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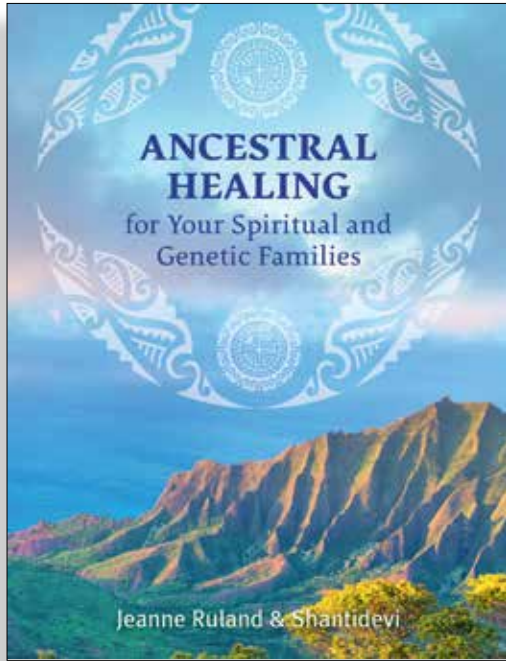
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Earthdancer
Books



Ancestral Healing for Your Spiritual and Genetic Families

JEANNE RULAND and SHANTIDEVI

A practical guide to shamanic ancestor work, inspired by Huna and supported by guided rituals and exercises

- Explains how to heal traumatic experiences and old blockages that are stored in the memory of your lineage
- Includes Hawaiian teachings about spiritual and genetic ancestors and reveals how to bond with your spirit family, your Aumakua
- Shows how unlocking the support of your ancestors enables you to shine your light fully

Knowing your ancestral lineage is not only a matter of curiosity, your life path will unfold with much more ease if you are aware and in harmony with your origins. Exploring the heritage of your bloodline as well as the energy of your spiritual family, which we are often less aware of, opens you up to enormous potential for healing and self-development.

This practical guide explains, in a clear and straightforward way, how the energy field of our ancestors influences our personal lives and how we can draw from their strength as well as liberate ourselves from burdens that have been carried over generations. It helps us to lift the veil of forgetting and allow ourselves to fully shine our light, supported by the souls that came before us, by making peace with past hurts and traumas. Drawing on the Huna Hawaiian shamanic tradition as well as other shamanic and energetic practices, the authors show how to connect with our Aumakua, our ancestors and higher self, which includes our close relatives, ancestors stretching back thousands of years, and our spiritual ancestors or karmic family. The authors offer practices to reconcile with our parents and spiritual family, uncover suppressed matters and family secrets, clear and charge our personal energy field and our family energy field, and awaken the potential of our bloodline. They explain how to perform an ancestor healing circle, carry out an ancestor release ritual, and offer blessings for children and grandchildren as well as providing meditative journeys to meet our ancestors, our spiritual family, and our spiritual roots in other realms. They also provide short case studies to illustrate how the rituals and exercises have worked for other people.

By enacting ancestral healing, we can recognize who we are, where we come from, and truly fulfill our destiny in this life.

Jeanne Ruland is trained in Huna (Hawaiian shamanism) and has worked with the spirit kingdom for many years. Shantidevi is experienced in alternative psychotherapy, systemic family work, reincarnation therapy, and trauma healing as taught by Peter Levine.



March 2020

Earthdancer Books

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\$15.99 (CAN \$19.99) Paper

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112 pages, 5 3/4 x 7 1/2

Full-color throughout

Rights: World English

Spirituality/Self-Help



Author
Jeanne Ruland



Author
Shantidevi

Of Related Interest



The Seven Elemental Forces of Huna
Susanne Weikl
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May 2019 release



Ho'oponopono
Ulrich E. Duprée
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The Sacred Power of Huna
Rima A. Morrell, Ph.D.
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ISBN 978-1-59477-009-8
\$18.95 (CAN \$22.95) pb

Crystal Basics

The Energetic, Healing, and Spiritual Power of 200 Gemstones

NICHOLAS PEARSON

A full-color practical handbook of essential techniques with an in-depth directory of healing stones

- Offers guidance on selecting your crystals and gemstones and step-by-step instructions on how to cleanse, charge, activate, and program them
- Includes templates for crystal grids and healing layouts, recipes for crystal elixirs, and directions for crystal meditations and energy clearing with crystals
- The full-color directory includes 200 different rocks, minerals, gemstones, and crystal formations, organized alphabetically and featuring the physical, psychological, and spiritual healing qualities for every stone

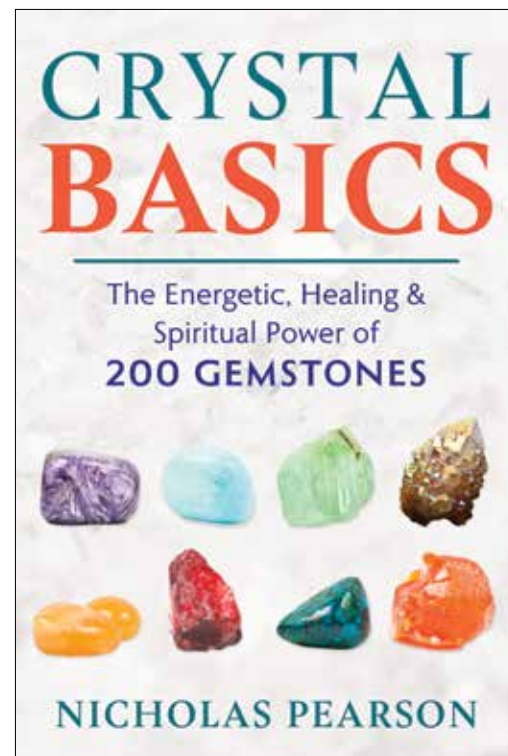
In this in-depth yet easy-to-follow guide, crystal healing teacher Nicholas Pearson offers a full-color compendium of 200 crystals and gemstones as well as a hands-on practical handbook on crystal healing, perfect for those just beginning their crystal journey as well as long-time stone lovers seeking an all-in-one reference.

The handbook of crystal use opens with a thorough explanation of crystal energy, including its interactions with the human energy field, and teaches readers how to extrapolate what a crystal does based on its composition, crystal structure, formation process, and other properties. In the chapters on techniques, Pearson offers guidance on selecting your crystals and gemstones, then step-by-step instructions on how to cleanse, charge, activate, and program them. He explains how to make crystal grids and healing layouts, including templates for both, and also discusses the numerology and geometry of crystal grids. He explores the essentials of crystal elixirs, complete with elixir recipes, and details how to perform crystal meditations, clear the energy centers and the aura, and practice more advanced techniques, such as engaging with the crystal devas, creating sacred space, and practices for spiritual hygiene and protection.

The compendium includes 200 rocks, minerals, gemstones, and crystal formations, organized alphabetically and featuring full-color photographs. Each entry includes geological information and the physical, psychological, and spiritual healing qualities for every stone. Some stones, such as jasper and quartz, have multiple varieties, each given their own entries to provide a thorough reference guide for crystal healers and collectors.

This accessible yet comprehensive guide offers the essentials of crystal energy healing paired with a highly illustrated stone directory to give you everything you need to know about crystal basics in one handy volume.

Nicholas Pearson has been immersed in the mineral kingdom for more than 20 years. He began teaching crystal workshops in high school, later studying mineral science at Stetson University while pursuing a degree in music. He worked for several years at the Gillespie Museum, home to the largest mineral collection in the southern United States. The author several books, including *Crystals for Karmic Healing*, he lives in Orlando, Florida.



March 2020

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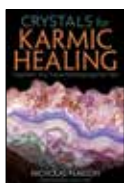
416 pages, 6⁵/₈ x 9¹/₂
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Also by Nicholas Pearson



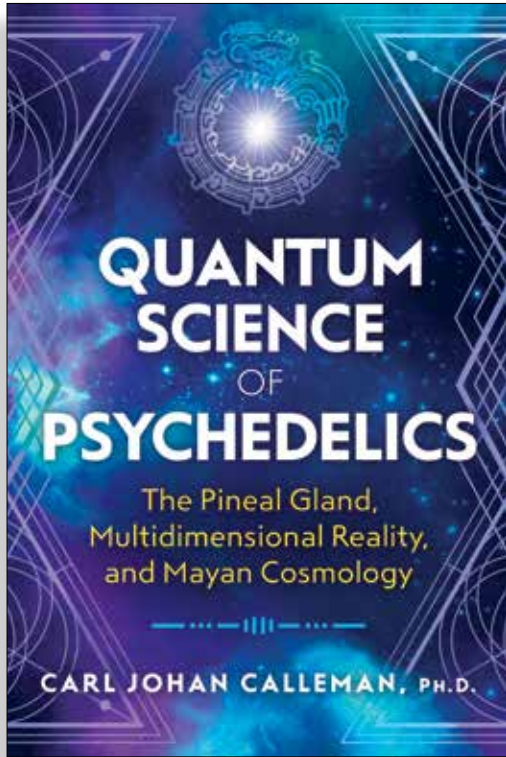
Stones of the Goddess
Nicholas Pearson
Destiny Books
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\$40.00 (CAN \$49.99) pb
February 2019 release



Crystals for Karmic Healing
Nicholas Pearson
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The Seven Archetypal Stones
Nicholas Pearson
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Quantum Science of Psychedelics

The Pineal Gland, Multidimensional Reality, and Mayan Cosmology

CARL JOHAN CALLEMAN, Ph.D.

A groundbreaking exploration of how psychedelics and quantum science are vital to understanding the evolution of consciousness and reality

- Explains why altered states of consciousness exist, how they work, and why psychedelics have the effects that they do
- Describes how quantum waves, rather than the DNA molecule, have been the driving force behind biological and historical evolution
- Explains how psychedelics interact with the human mind to create altered states that may further the continued evolution of consciousness

In this groundbreaking book, Carl Johan Calleman reveals the quantum science of the Maya, a science lost to the modern world that explains the phenomenology of psychedelics and altered states of consciousness. The ancient Maya had a sophisticated understanding of the multidimensional nature of reality and the forces that drive the evolution of consciousness. Calleman explains how quantum waves, illustrated by the Mayan Calendar, emanate from the center of the universe and activate new phases in the evolution of consciousness through holographic resonance, which alters the dualities of the human mind. For example, the 5th Wave, which dominated in Paleolithic times and evolved human consciousness above that of animals, brought a chaotic floating state reminiscent of the psychedelic or shamanic state, and the recent 8th Wave brought the digital revolution. The 9th Wave, which began in 2011, offers the potential for individual development of higher consciousness and healing if we can synchronize ourselves with its positive holograms.

This multidimensional perspective explains why altered states of consciousness exist and how they work. Calleman describes the role of the pineal gland for the human mind, how it controls our state of consciousness and how it can connect us to the cosmic Tree of Life. He shows that the mind is a “reducing valve” that normally limits our experience of cosmic consciousness but that this can be reversed through altered states. As Calleman concludes, psychedelics like ayahuasca and DMT not only give rise to extraordinary mystical and cosmic experiences and enable access to healing states, but they also are important for harmoniously synchronizing humanity with the 9th Wave to further the evolution of consciousness.

Carl Johan Calleman is a scientist with a Ph.D. in biology from the University of Stockholm. A former senior researcher of environmental health at the University of Washington in Seattle and expert on chemical carcinogens for the World Health Organization, he is the author of 7 books, including *The Nine Waves of Creation*. He lives outside Santa Fe, New Mexico.



March 2020

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ISBN 978-1-59143-362-0

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384 pages, 6 x 9

118 black-and-white illustrations

Rights: World

Spirituality/New Science



Author
Carl Johan Calleman, Ph.D.

Also by Carl Johan Calleman



The Nine Waves of Creation

Carl Johan Calleman, Ph.D.

Bear & Company

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5,000 copies sold



The Global Mind and the Rise of Civilization

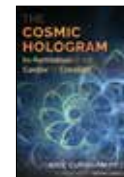
Carl Johan Calleman, Ph.D.

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Of Related Interest



The Cosmic Hologram

Jude Currihan, Ph.D.

Inner Traditions

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\$16.95 (CAN \$21.50) pb

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Dark Fleet

The Secret Nazi Space Program and the Battle for the Solar System

LEN KASTEN

Reveals the Nazi-Reptilian infiltration of the U.S. government, their secret space program, and their slave colonies throughout the solar system

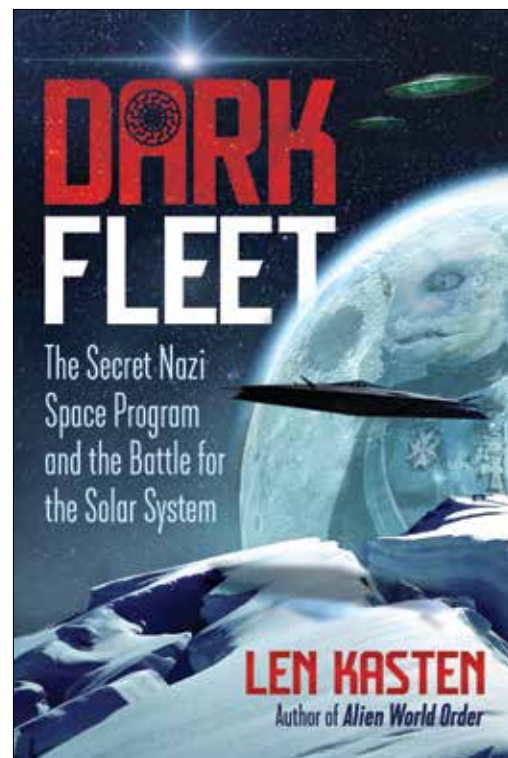
- Details “Operation Paperclip,” which enabled Nazis and their Reptilian partners to infiltrate the U.S. military-industrial complex, including NASA and the CIA
- Reveals their interstellar space ports in Antarctica and on Mars, their base on the Moon, and their alien technologies, including nano-technology, antigravity propulsion, mass mind control, and hyperdimensional teleportation capabilities
- Shares testimonies from American and British “supersoldiers” who participated in the “20 and Back” age-regression programs, revealing advanced human technology and our Space Armada that constitutes a counter-balance to the Nazi Dark Fleet

The Nazis did not really lose World War II. They made it appear that way in order to divert attention from the alliance between the Fourth Reich and the race of aliens known as the Reptilians—an ancient galactic civilization obsessed with conquest and domination. After the German surrender in 1945, the Nazi-Reptilian alliance infiltrated the U.S. military-industrial complex. Through “Operation Paperclip,” the Nazis and Reptilians removed their political opponents, such as the Kennedys, and moved into policy-making positions in post-war America, infiltrating aerospace companies, banking, media, and the U.S. government, including NASA and the CIA. But their real target was not the United States—it was the solar system.

