, and the Tree of Life—will help you align with loving energies that resonate and confirm your own soul-self

Beautifully illustrated with images of animals, birds, insects, plants, esoteric symbols, and transformative myths from around the world, the 53 full-color cards of *The Heart Path Oracle Cards* offer a gateway to the invisible—a gateway into the path of the heart. Working with the cards, you step through a portal uniting you with your higher consciousness. Immersing yourself in the vivid art on each card—from deer, bison, bluebirds, and ladybugs to platypus, ferns, ankhs, and the Tree of Life—will help you activate and align with loving energies that resonate and confirm your own soul-self.

In the accompanying guidebook, artist Nadine Gordon-Taylor shares the years of research into animal symbolism and world cultures that laid the foundation for her art. She explores how to use the cards intuitively and explains how the deck was designed to reveal unconscious emotional patterns, shift us from old ways of thinking, and resonate with the vibration of unconditional love. For each card, she offers an explanation of its title and symbolism, a channeled message of love, and an affirmation to implement the message of the card in your life. Cards include Programming Your Highest Intentions, Vision Questing, Karmic Forgiveness, Spiritual DNA, and Melody of Thought.

Designed to be felt rather than intellectually experienced, the symbols on the cards are your mentors and offer profound insights to help you along your path. When you choose a card you are intuitively guided to what is most right for you at the moment. Trust that process and know that you are held in the heart of Divine love.

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



September 2020

Bear & Company

ISBN 978-1-59143-390-3

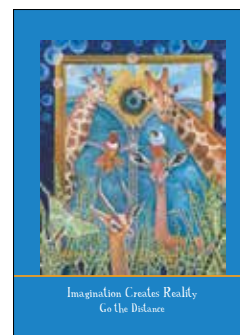
\$30.00 (CAN \$37.50)

Boxed set, 5¼ x 7½

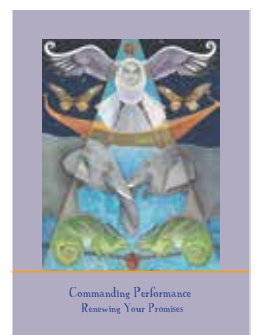
Includes 53 full-color cards and 128-page full-color book

Rights: World

Divination/Personal Growth



Imagination
Creates Reality



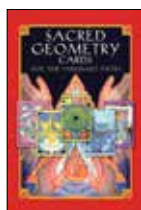
Commanding
Performance

Of Related Interest



Odin and the Nine Realms Oracle

Sonja Grace
Findhorn Press
ISBN 978-1-62055-913-0
\$30.00 (CAN \$37.50) boxed set
August 2019 release



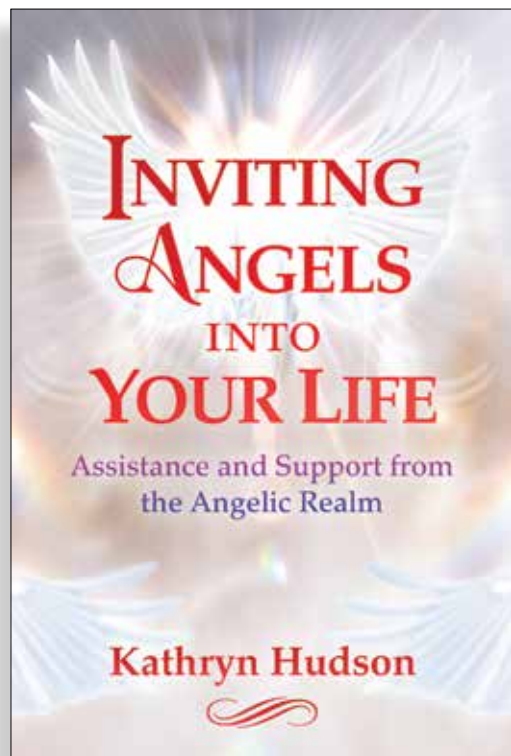
Sacred Geometry Cards for the Visionary Path

Francene Hart
Bear & Company
ISBN 978-1-59143-092-6
\$35.00 (CAN \$39.95) boxed set
12,000 copies sold



The Archangels and Gemstone Guardians Cards

Margaret Ann Lembo
Findhorn Press
ISBN 978-1-84409-690-9
\$15.95 (CAN \$19.99) cards
8,000 copies sold



Inviting Angels into Your Life

Assistance and Support from the Angelic Realm

KATHRYN HUDSON

A powerful, step-by-step manual for living joyfully with the help of the angels and Archangels

- Offers simple and practical exercises to connect with 15 Archangels, access angelic help and healing, and manage your energy levels and higher vibration in a chaotic and demanding world
- Explains when each Archangel becomes active, notes their color and associated crystal, and offers a visualization to connect with each angel
- Shows how to safely open the channel to communicate with the angelic realm and how to co-create with the angels

Angels come to us in many ways: through the lyrics of a song we hear, a timely hand on the shoulder, or a book we happen upon. Angels come to our aid to help us feel safe and help our hearts open wide, so our light and our love shine through.

After a powerful visit from an angel helped her transform her fast-paced, chaotic, and addiction-filled Manhattan banker lifestyle, author Kathryn Hudson decided to pay it forward and help others discover that each of us is surrounded by angels to help us. In this book, she shows how to safely open the channel to communicate with the angelic realm in order to access the help the angels are so willing to provide. She offers simple and practical exercises for connecting with 15 Archangels and shows how each of these Archangels brings specific Divine qualities to assist and support you. She explains when each Archangel becomes active, notes a color and a crystal associated with them, and offers a unique visualization exercise to connect with the essence of the individual angel, inviting this quality into your life. Each angel also provides a powerful message about this turning point in human evolution.

Exploring inner child work, chakra practices, and exercises for purification and harmonization of relationships, Kathryn reveals the importance of releasing the weight of the past in order to open up to angelic guidance about the future. Working with angelic healing, she shows how to handle our energy levels in a chaotic and draining world and maintain a higher vibration. Taking you from simple questions and requests to direct experience and actual co-creation with the angelic realm, this guide reveals how to team up with our friends in high places to open your heart and live out your highest and best version of yourself in this life.

Kathryn Hudson is a certified Angel Therapy practitioner and a Reiki teacher/master who offers workshops and talks all over the world on transformation, angels, crystals, soul purpose, elementals, and MANNA initiation. Kathryn lives and teaches in France and the United States.



September 2020

Findhorn Press

ISBN 978-1-64411-172-7

\$16.99 (CAN \$21.50) Paper

Also available as an ebook

240 pages, 6 x 9

Rights: World, except French language
Spirituality/Angels



Author

Kathryn Hudson

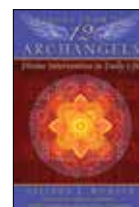
Of Related Interest



The Forever Angels
P. M. H. Atwater
Bear & Company
ISBN 978-1-59143-358-3
\$18.00 (CAN \$22.50) pb
September 2019 release



Angels of Light Cards
Diana Cooper
Findhorn Press
ISBN 978-1-84409-141-6
\$19.99 (CAN \$23.99) cards
9,000 copies sold



Lessons from the Twelve Archangels
Belinda J. Womack
Bear & Company
ISBN 978-1-59143-223-4
\$15.00 (CAN \$18.00) pb
16,000 copies sold

Finding Your ElvenHeart

Working with the Inner Realm of the Sidhe

SØREN HAUGE

Foreword by David Spangler

A guide to untaming yourself on a quest to discover your inner Sidhe nature, your ElvenHeart, for wholeness, healing, and awakening

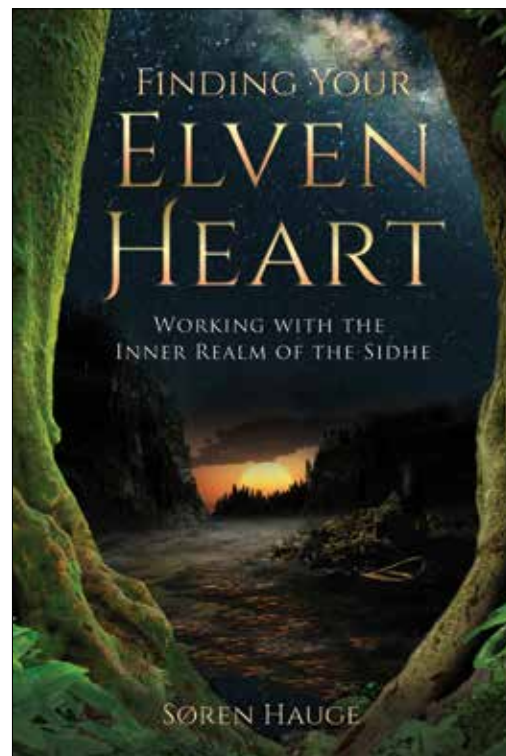
- Explores who the Sidhe are and shares close encounters with them in our modern world
- Invites you to discover your ElvenHeart by journeying through the four portals of the StoneAnchor, the FlowDancer, the FireDreamer, and the WindSinger
- Offers gifts in the form of simple exercises to bring you into contact with your magical kin and rewild yourself

Awaken to your closest kin, the Sidhe (pronounced “Shee”), and let them inspire you to rediscover your gentle, wild, innermost nature, your ElvenHeart. Also known as the Faery People or the Good Neighbors, the Sidhe are not just figments of human imagination. They are reaching out to us, encouraging a reunion with humanity, and inviting us to partner with them in restoring wholeness to the world. As they reveal, serving Gaia or healing the Earth from the present crisis is not a convenience—it is a necessity.

Offering an experiential guide to reconnecting with the Sidhe and our inner ElvenHeart, Søren Hauge explores who the Sidhe are, how both humanity and the Sidhe emerged from a common ancestor, and how their untamed nature and deep wisdom bears significance for an aspect of our inner being that has gone to sleep. While the Sidhe did not enter the physical dimension as deeply as we did, they are real beings, very close to us, and different from angels, devas, and nature spirits. Søren introduces his own Sidhe contact, Fjeldur, and shares close encounters others have had with these beings in our modern world. He also takes you on a journey of rewilding through four portals—the StoneAnchor, the FlowDancer, the FireDreamer, and the WindSinger—to discover the treasure of your ElvenHeart at the core of your being. In the course of this, Søren offers gifts in the form of simple exercises that help bring you into contact with your magical kin and your inner Sidhe nature.

Through this wild quest, the journey of untaming yourself, you will connect with your Sidhe partners, unfold their inner gifts in your own being, and rediscover the forgotten land of innocent wildness and gentle power within you.

Søren Hauge is a spiritual teacher, coach, and author who has written 17 books in Danish and several in English. He has a master’s degree in the history of ideas and philosophy and an extensive background, with decades of work, in theosophy, holistic psychology, and interreligious work. He is the co-creator of Energy Psychology (the Seven Types) and the SoulFlow Method. Since 2012 he has worked with dedication to unite humanity and the Sidhe. Søren lives in Lejre, Denmark.



September 2020

Findhorn Press

ISBN 978-1-64411-149-9

\$16.99 (CAN \$21.50) Paper

 Also available as an ebook

208 pages, 6 x 9

22 black-and-white illustrations

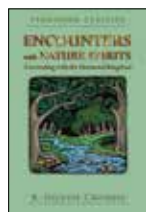
Rights: World

Spirituality/Nature



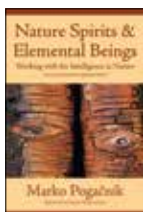
Author
Søren Hauge

Of Related Interest



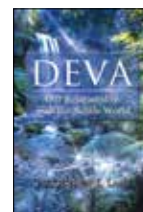
Encounters with Nature Spirits

R. Ogilvie Crombie
Findhorn Press
ISBN 978-1-62055-837-9
\$16.99 (CAN \$21.50)
Paper with French flaps



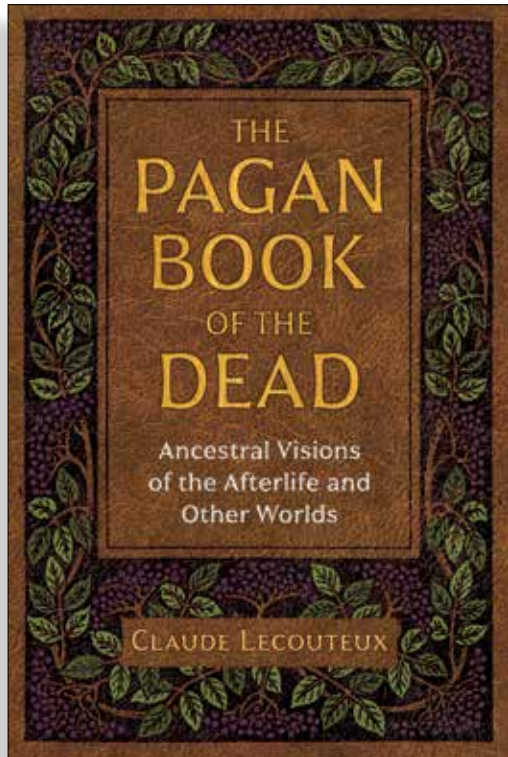
Nature Spirits and Elemental Beings

Marko Pogacnik
Findhorn Press
ISBN 978-1-84409-175-1
\$19.99 (CAN \$27.99) pb



Deva

Jacquelyn E. Lane
Findhorn Press
ISBN 978-1-64411-074-4
\$18.99 (CAN \$23.99) pb
June 2020 release



The Pagan Book of the Dead

Ancestral Visions of the Afterlife and Other Worlds

CLAUDE LECOUTEUX

An extensive look at the cartography and folklore of the afterlife worlds as seen by our ancestors

- Examines how ancient European cultures viewed the beyond, including the Blessed Isles of early Greek and Celtic faith, the Hebrew *Sheol*, Hades from Homer's *Odyssey*, Hel and Valhalla of the Norse, and the Aralu of Babylon
- Shows how medieval accounts of journeys into the Other World represent the first recorded near-death experiences
- Connects medieval afterlife beliefs and NDE narratives with shamanism, looking in particular at psychopomps, power animals, the double, the fetch, and what people bring back from their journeys to the spirit realms

Charting the evolution of afterlife beliefs in both pagan and medieval Christian times, Claude Lecouteux offers an extensive look at the cartography and folklore of the afterlife worlds as seen by our ancestors. Exploring the locations and topographies of the various forms taken by Hell, Purgatory, and Heaven, he examines how ancient European cultures viewed the beyond, including the Blessed Isles of early Greek and Celtic faith, the Hebrew *Sheol*, the pale world of Hades from Homer's *Odyssey*, Hel and Valhalla of the Norse, and the Aralu of Babylon, the land where nothing can be seen. The author also explores beliefs in Other Worlds, lands different from our own that are not the afterlife but places where time flows differently and which are inhabited by fantastic or supernatural beings such as fairies or dwarfs.

Sharing medieval tales of journeys into the beyond, Lecouteux shows how these accounts represent the first recorded near-death experiences (NDEs) and examines how they compare with modern NDE narratives as well as the work of NDE researchers like Raymond Moody. In addition, he also explores tales of out-of-body experiences, dream journeys, and travels made by a double or fetch and connects these narratives with shamanism, looking in particular at psychopomps, power animals, and what people bring back from their journeys to the spirit realms.

Analyzing the afterlife beliefs of the Middle Ages as a whole, Lecouteux concludes with a collection of medieval afterlife-related traditions, such as placing polished stones in the coffin so the departed soul can find its way back to friends and family at those times of the year when the veil between the worlds grows thin.

Claude Lecouteux is a professor emeritus of medieval literature and civilization at the Sorbonne. He is the author of numerous books on medieval and pagan afterlife beliefs and magic, including *The Book of Grimoires*, *Dictionary of Ancient Magic Words and Spells*, and *The Tradition of Household Spirits*. He lives in Paris.



September 2020

Inner Traditions

ISBN 978-1-64411-047-8

\$24.99 (CAN \$31.50) Paper

Also available as an ebook

320 pages, 6 x 9

23 black-and-white illustrations

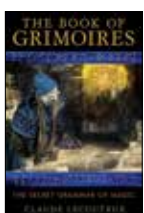
Rights: World English

Occult/Esoteric

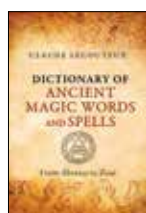


Author
Claude Lecouteux

Also by Claude Lecouteux



The Book of Grimoires
Claude Lecouteux
Inner Traditions
ISBN 978-1-62055-187-5
\$19.95 (CAN \$23.95) pb
6,000 copies sold



Dictionary of Ancient Magic Words and Spells
Claude Lecouteux
Inner Traditions
ISBN 978-1-62055-374-9
\$35.00 (CAN \$40.00) hardcover
7,000 copies sold



The Tradition of Household Spirits
Claude Lecouteux
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Ancient High Tech

The Astonishing Scientific Achievements of Early Civilizations

FRANK JOSEPH

A detailed look into ancient advanced technology, science, and medicine—some of which has yet to be reproduced today

- Explores countless examples of ancient high tech, including robotics, artificial intelligence, aircraft, solar-powered cannons, high-speed drills, illuminated underground temples, massive refrigerators, and subterranean cities
- Examines evidence of advanced medicine in ancient times
- Includes examples from ancient Egypt, China, Greece, Babylon, Siberia, the Americas, and India

The first self-igniting match was invented in 1805 by Jean Chancel, a French chemist. Yet, in Babylon, 3,600 years before, identical sulfur matches were in common use. On the Panchavarnaswamy Temple in India, built millennia ago, there is a detailed carving of a man on a bicycle, yet the bicycle wasn't invented in the modern world until 1817. These inventions are only two examples of technology lost in the Dark Ages.

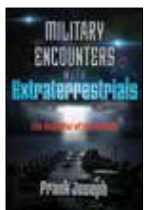
Exploring the sophisticated tech achieved by ancient civilizations hundreds and thousands of years ago, Frank Joseph examines evidence of robotics and other forms of artificial intelligence; manned flight, such as hot-air balloons and gliders; and military science, including flamethrowers, biological warfare, poison gas, and solar-powered cannons. He reveals how ancient construction engineers excavated subterranean cities, turned stone walls into glass, lifted 100-ton blocks of granite, illuminated underground temples and pyramids, and stored their food in massive refrigerators.

Examples explored in the book include the first known alarm clock, invented by Plato in 4th-century-BC Greece; 600-year-old Aztec whistles that reproduce animal sounds and human voices with uncanny accuracy; Stone Age jewelry from Siberia worked by a high-speed drill; sex robots in ancient Troy, Greece, and China; ancient Egyptian aircraft; and India's iron pillar exposed to sixteen hundred years of monsoons but still standing rust-free. The author also explores evidence of advanced medicine in ancient times, particularly in Egypt and China, from brain surgery, optometry, and prosthetics to dentistry, magnet therapy, and cancer cures.