As Len Kasten reveals in startling detail—including revelations of antigravity propulsion technology, alien techniques of mass mind control, and hyperdimensional teleportation capabilities—the Nazi-Reptilian alliance used their newfound power, wealth, and influence to launch a Secret Space Program with interstellar spaceports in Antarctica and on Mars as well as an eleven-story base of operations on the Moon. They commenced mining and manufacturing operations on Mars and Ceres, forming colonies there and elsewhere in the solar system. And, most shocking, they have used thousands of human slaves, easily transported in their spaceships, for both work and sexual exploitation.

Sharing testimonies from American and British “supersoldiers” who participated in the “20 and Back” age-regression programs, Kasten reveals the various forces inside and outside government that are resisting the Nazis and thwarting Reptilian attempts to achieve total dominance of the planet and the solar system. The U.S.-led Secret Space Program has its own fleet of spaceships, the Solar Warden Space Armada, which patrols the edges of the solar system and poses a growing threat to the Nazi Dark Fleet.

Len Kasten is a UFO researcher and freelance writer. He is a former member of the National Investigations Committee on Aerial Phenomena and the Mutual UFO Network (MUFON). The author of *The Secret History of Extraterrestrials*, *Secret Journey to Planet Serpo*, and *Alien World Order*, he lives in Casa Grande, Arizona.



March 2020



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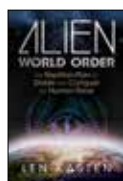
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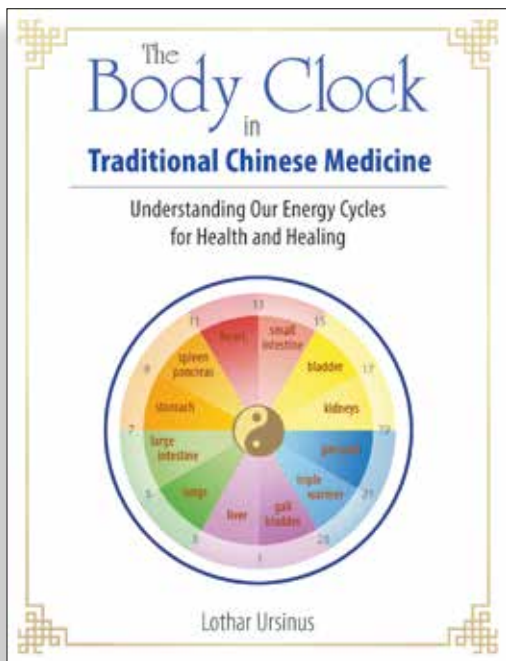
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Len Kasten
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The Secret History of Extraterrestrials
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The Body Clock in Traditional Chinese Medicine

Understanding Our Energy Cycles for Health and Healing

LOTHAR URSINUS

A reference guide to understanding the natural rhythm of our organs and learning to support them in a holistic way

- Explains the Organ Body Clock from Traditional Chinese Medicine and which organs and meridians are dominant during different hours of the day
- Describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices
- Explores the mental and emotional states each organ is related to and their connections to the teeth, the other organs, and the Five Elements of TCM



March 2020

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144 pages, 5³/₄ x 7¹/₂

Full-color throughout

Rights: World English

Holistic Health

All of our organs are energetically interconnected. They each have regular rest and active cycles throughout the day, with different organs becoming dominant at different hours. In Traditional Chinese Medicine, this is known as the Organ Body Clock.

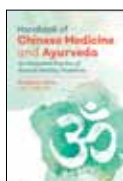
In this accessible guide to the body clock in Traditional Chinese Medicine, the author shows how to support the body's natural rhythms of activity, recognize the body's signals of imbalance and find their sources, and achieve healing on the physical and energetic levels. He explains how the body clock can provide deep insight into our physical and energetic health. For example, if we always wake up at a certain time at night, we should look up which organ is associated with that time, which will lead us to discover the part of our body that needs special attention and help. The author explores the 12 major organs of the body, describing their active and rest hours, their function inside the body, the mental and emotional states they are related to, and their connections to the teeth, the other organs, and the Five Elements of TCM. The author describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices.

By working with the body clock and better understanding our bodies' rhythms, we more easily trace our ailments and conditions to their source for faster relief, sustainable healing, and energetic balance.

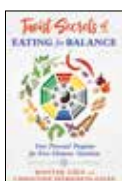
Lothar Ursinus has been a naturopath for over 30 years. He is known for developing his own method of analysis that interprets results from laboratories not only on a scientific level but also on a naturopathic, mental, and holistic level. He gives seminars for both naturopaths and doctors on this method. He lives in Hamburg, Germany.



Of Related Interest



Handbook of Chinese Medicine and Ayurveda
Bridgette Shea, L.Ac., MACOM
Healing Arts Press
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Taoist Secrets of Eating for Balance
Mantak Chia and
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August 2019 release



Bach Flower Essences and Chinese Medicine
Pablo Noriega
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An Energy Healer's Book of Dying

For Caregivers and Those in Transition

SUZANNE WORTHLEY

A compassionate guidebook to the energetic stages of dying and how to offer practical support at each stage of the transition back to spirit

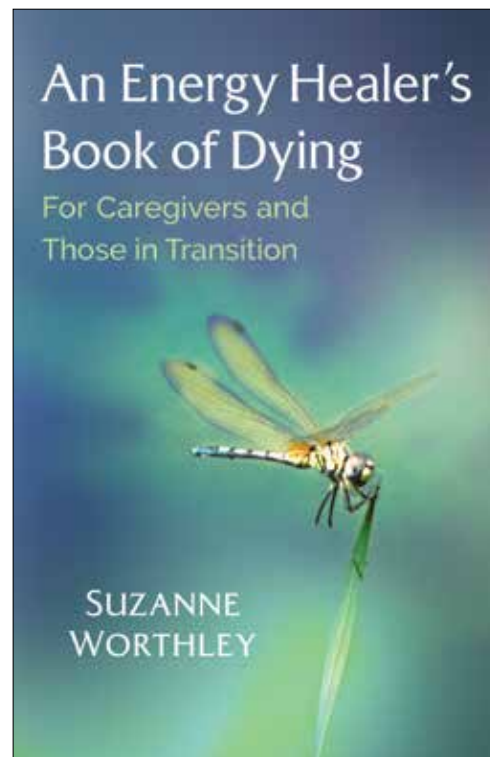
- Explains the nine energetic levels of dying and what is happening during each stage, including how belief systems and energy blocks can affect the death process
- Reveals what the dying person may see and experience, what to watch for in each stage, and specific ways to support your loved one during each phase
- Explores the grieving process and offers helpful strategies for moving through it

Written by a highly skilled intuitive energy worker, this compassionate guide reveals what is happening energetically during the transition back to spirit and details how to provide support in any phase of losing a loved one: before death, during the dying process, and afterward. Taking readers step-by-step through the nine energetic levels of dying, author Suzanne Worthley explains what is happening at each level or dimension energetically, what to watch for in each stage, and specific ways in which we can support our loved ones through their transition back to spirit. For each of the nine stages, she describes what the dying person may see and experience, including the stages of transition at which people undergo the familiar elements of near-death experiences, such as entering a tunnel, conducting a life review, or encountering angels, guides, loved ones in spirit, or a bright light. She explores what family members and friends may see and experience, such as spirit energy, and what they can do to offer practical support and emotional solace to their loved one.

Examining how life force energy works as well as what Akashic records and soul contracts are, Worthley shares hospice case studies for each level of transition, so caregivers can see how belief systems and energy blocks in specific chakras affect the death process and why it is important to clear energy blocks like fear, anger, or guilt during life if possible. She explores the grieving process and offers helpful strategies for moving through it as well as "at-a-glance" reference tables of the nine stages and related healing strategies designed to be referred to by those holding vigil.

Shedding light on one of the great mysteries of existence, *An Energy Healer's Book of Dying* offers a compact yet comforting guide to support you through this emotional, grief-filled, and exhausting time and help you bring solace to your loved one during the transition back to spirit.

Suzanne Worthley is an energy healing practitioner and intuitive who has focused on death and dying for 20 years. She has played a vital role in partnership with families and hospice teams, helping the dying have a peaceful transition and helping families and caregivers understand what is happening energetically during the death process. She lives in White Bear Lake, Minnesota.



March 2020

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Author
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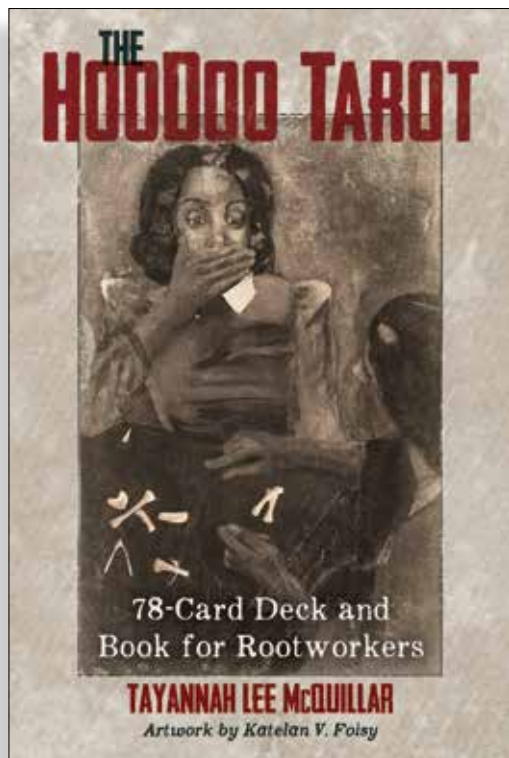
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The Hoodoo Tarot

78-Card Deck and Book for Rootworkers

TAYANNAH LEE McQUILLAR

Artwork by KATELAN V. FOISY

[A divination deck and guidebook rooted in the American Hoodoo tradition](#)

- Includes 78 full-color Tarot cards that depict legendary rootworkers past and present as well as important Hoodoo archetypes and symbols
- Provides in-depth card meanings for each card in the Major Arcana and the four suits of the Minor Arcana, including the history of the rootworker or symbol featured, any associated magical plants, and guidance based on the card's meaning
- Offers a history of Hoodoo and its complex heritage, including its roots in multiple African and Native American ethnic groups as well as its European influences

Between the 17th and 19th centuries, many Indigenous Americans and people of African descent intermarried and socialized more often than is acknowledged by mainstream history books and scholars. These interactions produced not only a multicultural people but also a body of knowledge that is known today as Hoodoo or Rootwork.

Celebrating the complex American Rootwork tradition, *The Hoodoo Tarot* integrates esoteric and botanical knowledge from Hoodoo with the divination system of the Tarot. Structured like a traditional Tarot deck, each of the 78 cards features full-color paintings by magical-realist artist Katelan Foisy and elegantly interprets the classical Tarot imagery through depictions of legendary rootworkers past and present as well as important Hoodoo symbolism.

In the accompanying guidebook, Tayannah Lee McQuillar provides a history of Hoodoo and its complex heritage, including its roots in multiple African and Indigenous American ethnic groups as well as its European influences. She explores the traditional forms of divination used by rootworkers, including cartomancy, explaining how pairing the Tarot with Hoodoo is a natural fit. For each card in the Major Arcana and the four suits of the Minor Arcana (sticks, baskets, needles, and knives), McQuillar provides an in-depth card meaning that draws on both Tarot and Hoodoo tradition. She shares the history of the rootworker or symbol featured, any associated magical plants, a related scriptural quote, and guidance and advice based on the card's meaning. She also offers instructions on card spreads and shares sample card readings.

Offering a divination system rooted in the Indigenous and African experience in North America, *The Hoodoo Tarot* provides a hands-on way to honor and explore the magic of Hoodoo for personal growth and spiritual inspiration.

Tayannah Lee McQuillar is a tarot reader and researcher of religion, esoterica, and mysticism. The author of several books, including *Rootwork: The Folk Magic of Black America*, and the divination deck *The Sibyls Oraculum*, she lives in New York City. Katelan V. Foisy is an artist, circle leader, and tarot consultant who has been featured in the *New York Times* and *Elle* magazine. Her work has appeared in exhibits throughout the United States and UK. The illustrator of *The Sibyls Oraculum*, she lives in Chicago.



March 2020

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Includes 160-page book and

78 full-color cards

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Divination/Tarot



Also by Tayannah Lee McQuillar



The Sibyls Oraculum

Tayannah Lee McQuillar

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The New Orleans Voodoo Tarot

Louis Martinié and

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The Complete Lenormand Oracle Handbook

Caitlín Matthews

Destiny Books

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The Tree Angel Oracle Deck

The Ancient Path into the Sacred Grove

FRED HAGENEDER

Illustrated by ANNE HENG

A card set for connecting with Tree Spirits for guidance and inspiration

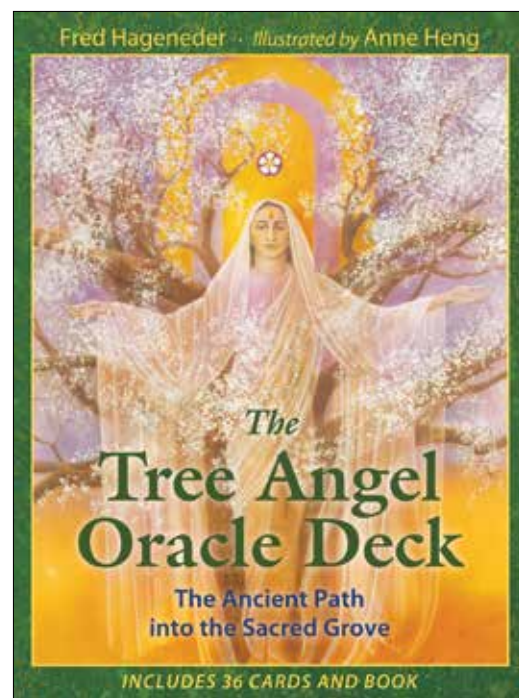
- Contains 36 full-color, richly illustrated cards, each featuring a different tree species with its Tree Angel
- Includes a guidebook that explains how to use the cards and provides a detailed message and interpretation for each Tree Angel card as well as historical information about each tree
- Features trees from the old Celtic "Tree Alphabet" along with other well-known trees from all over the world

There are two types of angels: those with wings and those with leaves. For thousands of years, those seeking guidance or wanting to express gratitude to nature have walked the ancient paths into the sacred grove to connect with the wisdom of trees. Today, venerable old trees in peaceful surroundings are difficult to find when we need them. And it can be difficult for the inexperienced to hear their voices and receive their healing. But the Tree Angels are still there, whispering to those who listen.

In this oracle card and book set, Fred Hageneder shares deep messages and wisdom from the Tree Angels of 36 different tree species, those from the old Celtic "Tree Alphabet" along with other well-known trees from all over the world. Each full-color card, illustrated by artist Anne Heng, features a specific tree and its angel, revealing the trees as unique beings, with their individual energy and radiance. Drawing on botanical and historical sources, in addition to the author's vast experience with Tree Angels, the guidebook explains how to interpret the message of each Tree Angel card as well as how to use the cards. The trees featured include: Birch, Ash, Walnut, Elder, Holly, Rowan, Hawthorn, Oak, Aspen, Hazel, Juniper, Linden (Lime), Blackthorn, Yew, Field Maple, Elm, Black Poplar, Larch, White Willow, Scots Pine, Apple, Spruce, Ivy, Olive, Almond, Hornbeam, Beech, Cedar of Lebanon, Horse Chestnut, Sycamore, Alder, Pear, Pipal, Ginkgo, Cherry, and Myrrh.

Allowing you to renew your bond with the global tree family and receive answers to questions about our own life, the Tree Angel cards also offer the opportunity to heal the past and reconnect to the wisdom of these ancient, majestic, and gentle beings.

Fred Hageneder is a leading expert in ethnobotany, specializing in the cultural and spiritual history of trees. A founding member of the Ancient Yew Group in Britain and a member of SANASI, a scientific group that helps protect indigenous sacred sites, he is also a member of the Ecocentric Alliance. The author of 2 books and a musician who composes music for various tree species, he lives near the Black Mountains in Wales. Anne Heng is a painter and illustrator, who specializes in painting on silk, which enables her to convey the quiet beauty of nature. She lives near the Taunus Mountains in Germany.



April 2020



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Includes 144-page book and 36 full-color cards

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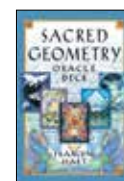
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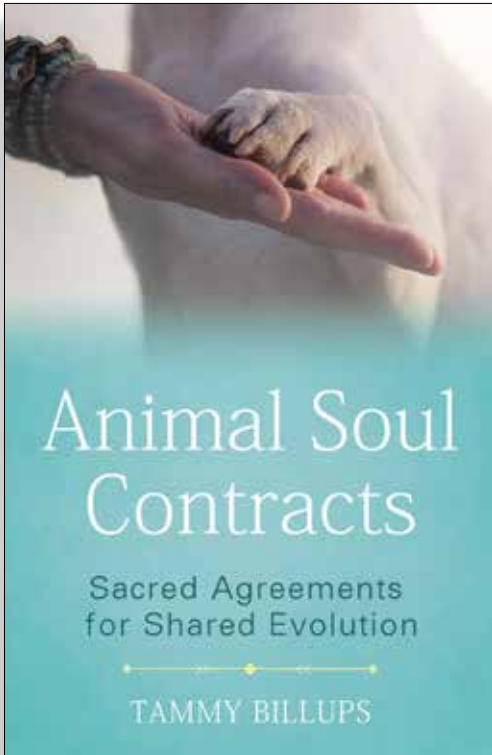
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Animal Soul Contracts

Sacred Agreements for Shared Evolution

TAMMY BILLUPS

A guide to discovering the spiritual agreements between our souls and those of our animal companions

- Explains how animals have physical or behavioral issues to evolve their souls as well as help our soul's evolution and release past-life karma
- Describes what happens energetically and spiritually with animals in the weeks before they transition and during their passing
- Includes practical instructions for identifying the different types of animal soul contracts and aligning with them to assist your shared evolutionary journey

Animal lovers are extraordinary. Despite awareness that we will probably outlive our beloved pets, we are still drawn, time and time again, to the connection, joy, and unconditional love that come with sharing our lives, homes, and laps with animals. Many of us feel something deeper than just companionship with our animal friends—a heart-to-heart connection felt all the way to the soul level.

Revealing the higher purpose and soul mission behind our relationships with our animal companions, Tammy Billups explores the spiritual contracts that are created when a human bonds with an animal and shows how we come into each other's lives for a reason. Providing real-life examples, Billups explains why animals choose, at the soul level, to have certain perceived negative experiences, such as physical or behavioral issues, to evolve their souls, clear karma, and help our soul's evolution. She shows that human and animal souls orchestrate every experience and interaction that holds potential for transformation and healing, including the final transition. She demonstrates the inner dynamics of the animal-human relationship to help animal lovers understand their soul contracts with their pets. The inspirational, real-life examples of animal-human tandem healings that Billups facilitated identify the soul contracts within each pairing that transformed feelings of grief, loss, abandonment, betrayal, trauma, abuse, and anxiety.

The author reveals how animals we have previously loved and shared our lives with come back, either on the spirit level or reincarnated in a new animal form, to support us. Offering peace and hope to those who've lost beloved animal companions, she describes what she's witnessed during healing sessions with animals in the weeks before they transition and during their passing. Billups also includes practical instructions for identifying different types of animal soul contracts and connecting with and enlisting the help of your light team or spirit guides.

By discovering the soul agreements that underlie our animal partnerships, we can find meaning in the issues that arise with our animals and ourselves, support our souls' mutual evolution, and allow the soul contracts to weave their spiritual magic in the animal-human relationship.

Tammy Billups is a certified Interface Therapist, pioneer in the animal-human emotional/energetic relationship, and creator of Animal-Human Tandem Healings. She has appeared on CNN's *The Daily Share*, *Primetime*, and *Oprah*. She lives near Atlanta, Georgia.



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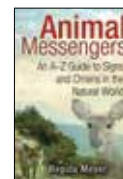


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Scripting the Life You Want

Manifest Your Dreams with Just Pen and Paper

ROYCE CHRISTYN

Foreword by MITCH HOROWITZ

A step-by-step guide to the process of “scripting” your future and successfully manifesting what you want in life

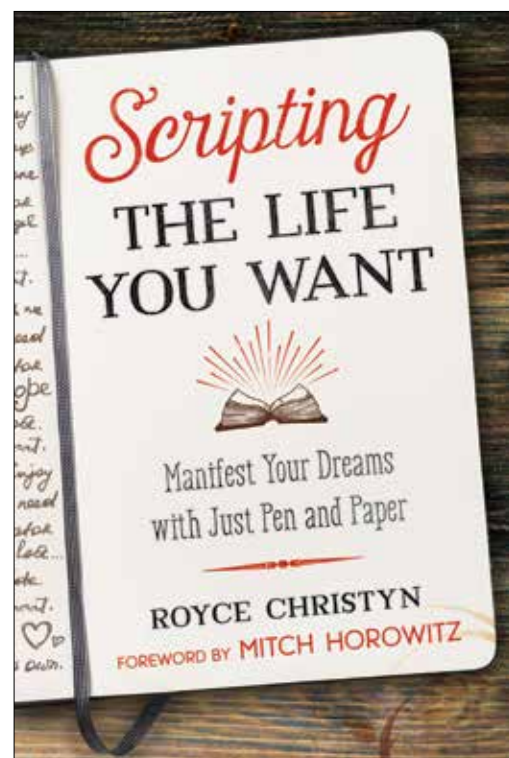
- Details daily journaling exercises, beginning with a simple list-making practice and progressing to actual scripting of your future
- Reveals the key phrases to include to make your script come true
- Explores the science behind how the scripting method works and shares the vivid entries from the author’s big breakthrough—when he successfully used his method to land a lead role on a TV show

In this step-by-step guide, filled with success stories and practical exercises, Royce Christyn details a simple “scripting” process for harnessing the Law of Attraction and manifesting what you want in your life—happiness, wealth, travel, love, health, the perfect career, or simply a productive day. The process is backed by science and experience, yet it feels like magic. And all you need is a pen and paper.

Inspired by New Thought and Positive Thinking classics, Christyn explains how he developed his scripting method through 4 years of trial and error, keeping what worked and dropping what didn’t until he brought his success rate from 5% to nearly 100%. Sharing pages from his own journals, he outlines how to create the life you want with daily journaling exercises, beginning with a simple list-making practice to figure out your wants and intentions and then progressing to actual scripting of your future, whether the next 12 hours or the next 10 days. He shows how, over time, your scripts will increase in accuracy until they converge with reality. He shares the vivid entries from his big breakthrough—when he successfully used his method to land a lead guest-starring role on Disney Channel’s *Wizards of Waverly Place* with Selena Gomez. He explores how “feeling” your future success as you write your daily scripts helps attract your desired outcomes, and he shares the key phrases to include to make your script come true. The author also explores the science behind how the scripting method works, including a down-to-earth examination of quantum mechanics.

From small dreams to lifelong goals, this book gives you the tools to put your thoughts into action and finally close the gap between where you are and where you want to be in your life.

Royce Christyn is an actor, speaker, writer, and documentary film director. He has appeared in film and television shows, including *Drake and Josh*, *Zoey 101*, and Disney Channel’s *Wizards of Waverly Place* with Selena Gomez. His bylines have appeared in national and international publications including *Paste Magazine*, *In Touch*, *Life & Style*, *Closer*, and others. He has appeared on BBC World News, NBC News, CBS’s *The Couch*, Fox’s *MORE Entertainment*, *TMZ Live*, and hundreds of radio and news shows across the globe. He lives in Los Angeles.



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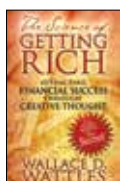


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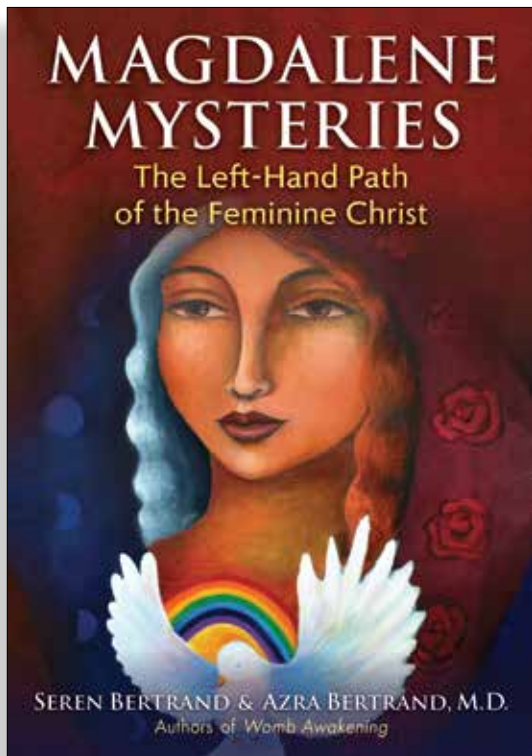
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Magdalene Mysteries

The Left-Hand Path of the Feminine Christ

SEREN BERTRAND and AZRA BERTRAND, M.D.

Discover the Womb Rites and initiatory magic of Mary Magdalene, who was revered as a Priestess and human embodiment of the Goddess

- Reveals how Mary Magdalene was a sacred priestess of the ancient Womb Mysteries, connected to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Sophia, Isis, Inanna, Asherah, Lilith, Jezebel, and Witches
- Explains how the Magdalene Mysteries have been encoded in Gnostic texts, sacred art, and literature and unveils the secret Grail heresy of the *Ghent Altarpiece*
- Offers rituals and practices to initiate you into the Womb magic of the ancient priestesses and access deeper dimensions of sexuality and feminine power

A sacred priestess of the ancient Womb Rites, Mary Magdalene was at the center of a great and enduring Mystery tradition, one that touched on a stream of perennial spiritual wisdom as old as humanity. Worshipped as the human embodiment of the Goddess, the earthly Sophia, her womb was the spiritual luminatrix that anointed and empowered Jesus, transforming him into the Christ. As a priestess of the Goddess, Mary Magdalene knew how to embody the light and the dark, how to harness the magic potency of sacred sexual energy, and how to cleanse, awaken, and resurrect the soul. Yet, even though she sparked the creation of a worldwide religion, her story and teachings have been forgotten.

Unveiling the lost left-hand path of the Magdalene, the Feminine Christ, authors Seren and Azra Bertrand explore how this underground stream of knowledge has been carried forward over the millennia through an unbroken lineage of Womb Shamans, Priestesses, Oracles, and Medicine Women. They explain how the Magdalene Mysteries, symbolized by the Rose, have been encoded in Gnostic codices and gospels and in the highest art, literature, and architecture of many ages, including most significantly the *Ghent Altarpiece*. They examine Mary Magdalene's connection to moon wisdom, sacred harlot archetypes, and goddesses in many traditions, including Isis, Inanna, Asherah, Lilith, and Jezebel, and look at shamanic, tantric, and Cathar expressions of sacred feminine mysteries as well as the Witch and Templar roots of Robin Hood and Maid Marian.

In this revelatory and magical text on the lost feminine mystery traditions of Mary Magdalene and the lineage of Sophia, the authors present encompassing theological, historical, mythological, and archetypal wisdom, with rituals and practices to initiate you into the Womb magic of the ancient priestesses and the path of the wild feminine.

Seren Bertrand is a visionary creatrix and spirit keeper with a degree in English literature and modern philosophy, who is dedicated to restoring the lost global feminine wisdom traditions. Azra Bertrand, M.D., has a degree in biochemistry and studied at Duke University School of Medicine, with research at the NIH. He has been a pioneering doctor and mystic for over two decades, following the feminine pathway of alchemy. Their previous book, *Womb Awakening*, received five awards, including a Nautilus Award. They live in the Appalachian mountains of North Carolina.

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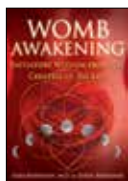
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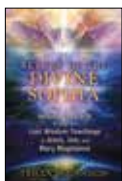


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The Sacred Herbs of Beltaine

Magical, Healing, and Edible Plants to Celebrate Spring

ELLEN EVERT HOPMAN

A practical guide to the celebration of Beltaine and the sacred herbs of spring

- Explores the identification, harvest, and safe practical and ritual use of more than 90 plants and trees
- Details rituals for honoring the traditional Gods and Goddesses of spring, such as the Goddess Chloris, the Goddess Flora, and the Daghda
- Reveals which herbs to use for luck, magic, protection, purification, abundance, fertility, and love as well as the herbs of the Faeries and Elves and herbs for journeying to the Otherworld and for contacting the High Gods and Goddesses

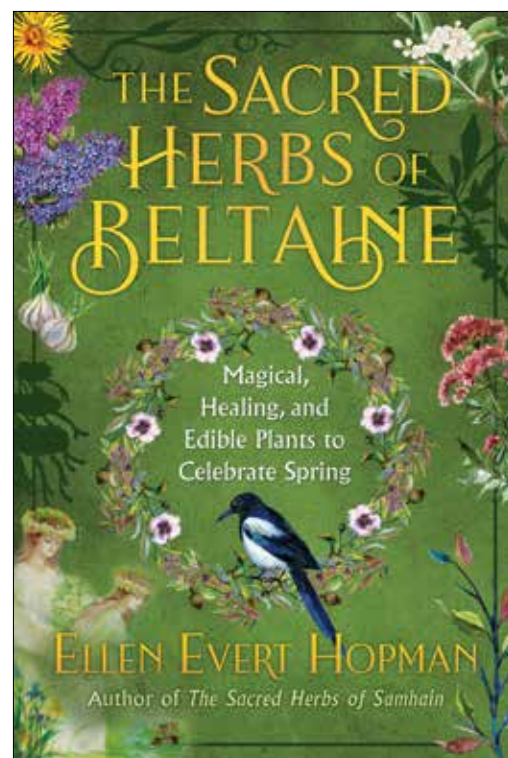
The festival of Beltaine, May Day, is a celebration of the return of spring and the promise of summer, a time for love magic and spells for increasing the fertility of the land and the plants that grow upon it. Like Samhain in autumn, Beltaine is also a time when the veil between the physical and spiritual world is at its most transparent and the ancestors and denizens of the Otherworld easily interact with the world of humans.