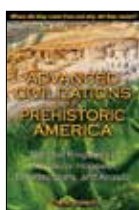
By examining the achievements of our ancient ancestors, we can not only reverse-engineer their inventions but also learn from their civilizations' mistakes, enabling us to avoid more dark ages. Imagine how scientifically advanced humanity would be if our early achievements had escaped destruction and been allowed to develop?

Frank Joseph was the editor in chief of *Ancient American* magazine from 1993–2007. He is the author of several books, including *Before Atlantis*, *Advanced Civilizations of Prehistoric America*, *The Lost Civilization of Lemuria*, and *The Lost Treasure of King Juba*. He lives in the Upper Mississippi Valley.

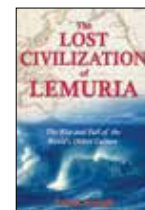
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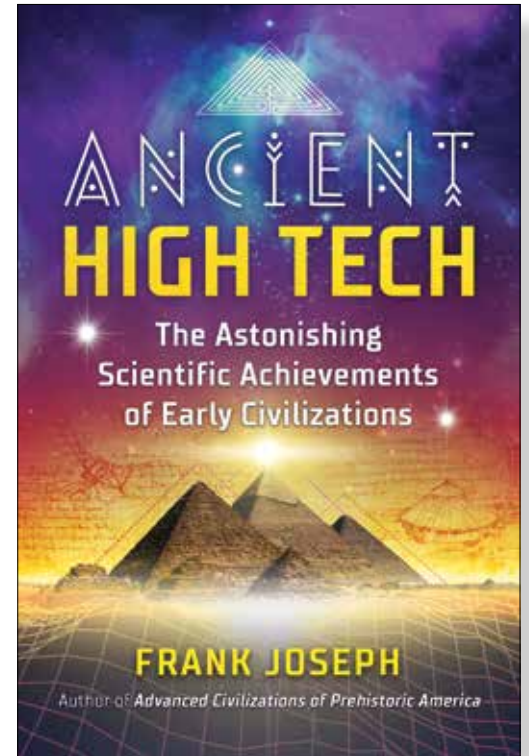
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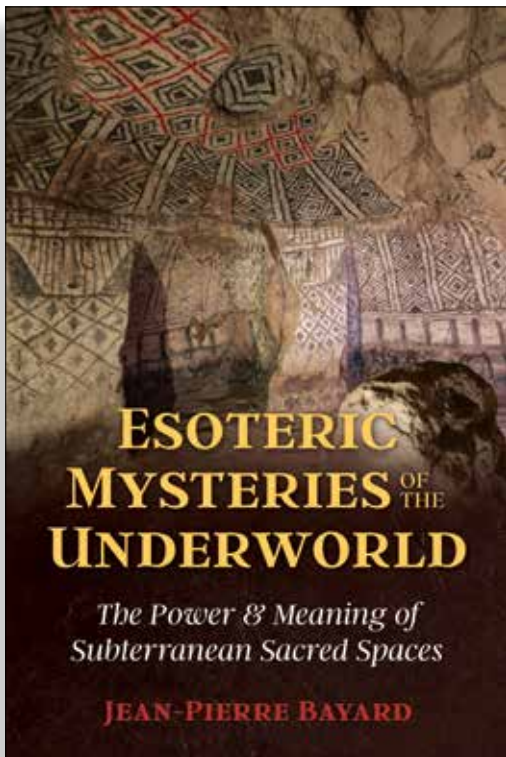


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Esoteric Mysteries of the Underworld

The Power and Meaning of Subterranean Sacred Spaces

JEAN-PIERRE BAYARD

A comprehensive guide to the ancient beliefs and spiritual power of subterranean spaces

- Examines in depth the myths, symbology, deities, and beliefs connected to the underworld from many different cultures and mystery traditions
- Investigates the role of the underworld in initiatory rites and mystical practices, such as the Orphic Mysteries, the chambers of reflections in Freemasonry, the cult of the Black Madonna, and the cult of Isis
- Discusses the telluric currents that run through ley lines, the significance of underground waterways, Hollow Earth theory, and the denizens of the subterranean realms, such as dragons, gnomes, and dwarfs

Ancient cultures around the world understood the spiritual powers of the underworld. For millennia, natural caves and caverns were turned into sacred underground temples and, from holy mountains and cliffs, churches were beautifully carved into solid rock.

Offering a guide to the spiritual energies that flourish beneath the surface of the Earth, Jean-Pierre Bayard explores the esoteric mysteries of the underworld, including the symbolic significance of caves, caverns, and underground temples. He examines in depth the myths, symbology, deities, and beliefs connected to the underworld from many different cultures and mystery traditions, from ancient Egypt to Scandinavia and Europe to the Middle East and India. He investigates the role of the underworld in initiatory rites, such as the Orphic Mysteries and Christ's descent into hell, revealing that at the heart of these teachings is the transformative power of a hero's descent into and return from the underworld. The author connects the esoteric attributes of the world below with the cult of the Black Madonna and the earlier cult of Isis. He discusses the telluric currents that run through ley lines, the significance of underground waterways, the esoteric properties of gems and stones, and the "mineral blood" of the alchemists. He also looks at Hollow Earth theory and the denizens of the subterranean realms, such as dragons, gnomes, and dwarfs.

Explaining how the Earth is the womb of the world, Bayard shows how initiatic descent into the sacred subterranean realms reflects the descent of spirit into matter and its slow crystallization. By entering the body of the Earth Mother we are transformed, initiated into primordial wisdom and reborn as spiritual beings.

Jean-Pierre Bayard was a prolific esoteric scholar, authoring more than 50 books on subjects such as Rosicrucianism, secret societies, symbolism, and the spiritual aspect of Freemasonry. An active member of the Masonic Supreme Council of France, he passed away in 2008 in Angers, France.



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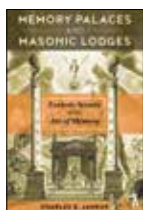
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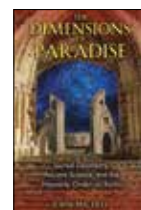
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The Spiritual Roots of the Tarot

The Cathar Code Hidden in the Cards

RUSSELL A. STURGESS

Learn the path to enlightenment and inner peace encoded by the Cathar in the Major Arcana of the Marseille Tarot

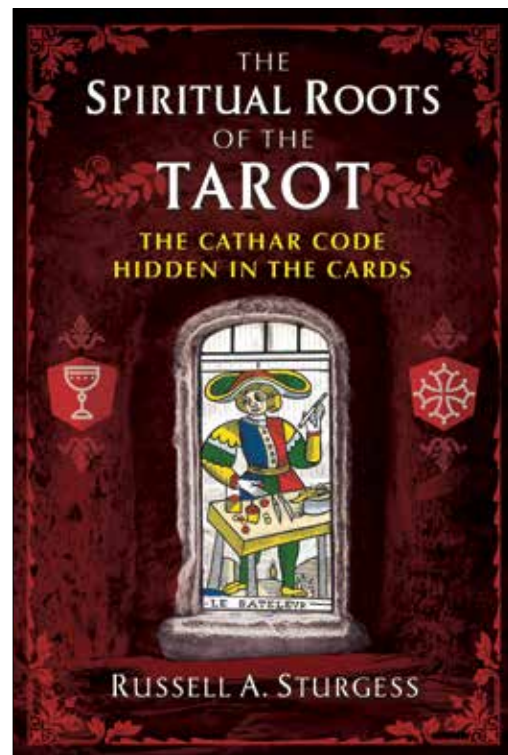
- Reveals how the secret wisdom teachings of the heretical Cathar sect were hidden in plain sight in the imagery of the Major Arcana of the Marseille Tarot deck
- Decodes each of the cards in detail and shows how they offer clear instructions for recalibrating human consciousness and achieving enlightenment
- Shares the author's self-development program, based on the wisdom of the cards, for creating a lifestyle filled with peace, joy, good health, and meaning

The Holy Grail has been discovered. Not a cup or chalice as myth leads us to believe, the Holy Grail is sacred knowledge of the path to enlightenment and inner peace. While author Russell Sturgess was conducting research on the Marseille Tarot, he found evidence that this tarot deck, while masquerading as a simple card game, held the teachings of an ancient heretical religious group from southern France, the Cathar, believed to be the keepers of the Holy Grail. To avoid persecution by the papacy, this sect used portable art like illuminations to convey their Gnostic Christian teachings, in the same way the stained glass windows of churches spoke to their congregations. This portable Cathar art then inspired the creation of the Tarot.

After his breakthrough discovery of a hidden key on the Magician and Strength cards, Sturgess examined the Major Arcana cards further and used the key to unlock their symbolism, discovering clear instructions for recalibrating human consciousness and achieving enlightenment, with specific cards representing pivotal points in making the journey from ignorance to awareness. Decoding the cards in detail, the author shows how they reveal a journey of transformed consciousness that can result in finding what the Cathar called "the kingdom of heaven."

Calling this sacred knowledge "the Cathar Code," Sturgess reveals his personal development program based on the Code that opens access to a meaningful lifestyle filled with peace and joy and that naturally fosters health and well-being. He shows how these teachings offer a clear path that transforms a life burdened by fear of failure, rejection, and scarcity into one with clarity of purpose, self-honoring, kindness, and the abundance that comes with making a fulfilling difference in the world.

Russell A. Sturgess has practiced as a complementary health professional since the mid-1970s, developing his unique approach to osteopathic massage, peace-centered healing, and mindfulness practice. He has personally trained over a thousand students throughout the United States, New Zealand, and Australia. He lives in Maroochydoore, Queensland, Australia.



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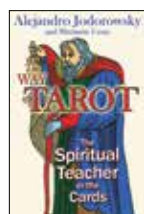
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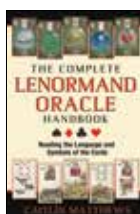


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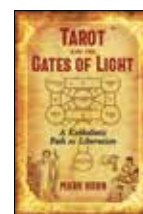
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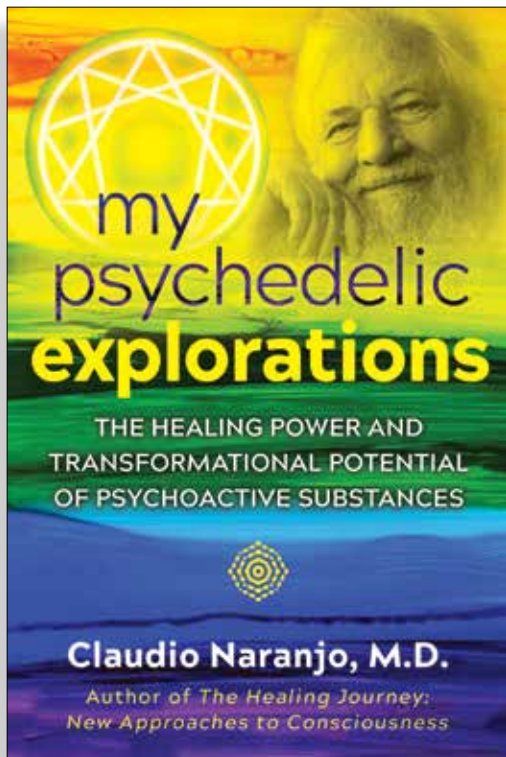
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My Psychedelic Explorations

The Healing Power and Transformational Potential of Psychoactive Substances

CLAUDIO NARANJO, M.D.

Claudio Naranjo's psychedelic autobiography with previously unpublished interviews and research papers

- Explores Dr. Naranjo's pioneering work with MDMA, ayahuasca, cannabis, iboga, and psilocybin
- Shares his personal accounts of psychedelic sessions and experimentation, including his work with Alexander "Sasha" Shulgin and Leo Zeff
- Includes the author's reflections on the spiritual aspects of psychedelics and his recommended techniques for controlled induction of altered states

In the time of the psychedelic pioneers, there were psychopharmacologists like Alexander "Sasha" Shulgin, psychonauts like Aldous Huxley, and psychiatrists like Humphrey Osmond. Claudio Naranjo was all three at once. He was the first to study the psychotherapeutic applications of ayahuasca, the first to publish on the effects of ibogaine, and a long-time collaborator with Sasha Shulgin in the research behind Shulgin's famous books. A Fulbright scholar and Guggenheim fellow, he worked with Leo Zeff on LSD-assisted therapy and Fritz Perls on Gestalt therapy. He was a presenter at the 1967 University of California LSD Conference and, 47 years later, gave the inaugural speech at the First International Conference on Ayahuasca in 2014. Across his career, Dr. Naranjo gathered more clinical experience in individual and group psychedelic treatment than any other psychotherapist to date. In this book, his final work, Dr. Naranjo shares his psychedelic autobiography along with previously unpublished interviews, session accounts, and research papers on the therapeutic effects of psychedelics, including MDMA, ayahuasca, cannabis, iboga, and psilocybin.

The book includes Naranjo's reflections on the spiritual aspects of psychedelics and the healing transformations they bring, his philosophical explorations of how psychedelics act as agents of deeper consciousness, and his recommended techniques for controlled induction of altered states using different visionary substances. Naranjo's work shows that psychedelics have the strongest potential for transforming and healing people over all therapeutic methods currently in use.

Claudio Naranjo, M.D. (1932–2019), was a well-known psychiatrist, philosopher, professor, and university researcher from Chile. He was a Fulbright scholar at Harvard, a Guggenheim fellow at Berkeley, a council member of the Education Policy Research Center at the Stanford Research Institute, and a professor at UC Santa Cruz, the California Institute of Integral Studies. He was a pioneer in the use of psychedelics for psychotherapy and was known for his long collaboration with Alexander "Sasha" Shulgin. The author of many articles, papers, and books, his legacy lives on through the Claudio Naranjo Foundation (Fundación Claudio Naranjo).

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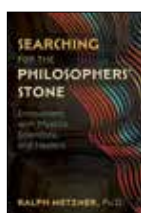
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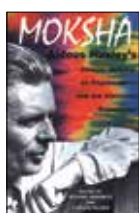


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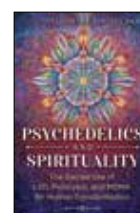
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Cannabis Healing

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

FRANJO GROTENHERMEN, M.D.

Everything you need to know to use cannabinoids safely and effectively for better health and healing of a wide range of conditions

- Explains the biochemistry of cannabinoids and shows how they interact with the human body
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- Explores the use of CBD to treat seizures, anxiety, muscular disorders, and psychotic states and the use of THC to treat schizophrenia, Alzheimer's, ADHD, Tourette's, Parkinson's, depression, COPD, and chronic pain, among many other physical, neurological, and emotional conditions

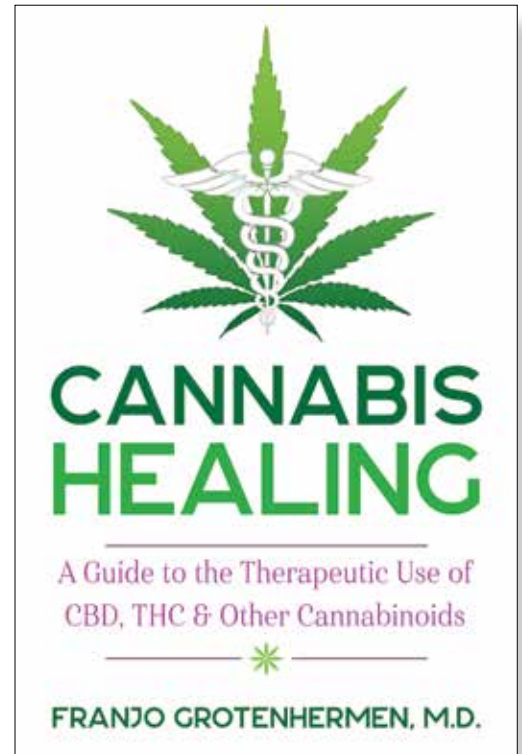
In this authoritative yet practical guide to the healing properties of cannabis and cannabinoids such as THC and CBD, Franjo Grotenhermen, M.D., explores how to use these substances to treat a wide range of physical and emotional conditions.

Dr. Grotenhermen first examines the history of marijuana as medicine, including its important role in U.S. medical practice during the 19th century. He explains the biochemistry of cannabinoids and shows how they interact with the human body, including a look at cannabinoid receptors and how cannabinoids occur naturally in the body. The author then draws on his years of experience legally treating patients in Germany as well as numerous research studies and tests to provide an in-depth guide to the many healing applications for cannabis and its derivatives.

The therapeutic applications covered include the use of CBD to treat seizures, epilepsy, anxiety, several forms of cancer, muscular disorders, and psychotic states and the use of THC to treat schizophrenia, Alzheimer's, ADHD, Tourette's, Parkinson's, impotence, depression, lupus, COPD, and chronic pain, among many other physical, neurological, and emotional conditions. The author examines the various cannabis-derived medications available, such as Cannabinol, Dronabinol, and Marinol, and the main methods of administering cannabis. He offers a complete discussion of safe use, possible side effects, contraindications, and precautions (including during pregnancy and chemotherapy), alongside research data that confirms cannabis as one of the least toxic substances in existence.

Written by a practicing physician, this guide provides everything you need to know to use cannabinoids safely and effectively for health and healing.


Franjo Grotenhermen, M.D., is recognized as a top expert on the therapeutic use of cannabinoids. The author of many articles and books on the subject, he is the managing director of the International Association for Cannabinoid Medicines (IACM) and is on the board of the Cannabis Medicine Organization. He lives in Germany.



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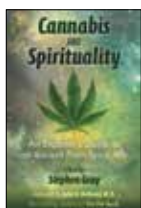
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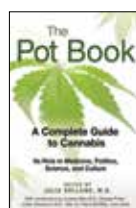


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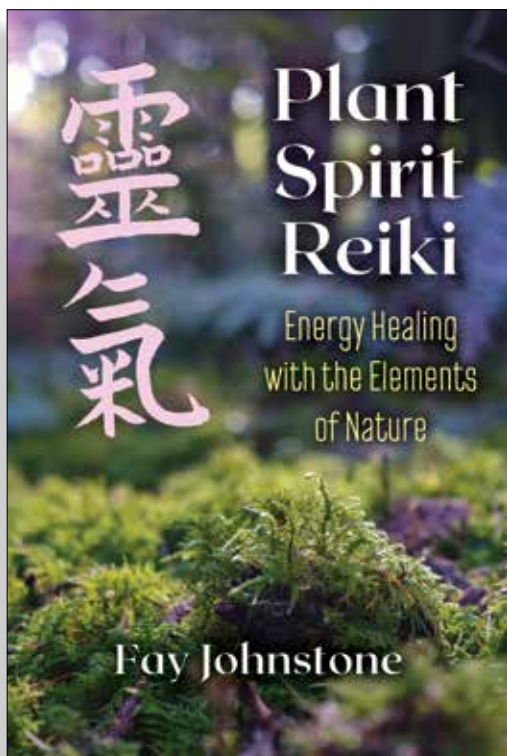
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- Explains how to raise the vibration of your community and the world by connecting with green spaces, nature beings, and habitats under threat

In this practical workbook, Fay Johnstone demonstrates how energy healers and Reiki practitioners can partner with plant spirit allies and the forces of nature for powerful healing for themselves, others, and our planet. She explains how to include plants and nature in your Reiki practice, both the spiritual/etheric components of plants and the physical plants themselves. She offers many practical exercises, techniques, and meditations as well as case studies and personal experiences to show how best to harness the power of plants on all levels, along with other energy flows, to support the healing process in much the same way that crystals are used as energetic healing aids. She explains how plants connect with the Reiki principles and explores plant spirit allies, chakra work, and healing with the elements of nature. She details how to enhance self-healing and Reiki treatments for others through “bringing the outside in,” creating a healing space, use of plant preparations, and other sacred forms of plant medicine.

Fay also explores how to support the healing of plants and nature itself through your Reiki/healing practice. She provides guidance on how to raise the vibration of your home and community, how to impact nature positively with regard to climate change, and how to send distance healing to the Earth, nature beings, and endangered habitats across the world. She inspires you to reach out to the vital force that flows through the natural world and open your intuition to discover guidance and support from nature. By deepening our conscious cooperation and partnership with nature and the plant kingdom, in a sacred healing way, we come to recognize that in healing ourselves, we are also healing our Earth.

Fay Johnstone combines 20 years of Reiki practice with herbal and shamanic training to assist us with our personal transformation through the healing power of nature. The author of *Plants That Speak, Souls That Sing*, Fay offers treatments and training on Reiki and plant spirit connection across the UK, online, and from her home near Edinburgh, Scotland.



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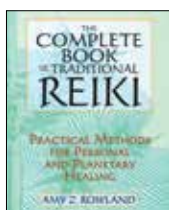
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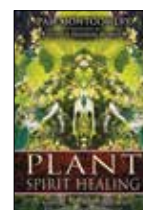


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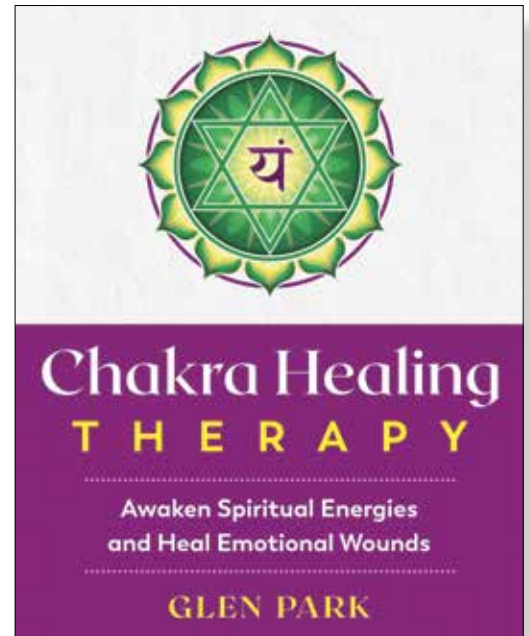
A guide to working with the chakras to heal emotional wounds, release physical tensions, explore psychic abilities, and awaken spiritual energies

- Explores each chakra on the physical, psychological, psychic, and spiritual level and explains how the chakras can be understood as an embodied map of the psyche, linked with different stages of development
- Details the author's system of Chakra Therapy, which integrates healing touch with chakra visualizations
- Offers practical exercises to nourish and support each chakra as well as practices for daily chakra maintenance

In this in-depth guide to working with the chakras, author Glen Park draws on her decades of experience as a Chakra Therapist to explain how the chakras can be understood as an embodied map of the psyche, with each chakra representing a different stage of development from infancy and childhood through adulthood, with the Heart Chakra playing a central role in awakening the spiritual potential of the upper chakras. She examines each chakra individually on the physical, psychological, psychic, and spiritual level, as well as through the lens of the solar (masculine) and lunar (feminine) channels. She shows how the connections between the chakras and developmental stages are paralleled in the findings of Western psychology and neuroscience and how our collective expressions of the chakras influence cultural trends in society.

The author's system of Chakra Therapy integrates healing touch with guided chakra visualizations, offering practical exercises to nourish and balance each chakra so it can be integrated and in harmony with the entire chakra system. She explores how to work with the Heart Chakra for deep transformation and self-healing, including healing emotional wounds from childhood and enabling the psychic and spiritual levels of the Throat and Eye Chakras to develop, with the potential of opening to the divine realm of the Crown Chakra. Sharing case studies from her Chakra Therapy practice, she shows how we gain a richer understanding of ourselves both mentally and physically by working with the chakras, opening ourselves to the potential for deep soul growth and transformation.

Glen Park has taught workshops in the Alexander Technique and Chakra Therapy for more than 30 years in Europe, the United States, Australia, and Japan. She has also presented at conferences for Alexander Technique International and the Society of Teachers of the Alexander Technique. The author of *The Art of Changing*, she lives in Haywards Heath, West Sussex, UK.



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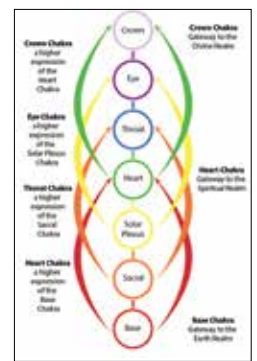
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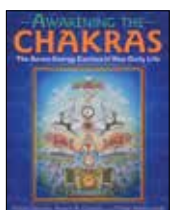
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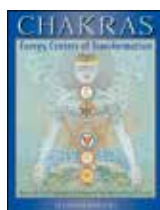


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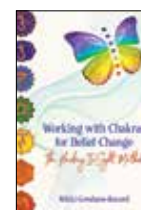
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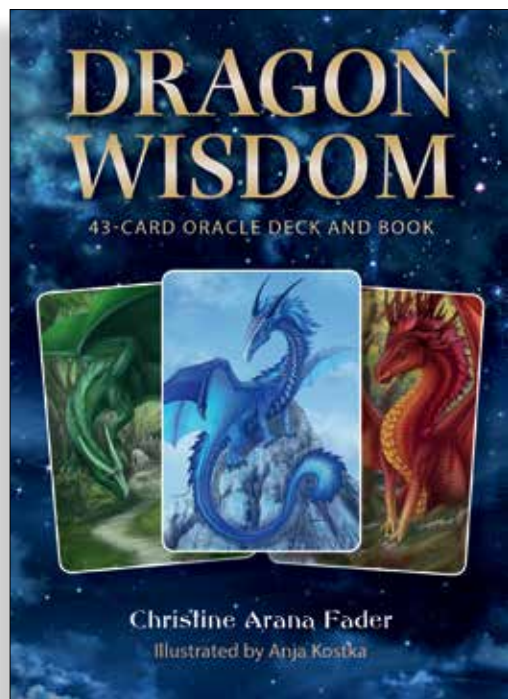
Chakras

Harish Johari
Destiny Books
ISBN 978-0-89281-760-3
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Working with Chakras for Belief Change

Nikki Gresham-Record
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Dragon Wisdom

43-Card Oracle Deck and Book

CHRISTINE ARANA FADER

Illustrated by ANJA KOSTKA

A hands-on way to connect with the wisdom, love, and magic of dragons

- Each of the 43 cards features full-color dragon artwork that allows you to experience and activate dragon energies and use them on an intuitive level
- The accompanying guidebook details the message of each dragon card and offers meditative journeys and practical information on how to let dragon energy into your life, including how to meet your personal dragon

Since the beginning of time, dragons have been the world's wisdom keepers. In times of transition, when power and wisdom are necessary to transform and renew, they are here to assist us, offering spiritual knowledge and genuine love to guide us. They stand by humanity as soul companions, advisers, and friends, giving us freedom, strength, and courage for everyday life.

In this full-color oracle set, Christine Arana Fader offers a hands-on way to deeply connect with the spiritual wisdom of dragons. Each of the 43 cards features beautiful artwork to allow you to experience and activate dragon energies and use them on an intuitive level. The accompanying guidebook details the message of each card and offers meditative journeys into the world of dragons and practical information on how to let dragon energy into your life, including how to meet your personal dragon. The book also explains how, in addition to individual messages, the cards hold an even more valuable treasure: a guide to spiritual perfection, making this not only a deck for divination and guidance but also an effective tool for spiritual development.

Offering a path into the mystical and magical world of dragons, this deck allows each of us to awaken our own inner magic and be enchanted by the truthfulness of open-hearted dragon wisdom and love.

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



October 2020

Earthdancer Books
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Includes 43 full-color cards
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Divination



Self-worth



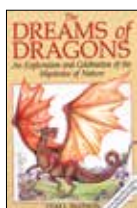
Wisdom

Also by Christine Arana Fader



The Little Book of Dragons
Christine Arana Fader
Earthdancer Books
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Of Related Interest



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Elemental Magic

Traditional Practices for Working with the Energies of the Natural World

NIGEL PENNICK

Learn how to use the principles and practices of natural magic for personal development and spiritual empowerment

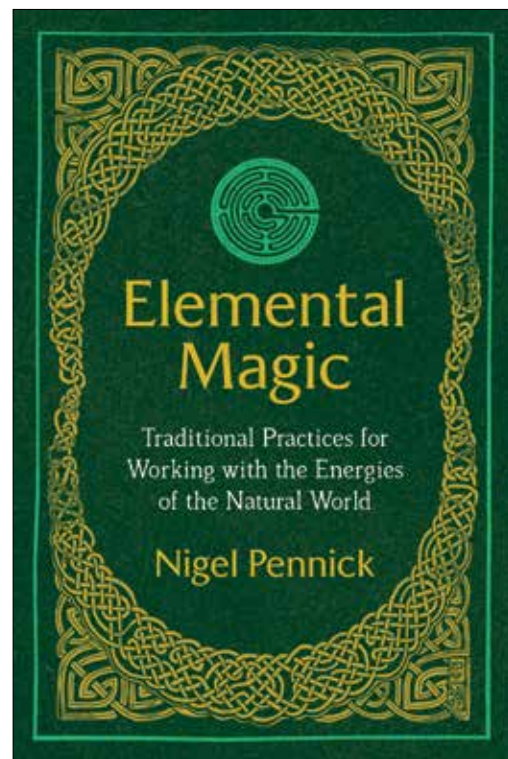
- Offers detailed descriptions of the magical properties of minerals, animals, plants, and the earth's cycles and how to use them in your own practice
- Explores the magical laws of nature and how to guide your inner energy to work in concert with cosmic energies
- Details how to design your own ceremonies, practice elemental meditations, and craft your own magical talismans, wands, and divining rods

An expert on European rural folk magic traditions, author Nigel Pennick presents a comprehensive introduction to the principles, rituals, practices, and magical tools required to draw on the magic inherent in the natural world. He explains how people throughout the centuries have built a relationship with the elemental energies around them using simple, everyday practices in order to attune themselves to nature, the seasons, and the cosmos for magical purposes.

The author explores earth, mineral, and plant magic as well as the magical properties of the earth's cycles and concentrated places of power within the landscape. He examines magical workings with animals, drawing on authentic traditions such as the Toadsmen or Toadswomen, whose power is given by toads, and the Berserker qualities conferred by magical bondings with wild animals like bears and wolves. He explains how to craft your own magical talismans, wands, and divining rods; design your own ceremonies; practice elemental meditations; fortify your health with herbs and crystals; and set an altar with the right food and drink for your intention.

Pennick also describes how the practical techniques of natural elemental magic work through interactions between the inner world of the mind and spirit, the outer world, and the otherworldly. He shows that having a deeper understanding of the interconnectedness of all things and the inner power of these magical elements strengthens the practitioner's harmony with nature, and thus their power. By harnessing the elemental energies around us, we can work with nature for personal development, spiritual empowerment, and the successful achievement of our desires.

An authority on ancient belief systems, traditions, runes, and geomancy, Nigel Pennick 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.



October 2020

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144 pages, 6 x 9
33 black-and-white illustrations
Rights: World, except Italian and French languages
Spirituality/Occult



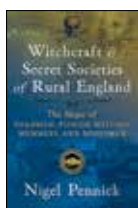
Photo by Ann Pennick

Author
Nigel Pennick

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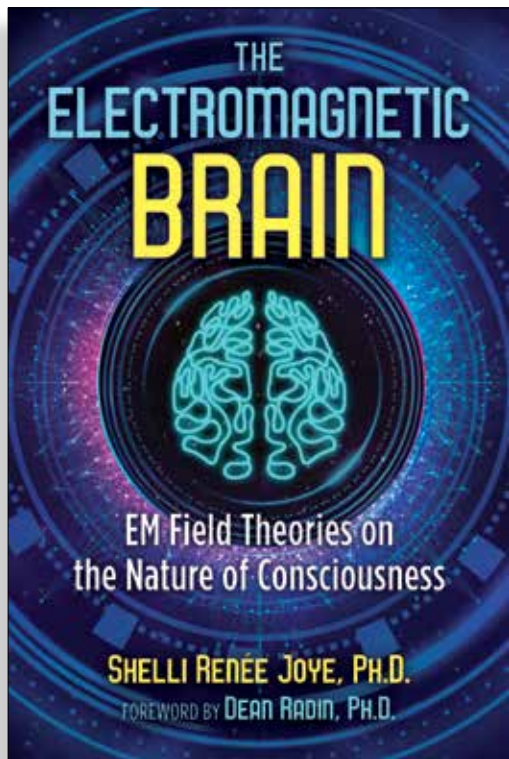
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Nigel Pennick
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October 2019 release



The Electromagnetic Brain

EM Field Theories on the Nature of Consciousness

SHELLI RENÉE JOYE, Ph.D.

Foreword by Dean Radin, Ph.D.

An exploration of cutting-edge theories on the electromagnetic basis of consciousness

- Details, in nontechnical terms, 12 credible theories, each published by prominent professionals with extensive scientific credentials, that describe how electromagnetic fields may be the basis for consciousness
- Examines practical applications of electromagnetic-consciousness theory, including the use of contemporary brain stimulation devices to modify and enhance consciousness
- Explores the work of William Köhler, Susan Pockett, Johnjoe McFadden, Rupert Sheldrake, Ervin Laszlo, William Tiller, Harold Saxton Burr, Sir Roger Penrose, Stuart Hameroff, Mari Jibu, Kunio Yasue, Karl Pribram, Alfred North Whitehead, and James Clerk Maxwell, as well as the author's own theories

In this scientific exploration of the origin of consciousness, Shelli Renée Joye, Ph.D., explores 12 credible theories, each published by prominent professionals with extensive scientific credentials, that describe how electricity in the form of electromagnetic fields is the living consciousness that runs through the brain. Each of these theories supports the idea that the electromagnetic field itself is the basis of consciousness and that this source of consciousness peers out into the space-time universe through our human sensory systems, flowing with awareness throughout the bloodstream and nervous system. Following her exploration of electromagnetic-consciousness theories, Joye then examines practical applications, describing how electric fields might be manipulated and controlled to modify and enhance the operation of consciousness in the human brain. She explores the use of contemporary brain stimulation devices that offer benefits such as decreased addiction cravings and anxiety, reduced depression and chronic pain, enhanced mathematical abilities, accelerated learning, and greater insight during mindfulness meditation.

Revealing the cutting edge of consciousness studies, Joye shows that consciousness is not an isolated function of the individual brain but is connected to the larger electromagnetic field that not only encompasses the entire physical universe but also is deeply involved in the creation of matter and the material world.

Shelli Renée Joye, Ph.D., attended Rice University on a physics scholarship and graduated with a degree in electrical engineering. After graduation, she worked with John Lilly on interspecies communication and pursued contemplative practice with Chögyam Trungpa Rinpoche. She completed her doctorate in philosophy, cosmology, and consciousness at the California Institute of Integral Studies. The author of several books, including *Developing Supersensible Perception*, she lives in Viola, California.



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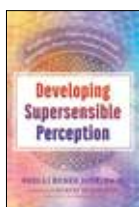
Consciousness Studies



Author

Shelli Renée Joye

Also by Shelli Renée Joye, Ph.D.



Developing Supersensible Perception

Shelli Renée Joye, Ph.D.

Inner Traditions

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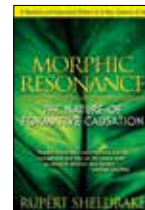
Ervin Laszlo

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Morphic Resonance

Rupert Sheldrake

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Dreaming Techniques

Working with Night Dreams, Daydreams, and Liminal Dreams

SERGE KAHILI KING, Ph.D.

Harness the transformative power of night dreams, half-awake dreams, and daydreams for healing, manifestation, and insight

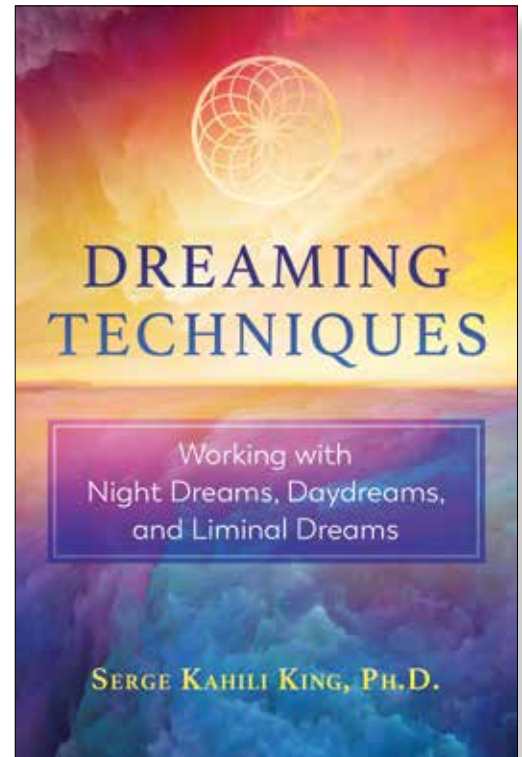
- Examines the types of dreams we have and how to remember and interpret them
- Offers techniques for using night dreams and liminal dreams to improve our health and well-being and for manifesting our dreams in reality
- Provides techniques for using daydreams for healing, insight, and creativity
- Explains how dream techniques can be used to influence the behavior of people, things, and nature in the waking world

Dreams can change our lives in profound and tangible ways. In this guide to mastering the art of dreaming, Serge Kahili King, Ph.D., explores techniques to harness the power of dreams for healing, transformation, and changing your experience of reality.