Presenting a practical guide to the celebration of Beltaine, Ellen Evert Hopman examines the plants, customs, foods, drinks, and rituals of May Day across many cultures. Discussing the gods and goddesses of spring, Hopman details the rituals for honoring them as well as traditional poems, prayers, incantations, folk rhymes, and sayings related to this time of year. She explores well dressing, the custom of honoring the source of sacred water by decorating a well. She also looks at Beltaine's association with Walpurgisnacht and Hexennacht, which fall the preceding evening.

In the extensive section on the sacred plants of Beltaine, the author explores more than 90 herbs and trees, offering spells, rituals, and recipes alongside their medicinal healing uses. She reveals sacred woods suitable for the Beltaine fires and Beltaine flowers for rituals and spells. She explores herbs for luck, magic, purification, abundance, and love; herbs for protection, such as bindweed, elder, and St. John's wort; herbs of the Faeries and Elves, such as burdock and dandelion; and herbs for journeying to the Otherworld and contacting the high gods and goddesses. She also details the identification, harvest, and preparation of seasonal edible herbs, greens, mushrooms, and flowers.

Woven throughout with mystical tales of folk, Faery, and sacred herbs, this guide offers each of us practical and magical ways to connect with Nature, the plant kingdom, and the Spirits that surround us in the season of spring.

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



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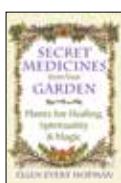
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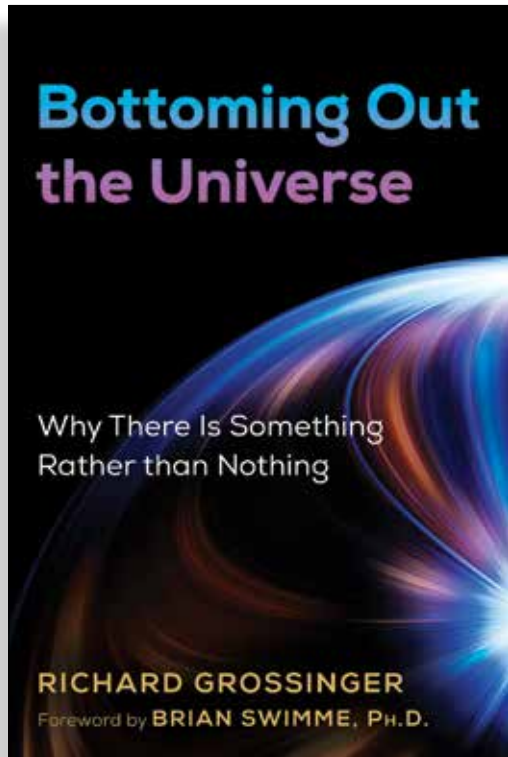
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Bottoming Out the Universe

Why There Is Something Rather than Nothing

RICHARD GROSSINGER

Foreword by BRIAN SWIMME, Ph.D.

An exploration into consciousness, the universe, and the nature of reality

- Draws on transdimensional physics and biology, reincarnation and past-life memories, animal consciousness, multiple identities, thoughtforms, soul pictures, and paranormal phenomena like crop circles and poltergeists
- Explores the riddle of personal identity and how it differs from consciousness
- Reveals that consciousness is more than encompassing all that exists—it also speaks to what has yet to manifest

Scientific orthodoxy views the universe as conceived of matter—protons, neutrons, electrons, down to the smallest particle, quarks. But, when you keep digging, what is “beneath” quarks? The scientific worldview does not take into account consciousness or life itself. How did consciousness become part of the material universe? Is it a by-product of brain chemistry or a constituent of reality? Or, to dig deeper, which is more fundamental: the existence of an objective physical universe or our subjective experience of it?

In this investigation into consciousness, the universe, and the nature of reality, Richard Grossinger offers a wide-ranging foundation for reimagining the universe as based in consciousness rather than matter. He presents in-depth analysis of the standard scientific description of the universe, revealing the holes in its theories. Exploring the interpenetration of matter and all reality by consciousness, the author looks at reincarnation and past-life memories, examining famous and lesser-known but verifiable accounts. He then explores the nature and origin of consciousness, with accompanying explorations of animal consciousness, the brain as a computer, multiple identities, thoughtforms, soul pictures, and paranormal phenomena like UFOs, faeries, and poltergeists. He also examines concepts from physics that combine elements of both consciousness and matter, such as collapsing waveforms and the uncertainty principle of quantum mechanics.

Examining nonlocal and transpersonal modes of consciousness, Grossinger looks at the difference between consciousness and personal identity. He expands this discussion with reflections on Sethian cosmology, using Seth’s own words and Jane Roberts’s and John Friedlander’s interpretations. He reveals that consciousness also encompasses what has yet to manifest and explains why the universe exists at all: why there is “something” rather than “nothing.” Skewering the materialist paradigm and placing consciousness alongside mass, gravity, and heat as an essential component of the universe, Grossinger proposes that reality is a thoughtform where sentient beings collaborate to bring about a concrete realm vibrating at their own frequency.

Richard Grossinger is the founding publisher of North Atlantic Books. He has a Ph.D. in anthropology from the University of Michigan. The author of several books, including *Dark Pool of Light: Reality and Consciousness* and *The Night Sky: Soul and Cosmos*, he lives in Portland, Maine, and Berkeley, California.



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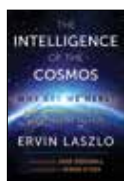
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The Last Refuge of the Knights Templar

The Ultimate Secret of the Pike Letters

WILLIAM F. MANN

A modern-day thriller centered on authentic historical letters encoded with Templar and Rosicrucian secrets

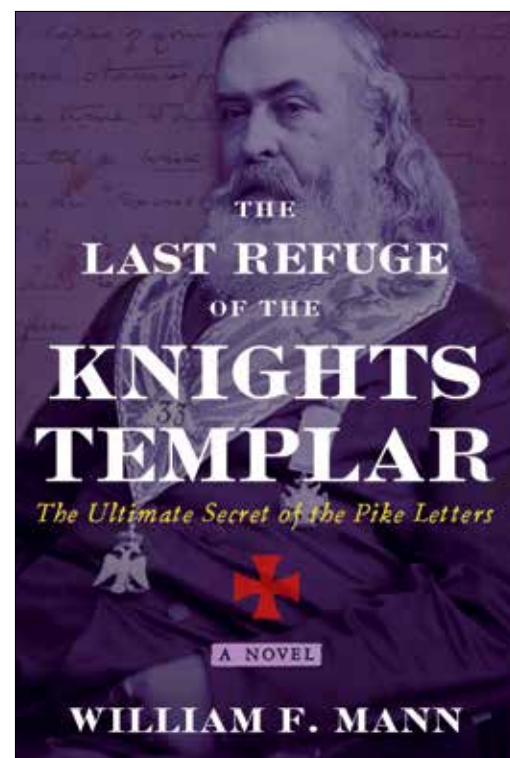
- Includes the actual text of recently discovered correspondence between two famous 19th-century Masonic leaders, Albert Pike and Colonel J. W. B. MacLeod Moore
- Follows the protagonists, Thomas and Janet, as they seek to protect the Pike letters' secret from the Vatican and its fanatical Jesuit hitman as well as others who desire to use the letters' secret for world domination
- Also includes a short biography of controversial Masonic icon Albert Pike

Centered on recently discovered, authenticated correspondence between two famous 19th-century Masonic leaders, Confederate General Albert Pike and British Colonel James Wilson Bury MacLeod Moore, this modern-day thriller follows Thomas, a direct descendant of Col. Moore, and Janet Rose, a direct descendant of the Merovingian Kings and House of David, as they risk their lives to protect the letters and the Templar and Rosicrucian secrets encoded within them. As Thomas and Janet discover, everyone—from the Church to the White House to Confederate sympathizers and the KKK—seeks the ancient knowledge contained within the letters, knowledge that would allow a singular entity to control the world and bring all of the great religions to their knees.

Pitted against a psychotic and sexually perverted Jesuit priest, tasked by the Vatican's inner circle to retrieve the Pike letters, the couple is aided by two Templar guardians and a modern-day practicing alchemist, Janet's grandfather. As Thomas and Janet's love for one another grows, the couple transcends to a higher level of understanding, unaware that they are following the same ancient morals and dogma found within the 33 degrees of Scottish Rite Freemasonry, as defined by none other than Albert Pike himself.

Part fact, part fiction, the novel, with its 33 initiatory chapters, provides a rare glimpse into the inner circles of modern-day Freemasonry, along with revelations of ancient alliances between Native Americans and the Templars. Set in Georgetown, in the heart of Washington, D.C., the story ends with a dramatic unveiling of the ultimate New World secret sought by so many factions: the location of the last Knights Templar refuge in the New World, where the lost treasure of the Templars, including sacred knowledge of the Holy Family—the descendants of Jesus and Mary Magdalene—remains to this day.

William F. Mann is Supreme Grand Master of the Sovereign Great Priory, Knights Templar of Canada. He was the Grand Archivist of this select Masonic Order when he discovered the long-lost Pike letters in the Grand Chancellery's files. He is also a 32° Scottish Rite Mason, a VIII° Rosicrucian, and a Knight Companion of the Red Cross of Constantine. Author of *The Knights Templar in the New World*, *The Templar Meridians*, and *Templar Sanctuaries in North America*, he lives in Milton, Ontario, Canada.



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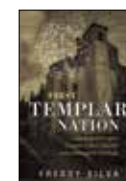
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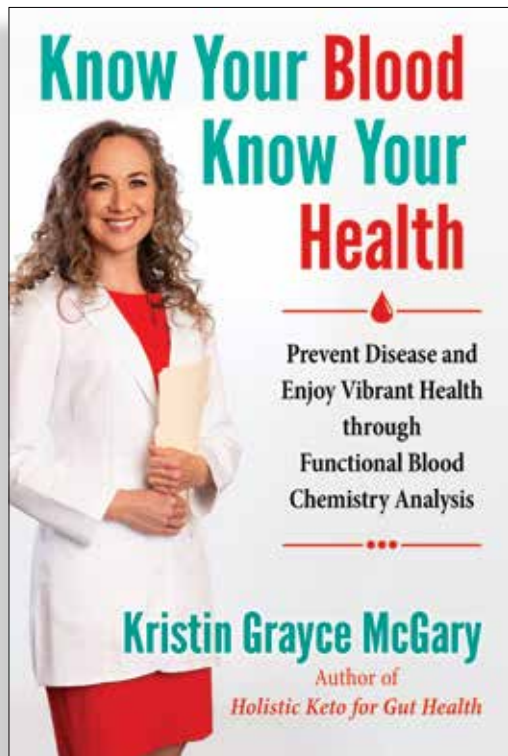


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KRISTIN GRAYCE MCGARY, L.Ac., M.Ac., CFMP, CSTcert, CLP

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- Explains the differences between conventional lab reference ranges for blood tests and functional analysis and why the difference is important to your health
- Reveals what healthy blood should look like and the critical markers that signal the very beginnings of a health problem, including thyroid dysfunction and inflammation
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Your blood holds the clues you need to maintain vibrant health. Yet a standard blood lab panel—the most widely used diagnostic tool in Western medicine—may not reveal subclinical imbalances or the earliest beginnings of disease. Your lab work results may come back “normal,” even though you have lingering symptoms of allergies, pain, headaches, fatigue, inflammation, depression, food cravings, PMS, or gas and bloating. This is because the reference ranges, to which you are being compared, are gathered from sources such as textbooks, averages based on outdated guess-work, or a small number of people who aren’t even well. You could be a tenth of a point away from a disease pattern, but diagnostic protocol won’t sound the alarm until you are “lab high” on a particular test.

In *Know Your Blood, Know Your Health*, Kristin Grayce McGary explains the benefits of a Functional Blood Chemistry Analysis (FBCA), which looks at far more markers than standard blood tests and interprets your results against healthy ranges. Using real-life stories and examples, the author explains the basics of healthy blood and how a functional blood test provides a baseline for personal health and a powerful tool for disease prevention. You will learn what is meant by a standard Complete Blood Count (CBC), find clues to strengthen your immune system, and discover which markers indicate inflammation. McGary details what different reference ranges mean and highlights the importance of a full thyroid panel for women. She reveals how health issues such as insulin resistance, high cholesterol, and anemia have specific patterns in blood chemistry. She also provides recommendations for bringing markers back to an optimal healthy range through diet and supplementation and offers a road map to using your unique blood chemistry to design a customized healthcare plan to optimize your health.

Kristin Grayce McGary, L.Ac., M.Ac., CFMP, CSTcert, CLP, is an internationally recognized authority on autoimmunity, functional blood chemistry analysis, the thyroid, and gut health. A health and lifestyle teacher and author of *Holistic Keto for Gut Health*, she divides her time between Boulder, Colorado, and Costa Rica.

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- Explains the sequence of points to hold and the appropriate finger mudras (positions) to address specific ailments, conditions, and injuries as well as stimulate the body's self-healing response and harmonize energy flow
- Includes concise yet detailed instructions and clear illustrations of the energy points and sequences

A gentle self-help method for harmonizing energy flow, strengthening the immune system, and stimulating the body's self-healing response, Jin Shin Jyutsu is an ancient Japanese healing art akin to an easier form of acupressure. The system centers on the 52 Safety Energy Locks (SELs) of the body's energy pathways, points where energy tends to become stuck easily and thus can also be released easily, usually by holding just two energy points simultaneously.

In this full-color guide to Jin Shin Jyutsu, complete with detailed step-by-step illustrations, experienced practitioner Tina Stümpfig explains how to hold the SEL points in easy sequences to address specific ailments, conditions, and injuries. She also details a variety of finger mudras (finger holds) that can serve as short cuts for bringing awareness to and alleviating a number of issues, such as anxiety, insomnia, digestive problems, and back pains. The author describes the major overarching energy flows of the body and shows how, when a pathway becomes blocked, the energy ceases to flow freely and stagnates. Initially the channel is only blocked locally, though in the long run a blockage creates imbalance along the entire energy pathway and can thus affect the whole body. Using Jin Shin Jyutsu to work with the SELs allows you to quickly and easily release these energetic blockages, both acute or chronic. The polarity of the energy flow in our hands—energy flowing out on the right, flowing in on the left—functions like a starter cable that reestablishes broken energy links. At the same time, conscious breathing allows us to deepen our cosmic awareness and understanding of issues connected to the SELs on the inner level.