Drawing on his analysis of more than 5,000 of his own dreams as well as those of students and clients from his almost 50 years of clinical work, King examines the types of night dreams we have, how to remember them better, how to make use of them to improve our health and well-being, and how to interpret them. He explores how dreams are understood in neuroscience and psychology, in Native American and Aboriginal cultures, in indigenous Senoi dream theory, and in India, Tibet, Hawaii, and Africa as well as ancient Egypt, Greece, and China. He examines the power of liminal dreams—those experienced in the half-awake state before or after sleep—for manifestation and self-understanding. He offers techniques for enhancing the dream experience for both night dreams and liminal dreams, along with practical methods to induce lucid (conscious) dreaming and to create healing thoughtforms.

King then explores daydreams in depth, including fantasy, guided imagery, meditation, visions, and remote viewing and provides techniques for using daydreams for healing, insight, and creativity. He divides daydreaming into two categories, defining “active daydreaming” as the scripted dream in which you envision a goal happening and “passive daydreaming” as allowing ideas and memories to arise spontaneously from the depths of the mind. Reflecting on how dreamlike our daily experience is, King shows that each of us can use dreams as tools for seeing the world differently and influencing the behavior of people, things, and nature.

Serge Kahili King, Ph.D., is the author of many works on Huna and Hawaiian shamanism, including *Urban Shaman* and *Instant Healing*. He has a doctorate in psychology and was trained in shamanism by the Kahili family of Kauai as well as by African and Mongolian shamans. He is the executive director of Huna International, a non-profit worldwide network of individuals who have dedicated themselves to making the world a better place. He lives on the Big Island of Hawaii.



November 2020

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224 pages, 6 x 9
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Author
Serge Kahili King

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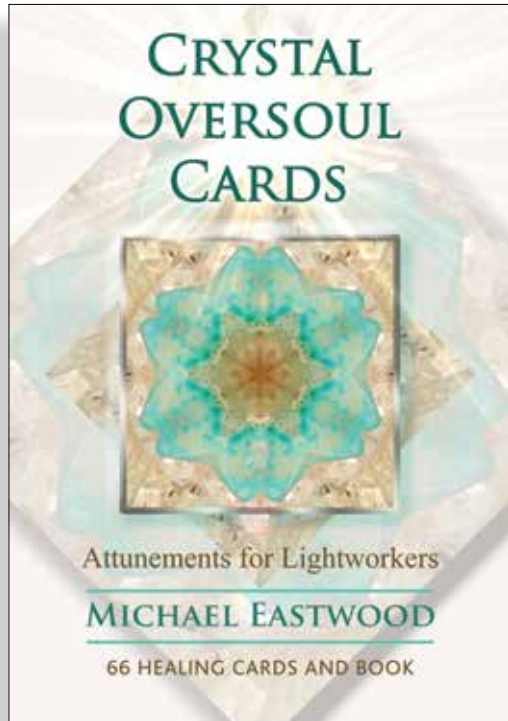
Dreams That Can Save Your Life
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and Kathleen O'Keefe-Kanavos
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Stephen Larsen, Ph.D., and Tom Verner
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Crystal Oversoul Cards

Attunements for Lightworkers

MICHAEL EASTWOOD

A card deck and guidebook set to help you access the higher energies of the Crystal Oversouls and accelerate the awakening process

- Contains 66 beautiful full-color crystal mandala cards for contemplation, meditation, and connecting with the ancient Crystal Oversouls
- The accompanying guidebook provides insight into the meaning of the crystals, including their spiritual and metaphysical properties, associated scents, and their connections to the chakra system as well as the emerging higher chakras
- Includes in-depth meditations and visualizations on each crystal to help readers deepen their relationship with the crystal kingdom
- Offers access to 22 downloadable crystal meditation recordings

The earth is undergoing an immense initiation, part of a great turning within the ever-evolving and unfolding cosmos. The initiation involves not only humanity and all living creatures but also the elemental kingdoms, including the Crystal Oversouls.

Humanity once worked closely with the Crystal Oversouls. They were highly revered within the temples of Lemuria and subsequent times when communication between the inner planes was stronger. As those times have faded in human memory, humanity has also forgotten its history. The Crystal Oversouls hold keys to our awakening and to remembering that we are all beings of light.

Offering a hands-on tool to support you in the awakening process, this card deck and guidebook set features 66 stunning full-color crystal mandalas to help you attune to and communicate with the energies of the ancient Crystal Oversouls. Each card depicts a photographic mandala featuring a different crystal that conveys messages directly into the consciousness of the viewer. The accompanying guidebook offers insight into the meaning of each crystal, including its spiritual and metaphysical properties, its association to scents, and its connections to individual chakras. For each Oversoul card, the guidebook provides an attunement—a meditation or visualization—to immerse you in the higher energies of the Oversouls and the crystal kingdom. The book also provides access to 22 downloadable audio meditations.

As we awaken to who we are, we start to see with a much wider awareness, using sensory chakras and layers of our energy bodies, dormant for thousands of years. By working with the Crystal Oversouls, you can actively engage with the cosmos in ways that offer hope and transformation.

Michael Eastwood is a highly respected crystal healing writer and teacher in practice for more than 30 years. He has been the chair of ACHO (Affiliation of Crystal Healing Organizations) as well as CTC (Crystal Therapy Council) and still serves both bodies. The author of *Unfolding Our Light*, he is also the director of a successful independent crystal and new age book shop, AristaA, based in Hampshire, U.K.

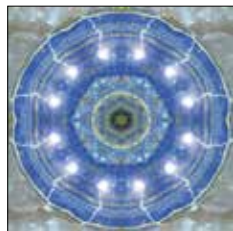


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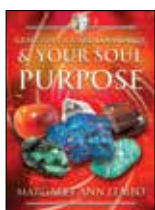


Amethyst



Lapis Lazuli

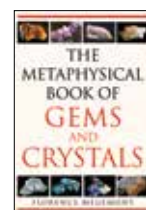
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The Chiron Effect

Healing Our Core Wounds through Astrology, Empathy, and Self-Forgiveness

LISA TAHIR, LCSW

A guide to using astrology to identify your core wounds and heal them using psychological techniques, affirmations, and self-compassion

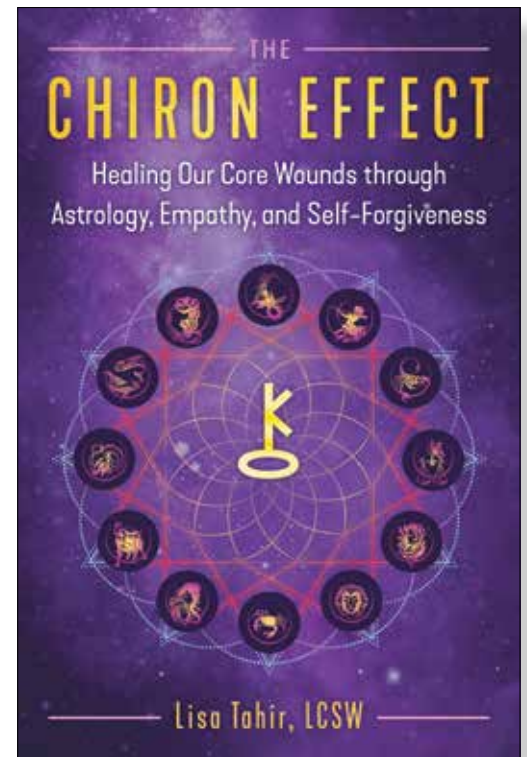
- Explains how the placement of Chiron in your birth chart identifies the core wounds and unconscious patterns that block empathy and self-forgiveness
- Offers a descriptive chapter for each of the 12 zodiac sign placements for Chiron, revealing how Chiron affects you psychologically, emotionally, sexually, spiritually, socially, financially, and intellectually
- Provides specific steps for each sign to shift self-destructive patterns as well as powerful affirmations infused with Reiki healing energy

We all have experienced disappointment, sadness, rejection, or the loss of something meaningful in our lives. When you are wounded, innate animalistic instincts for self-protection kick in as a means for survival. These behavior patterns are a natural and necessary coping strategy, at first. But many dwell far too long in these patterns and separate themselves from their source of inner wisdom and intuition.

Using astrology as a diagnostic tool, Lisa Tahir reveals how to use the astrological placement of the minor planet Chiron in your birth chart to identify the core wounds and unconscious patterns that block your capacity to have self-empathy and to forgive. Coining the phrase “Chiron Effect” to describe the magnetic pull that individuals have around specific areas of vulnerability, she explains how, like a raw nerve, the placement of Chiron describes what parts of our lives we might edit or hide for fear of being rejected as well as the areas of sensitivity where we are triggered. Offering a chart and online links to allow you to determine Chiron’s placement in your chart, the author explains how Chiron affects you psychologically, emotionally, sexually, spiritually, socially, financially, and intellectually depending on the sign and house it falls within. She outlines how to begin healing your core wounds through empathy and self-forgiveness, providing several steps for each sign placement to shift self-destructive patterns and learn to protect yourself as well as powerful affirmations infused with Reiki healing energy to help you anchor a new belief system.


As Lisa Tahir reveals, once identified, your personal Chiron placement can become the source of your greatest healing and empowerment. By recognizing your core wounding and learning to offer yourself empathy and forgiveness, you can finally break free from suffering, end self-sabotage, and allow your life to unfold in a new way.

Lisa Tahir, LCSW, is a licensed clinical social worker. She is certified in EMDR Level I, in Reiki Level II, and as a thought coach through the Institute for Transformational Thinking. The host of the weekly podcast *All Things Therapy* on LA Talk Radio since 2016, she lives in both Los Angeles and New Orleans.



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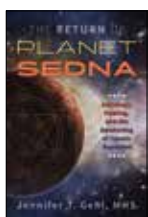
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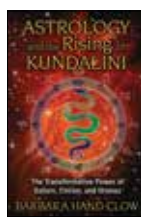
Photo by Harlin Miller

Author
Lisa Tahir

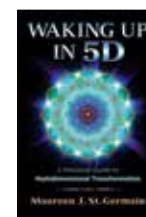
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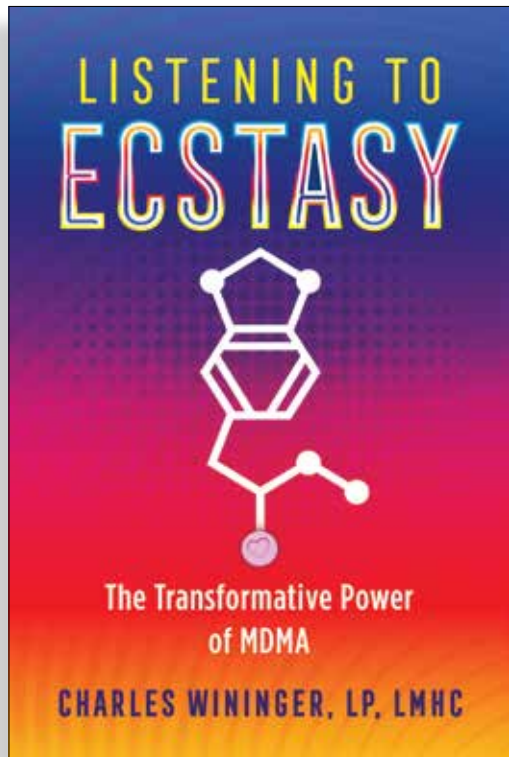
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Listening to Ecstasy

The Transformative Power of MDMA

CHARLES WININGER, LP, LMHC

A personal narrative and guide to the safe, responsible use of MDMA for personal healing and social transformation

- Details the author's 50 years of responsible experimentation with mind-altering substances and how Ecstasy has helped him become a better therapist
- Explains how he and his wife found Ecstasy to be the key to renewing and enriching their lives and marriage as they entered their senior years
- Describes what the experience actually feels like and provides protocols for the safe, responsible, recreational, and celebrational use of MDMA for individuals and groups

In a world that keeps us separate from each other, MDMA is the chemical of connection. Aptly known in popular culture as "Ecstasy," MDMA helps us rediscover our own true loving nature, often obscured by the traumas of life. On its way to becoming a prescription medication due to groundbreaking research on its use to treat PTSD, Ecstasy can offer benefits for all adult life stages, from 20-somethings to seniors.

In this memoir and guide to safe use, Charles Wininger, a licensed psychoanalyst and mental health counselor, details the countless ways that Ecstasy has helped him become a better therapist and husband. He recounts his coming of age in the 1960s counterculture, his 50 years of responsible experimentation with mind-altering substances, and his immersion in the new psychedelic renaissance. He explains how he and his wife found Ecstasy to be the key to renewing and enriching their lives as they entered their senior years. It also strengthened the bonds of their marriage.

Countering the fearful propaganda that surrounds this drug, Wininger describes what the experience actually feels like and explores the value of Ecstasy and similar substances for helping psychologically healthy individuals live a more "optimal" life. He provides protocols for the responsible, recreational, and celebrational use of MDMA, including how to perfect the experience, maximize the benefits and minimize the risks, and how it may not be for everyone. He reveals how MDMA has revitalized his marriage, both erotically and emotionally, and describes how pleasure, fun, and joy can be profound bonding and transformative experiences.

Revealing MDMA's versatility when it comes to bringing lasting renewal, pleasure, and inspiration to one's life, Wininger shows that recognizing the transformative power of happiness-inducing experiences can be the first step on the path to healing.

Charles Wininger, LP, LMHC, is a licensed psychoanalyst and mental health counselor specializing in relationships and communication skills. Recognized as "The Love Doctor" by the *New York Times* and *Newsday*, he's been treating couples and individuals in his Manhattan and Brooklyn offices for 30 years. He sits on the Board of Advisors of the Psychedelic Education and Continuing Care Program at the Center for Optimal Living in New York. He lives with his wife in Brooklyn.

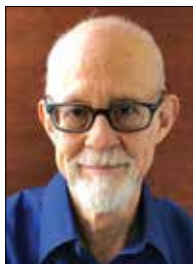
November 2020



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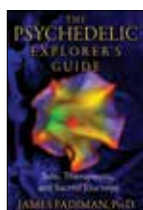


Author
Charles Wininger

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Visionary Path Tarot

A 78-Card Deck

LUCY DELICS

A psychedelic-inspired oracle deck featuring magical esoteric symbols, shamanic plant medicine, tarot archetypes, and high-vibration patterns

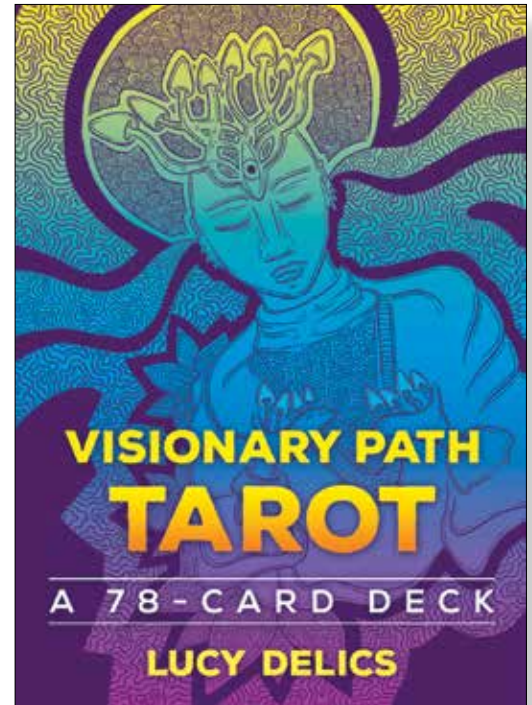
- Contains all 78 cards of the Major and Minor Arcana of a traditional tarot deck
- Features intricate black-and-white archetypal and fractal images that act as binary codes of consciousness, allowing you to feel the inner guidance flowing from the cards and make intuitive interpretations
- Includes a booklet that describes the artist's psychedelic journey with plant medicines
- Offers a direct and reversed interpretation for each card and a selection of divination spreads with instructions for laying them out

Offering a psychedelic approach to the mystical wisdom of the tarot, this 78-card deck by visionary artist Lucy Delics features a potent combination of magical esoteric symbols, ancient shamanic principles, plant medicine, and tarot archetypes interlaced with patterns and vibrational energies. Created over 3 years of immersion in the Major and Minor Arcana, the intricate black-and-white images on each card are like a binary code of consciousness, both depicting the inner alchemical process and allowing you to feel the inner guidance flowing from the cards and make intuitive interpretations.

The accompanying booklet describes how the author discovered her artistic path through ayahuasca and other shamanic plant medicines and how she was inspired by Celtic, Norse, Navajo, Dogon, and Egyptian lore and the culture of the Peruvian Andes where she lives. The booklet also offers a direct and reversed interpretation for each card and a selection of divination spreads with instructions for laying them out.

Bringing you into the psychedelic worlds of her visions, Lucy Delics's tarot is imbued with heart and spirit, portals and rabbit holes, fractal patterns vibrating ancient songs, and pure innocence and magic that makes the cards deeply touching visual experiences.

Lucy Delics is a self-taught visionary artist originally from the UK. Featured in the book *Women of Visionary Art*, she lives in the Peruvian Andes with her family and paints as a daily spiritual practice.



November 2020

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Includes 78 cards and 24-page booklet

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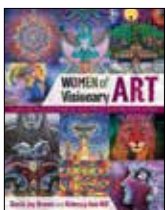


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Two of Cups

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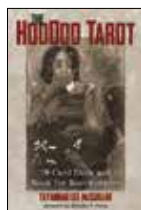
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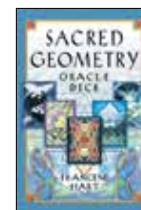
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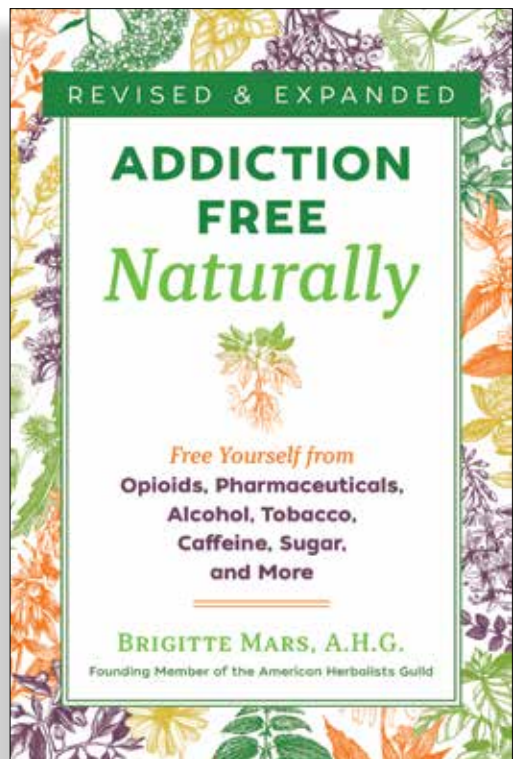
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BRIGITTE MARS, A.H.G.

A guide to designing a personal program to break your addictions safely, gently, and naturally

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- Explores the potential of psychedelic therapy for overcoming addiction and addresses how cannabis can be of benefit for recovery, without being misused

Addiction affects more people than any other disease. Breaking a habit can be daunting—it's hard to know where to begin beyond quitting “cold turkey.” But just as habits can be acquired, they can be broken. Others have done it, and so can you!

In this holistic guide to beating addiction, Brigitte Mars details how to replace negative habits and behaviors with positive healthy ones and safely support your body, mind, and spirit for a successful recovery. The author shares specific herbs, supplements, homeopathic remedies, flower essences, behavioral therapy, and alternative practices, such as meditation and yoga, that can help liberate you from habitual substance use and ease the withdrawal period as well as methods for cleansing the body of toxins and healthy ways to combat depression, anxiety, fatigue, and stress. She looks in depth at individual addictive substances and behaviors, including sugar, caffeine, alcohol, opioids, tobacco, and tranquilizers, offering specific advice and remedies for each. She shows how each technique can be used in conjunction with conventional therapies, such as psychotherapy, methadone, or Alcoholics Anonymous. Drawing on recent research, she also explores the enormous potential of psychedelic therapy for overcoming addiction and, with the spreading legalization of cannabis, she addresses how this plant can be of benefit for recovery, without being misused.

Offering advice on designing a personal program to break your addictions, the author also shows how to use natural remedies to maintain your new energy and vitality as you walk the road to recovery.

Brigitte Mars, AHG, is an herbalist and nutritional consultant with almost fifty years of experience. She teaches herbal medicine at Naropa University and the School of Health Mastery in Iceland and has also taught at Omega Institute, Esalen, Kripalu, and the Mayo Clinic. A founding member of the American Herbalists Guild, she is the author of many books and DVDs including *The Natural First Aid Handbook*, *The Sexual Herbal*, *Healing Herbal Teas*, and *Rawsome!* She lives in Boulder, Colorado.



November 2020

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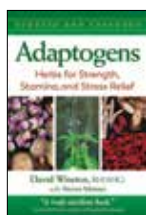
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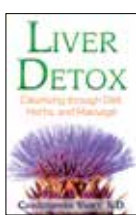


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Brigitte Mars

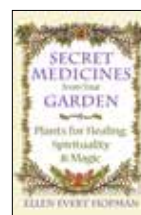
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The Encyclopedia of Ailments and Diseases

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

JACQUES MARTEL

A comprehensive reference and healing tool to address the emotional and psychological causes of illness

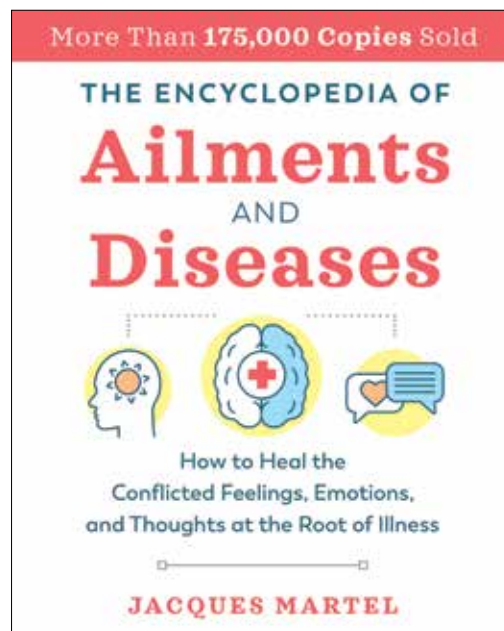
- Uncovers the conflicted conscious or unconscious feelings, thoughts, and emotions at the root of nearly 900 ailments and diseases
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- Provides positive affirmations to effect change for each ailment and disease

What if your body used a secret language to talk to you? What if an ailment or illness was your body's way to shout for help, to make you understand that you need to change your thoughts, emotions, feelings, and behaviors? Your body wants you to become aware of the stress that you carry, conscious or not, so you can release unmanaged past and present emotions and the physical complaints that accompany them.

Compiling years of research and the results of thousands of cases he encountered in his private practice and during workshops over the past 30 years, Jacques Martel explains how to read and understand the body's language of disease and imbalance. In this encyclopedia, he shows how body language reveals specific thoughts, feelings, and emotions that are at the source of nearly 900 different ailments and diseases. The author also details his Integration and Acceptance Technique, which enables healing information to bypass the brain and connect directly with the heart. This technique disables the source of the conflict, conscious or not, that could be at the root of an illness, behavior, or condition and improves the chances of true healing.

This comprehensive manual offers a tool to help each of us become, to some extent, our own doctor or therapist, get to know ourselves better, and recover health and well-being physically, emotionally, mentally, and spiritually. For practitioners and therapists, this remarkable reference tool provides invaluable insights and prompts for healing.

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



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Rights: World English

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Photo by Serge Bourdages



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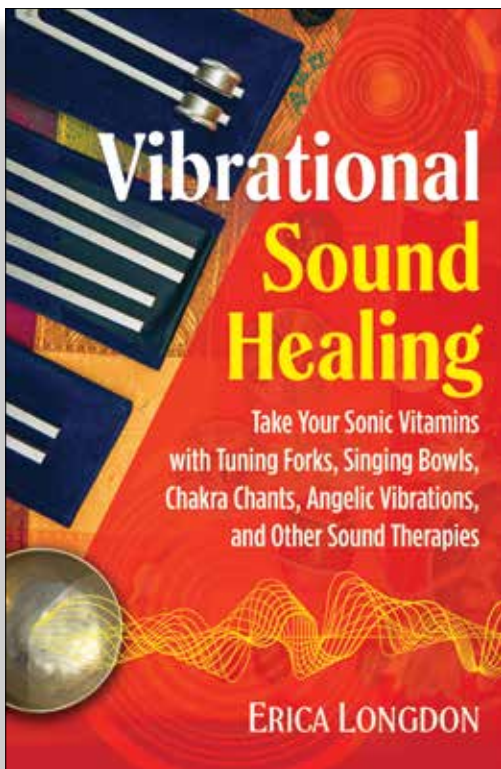
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Author
Erica Longdon

Vibrational Sound Healing

Take Your Sonic Vitamins with Tuning Forks, Singing Bowls, Chakra Chants, Angelic Vibrations, and Other Sound Therapies

ERICA LONGDON

[A practical and accessible guide to sound healing therapies](#)

- Explores tools such as tuning forks, gongs, singing bowls, drumming, chakra chants, and angelic vibrations
- Provides simple practices such as humming, vowel toning, and affirmations that you can begin using right away for self-healing
- Explains how sound therapy triggers self-healing mechanisms and offers a non-invasive way to permeate every cell of the body with healing intentions

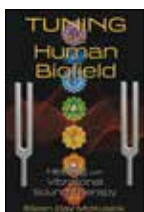
All sound and vibration affect us. From the moment of birth—even in the womb—every word, thought, or sound we encounter is important and powerful, nourishing or toxic. When we understand the powerful effects of sound and vibration, we can consciously apply them for our health and well-being.

In this practical and accessible guide, Erica Longdon explains the therapeutic and healing impact of sound, frequency, and vibration on the body, mind, and spirit. She shows how sound therapy triggers the body's natural self-healing mechanisms and offers a non-invasive way to permeate every cell of the body with healing intentions. She presents a wide range of sound-healing methods and vibrational practices and explores tools such as tuning forks, gongs, singing bowls, drumming, chakra chants, and angelic vibrations as well as cymatics—the study of wave phenomena, which makes sound visible. She explains how to use different sound healing methods and offers instructions both for self-treatment and as preparation if you go see a sound therapist. She reveals how each of us has a sound healing tool at our disposal—our own voice—and provides simple practices and exercises such as humming, vowel toning, and affirmations that you can begin using right away for self-healing. She also explores the power of silence and how even our inner vibrations—thoughts and intentions—affect us sonically and can be used for vibrational healing.

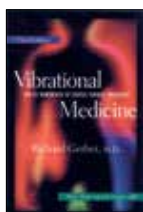
Offering a natural way to treat pain and illness, this guide gives you the tools to connect with your inner healer, restore balance and harmony, and harness the power of vibration for sound health.

Erica Longdon is a metaphysician, writer, radio host, and healer with 30 years' experience in television and radio as a script writer and voice-over actor and more than 20 years' experience as a complementary health practitioner. Adept at connecting with angels, she is a Reiki master and a qualified meditation teacher and works as a psychic advisor with 12Listen.com and for personal clients. She lives in Penzance, Cornwall, UK.

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Crystal Protection from 5G and EMF Pollution

BARBARA NEWERLA

A full-color pocket guide to using healing crystals to help you handle the effects of electromagnetic fields (EMF), cell phones, and Wi-Fi

- Provides a directory of 35 healing crystals that can help support our bodies and minds when we're experiencing electromagnetic stress
- Explores in depth the use of 5 essential anti-electromagnetic pollution crystals
- Describes the symptoms of electromagnetic stress and explains what crystals can do to protect us, what they can't do, and how to use them safely

From appliances, televisions, and computers to Wi-Fi and 4G and 5G cellular networks, in our modern world we are surrounded by electromagnetic fields. As the Digital Age rushes forward, we need to be aware of the increased exposure we are enduring every day and the sneaky consequences this exposure can cause to us and all living organisms.

In this full-color pocket guide to using crystals for EMF protection, Barbara Newerla explains what electromagnetic pollution is, including the potential effects of 5G technology, and how nature and humans alike are affected on different levels. Describing the symptoms of electromagnetic stress and how we can help reduce it, she explains what crystals can do to protect us, what they can't do, and how to use them safely, debunking many misunderstandings in this area. She explores in depth the use of 5 essential anti-electromagnetic pollution crystals: tektite, smoky quartz, clear quartz, rose quartz, and black tourmaline, while also providing a directory of 35 healing crystals that can help support our bodies and minds when we're experiencing electromagnetic stress.

This small yet practical guide is the perfect first step to combatting the unique stresses of our technologically complex world.

Barbara Newerla became involved with meditation, consciousness expansion, and healing as a teenager. She has been involved in modern crystal healing for decades and worked closely with well-known crystal healer Michael Gienger for many years. For more than 25 years Barbara and her husband have run FreiRaum, a company that offers consultations as well as measurement and data collection on electromagnetic pollution and geopathic stress. She lives in Schramberg, Germany.



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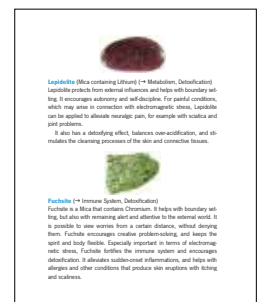
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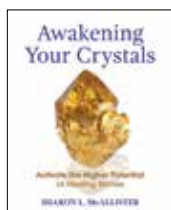
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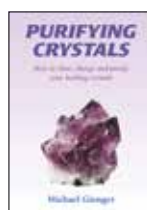


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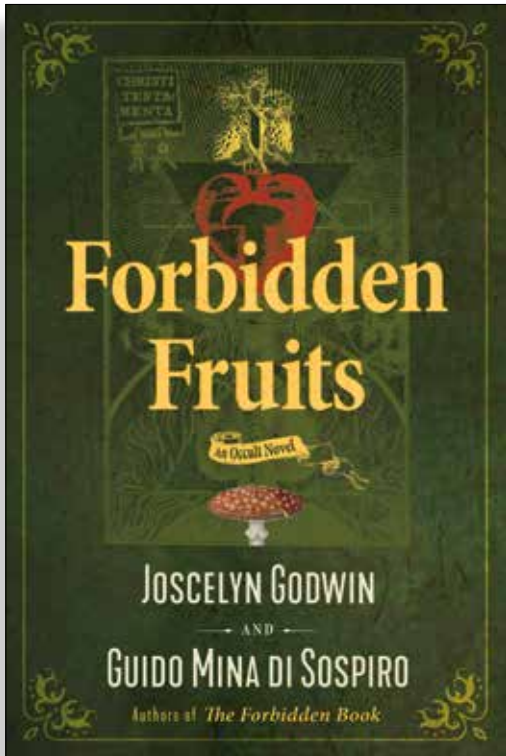
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JOSCELYN GODWIN and GUIDO MINA DI SOSPIRO

A bold thriller filled with esoteric secrets, psychedelic rituals, blackmail, and murder

- Follows American archaeologist Monica Bettlheim, her benefactor Maltese billionaire Sebastian Pinto, and Pinto's son Rafael as they make startling discoveries about the ancient world, hallucinogenic sacraments, and modern-day crime syndicates
- Reveals a secret ritual at the heart of Christianity, knowledge of which was passed on underground by Gnostics and alchemists for centuries
- Explore the use of the Kykeon, the psychedelic brew of the Eleusinian mysteries, which offers those who drink it a direct experience of God

Amid the European refugee crisis, with the background of Southern Europe having become the point of arrival for hundreds of thousands of desperate migrants, Monica Bettlheim, an American archaeologist, is trying to recapture her former fame. She has a mission to uncover prehistoric cultures that conventional archaeology and history both fear and deny. Her search is sponsored by an eccentric aristocrat, the larger-than-life Maltese billionaire Sebastian Pinto.

On an underwater expedition off the coast of Malta, Monica finds a mysterious golden pomegranate that dates back to prehistoric times. Within it, she discovers ancient remnants of the Kykeon, the hallucinogenic sacrament of the Eleusinian mysteries, which offers those who drink it a direct experience of God. As the discovery leads to blackmail and murder, Monica uncovers a secret ritual right at the heart of Christianity, knowledge of which was passed on underground by Gnostics and alchemists for centuries.

Reluctantly, Monica teams up with the elusive and troubled Rafael, Pinto's son, who for some years has been deeply immersed in esoteric studies. Driven by the need to avenge a murder and uncover the activities of an international crime syndicate, they risk their lives by reviving the sacred ritual—and are confronted by the most terrifying revelation of all.

Educated at Cambridge and Cornell, Joscelyn Godwin, Ph.D., is the author, editor, and translator of more than 30 books, including *The Greater and Lesser Worlds of Robert Fludd*, and was a professor of music at Colgate University for more than 40 years until his retirement in 2016. He lives in Hamilton, New York. Guido Mina di Sospiro was raised in Milan, Italy. An award-winning novelist and essayist, he has written several books, including *The Forbidden Book*, coauthored with Joscelyn Godwin. He maintains a blog on *Reality Sandwich* and for *New English Review*. He lives with his wife between the Washington, DC, area and central Italy.



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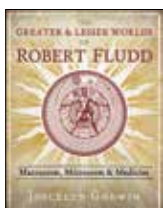
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“Blending together the Atlantis myth, prehistoric civilizations, alchemy, postmodern politics, international intrigue, and just the right amount of esoteric eroticism, they’ve come up with a magical cocktail that keeps readers turning the page.”

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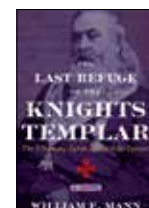


The Greater and Lesser Worlds of Robert Fludd
Joscelyn Godwin
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Secrets of the Druids

From Indo-European Origins to Modern Practices

TERESA CROSS

Foreword by Stephen E. Flowers, Ph.D.

A guide to the history and practices of the Druids and the Celtic faith

- Reconstructs the Druidic faith from surviving remnants, parallels with other Indo-European traditions, and dedicated study of scholarly sources
- Details magical rites and ceremonies, methods for consecrating an outdoor temple, and customs for celebrating important festivals such as Beltaine and Samhain
- Discusses rules for firecraft, making offerings to deities and spirits, and the ancient Coligny calendar, including the names of the months in old Gaulish

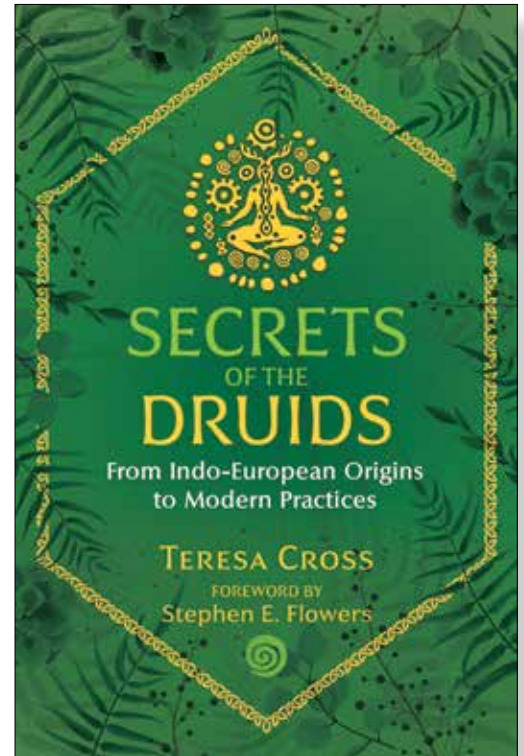
Druids and their magic, lore, and rituals have fascinated all those who encounter them, from the ancient Greeks and Romans onward. Even today, the mere mention of their name evokes pictures of standing stones, mistletoe, golden sickles, white-robed priests, and powerful sorcerers. But were they really as we picture them?

Drawing from comparative mythology and linguistics, archaeological evidence, and etymology, Teresa Cross offers readers a comprehensive course in the history and development of the Celtic spiritual tradition and its lore, reconstructing the Druidic faith from the remnants that have survived and dedicated study of scholarly sources. She also reveals parallels with other Indo-European traditions, such as the similarities between Celtic and Vedic Hindu beliefs and practices. She chronicles the ethics and spiritual teachings of Druidism and the Celtic faith and examines what happened to these beliefs during centuries of Christianization.

Moving from history to practice, Cross details magical rites and ceremonies as practiced by modern-day followers of Druidactos. She explores the structure of the *Touta*, which roughly corresponds to “tribe,” methods for consecrating a *nemeton*, the outdoor temple that offers the optimum sacred space for the meeting of heaven and earth, and the rites and customs associated with important festivals such as Beltaine and Samhain. She also explores the rules of firecraft, the sacred art of giving to the cosmos, making offerings to deities and spirits, sacred food and beverages, and the ancient Coligny calendar, including the names of the months in old Gaulish.

Offering an authentic handbook for starting your own Celtic group led by Druids, Cross reveals the meanings and metaphysics behind the Celtic and Druidic customs and traditions, reuniting the fragmentary remains of long-lost Druid culture with the still-living practices of the Celtic faith.