Whether you are facing allergies, exhaustion, pain, or inflammation, the healing touch of Jin Shin Jyutsu offers a simple self-help tool that can quickly alleviate and soothe symptoms, kickstart the healing process, and improve overall health.

Tina Stümpfig is a psychologist, expert in special needs education, geomantic practitioner, and Jin Shin Jyutsu practitioner, working with people and animals. The author of several books in German, she offers individual treatments, Jin Shin Jyutsu trainings, and workshops. She lives in Wangen, Bavaria/Germany.



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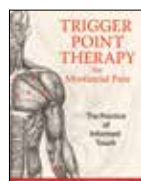
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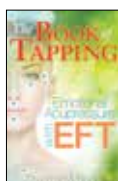


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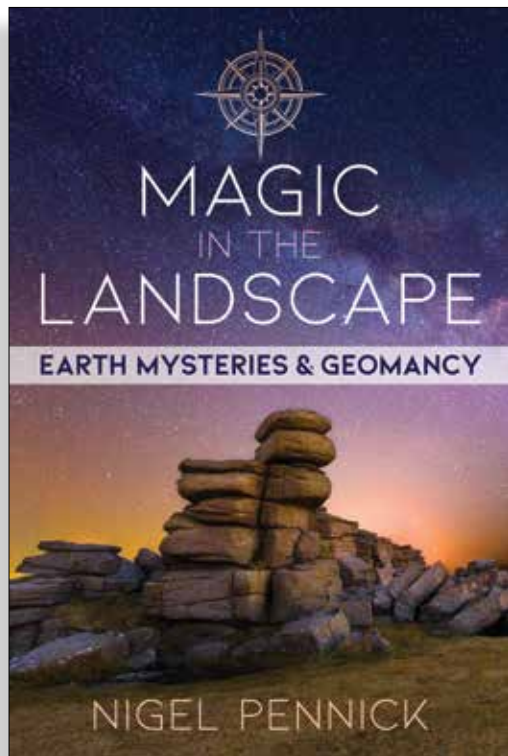
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Magic in the Landscape

Earth Mysteries and Geomancy

NIGEL PENNICK

Learn to cultivate a traditional, beneficial relationship with the land by embracing the forgotten practices of our ancestors

- Details the ancient art of geomancy and Earth magic, including how to work with ley lines, astrology, and the four directions to honor a space and make it a place of power
- Explores the magic of the land around us and how our ancestors interacted with Earth energies and the forces of Nature
- Discusses the power of boundaries and magic circles, the proper “feng shui” of graveyards and cemeteries, and magically powerful places such as crossroads, fairgrounds, and the mystic triangles found in “no-man’s lands”

Our ancestors were deeply aware of the magical power of their local landscape, no matter where they lived. Every interaction with their environment—from building to farming to the layout of ancient cities—took into account terrestrial energies, ancestral memory, and the many seen and unseen presences in Nature. They developed sophisticated procedures for orienting their living spaces and respectfully working with the magic of the landscape. Yet, much of the art of geomancy and of working with the forces of Nature has been forgotten by modern builders, architects, foresters, gardeners, and homeowners. The treatment of land as mere property has led to a loss of its meaning for those who dwell upon it. Our landscape has become disenchanting.

In this book, geomancy expert and scholar Nigel Pennick details the ancient and sacred practices of geomancy and Earth magic and reveals how we can reenchant and reconnect to the sacred landscape that surrounds us, whether you live rurally, in the suburbs, or in cities. Pennick begins with a vivid look at our modern “wasteland” and what he calls “the ensouled world,” with specific examples from Britain and Iceland of our ancestors’ way of perceiving the world they lived in. Exploring the art of geomancy, he examines how its techniques work with ley lines, astrology, and the old understanding of the four directions and the eight winds to honor a space and make it a place of power. He looks at the power of boundaries and magic circles, including laying ghosts and dismissing spirits, as well as the proper “feng shui” for cemeteries and graveyards. The author then takes the reader back into the traditional landscape to discuss magically powerful places, such as crossroads, the occult nature of the “fairground,” and the mystic triangles found in what are popularly known as “no-man’s lands.”

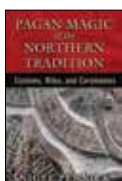
Revealing how the landscape can be reenchanting, Pennick shows how the magic of place is a living system that each of us can interact with.

Nigel Pennick is an authority on ancient belief systems, traditions, runes, and geomancy and has traveled and lectured extensively in Europe and the United States. He is the author and illustrator of more than 50 books, including *The Pagan Book of Days*. The founder of the Institute of Geomantic Research and the Library of the European Tradition, he lives near Cambridge, England.

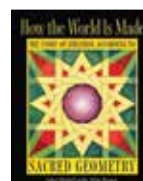
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Hieroglyphic Words of Power

Symbols for Magic, Divination, and Dreamwork

NORMANDI ELLIS

Foreword by NICKI SCULLY

A guide to harnessing the ancient power of hieroglyphs

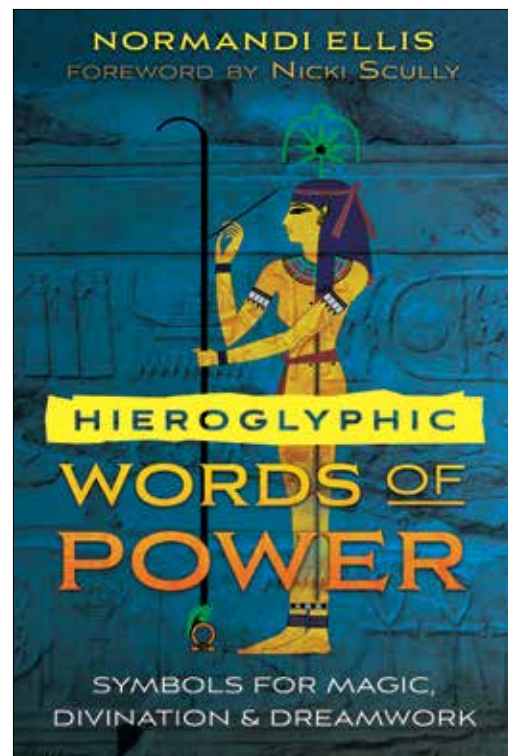
- Reveals hieroglyphs as magical tools for manifesting ideas in the material world
- Offers in-depth interpretations of 60 hieroglyphs and guidelines for understanding them as words of power, oracles, and dream symbols
- Explains how to create your own hieroglyph cards and amulets and use them for divination, meditation, and manifestation work

Words are magic. They operate on many levels through both sound and symbol. Egyptian priests understood that language and thought could create realities if the exact words are uttered at the right time, properly intoned, and filled with intention. They called their magical language of hieroglyphic symbols *medju neter*, meaning “the Word of God.” These symbols were said to have been created by Isis and Thoth and were presided over by the goddess Seshet, keeper of the Akashic records. Through their chant lines and repetitions, sound vibrations, and hypnotically recurring images, hieroglyphs, such as those found inside the pyramids, were intended to activate a trancelike state that allowed the individual to ascend into the heavens and thus, riding on this incantatory language, converse with the ancestors and the Creator.

In this detailed guide, author Normandi Ellis explores how to use hieroglyphs as words of power for manifesting ideas into the material world as well as how to utilize them in magic, meditation, divination, and dream work. She offers a deep look at the many layers of meaning contained within 60 important hieroglyphs, breaking down the elements within each symbol and explaining the myths behind them, the gods and goddesses they are connected to, their initiatory significance, and their oracular and dream meanings. She also shares guidelines for interpreting hieroglyphs so readers will be able to come to their own understandings about the secrets they hold.

Providing instructions for creating your own hieroglyph cards, amulets, and other magically empowered objects, Ellis offers practices and strategies to use them, with detailed explanations for the historical, magical, practical, and symbolic reasons why each method is effective. She offers several layouts and card spreads for divination readings based on Egyptian myth, numerology, and astrology. Revealing the depth of meaning behind each of these powerful ancient symbols, Normandi Ellis shows that we can still harness their millennia-old magic today.

Normandi Ellis is an award-winning writer, workshop facilitator, and archpriestess of the Fellowship of Isis. The author and coauthor of several books, including *Awakening Osiris* and *Imagining the World into Existence*, she leads tours to Egypt. She lives in Chesterfield, Indiana.



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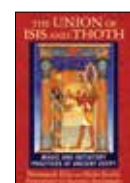
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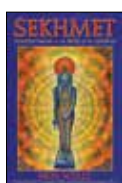
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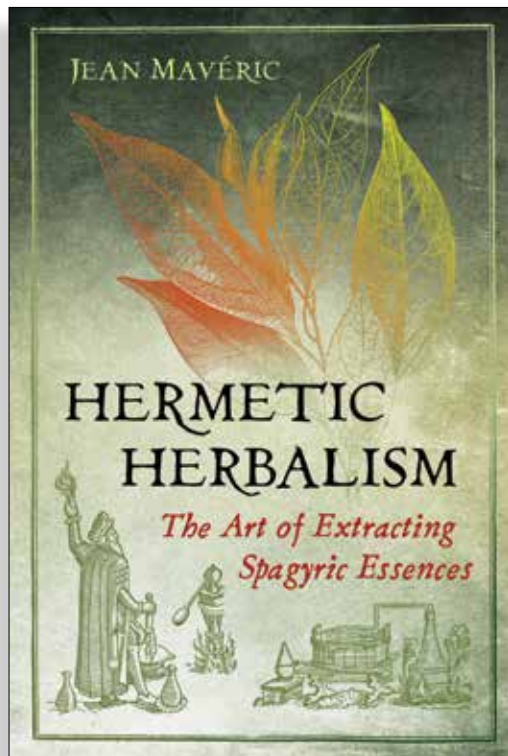
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Hermetic Herbalism

The Art of Extracting Spagyric Essences

JEAN MAVÉRIC

A never-before-translated occult classic that brings the science of herbal medicine back to its Hermetic roots

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- Provides botanical and medicinal classifications of over 600 plant species along with their astral natures, elemental qualities, and planetary and zodiacal signatures
- Explores advanced methods and techniques and shares the author's secret formula for a universal *circulatum*

First published in French in 1911, this practical guide to the art of spagyrics begins by outlining the ancient yet often forgotten Hermetic foundations of herbalism. Author Jean Mavéric provides botanical and medicinal classifications of over 600 plant species along with an in-depth study of their astral natures, elemental qualities, and planetary and zodiacal signatures as well as practical advice on the appropriate times to harvest plants and administer herbal remedies and quintessences.

Reviewing the general principles and procedures of premodern chemistry, Mavéric then explores the secret doctrines and operations of the spagyric art. He offers a large collection of recipes for spagyric herbal preparations adapted from celebrated spagyricists such as Paracelsus, Pseudo-Lull, Philipp Ulstad, Jan Baptist van Helmont, Oswald Croll, and Nicaise Le Fèvre, providing detailed step-by-step instructions for a veritable pharmacopeia of spagyric extracts, tinctures, elixirs, liquors, oils, unguents, salts, *aquae vitae*, and quintessences. Mavéric also shares his intricate theory of astral medicine and advocates a seasonal "Hermetic diet" designed to keep the humors of the body in equilibrium and prevent the onset of illness. In the final section of the book, Mavéric focuses on the more advanced methods and techniques of Paracelsus, Helmont, and George Starkey, unraveling the mysteries of manufacturing alkalis, alkahests, and menstrua and divulging his own secret formula for a universal *circulatum*.

Available now for the first time in English, this occult classic unveils the art of extracting spagyric essences to a modern audience while also bringing the science of herbal medicine back to its Hermetic roots.

Little is known about the life of the writer behind the pseudonym Jean Mavéric except that he was a prominent figure in occult and alchemical circles in Paris in the early twentieth century. He was affiliated with Papus's *École hermétique*, where he taught courses in Hermetic philosophy and astrology, and was also an active member of the *Société alchimique de France*, a group of practicing occultists devoted to the study and revival of alchemy. Jean Mavéric also wrote under the pseudonyms "Jean Bélus" and "Jean Petit," the latter of which appears to corroborate occult bibliographer Albert Louis Caillet's assertion that "Jean Mavéric" was the nom de plume of Maurice Petitjean.



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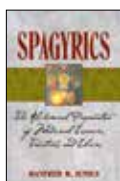
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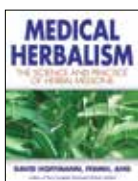
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The Return of Holy Russia

Apocalyptic History, Mystical Awakening, and the Struggle for the Soul of the World

GARY LACHMAN

A history of how mystical and spiritual influences have shaped Russia's identity and politics and what it means for the future of world civilization

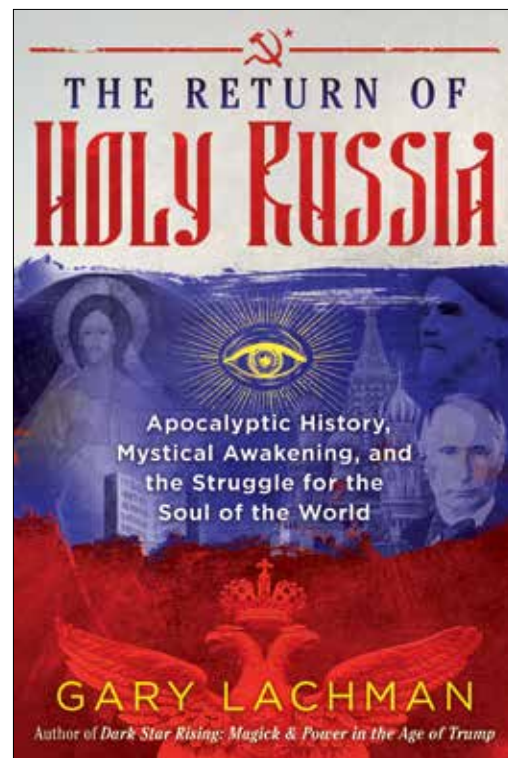
- Examines Russia's spiritual history, from its pagan origins and Eastern Orthodox mysticism to secret societies, Rasputin, Roerich, Blavatsky, and Dostoyevsky
- Explains the visionary writings of the spiritual philosophers of Russia's Silver Age, which greatly influence Putin today
- Explores what Russia's unique identity and its history of messianic politics and apocalyptic thought mean for its future on the world stage

At the turn of the 20th century, a period known as the Silver Age, Russia was undergoing a powerful spiritual and cultural rebirth. It was a time of magic and mysticism that saw a vital resurgence of interest in the occult and a creative intensity not seen in the West since the Renaissance. This was the time of the God-Seekers, pilgrims of the soul and explorers of the spirit who sought the salvation of the world through art and ideas. These sages and their visions of Holy Russia are returning to prominence now through Russian president Vladimir Putin, who, inspired by their ideas, envisions a new "Eurasian" civilization with Russia as its leader.

Exploring Russia's long history of mysticism and apocalyptic thought, Gary Lachman examines Russia's unique position between East and West and its potential role in the future of the world. Lachman discusses Russia's original Slavic paganism and its eager adoption of mystical and apocalyptic Eastern Orthodox Christianity. He explores the Silver Age and its "occult revival" with a look at Rasputin's prophecies, Blavatsky's Theosophy, Roerich's "Red Shambhala," and the philosophies of Berdyaev and Solovyov. He looks at Russian Rosicrucianism, the Illuminati Scare, Russian Freemasonry, and the rise of other secret societies in Russia. He explores the Russian character as that of the "holy fool," as seen in the great Russian literature of the 19th century, especially Dostoyevsky. He also examines the psychic research performed by the Russian government throughout the 20th century and the influence of Evola and the esoteric right on the spiritual and political milieus in Russia.

Through in-depth exploration of the philosophies that inspire Putin's political regime and a look at Russia's unique cultural identity, Lachman ponders what they will mean for the future of Russia and the world. What drives the Russian soul to pursue the apocalypse? Will these philosophers lead Russia to dominate the world, or will they lead it into a new cultural epoch centered on spiritual power and mystical wisdom?

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



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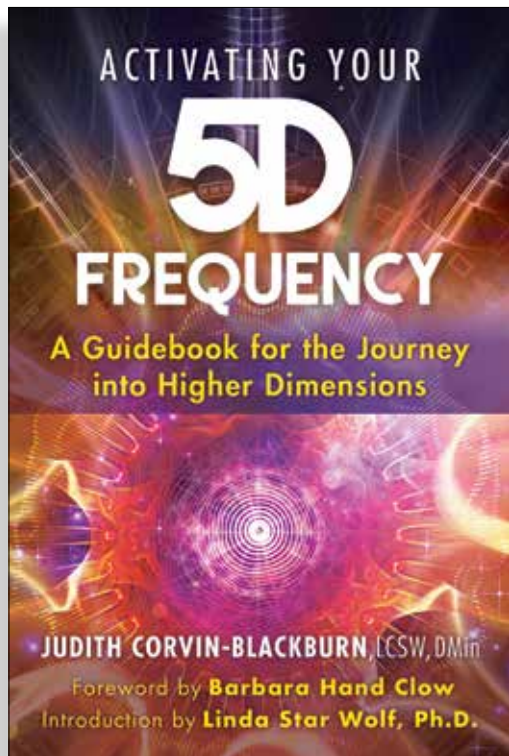
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Activating Your 5D Frequency

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A guide to navigating the transition from 3D to 5D and reclaiming the ancient powers of love, creativity, and unity consciousness lying dormant in our DNA

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- Explains how to navigate the Ascension process, especially in terms of handling emotions, resistances, and fears, and how to welcome these new frequencies

We are in a time of great transition. Higher frequency light is flooding our planet, awakening large numbers to reclaim our original nature as fifth-dimensional humans. As 5D humans, we live from our heart's wisdom, from Unity Consciousness, unconditional love, and unbridled creativity. 5D humans have highly developed inner senses of empathy, telepathy, clairvoyance, and clairsentience—qualities that are opening for many as we go through this dimensional shift.

While this journey is exciting, its demands can be overwhelming. In this hands-on guide to activating the 5D potential lying dormant in our DNA, Judith Corvin-Blackburn shows us how to navigate the Ascension process, including how to handle emotions, resistances, and fears and welcome our 5D frequencies. Using the 9-dimensional-axis theory first explored by Barbara Hand Clow, the author details what is happening psychologically, emotionally, and socially with the dimensional shift, including revealing the denser, pain-inducing frequency of being a 3D human and the challenges of the 4th dimension. She offers transformative activations and tools to explore and master the psycho-spiritual demands of this transition, including identifying and integrating the shadow self, healing emotional wounds that hold us back, and discovering higher frequencies and the cellular vibration of unconditional love and Oneness.

Once we reclaim ourselves as loving, conscious, creator beings and realize we are part of a global 5D team, together we can consciously help co-create a New Earth by anchoring the 5D frequency in both our inner and outer worlds.

Judith Corvin-Blackburn, LCSW, DMin, has been a practicing transpersonal psychotherapist for more than 40 years. She is the author of 3 books, a Shamanic Minister, a nationally recognized teacher, and cofounder of the Shamanic Multidimensional Mystery School. She lives in the Isis Cove community in Western North Carolina.

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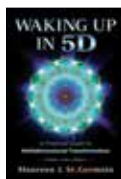
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Living with ADHD

Simple Exercises to Change Your Daily Life

THOM HARTMANN

Foreword by RICHARD BANDLER, Ph.D., Cofounder of NeuroLinguistic Programming (NLP)

A practical system for those with ADHD to take back their personal power and embrace their unique talents for success in the modern world

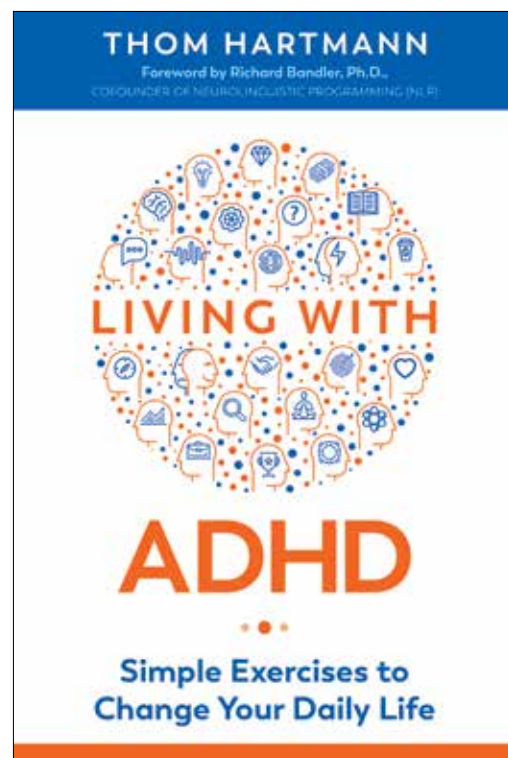
- Explains how those with ADHD grow up wounded by the negative labels and attitudes surrounding them and their “diagnosis”
- Shares simple and fast-acting techniques from neurolinguistic programming (NLP) to recalibrate painful memories into valuable learning experiences, re-pattern learned behaviors and negative habits, and discover personal motivation
- Reveals how the novelty-seeking behaviors of those with ADHD are valuable assets to society and should be embraced rather than suppressed

One of the first rules of child-rearing is “condemn the behavior, not the child.” Yet this commonsense rule doesn’t seem to apply in the case of attention deficit disorder, or ADHD, where the very name of the condition implies that those labeled with it are “disordered,” “deficient,” and incapable of paying attention. Those with ADHD grow up wounded, told by teachers, guidance counselors, even parents that they are dysfunctional and unable to succeed in the “normal” world. But, as ADHD expert Thom Hartmann explains, those with ADHD are capable of great success if they can shift the negative self-image created by others and learn to work with their unique strengths.

In this accessible guide for adults with ADHD and the parents and teachers of ADHD children, Hartmann offers a practical system of useful tools and strategies to heal the damage done to a person who grew up labeled as “dysfunctional” and help them cope with—and succeed at—daily life. He explains how the character traits of ADHD were once valuable assets in hunter-gatherer societies and that the later dominance of agricultural and industrial societies, where “farmer” and “worker” skillsets excel, left ADHD “hunters” as behavioral outcasts. Sharing simple and often fast-acting techniques from neurolinguistic programming (NLP), Hartmann explains how those with ADHD can take back their personal power, recalibrate painful memories into valuable learning experiences, shed fears and negative habits, and rebuild their self-image in a positive way.

By integrating the strategies in this book into daily life, those with ADHD can transform their way of responding to the world, discover personal motivation, and teach their children to do the same. As Hartmann reveals, it is not ADHD that needs to be healed but our attitudes toward those born with the “hunter” gift.

Thom Hartmann is the host of the syndicated talkshow *The Thom Hartmann Program* and the TV show *The Big Picture*. He is the award-winning New York Times bestselling author of 24 books, including *Adult ADHD*, *ADHD and the Edison Gene*, and *The Last Hours of Ancient Sunlight*. A former psychotherapist and founder of the Hunter School, a school for children with ADHD, he lives in Portland, Oregon.



May 2020

Healing Arts Press
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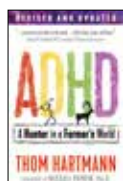
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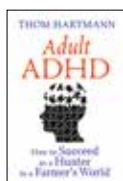
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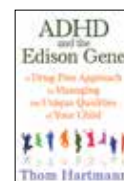
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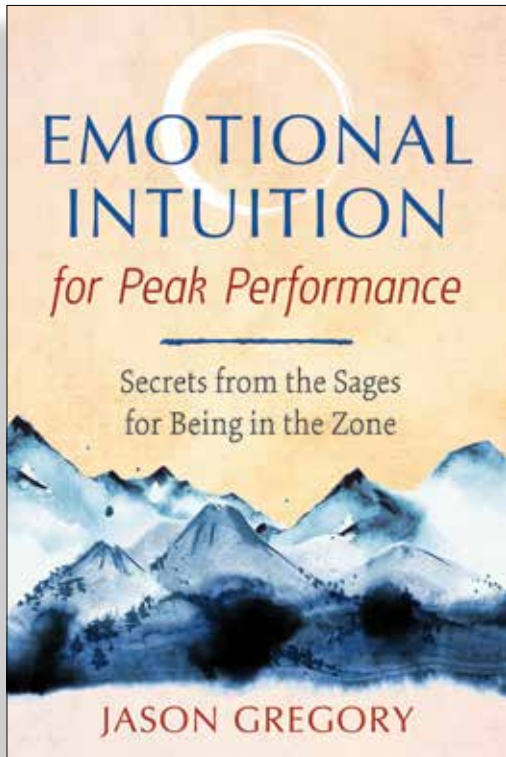
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Integrating the wisdom of the ancient sages with modern science, Jason Gregory explains how world-class artists and athletes reach peak performance—and how you, too, can harness this “lifestyle technology” to make your actions effortless, enjoy intelligent spontaneity, and reach optimal performance at a peak level. Drawing on modern cognitive science, Gregory explains dual process theory, which divides mental activity into two spheres: cold cognition, analogous with rational thought, and hot cognition, based on emotional intuition—a theory anticipated by ancient Eastern thought, especially the teachings of the Chinese sages. The author explains that peak performance is impossible to achieve by relying solely on cold cognition as it cuts you off from the energy reserves necessary to excel. He shows how the athletic concept of being “in the zone” is based on practices that have become energized by hot cognition and thus instinctive.

Outlining a structured training system that blends hot and cold cognition, the author identifies four fundamental habits and routines that lay the foundation for a healthy embodied mind and mindful body and thus are essential for developing peak performance and success. He explains how these training methods are practical applications of ancient wisdom from Zen and Taoist traditions, such as *wu-wei*, as well as how they are supported by recent medical research. Building on the four fundamentals, he offers practices for cultivating physical and mental intelligence, fasting the mind, and harnessing creativity to achieve your desires.

Gregory explains how, with regular practice, we can use the four fundamentals to create masterpiece days. And, as the masterpiece days compound, you build an unstoppable momentum where success is inevitable.

Jason Gregory is a teacher and international speaker specializing in the fields of Eastern and Western philosophy, comparative religion, metaphysics, and ancient cultures. For many years he has lived in Asia studying the spiritual traditions and meditative practices of Buddhism, Hinduism, and Taoism, visiting some of the most remote places in the world. The author of several books, including *Fasting the Mind* and *Effortless Living*, he divides his time between Asia and Australia.

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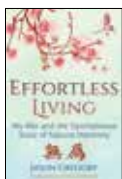
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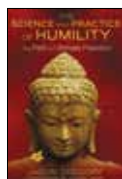


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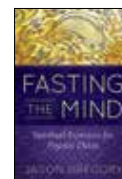
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Cannabis for Couples

Enhance Intimacy and Elevate Your Relationship

JOHN SELBY

A step-by-step guide for using cannabis to deepen relationships emotionally, sexually, and spiritually

- Explains the difference between getting high alone and as a couple and explores what happens from a psychological and neurological perspective
- Offers techniques to maximize the effects of being high, facilitate bonding, and resolve relationship issues, plus how to use cannabis as an aphrodisiac
- Examines marijuana's effects on the chakras, including its impact on the heart chakra, and how to harness these effects to expand consciousness

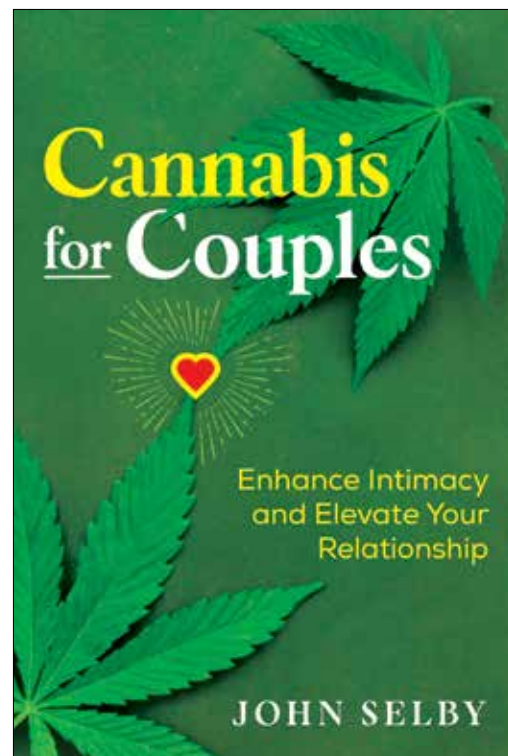
When couples enjoy cannabis together in the proper set and setting, the experience can deepen relationships through honest sharing and compassionate bonding, as well as boosting sexual pleasure, emotional growth, and spiritual togetherness.

In this step-by-step guide to harnessing the benefits of getting high together, psychologist John Selby explores how to use cannabis as a powerful and effective path to strengthen your relationship and nurture your intimate life. Drawing on his own NIH brain research on the emotional impact of psychoactive chemicals, he explains the difference between getting high alone and as a couple and examines from a psychological and neurological perspective what happens when you get high. Revealing the seven primary types of inner experience and outer behavior stimulated by THC, the author shares stories from his four decades of practice as a couple's therapist, discussing the power of THC and other cannabinoids to help heal emotional wounds and boost intimacy—and how to determine if using cannabis together is right for you and your partner.

The author explains how to properly prepare for a cannabis session and how to use breath, meditation, and other focusing techniques to deepen the effects of being high and facilitate bonding. He reveals how cannabis-assisted relating can not only deepen relationships but also help to heal anxiety, depression, and PTSD. This book also explores the use of cannabis for sexual pleasure and how the “muse of marijuana” can serve as an inner therapist to work out relationship issues. Shared laughter and emotional freedom are likewise encouraged. Selby also explores cannabis's energetic influence on the chakras and how to balance and integrate the seven energy centers together with your partner during a cannabis session.