Teresa Cross has been a Celtic scholar since 1982 and is a member of numerous Celtic cultural organizations, including the Scottish Society of Dallas, Southwest Celtic Music Association, Clan MacKenzie Society, and the Irish P.E.C. She is the author of *The Truth about the Druids* and a frequent contributor to *The Independent Celt*. She lives in Kingman, Arizona.



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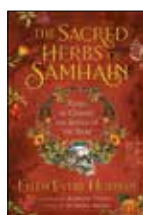


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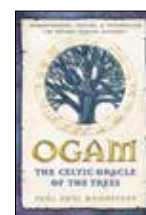
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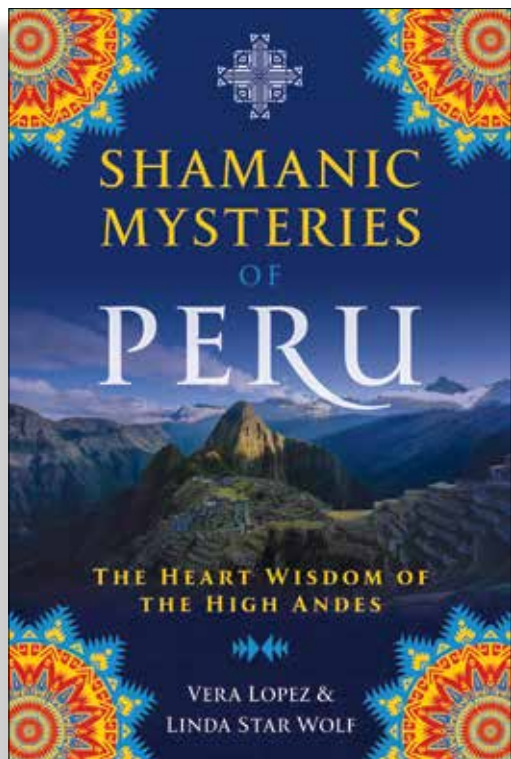
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Shamanic Mysteries of Peru

The Heart Wisdom of the High Andes

VERA LOPEZ and LINDA STAR WOLF, Ph.D.

An experiential guide to the sacred places and teachings of Andean shamanism

- Explores the cosmology and core shamanic beliefs of the Andean people, including Pachamama and power animals such as condors, snakes, hummingbirds, and pumas
- Takes you on an intimate journey through the sacred sites, temples, and power places of Peru, including Machu Picchu, Cuzco, Ollantaytambo, Sacsayhuamán, Písac, Lake Titicaca, and more
- Shares initiatory rites and shamanic journeying practices to allow you to integrate and embody the wisdom of each sacred place

The Andes Mountains of Peru are rich with ancient shamanic traditions, sacred places, and heart wisdom passed down from the Inca and safeguarded for generations by the Q'eros nation. In this experiential guide to the wisdom and practices of the Andean people and their sacred land, Vera Lopez and Linda Star Wolf take you on an intimate journey through the sacred sites, temples, and power places of Peru, including Machu Picchu, Cuzco, Ollantaytambo, Sacsayhuamán, Písac, Lake Titicaca, and more. They show how each of these powerful sites holds an ancient wisdom—an initiation left behind by the Inca—and they share initiatory rites and shamanic journeying practices to allow you to integrate and embody the wisdom of each sacred place.

The authors explore the cosmology and core shamanic beliefs of the Andean people, including Pachamama, the Sacred Law of Reciprocity, the Serpent of Light, the Chakannah, and power animals such as condors, snakes, hummingbirds, and pumas. They examine healing practices and sacred plants of this tradition, including a look at the shamanic use of ayahuasca and San Pedro.

Offering direct access to the gentle heart of wisdom found within the ancient shamanic land of Peru, the authors show how the Andean shamanic tradition offers an antidote to the modern epidemic of Soul Loss by connecting us back to our authentic self and the universal principles of love, reciprocity, and gratitude.

Vera Lopez is the founder of Spirits of the Earth, a travel company specializing in spiritual journeys to sacred sites. She is a transformation teacher, shamanic minister, and Andean priestess, who has received direct initiation from shamanic elders in several traditions, including the Q'eros of Peru. She lives in Sedona, Arizona. Linda Star Wolf, Ph.D., is the founding director and president of Venus Rising Association for Transformation and Venus Rising University. The creator of the Shamanic Breathwork process, she has led countless workshops and certified hundreds of Shamanic Breathwork facilitators around the world. She is the author of several books, including *Soul Whispering* and *Shamanic Breathwork*. Star Wolf lives in western North Carolina.



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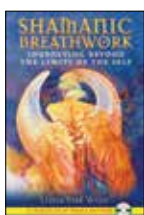
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Foreword by Robyn Griggs Lawrence, author of *The Cannabis Kitchen Cookbook*

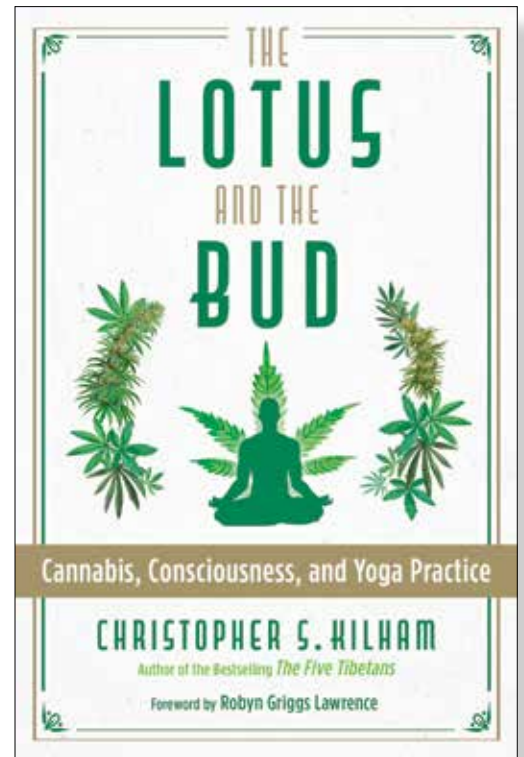
An in-depth guide to blending the practice of yoga with cannabis

- Examines the physical, mental, spiritual, and energetic effects of cannabis and yoga, including their effects on the nervous system and chakras
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- Offers an illustrated sequence of cannabis-yoga asanas (postures) developed to awaken kundalini, open energy channels, accelerate healing, and unlock access to unbounded states of consciousness

In India, both yoga and cannabis are considered gifts from the Hindu god Shiva. They are seen as twin currents of wisdom and enlightenment, allies for healing and consciousness expansion. As ethnobotanist and yogi Chris Kilham explains, when wisely and thoughtfully combined, cannabis and yoga offer profound benefits for body, mind, and spirit. Kilham examines the history and lore of both cannabis and yoga, with a special focus on the role of cannabis in Indian and Himalayan yoga traditions where it has been used for thousands of years. He investigates cannabis and yoga's effects on the chakras and energy body and how they assist in opening energy channels and awakening kundalini energy. He explains how yoga practice offers a way to tune the human nervous system and how, through the endocannabinoid system, cannabis harmonizes a multitude of functions, from respiration to pain control, in ways that enhance yoga. He looks at the effects of both THC and CBD as well as the different methods of consuming cannabis, with advice on selecting the right method for your yoga practice.

In addition to instructions for breathwork and cannabis meditation practices, Kilham offers an illustrated guide to his own system of cannabis yoga, a sequence of asanas (postures) developed to arouse the kundalini, open up energy channels throughout your body, and unlock access to unbounded states of consciousness. Sharing his experiences combining yoga and cannabis around the world, the author shows that the fusion of cannabis and yoga dissolves the boundaries of the mind, accelerates healing, and imparts a greater understanding of the intrinsic unity of all things.

Christopher S. Kilham has taught yoga, meditation, and natural health since 1971. Known as the Medicine Hunter on the *Dr. Oz Show*, CNN Health, the *New York Times*, and many other media outlets, he has conducted medicinal research in more than 45 countries across 5 continents and the South Pacific. The author of many articles and 15 books, including *The Five Tibetans*, he lives in Leverett, Massachusetts.



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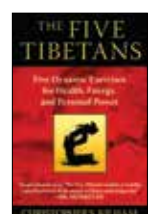
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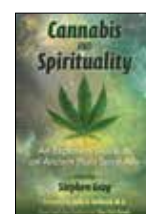
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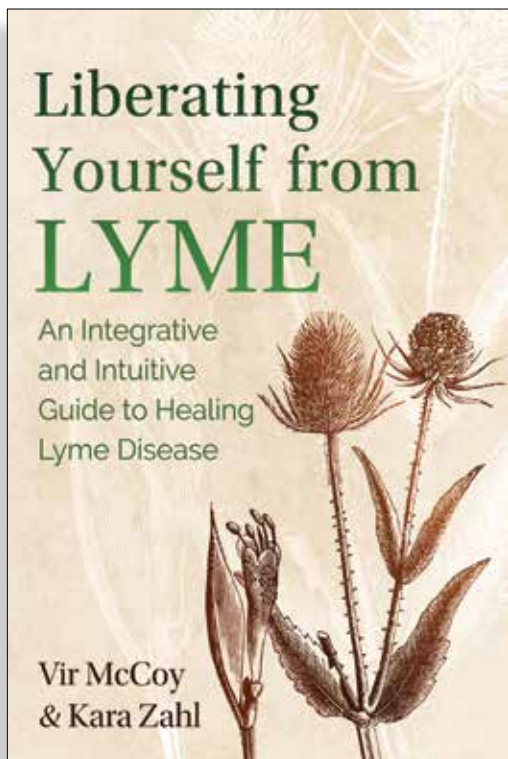
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Liberating Yourself from Lyme

An Integrative and Intuitive Guide to Healing Lyme Disease

VIR McCOY and KARA ZAHL

Learn to understand what your body is telling you and discover the optimum treatment path for your unique Lyme symptoms

- Shares the authors' 10-year journeys to overcome chronic Lyme and details their successful healing protocol
- Reveals how to increase your sensitivity to what your body is telling you to discover remedies and healing actions for your individual symptoms
- Explores the antibiotics, herbs, diet, exercise, beliefs, immune health, and self-healing meditations that the authors used for a complete healing

For some people, recovering from a Lyme disease infection can become an endless battle with physical, mental, and neurological symptoms, especially if it's not diagnosed early. After they both contracted Lyme in 2001, Vir McCoy and Kara Zahl embarked on standard antibiotic protocols. Soon they both began to have intuitive or sensory impressions about specific remedies their bodies needed, the nature of the disease, and why they were chronically ill. Backing up their intuitive impressions with scientific evidence, they developed a protocol that brought them each a full recovery after nearly 10 years battling chronic Lyme.

In this medical intuitive approach to Lyme, the authors share their personal Lyme journeys and their integrative healing protocol that bridges the scientific and the spiritual. They explore the peculiarities of Lyme disease, including how Lyme is often misdiagnosed, giving it time to establish itself deep within the body's organs and nervous system, and examine in detail new and standard remedies, with thorough scientific references. They share the spiritual/psychological strategies they successfully employed against Lyme and its coinfections and explain how to increase your sensitivity to what your body is telling you to discover natural remedies and healing actions unique to your individual symptoms. Outlining a program of herbs, diet, and exercise that can work in tandem with traditional Lyme treatments, they also explore how to help the body get rid of this pathogen that possesses an incredible ability to adapt to various treatments and thwart their effectiveness.

Expanding beyond Lyme, the authors offer self-help meditations to help you heal on a deeper level and explain how to access the "holographic medicine chest" to draw on for stronger immunity, energetic healing, and support at any time.

Vir McCoy is a teacher, healer, author, lecturer, musician, and ecologist who works both as a bodywork healer and as a field biologist and botanist focusing on endangered species. He lives in Los Angeles, California. Kara Zahl is a healing arts practitioner, yoga instructor, and intuitive counselor with a bodywork practice combining massage and energy work modalities. She lives in Honolulu, Hawaii.



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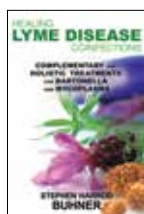


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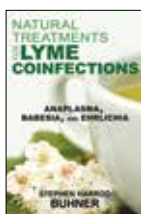
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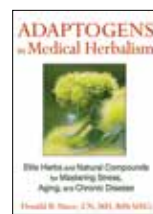
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The Ayurvedic Isolation Diet

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

VATSALA SPERLING, Ph.D., PDHom, CCH, RSHom

A step-by-step guide to Ayurvedic dietary resets to gently cleanse your digestive system and reboot your body and mind

- Presents easy-to-follow instructions for a full 6- or 8-week Ayurvedic isolation diet, as well as a simplified 1-week plan, detailing what to eat and drink day by day
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- Explains the healing science of Ayurveda, the rejuvenating benefits of fasting and mono-diets, and how to maximize nutrient absorption with food combining

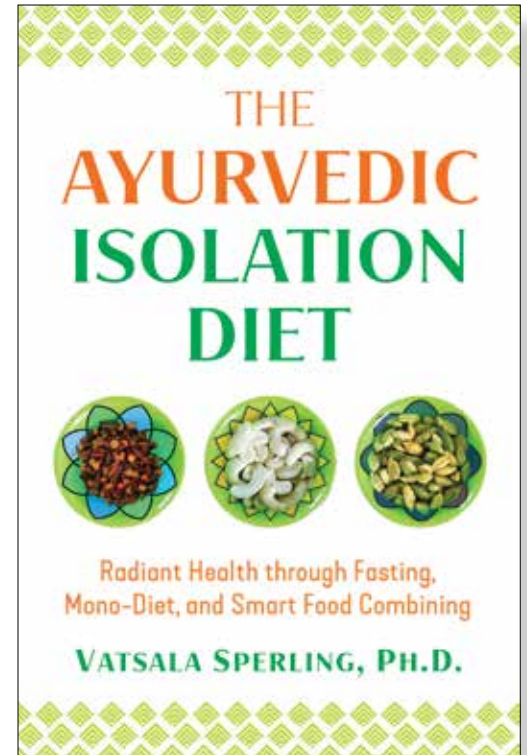
Food sensitivities, chronic inflammation, obesity, and chronic disease are on the rise. Could our modern diets and mindless eating habits be to blame? How do you reboot your system—body, mind, and spirit—and start the path to radiant health?

In this easy-to-follow guide to Ayurvedic dietary resets, Vatsala Sperling, Ph.D., details how to rest and gently cleanse your digestive system, lose extra pounds, and reboot your body and mind with the Ayurvedic techniques of fasting, mono-diets, and food combining. She begins by sharing a simplified introduction to the healing science of Ayurveda from India and explains the spiritual, mindful relationship to food at its heart. Offering step-by-step instructions for a full 6- or 8-week Ayurvedic isolation diet, as well as a simplified 1-week program, she details, day by day, what to eat and drink and provides recipes and meal prepping tips and techniques.

The author explains how to prepare for fasting and the benefits of giving your digestive system a break from food, even if only for one day. She prepares you for mono-dieting—when you eat one type of food such as fruits or vegetables for a set period—and reveals the rejuvenating effects that come from isolating your daily diet to one food type. The author then explores the Ayurvedic techniques of food combining in detail, explaining exactly what to eat when to maximize nutrient absorption.

Based on the ancient wisdom of Ayurveda, this guide provides everything you need to know to heal your digestive system, prevent chronic ailments, find your healthy weight, and rebuild your sacred relationship with food.

Vatsala Sperling, Ph.D., PDHom, CCH, RSHom, is a classical homeopath who grew up in India and earned her doctorate in clinical microbiology. Before moving to the United States in the 1990s, she was the Chief of Clinical Microbiology at the CHILDS Trust Hospital in Chennai, India, where she published extensively and conducted research with the World Health Organization. A founding member of Hacienda Rio Cote, a reforestation project in Costa Rica, she runs her own homeopathy practice in both Vermont and Costa Rica. She lives in Rochester, Vermont.



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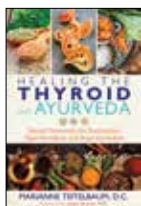
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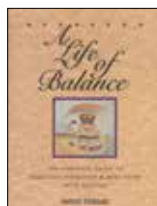


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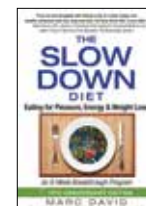
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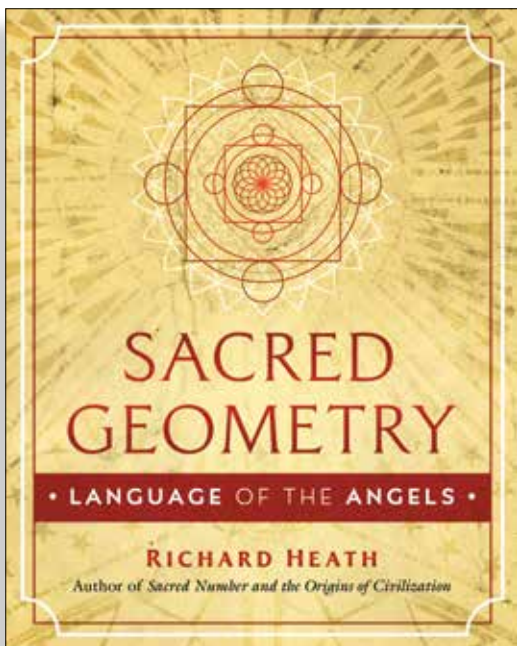
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Sacred Geometry: Language of the Angels

RICHARD HEATH

Reveals how the number science found in ancient sacred monuments reflects wisdom transmitted from the angelic orders

- Explains how the angels transmitted megalithic science to early humans to further our conscious development
- Decodes the angelic science hidden in a wide range of monuments, including Carnac in Brittany, the Great Pyramid in Egypt, early Christian pavements, the Hagia Sophia in Istanbul, Stonehenge in England, and the Kaaba in Mecca
- Explores how the number science behind ancient monuments gave rise to religions and spiritual practices

The angelic mind is founded on a deep understanding of number and the patterns they produce. These patterns provided a constructive framework for all manifested life on Earth. The beauty and elegance we see in sacred geometry and in structures built according to those proportions are the language of the angels still speaking to us.

Examining the angelic science of number first manifested on Earth in the Stone Age, Richard Heath reveals how the resulting development of human consciousness was no accident: just as the angels helped create the Earth's environment, humans were then evolved to make the planet self-aware. To develop human minds, the angels transmitted their own wisdom to humanity through a numerical astronomy that counted planetary and lunar time periods. Heath explores how this early humanity developed an expert understanding of sacred number through astronomical geometries, leading to the unified range of measures employed in their observatories and later in cosmological monuments such as the Giza Pyramids and Stonehenge. The ancient Near East transformed megalithic science into our own mathematics of notational arithmetic and trigonometry, further developing the human mind within the early civilizations.