Combining decades of counseling experience with scientific research, Selby encourages couples to enjoy recreational use and begin using cannabis as a unique tool for connecting as a couple and growing together emotionally, sexually, and spiritually.

John Selby is a psychologist and author of 30 books in 14 languages, with a degree in family counseling and pastoral psychology from UC Berkeley's Graduate Theological Union. A developer of numerous mindfulness programs, Selby researched psychedelics and meditation at the Bureau of Research in Neurology and Psychiatry. He has a private cannabis-assisted spiritual-counseling practice and lives in Santa Cruz, California.



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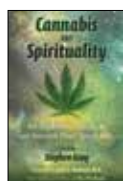
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Author
John Selby

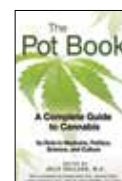
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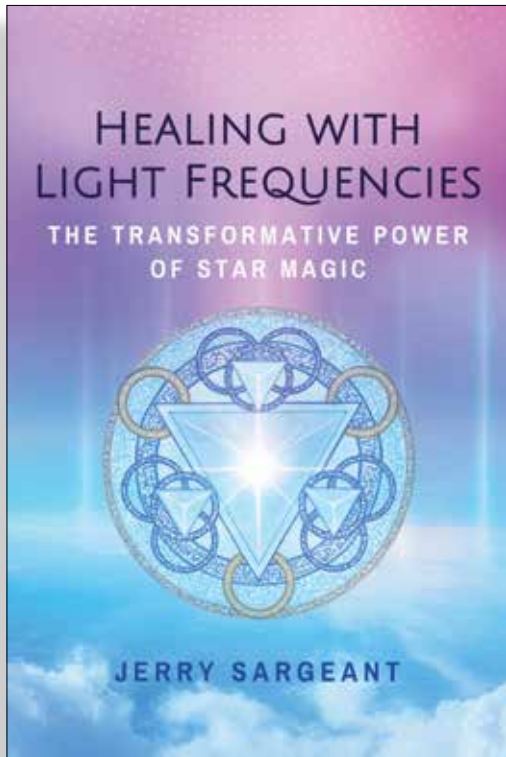
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JERRY SARGEANT

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- Illustrates holograph blueprints, pineal gland activation, and how to work with the Mer-ka-ba field to turbocharge your life, as well as many other powerful techniques

Star Magic Healing aligns you with high-vibrational Consciousness Codes and extraterrestrial light frequencies that expand your consciousness, shift your vibration, and speed up the healing process. Present on Earth in ancient Egyptian times, these Codes will transform your inner world and, in turn, upgrade your external reality. Through a series of major life events, Jerry Sargeant has reawakened this advanced soul technology and shares it here to help unleash the full potential of every living being.

Jerry reveals how to connect with and harness extraterrestrial light frequencies to energize, uplift, and consciously empower your own life, others, and the planet. The author shares practical Star Magic Healing tools with step-by-step illustrations as well as visualizations, exercises, and meditations to shift your vibration and bring about rapid healing that lasts. He discusses holographic blueprints, pineal gland activation, quantum knowledge, parallel realities, shadow parasites, and the impact of crystals and sacred geometry. Offering basic, intermediate, and advanced ways of healing, the author explains how to work at the cellular level, clearly demonstrating how advanced healing is readily available for everyone. Learn how to activate your Mer-ka-ba field and open up to infinite streams of abundance. Jerry also shares real-life case studies, recounting how he has used high-vibrational light frequencies to successfully remove tumors, restore eyesight, heal hearts and relationships, and supercharge businesses for massive success.

Star Magic offers an opportunity to heal at the deepest levels and find alignment with your life purpose. Star Magic Codes of Consciousness will connect you to the frequency of unconditional love, unleashing colossal inner wisdom and super-heightened awareness that enable you to manifest your perfect reality quickly. We each have the ancient power to heal and transform within us, and Star Magic offers the key to unleashing this power.

Jerry Sargeant, the founder of Star Magic Healing, is a powerful motivational speaker renowned for healing people by creating rapid shifts within them and transforming their lives on the mental, physical, emotional, and spiritual planes. He discovered the ability to heal after a serious car accident, which led him to embark on a spiritual journey where he was introduced to the most powerful healing frequency on Earth. He travels the globe, speaking, healing, and training others in Star Magic. He lives in Cheltenham, England.


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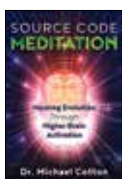
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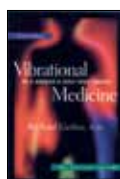


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Deva

Our Relationship with the Subtle World

JACQUELYN E. LANE

An in-depth introduction to the Deva Kingdom and our relationship with Deva

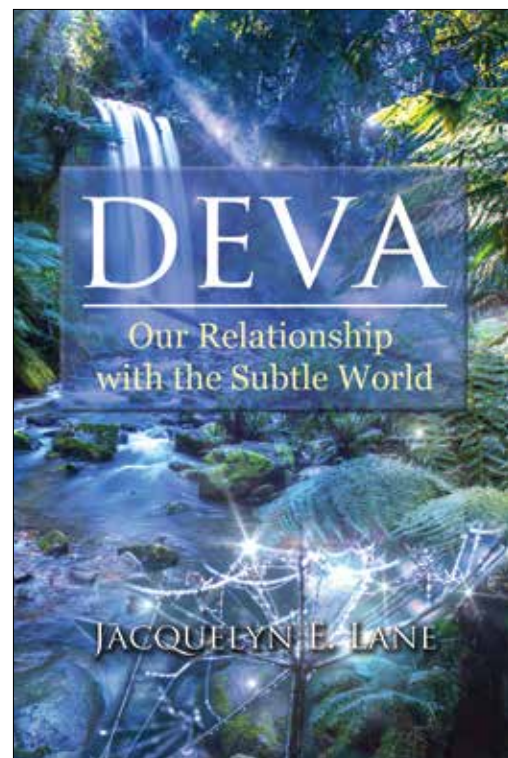
- Explores how we partner with Deva in our everyday lives to evolve both our kingdom and theirs
- Explains the hierarchy of the Deva kingdom, from elementals and nature spirits to higher angelic Deva and every level in between
- Offers suggestions on how to communicate with the Deva of trees and plants as well as the angelic kingdom
- Shares the author's personal experiences with Deva around the world

Nature spirits, faeries, gnomes, and their higher angelic counterparts who overlight landscapes, mountains, rivers, and plants have held a fascination for people worldwide for countless generations. The Deva kingdom is essentially the world's form builders, the symphony at the heart of Creation, yet Deva is so much more than the joyful beings that animate what we call Nature. We each have a very personal and direct relationship with Deva via our physical, astral, emotional, and mental elementals, but this connection has been forgotten or, at the very least, overlooked. When we partner with Deva in our everyday lives, we can help evolve both our kingdom and aspects of theirs.

Exploring the realm of Deva and our relationship with them, Jacquelyn E. Lane introduces us to the hierarchy of the Deva kingdom, from elementals and nature spirits to higher Deva and the levels in between. She examines the metaphysics that underlie their existence and how the energy of Deva is intrinsic to all that we experience. Deva is a Sanskrit word meaning "Being of Light," an appropriate name as Deva sing light out of the primordial darkness to create forms for Being. Sharing her personal experiences with Deva in many lands over four decades, the author investigates our relationship with Deva, in particular via the elementals of our human constitution, and how we can communicate with the Deva of trees and plants as well as the angelic kingdom. Through scientific discoveries and cultural traditions, we discover the impact we have on Deva and how we use and even "create" new forms of Deva via our inventions and collective activity. Jacquelyn also looks at the orchestrating function of higher Deva and the wider implications of our understanding of Deva, including the role of Deva in Pan consciousness—our increasing realization of the intricate matrix of life within and between all the kingdoms on Earth.

Offering not only an in-depth introduction to the world of Deva but also a glimpse of their wisdom, humor, and joy, this book reveals how we can begin to hear their complex song, find our own song, and work with the appropriate subtle layers of the Deva kingdom to grow and evolve.

A widely traveled New Zealander, Jacquelyn E. Lane is an artist and educator who has been involved in a broad range of metaphysical studies for nearly 50 years. She is the author and illustrator of *The Children of Gaia* and scribe of *This World of Echoes*.



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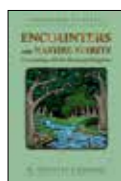
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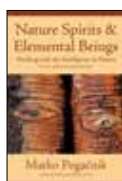
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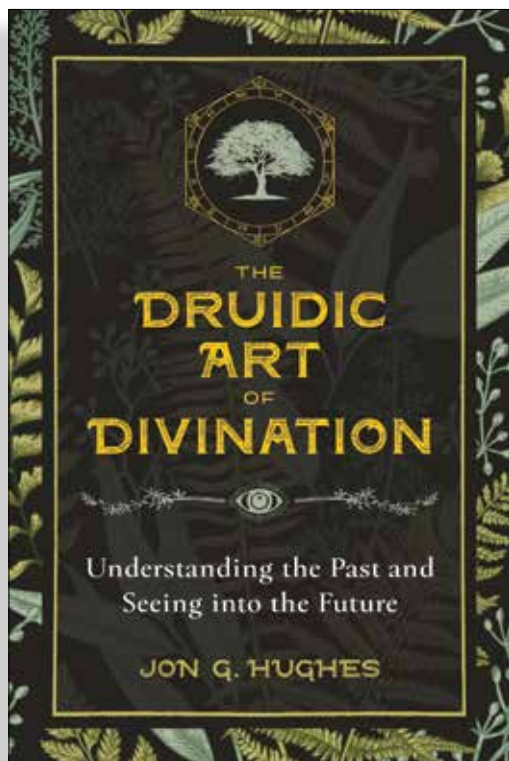
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The Druidic Art of Divination

Understanding the Past and Seeing into the Future

JON G. HUGHES

A complete guide to the techniques of the pre-Celtic Druids for understanding the past, present, and future

- Offers step-by-step instructions for a wealth of practices passed down across five generations of Welsh Druids
- Explains the three forms of divination used by the Druids: interpretive divination, such as reading the Sevens; inductive divination, such as reading the wind or smoke; and intuitive divination, whose tools include cup-stones and scrying mirrors
- Provides comprehensive instructions on how to craft and utilize your own magical instruments and tools, including botanical compounds, scrying wands, and slate *speculum vitae*

In this practical guide, Jon G. Hughes shares ancient secret Druidic techniques of divination passed down to him across five generations in an unbroken lineage of influential Welsh Druids.

Hughes explains the three forms of divination used by his tradition: interpretive divination, used by readers of the Sevens (small staves with engraved sigils); inductive divination, which includes instructions for reading the wind, reading smoke, and divination using water; and intuitive divination, whose tools includes cup-stones and slate mirrors for scrying. Providing step-by-step instructions for practices in each of the three forms, he offers a wealth of divinatory techniques and explains how to access the altered states of consciousness necessary to read time backward and forward. He also explores the crafting and use of all tools and mixtures the reader will need to perform each type of divination, including botanical compounds, scrying wands, and a slate *speculum vitae*, the “mirror of life.” He reveals how the prime function of divination in this school of Druidic lore is to gain insight into past, present, and future events through a process of internalizing them, akin to empathy, and then interpreting them.

By providing an understanding of pre-Celtic beliefs and clear instructions for Druidic practices, Hughes offers each of us the opportunity to begin our own practical experimentation and journey of discovery into the ancient art of Druidic divination.

Jon G. Hughes is part of a lineage of Druids that has been practicing for five generations in a remote area of Wales. He teaches the tradition at his home in Ireland and gives workshops and seminars throughout Europe under his Welsh Druidic name, Cynon. He is the director of the Irish Centre for Druidic Practices and the author of *A Druid's Handbook to the Spiritual Power of Plants* and *Sexual Practices of the Druids*. He lives in Killarney, County Kerry, Ireland.



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Living Souls in the Spirit Dimension

The Afterlife and Transdimensional Reality

CHRIS H. HARDY, Ph.D.

An examination of our consciousness's ability to pass between dimensions, both in life and after death, and how to communicate with spirits

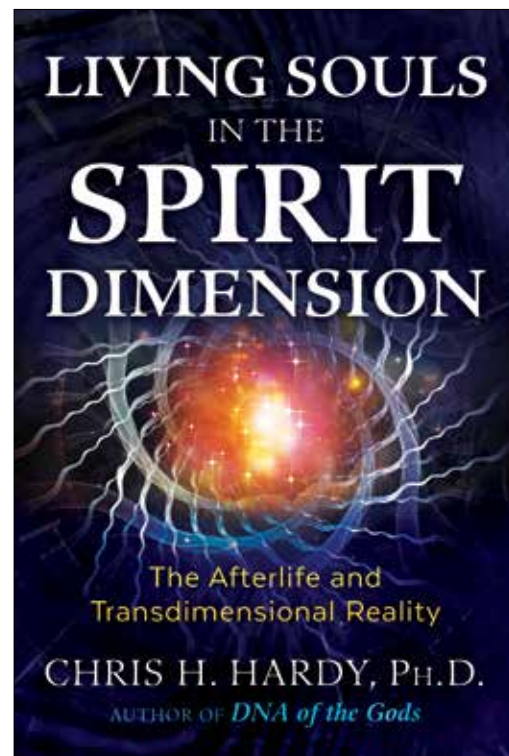
- Reveals that all beings exist simultaneously in the material dimension and in the soul hyperdimension and that our consciousness transcends death
- Provides evidence that the deceased keep in contact with their loved ones and are able to visit them as apparitions, give them advice, and protect them
- Offers rigorous scientific analysis of paranormal occurrences, including evidence of life after death, house spirits, near-death and out-of-body experiences, and communication with the souls of the deceased

In this exploration of consciousness, after-death communication, and the validity of near-death and out-of-body experiences, Chris H. Hardy, Ph.D., a former researcher at Princeton's Psychophysical Research Laboratories, reveals that all beings exist simultaneously in the material dimension and in the soul hyperdimension. During life, we can access the soul hyperdimension through heightened states of consciousness and dreams. After death, we cease to physically exist, but our consciousness continues on in the hyperdimension as a living soul, a complete personality able to perceive and even affect the material world.

Through rigorous scientific analysis of psi experiences and surveys, the author shows that the deceased keep contact with the living by visiting them as apparitions, protecting them from harm, and even interceding to solve family problems or resolve their own unfinished business. She details her own psi and spiritual experiences, such as interactions with a house spirit, clairvoyance in lucid dreams, and her decades of communication with the souls of the deceased, including her own parents and scientific geniuses, and provides empirical evidence to support their reality. Moreover, Hardy offers tested methods for gaining access to the soul dimension and explores what can be accomplished there, including communicating with those who exist beyond our own matter world.