Heath decodes the angelic science hidden within a wide range of monuments and sites, including Carnac in Brittany, the Great Pyramid in Egypt, Teotihuacan in Mexico, early Christian pavements, the Hagia Sophia in Istanbul, and the Kaaba in Mecca. Exploring the techniques used to design these monuments, he explains how the number science behind them gave rise to ancient religions and spiritual practices. He also explores the importance of lunar astronomy, first in defining a world suitable for life and then in providing a subject accessible to pre-arithmetic humans, for whom the Moon was a constant companion.

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



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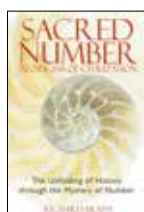
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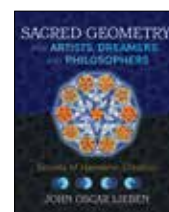


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The Lost Pillars of Enoch

When Science and Religion Were One

TOBIAS CHURTON

Explores the unified science-religion of early humanity and the impact of Hermetic philosophy on religion and spirituality

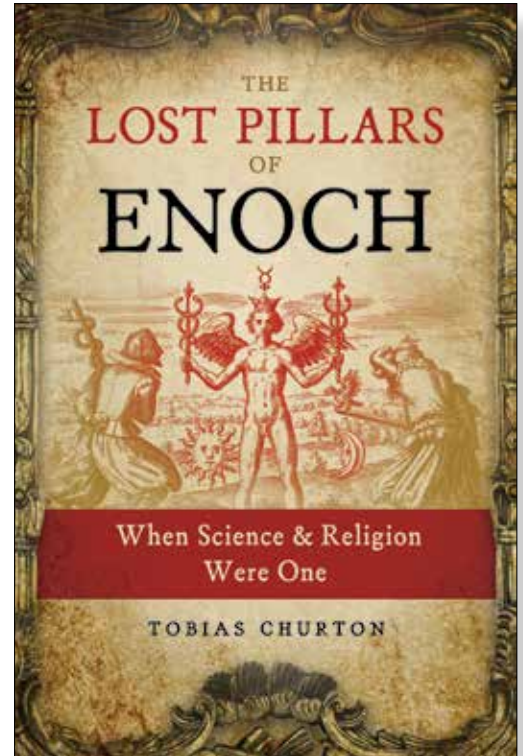
- Investigates the Jewish and Egyptian origins of Josephus's famous story that Seth's descendants inscribed knowledge on two pillars to save it from global catastrophe
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Esoteric tradition has long maintained that at the dawn of human civilization there existed a unified science-religion, a spiritual grasp of the universe and our place in it. The biblical Enoch—also known as Hermes Trismegistus, Thoth, or Idris—was seen as the guardian of this sacred knowledge, which was inscribed on pillars known as Enoch's or Seth's pillars.

Examining the idea of the lost pillars of pure knowledge, the sacred science behind Hermetic philosophy, Tobias Churton investigates the controversial Jewish and Egyptian origins of Josephus's famous story that Seth's descendants inscribed knowledge on two pillars to save it from global catastrophe. He traces the fragments of this sacred knowledge as it descended through the ages into initiated circles, influencing civilization through Hermetic, Gnostic, Kabbalistic, Masonic, Hindu, and Islamic mystical knowledge. He follows the path of the pillars' fragments through Egyptian alchemy and the Gnostic Sethites, the Kabbalah, and medieval mystic Ramon Llull. He explores the arrival of the Hermetic manuscripts in Renaissance Florence, the philosophy of Copernicus, Pico della Mirandola, Giordano Bruno, and the origins of Freemasonry, including the "revival" of Enoch in Masonry's Scottish Rite. He reveals the centrality of primal knowledge to Isaac Newton, William Stukeley, John Dee, and William Blake, resurfacing as the tradition of Martinism, Theosophy, and Thelema. Churton also unravels what Josephus meant when he asserted one Sethite pillar still stood in the "Seiriadic" land: land of Sirius worshippers.

Showing how the lost pillars stand as a twenty-first century symbol for reattaining our heritage, Churton ultimately reveals how the esoteric strands of all religions unite in a gnosis that could offer a basis for reuniting religion and science.

Britain's leading scholar of Western esotericism, Tobias Churton is a world authority on Gnosticism, Hermeticism, Freemasonry, and Rosicrucianism. Holding a master's degree in theology from Brasenose College, Oxford, he was appointed Honorary Fellow of Exeter University in 2005. The author of many books, including *Gnostic Philosophy* and *Aleister Crowley in America*, he lives in the heart of England.




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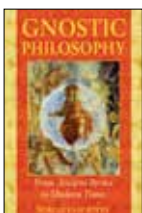
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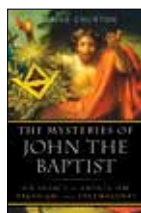
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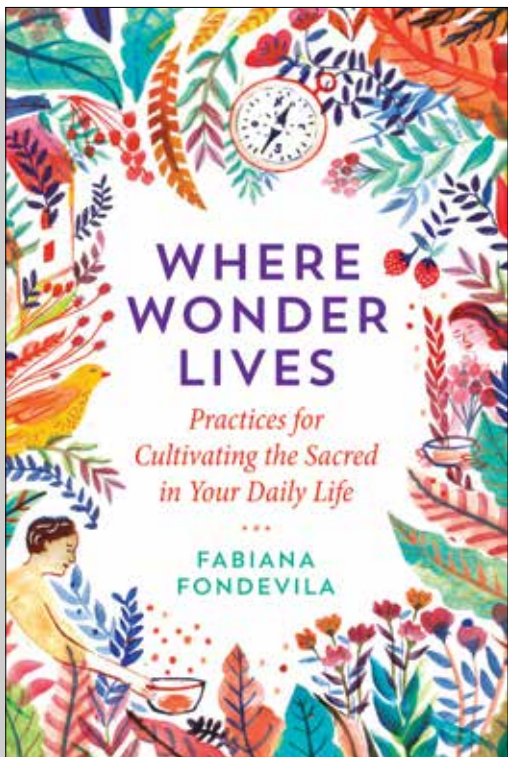
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Where Wonder Lives

Practices for Cultivating the Sacred in Your Daily Life

FABIANA FONDEVILA

Foreword by Brother David Steindl-Rast

Take a journey by map through your inner landscape to discover a life of awe, enchantment, and radical aliveness

- Explains how experiencing awe and wonder can transform our lives, leading us to feel more satisfied, peaceful, and open to others
- Offers contemporary and time-honored practices—from mindfulness to dreamwork and working with plants—that help you reconnect with Nature and your imagination, open your heart, and find vitality and enchantment
- Explores ways of examining and embracing our shadow, deepening our relationships, and creating meaningful personal rituals

Where Wonder Lives invites you on a journey, an expedition through your own inner landscape to reawaken to the mystery of life. The travels are by way of an imaginary map through 9 distinct territories. In each, you explore the terrain, then are led to a rich set of contemporary and time-honored practices—from mindfulness to dreamwork, cloudscapes, and working with plants—that help you rebuild a life of vitality, connection, and enchantment.

There is no prescribed order in which to explore the map. Rather, the invitation is to begin at the territory that calls to you, or perhaps that which is most challenging. Each territory reflects and amplifies the others, and you will instinctively arrive at the practices that you need most. The Jungle delves into our original deep kinship with Nature and helps you rekindle your inner wildness. The Garden takes you on a journey through your senses, and the River unfurls your imagination. The Mountaintop presents a bird's-eye view of your life, while the Swamp delves into your inner shadow and delivers gold. The Village helps us deepen our bonds and relationships, the Lighthouse teaches us to quiet our minds, and the Fire inspires us to create meaningful ceremonies and personal rituals. The Ocean looks into the topography of the heart and offers practices to awaken the heart's most powerful emotions: awe, joy, compassion, gratitude, and love, the mother of them all.

Throughout the journey you are immersed in a world of wonder and awe, discovering new possibilities for learning and expansion in ordinary life. Face to face with the mystery of life, *Where Wonder Lives* makes you feel at once both infinitely small and part of a vast, unfathomable universe—all while helping you to see the world anew.

Fabiana Fondevila is an author, storyteller, ritual maker, activist, and teacher from Buenos Aires, Argentina. She has spoken alongside figures of international renown, such as Matthieu Ricard and Brother David Steindl-Rast. Fabiana's seminars weave together nature exploration, dreamwork, mythic consciousness, archetypal psychology, social work, and essential emotions such as awe, gratitude, and enchantment.



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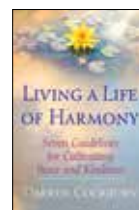
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When It's Time to Say Goodbye

Preparing for the Transition of Your Beloved Pet

ANGELA GARNER

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

Practical guidance and compassionate support for pet owners before, during, and after the death of a beloved companion animal

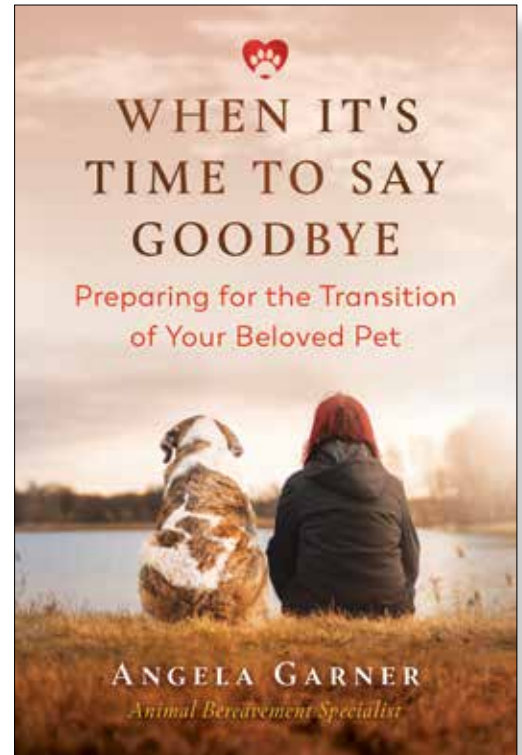
- Explores how to best prepare for a good death for your pet, including recognizing changes in your animal's well-being, palliative care at home, taking care of your pet's remains, ceremonies, and more
- Offers practical exercises and activities, such as what to discuss with the vet when euthanasia is anticipated, how to retain a center of inner calm when making decisions, and how to find the courage to say goodbye when the time comes
- Addresses the emotional components of the bereavement process—fears beforehand, guilt and anger afterward—and offers advice on self-care throughout

Our pets are members of our families. The death or separation from a beloved animal friend—whether anticipated or unexpected—can unleash a roller coaster of emotions. In this compassionate guide based on more than 20 years' experience helping individuals and veterinary professionals, Angela Garner offers practical support and guidance to help you prepare for your pet's death ahead of time, do your best by your animal friend when the time comes, and work through your grieving process afterward.

The author explores how to prepare for a good death for your pet, including recognizing changes in your pet's well-being, palliative care at home, taking care of your pet's remains, ceremonies, and more. She discusses natural death and euthanasia and offers exercises and activities to help you work through difficult issues, such as what to discuss with the vet and how to stay focused on your pet's welfare when euthanasia is anticipated. Sharing her own experiences and those of others, she explores practices to help you cope with fears and overwhelming emotions, retain a center of inner calm when making crucial decisions, and find the courage to say goodbye when it is time.

Angela Garner also addresses the different emotional components of the bereavement process—fears beforehand and guilt and anger afterward—and includes a compassionate discussion about children and pet loss as well as how to support a grieving companion animal in the family. Offering step-by-step support throughout, this guide brings hope and reassurance that, while grief may feel insurmountable, you will come out the other side to once again reengage with life.

Angela Garner, animal bereavement specialist and former nurse, founded a national support service in the UK to help people through the grieving process, developing a wide range of pet bereavement support resources. Awarded a fellowship by the Society of Bereavement Practitioners for her work, she lives in Devon, UK.




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Author
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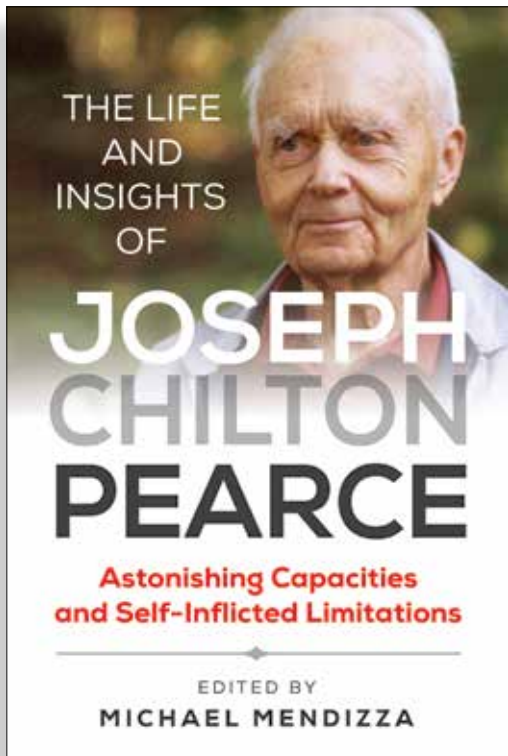
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The Life and Insights of Joseph Chilton Pearce

Astonishing Capacities and Self-Inflicted Limitations

Edited by MICHAEL MENDIZZA

A comprehensive guide to social visionary Joseph Chilton Pearce's work on the transcendent and magical potential of the human mind

- Explores Pearce's most influential books, including *Magical Child*, sharing his life-changing insights into why we have become what we are, contrasted with the miracle nature intends us to be
- Features essential passages interwoven with Pearce's own commentary, drawn from personal conversations and unpublished material
- Shows how Pearce's key insights build across his books and break down core assumptions about reality and human potential

An expert in child development, Joseph Chilton Pearce (1926–2016) devoted his life to exploring the optimum development and astonishing capacities within each individual human being. Across his 12 visionary books and thousands of lectures, he blended cutting-edge science with spirituality and explored the amazing power of imagination for both children and adults—the space where we are able to play with our reality—inspiring millions to discover the human birthright of a more magical world.

In this guide to Pearce's complete vision of transcendent human potential, Michael Mendizza explores 7 of his most influential books, sharing insights and expertise from Pearce's full range of interests, from child development and conscious parenting to psychic phenomena and altered states to the power of the mind to shape reality.

Offering essential passages interwoven with Pearce's own commentary, drawn from personal conversations and unpublished material, this book shows how Pearce's key insights build across his books, breaking down core assumptions about reality and human potential. We see the importance of imagination and empathic, non-verbal forms of wisdom, which have been long overshadowed—to the peril of humanity—by verbal-intellectual skills with their abstract concepts and ideological perspectives.

Presenting Pearce's vision of human potential from the 1950s until the end of his life, this book shares Pearce's life-changing insights into why we have become what we are, contrasted with the miracle nature intends us to be, allowing each of us to break through our self-inflicted limitations and realize our amazing and magical potential.

Michael Mendizza is an entrepreneur, author, educator, documentary filmmaker, and founder of Touch the Future, a non-profit learning center focused on optimizing human potential beginning with the parent-child relationship. He had a deep friendship with Joseph Chilton Pearce spanning nearly 30 years and together they coauthored *Magical Parent Magical Child*. He lives in Solvang, California.

February 2021



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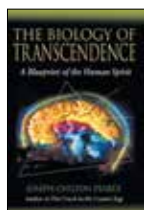
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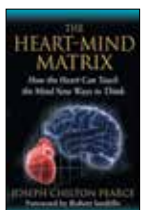
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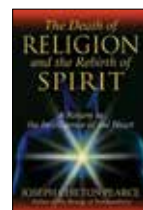
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When I Was Someone Else

The Incredible True Story of Past Life Connection

STÉPHANE ALLIX

A journalist's profound investigation into the reality behind an intense waking vision and the search for healing after death

- Details the author's vivid waking vision of a dying German soldier in World War II and how he discovered the soldier was a real person, including his research into German military archives and meeting the man's surviving family members
- Explores synchronicities, reincarnation, and communication across the veil between life and death
- Reveals how the author helped the dead soldier find forgiveness and healing

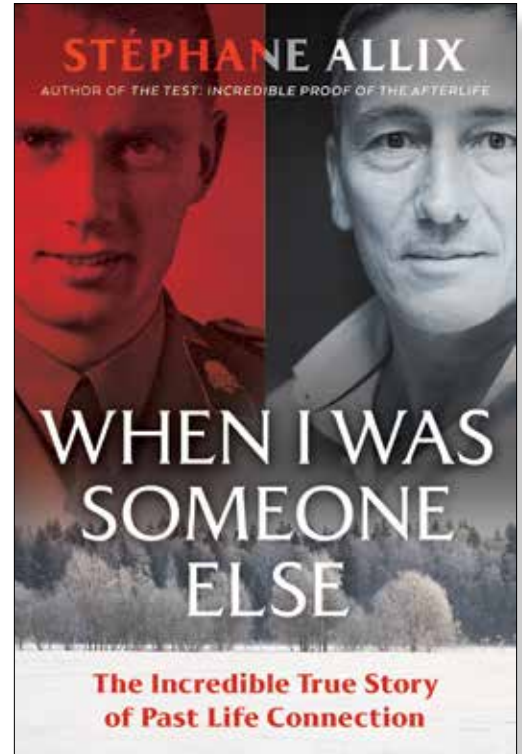
While on a spiritual retreat in Peru, journalist Stéphane Allix experienced a vivid waking vision of a soldier dying on a snowy battlefield, followed by scenes from the soldier's earlier life. He also clearly saw the man's name, Alexander Herrmann, and felt a disturbing sense of closeness with the soldier.

Obsessed by the power of this extremely real vision, Allix began an intensive investigation that revealed this individual had actually existed: a German soldier who died in World War II during the 1941 Russian campaign. As he began retracing Herrmann's past, he found that the other images accompanying the battle scene were also of people who had truly existed and were close to the man who died. Diving deep into German military archives, meeting the man's surviving family members, and following his own intuitive hunches, the author also discovered that the soldier was part of the Waffen S.S., the infamous Totenkopf Brigade, and his investigation broadened to explore what drove Herrmann to become part of such an organization.

While Allix's initial impression is that this German soldier was a past life, as he progresses in his rigorous investigation and his decoding of the events surrounding it, he realizes that it was actually his own work with the paranormal and his unresolved feelings over the death of his brother and his father that made him particularly sensitive to the veil between life and death, culminating in the soul of this dead soldier coming to him in search of forgiveness and healing. Allix realizes that his mission is not to bring about the rebirth of this person but to heal him—and the victims of his ignominious actions during the war.

Offering a fascinating exploration of visions, synchronicities, reincarnation, and the connections between the spiritual and physical planes, *When I Was Someone Else* shares a powerful message of healing after death along with the profound epiphany that light needs darkness to be perceived.

Stéphane Allix is a journalist, former war correspondent, and founder of the Institute for Research on Extraordinary Experiences (INREES). He is the author of *The Test: Incredible Proof of the Afterlife* and the writer and director of the French television series *Extraordinary Investigations (Enquêtes extraordinaires)*. He lives in France.



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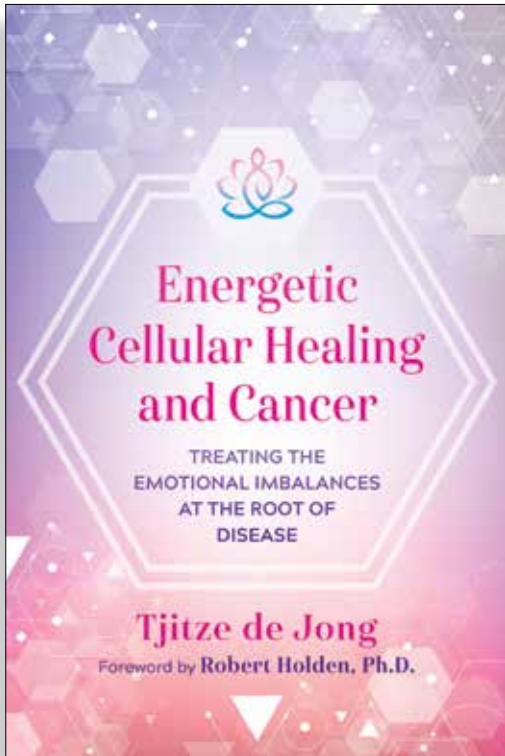
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Energetic Cellular Healing and Cancer

Treating the Emotional Imbalances at the Root of Disease

TJITZE DE JONG

Foreword by Robert Holden, Ph.D.

A guide to the psychological causes of cancer and how energetic healing can assist in a mind-body cure

- Unravels the psychological aspects of an individual's energetic defense system, with a focus on cancer, and provides insight into where possible energetic blocks might develop and how they can be dissolved
- Explores energetic cellular healing techniques and how energetic distortions in our physical and energetic bodies can lead to illness
- Shares intimate cancer journeys from individuals the author has worked with

As a complementary energy healer, Tjitze de Jong has supported hundreds of clients during their journey with cancer over the past 15 years. In *Energetic Cellular Healing and Cancer*, he provides insight into the functioning of our cells and our immune system and how energetic distortions in our physical as well as energetic bodies, for example, in our chakras and auras, can lead to illness. He explores the correlation between cancer and emotional imbalances and explains how energetic healing techniques can make a difference in how our bodies cope with, and heal, illness. Drawing on the work of Wilhelm Reich and Barbara Brennan, the author unravels the psychological aspects of an individual's energetic defense system and examines where possible energetic blocks might develop or have their origin, and how they can be dissolved. He also details energetic exercises that instantly stimulate the vibrancy of the aura and the chakras and offers practical advice on how to enhance and strengthen the immune system.

Sharing intimate stories of cancer journeys from individuals he has worked with, Tjitze de Jong emphasizes that, before healing is within the realm of possibility, an individual needs to be able to recognize self-limiting and self-debilitating beliefs, behaviors, and patterns, nearly always based on experiences from our formative early years. Once a person starts to engage in deep inner work, they are able to start releasing these patterns and move toward regaining their autonomy, and eventually better health.

While the focus of this book is on cancer, much of the information offered here is relevant for other illnesses as well, making this an excellent guide for self-exploration and healing as well as for therapists and alternative health practitioners.

Tjitze de Jong is a teacher, complementary therapist, and energy healer (Brennan Healing Science) specializing in cancer, with more than 20 years' experience in his field. In 2007, he founded Tjitze's Energetic Cellular Healing School (TECHS), sharing healing skills with practitioners around the world. The author of *Cancer, A Healer's Perspective*, he is based within the spiritual community of Findhorn, Scotland.

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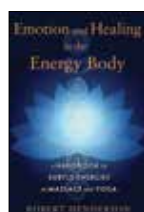


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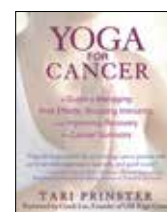
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Vibrational Nutrition

Understanding the Energetic Signature of Foods

CANDICE COVINGTON

A hands-on guide to the vibrational signatures of the food we eat and how they affect our behaviors, emotions, and spirit

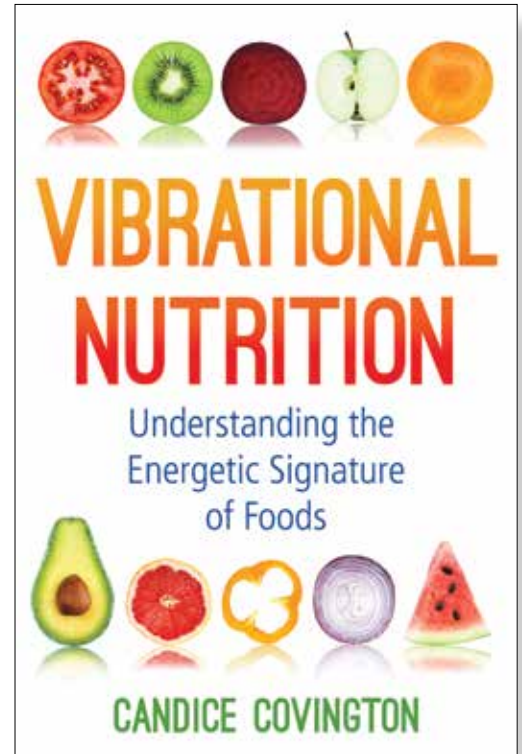
- Details the energetic and spiritual qualities of more than 100 common foods, revealing how each affects you on multiple levels, how a food's color plays a role, which chakra it resonates with, and how to interpret cravings and aversions
- Explains how to use your diet to fine-tune your energetic body, remove negative energy patterns, and consciously craft a positive state for body, mind, and soul
- Includes a selection of recipes with their energetic interpretations
- Provides a quiz to help you identify the vibrational meaning of your current diet

Most of us are familiar with the physical health benefits of fruits, vegetables, meats, herbs, and spices and their nutritional effects on the human body. It is well known, for example, that turmeric is a powerful anti-inflammatory and carrots significantly improve eyesight, but what about the vibrational benefits of foods? How does our diet affect the energy body and our emotional, mental, and spiritual states?

In this comprehensive guide to vibrational nutrition, Candice Covington explores the vibrational signatures of the foods we eat and how they help form the energetic structures that influence our behaviors and spirit. She explains how, by choosing foods that resonate with your natural vibrational patterns, you can use your diet to fine-tune your energetic body, remove negative energy patterns, and consciously craft a positive state for body, mind, and soul. She details the energetic and spiritual qualities of more than 100 common foods, drinks, and seasonings, including a wide variety of fruits and vegetables, nuts, eggs, mushrooms, grains, seafood, poultry, other proteins, tea, wine, and both cooking herbs and medicinal herbs. She explores how each food affects you on multiple levels, how a food's color plays a role, and which chakra it resonates with. The author explains how to interpret food cravings and aversions on an emotional and spiritual level and provides a quiz to help you identify the vibrational meaning of your current diet.


Offering a selection of recipes along with interpretations of their energetic stories, Covington explores how to intuitively select foods and food combinations to reinforce your energy patterns, support you in any endeavor, and provide nutrition for body, mind, and spirit.

Candice Covington is a certified aromatherapist, massage therapist, healing arts master, and energy worker. A former instructor at Ashmead College and former aromatherapist for the Chopra Center, she is the founder of Divine Archetypes, an essential oil and flower essence company, and the author of *Essential Oils in Spiritual Practice*. She lives on a farmette in Oregon City, Oregon.



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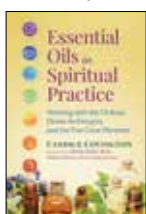
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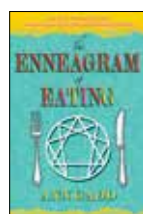
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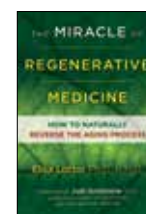


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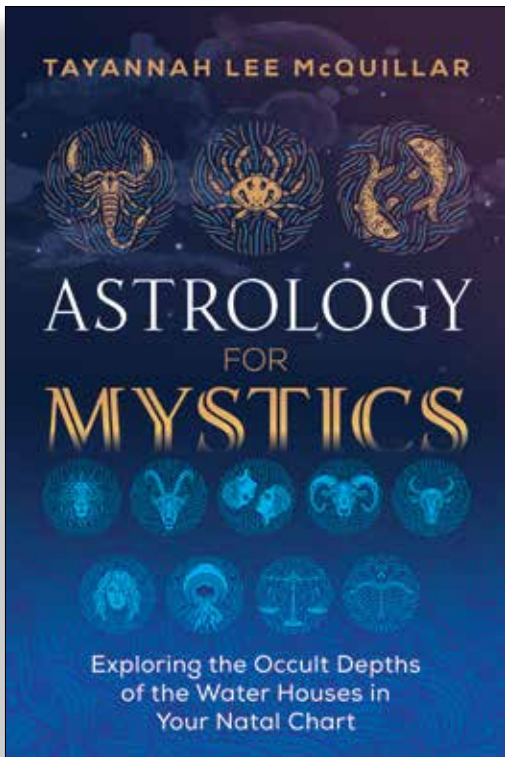
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Astrology for Mystics

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

TAYANNAH LEE MCQUILLAR

A guide to discovering and developing the spiritual and mystical talents hidden in your astrological chart

- Explores the 4th, 8th, and 12th houses of the natal astrological chart—those connected with the water signs, the deepest and darkest areas of the individual psyche, profound spiritual insights, and hidden knowledge
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- Reveals the occult and psychic significance of water and shows how this significance is expressed in each of the three water signs: Cancer, Scorpio, and Pisces, the rulers of the water houses

Your astrological birth chart, or natal chart, shows the positions of the planets, sun, and moon at the time of your birth. Shaped like a circle or wheel, it is divided into 12 sections, or “houses,” each connected with a different area of life or self. The positions of the planets within the houses offer deep and often complex insight into your unique gifts and your life’s path.

In *Astrology for Mystics*, Tayannah Lee McQuillar explores the 4th, 8th, and 12th houses—those connected with the element of water and all things occult, mystical, and spiritual. The fourth house, ruled by water sign Cancer, is traditionally the house of family, home, ancestors, and suffering. The eighth house, ruled by water sign Scorpio, is the house of sex, death, secret powers, and transformation. The twelfth house, ruled by Pisces, is the house of karma, loss, unspoken expectations, fantasy, and confinement. As McQuillar explains, these are the houses that reveal the deepest and darkest areas of the individual psyche, which many people are reluctant to explore, yet this triad is the key to profound spiritual insights as well as the discovery of hidden knowledge and abilities.

The author guides you through interpreting the signs and planets that inhabit the water houses in your natal chart and shows how they reveal specific innate talents. She describes how to develop the hidden powers revealed by your chart and offers practical advice for incorporating this knowledge into your daily life for spiritual growth and self-improvement. Sharing interpretation examples from her practice, she also explores how to embrace the challenge of the occult water houses so you can claim the many treasures that can only be found on the ocean floor of the psyche.

Tayannah Lee McQuillar is a tarot reader and researcher of religion, esoterica, and mysticism. The author of several books and divination decks, including *The Hoodoo Tarot* and *The Sibyls Oraculum*, she lives in New York City.



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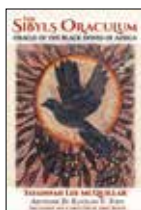


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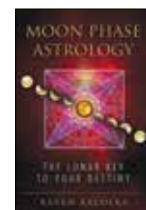


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Psychedelic Refugee

The League for Spiritual Discovery, the 1960s Cultural Revolution, and 23 Years on the Run

ROSEMARY WOODRUFF LEARY

Edited by David F. Phillips

A memoir by one of the original female psychedelic pioneers of the 1960s

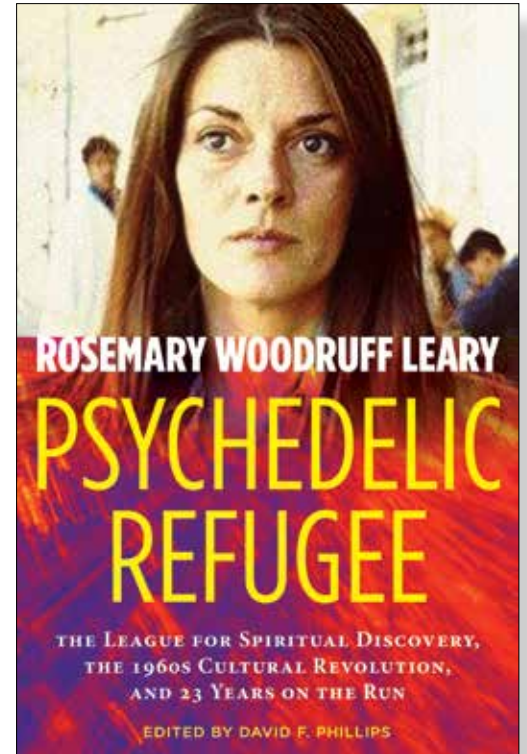
- Shares Rosemary's early experimentation with psychedelics in the 1950s, her development through the psychedelic revolution of the 1960s, and her involvement, at first exciting but then heartbreaking, with Dr. Timothy Leary
- Describes her LSD trips with Leary, their time at the famous Millbrook estate, their experiences as fugitives abroad, including their captivity by the Black Panthers in Algeria, and Rosemary's years on the run after she and Timothy separated

One of the original female psychedelic pioneers, Rosemary Woodruff Leary (1935–2002) began her psychedelic journey long before her relationship with Dr. Timothy Leary. In the 1950s, she moved to New York City where she became part of the city's most advanced music, art, and literary circles and expanded her consciousness with psilocybin mushrooms and peyote. In 1964 she met two former Harvard professors who were experimenting with LSD, Timothy Leary and Ralph Metzner, who invited her to join them at the Millbrook estate in upstate New York. Once at Millbrook, Rosemary went on to become the wife—and accomplice—of the man Richard Nixon called “the most dangerous man in America.”

In this intimate memoir, Rosemary describes her LSD experiences and insights, her decades as a fugitive hiding both abroad and underground in America, and her encounters with many leaders of the cultural and psychedelic milieu of the 1960s. Compiled from Rosemary's own letters and autobiographical writings archived among her papers at the New York Public Library, the memoir details Rosemary's imprisonment for contempt of court, the Millbrook raid by G. Gordon Liddy, the tours with Timothy before his own arrest and imprisonment, and their time in exile following his sensational escape from a California prison. She describes their surreal and frightening captivity by the Black Panther Party in Algeria and their experiences as fugitives in Switzerland. She recounts her adventures and fears as a fugitive on five continents after her separation from Timothy in 1971.

While most accounts of the psychedelic revolution of the 1960s have been told by men, with this memoir we can now experience these events from the perspective of a woman who was at the center of the seismic cultural changes of that time.

Rosemary Woodruff Leary (1935–2002) was one of the great female psychedelic pioneers of the 1960s. She met Dr. Timothy Leary in 1964, becoming his psychonaut partner at the Millbrook estate and later his wife. After Timothy's prison break in 1970, Rosemary fled with him to Algeria, beginning a years-long fugitive journey across four continents and nearly 25 years of life underground.



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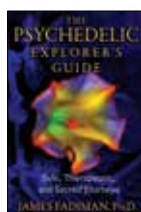


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Rosemary Woodruff Leary

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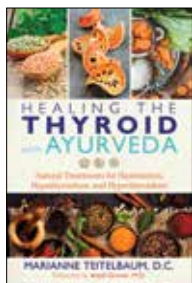
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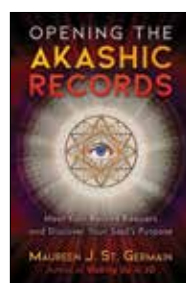
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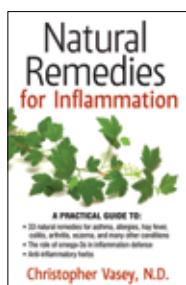
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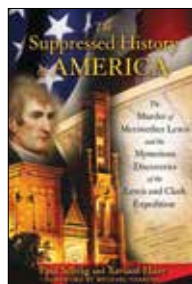
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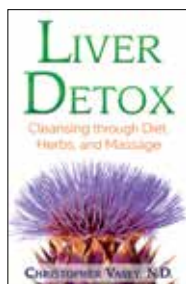
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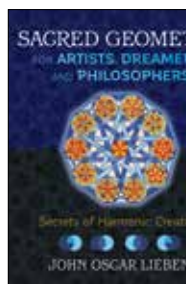
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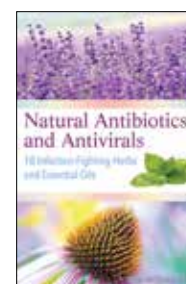
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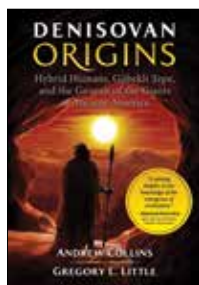
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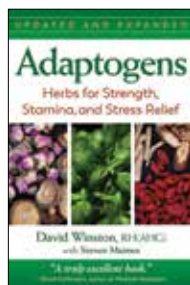
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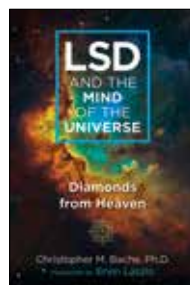
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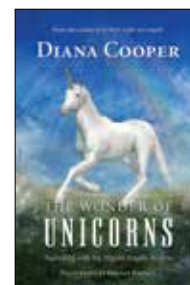
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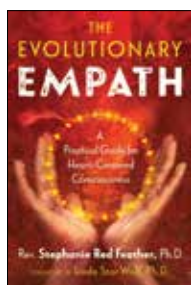
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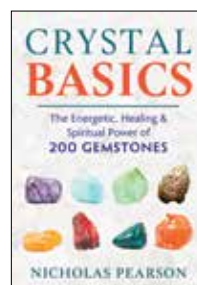
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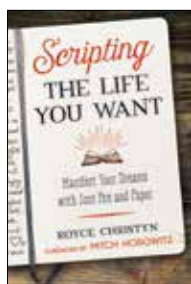
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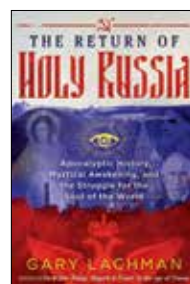
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