Sharing her breakthrough understanding of the soul dimension as a hyperdimension pervading the universe, where our consciousness lives on after physical death, Hardy shows that we are all transdimensional beings and that the living souls of the spirit dimension welcome our interaction.

Chris H. Hardy, Ph.D., holds a doctorate in ethno-psychology. A cognitive and systems scientist and former researcher at Princeton's Psychophysical Research Laboratories, she has spent decades investigating nonlocal consciousness. The author of many research papers and several books, including *DNA of the Gods* and *The Sacred Network*, she lives in France.



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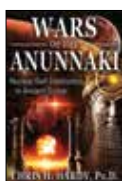


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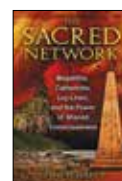
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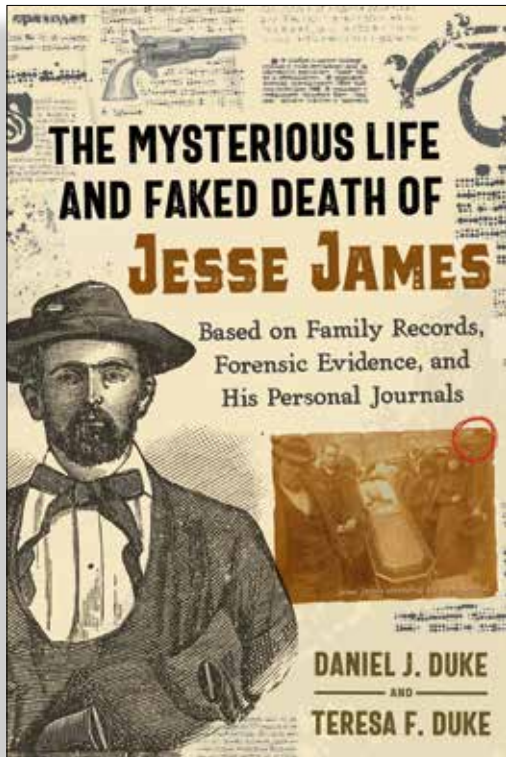
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The Mysterious Life and Faked Death of Jesse James

Based on Family Records, Forensic Evidence, and His Personal Journals

DANIEL J. DUKE and TERESA F. DUKE

A deep investigation into historical documents that prove the notorious outlaw Jesse James faked his own death

- Presents the legend of Jesse James and counters it with the real story, based on family records
- Provides photographic evidence, a journal of Jesse James's, and historical records that prove James faked his death, verified by experts and civic authorities
- Debunks the 1995 DNA test results of James's supposed remains

The story of the notorious outlaw Jesse James's assassination at the hands of Robert Ford has been clouded with mystery ever since its inception. Now, James's great-great-grandchildren Daniel and Teresa Duke present the results of more than 20 years of exhaustive research into state and federal records, photographs, newspaper reports, diaries, and a 1995 DNA test in search of the truth behind Jesse James's demise.

Explaining how the accepted version of the history of Jesse James is wrong, the authors confirm their family's oral tradition that James faked his own death in 1882 and lived out his remaining days in Texas. They methodically unravel the legend surrounding his death, with evidence vetted by qualified experts and civic authorities. They share the journal of their great-great-grandfather, kept from 1871 to 1876 and verified to be written in James's handwriting. They reveal forensically confirmed photographs of James before and after his supposed killing, including one of James attending his own funeral. Examining James's life both before and after his faked death, they provide an account of where he lived and who he associated with, including his interactions with secret societies. They compare the contradictory newspaper reports of James's death with accounts by his family and associates, which support that the man buried as James was actually his cousin, and reveal how James tricked authorities into believing he had been killed.

Further supporting their claim, the authors debunk the DNA test results of the exhumation of James's body in 1995. The Dukes detail the ways in which the test was fraudulent, an assertion supported by the deputy counselor for Clay County at the time of the testing. Backed by a wealth of evidence, the descendants of Jesse James conclusively prove what really happened to America's Robin Hood.

Daniel J. Duke grew up surrounded by stories of lost outlaw treasures and his famous great-great-grandfather, Jesse James. For more than two decades, he has researched historical records to solve the mysteries surrounding his family's past. He lives in Texas. Teresa F. Duke has spent more than 20 years investigating the truth about Jesse James, her great-great-grandfather, including handwriting analysis, genealogical history, and assisting her mother compile materials for three books on Jesse James. She lives in Texas.



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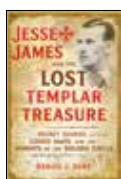


Author
Daniel J. Duke



Author
Teresa F. Duke

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Daniel J. Duke
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Primal Wisdom of the Ancients

The Cosmological Plan for Humanity

LAIRD SCRANTON

Examines how the similarities of symbols and wisdom across many cultures point to an ancient civilizing plan and system of ancient instruction

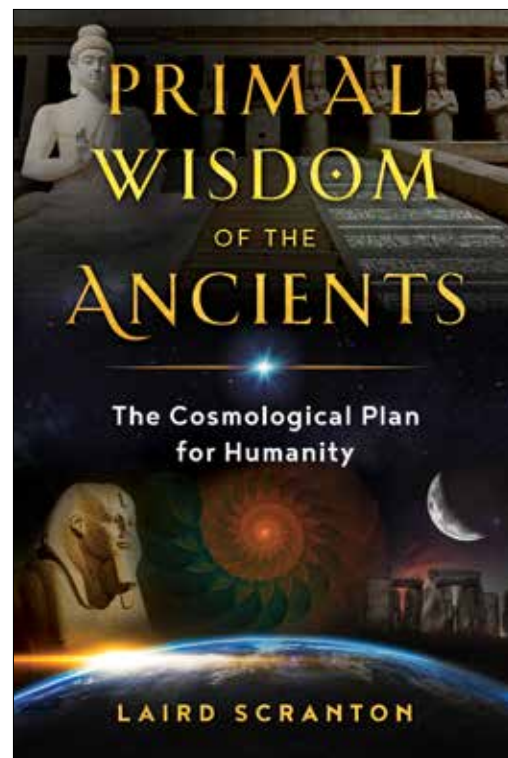
- Reveals the shared cosmological knowledge of Dogon and Maori cultures, ancient Egypt, Gobekli Tepe, Vedic India, the pre-Indian Sakti civilization, Buddhism, the Tibetan Bon religion, and the kabbalistic tradition of the Hebrews
- Explores symbols and techniques used to frame and preserve instructed knowledge as it was transmitted orally from generation to generation
- Explains how this shared ancient knowledge relates to the precessional year and the cycles of time known as the yugas

Exploring the mystery of why so many ancient cultures, separated by time and distance, share remarkably similar cosmological philosophies and religious symbolism, Laird Scranton reveals how this shared creation tradition upholds the idea that ancient instruction gave birth to the great civilizations, each of which preserves fragments of the original knowledge.

Looking at the many manifestations of this shared cosmological knowledge, including in the Dogon and Maori cultures and in ancient Egypt, Gobekli Tepe, Vedic India, Buddhism, the Tibetan Bon religion, and the kabbalistic tradition of the Hebrews, Scranton explores the thought processes that went into formulating the archetype themes and metaphors of the ancient symbolic system. He examines how commonly shared principles of creational science are reflected in key terms of the ancient languages. He discusses how the primal cosmology also transmitted key components of sacred science, such as sacred geometry, knowledge of material creation, and the nature of a nonmaterial universe—evidence for which lies in the orientation of ancient temples, the drama of initiations and rituals, and countless traditional myths. He analyzes how this shared knowledge relates to the precessional year and the cycles of time known as the yugas. He also explores evidence of the concept of a nonmaterial twin universe to our own—the “above” to our “below” in the famous alchemical and hermetic maxim.

Through his extensive research into the interconnected wisdom of the ancients, Scranton shows that the forgotten instructional tradition at the source of this knowledge was deliberately encoded to survive for countless generations. By piecing it back together, we can discover the ancient plan for guiding humanity forward toward greater enlightenment.

Laird Scranton is the author of a series of books on ancient cosmology and language, including *The Science of the Dogon* and *Point of Origin*. He has presented at conferences throughout the United States and is a frequent guest on radio shows such as *Coast to Coast AM*, *Fade to Black*, and *Midnight in the Desert*. He lives in Albany, New York.



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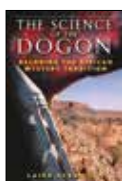
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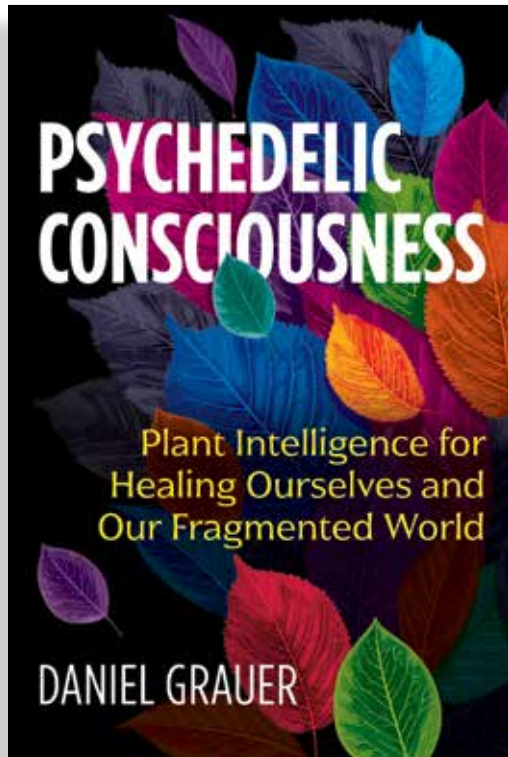
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Psychedelic Consciousness

Plant Intelligence for Healing Ourselves and Our Fragmented World

DANIEL GRAUER

An examination of the use of psychedelics for understanding ourselves, connecting with the world around us, and enacting outer change through inner transformation

- Explores sacred tools and technologies to help us reestablish a lost ideology of unity, with a specific focus on natural plant/fungi psychedelics
- Looks at the history of psychedelics and their role in facilitating natural intelligence's ability to increase itself through ongoing analysis of its own experience
- Provides guidelines for safely using natural plant/fungi psychedelics and integrating them into society to access unified consciousness and restore balance to our world

Our ecological, social, and political issues all stem from the ideologies that drive our collective actions. In contrast to our innate humanity, which is rooted in unity, these ideologies have led us to believe that we are separate from each other, separate from nature, and separate from the results of our actions. Such a worldview encourages individuals to maximize self-interest, which then causes fragmentation, conflict, pollution, and the depletion of natural resources. Offering practical steps that we can take to heal ourselves and our fragmented world, author Daniel Grauer explores the use of sacred tools and technologies, such as natural psychedelics, meditation, and yoga, in order to reestablish an ideology of unity, work in symbiotic harmony with the Earth, and restore our world as a sustainable and prosperous whole.

Grauer explains how individuals—and by extension societies—benefit from safely accessing transcendent states of consciousness, such as those provided by psychedelics. He explores how psychoactive substances have been used throughout history all over the world for healing, personal growth, spiritual development, and revealing hidden truths, such as in the Eleusinian Mysteries, Soma practices in Vedic India, and rituals in several South American indigenous cultures. Drawing on the plant intelligence work of Paul Stamets and Stephen Buhner, Grauer shows that the growth of individual and collective intelligence is hindered by the prohibition of psychedelics, which naturally foster humanity's capacity for analysis, innovation, and cooperation. In addition to creating a sense of unity with all things, psychedelics offer the mind a new perspective from which to analyze its experience and heighten its awareness. Drawing on his own experience and research, Grauer provides guidelines for how to safely use natural plant/fungi psychedelics in order to access the unified consciousness of our ancestors and induce the states of awareness we need to restore natural harmony to our world.

Daniel Grauer has spent the past fourteen years exploring experiential philosophy, psychology, spirituality, and ecology. He gives talks and teaches workshops on using psychedelics for individual and collective betterment, basic foraging and medicine making, expanding human potentiality, and universal spirituality. He lives in Brooklyn, NY.

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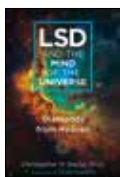
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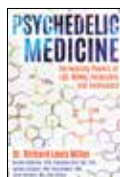
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Sacred Energies of the Sun and Moon

Shamanic Rites of Curanderismo

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

A practical guide to ancient Mesoamerican solar and lunar rites for healing and transformation

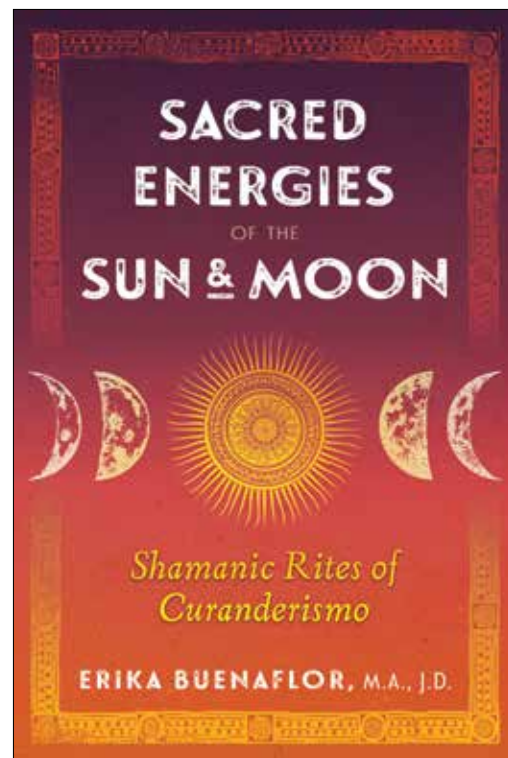
- Details shamanic rituals and practices for each period of the day, including dawn, sunrise, noon, sunset, and midnight, to best harness the energies of the sun, night sun, and moon for specific purposes, such as divination, journeying with animal spirit guides, or spiritual wisdom
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- Explores how nighttime energies are affected by the phases of the moon, offering specific practices for each phase

Ancient Mesoamerican shamans and modern practitioners of curanderismo—a Latin American shamanic healing practice—divide each day and night into distinct periods based on the sacred rhythms of the sun and moon, with each time offering opportunities to connect with specific celestial energies for healing and transformation.

In this hands-on guide to working with the sacred energies of the sun, night sun, and moon, curandera Erika Buenaflor details the rites, rituals, and deities for each part of the day and night and explores the sacred tools and techniques used by ancient Mesoamerican shamans for harnessing solar and lunar energies. She explains how the sun is the source of soul energy that heals, animates, strengthens, and revitalizes us on many levels, while night energies are transformative and conducive for connecting with nonordinary realms. She explores rituals for dawn, sunrise, and midmorning to harness the energies of creation and new beginnings; for noon and afternoon to promote peak strength and spiritual wisdom; for sunset and dusk to bring about transformation, perform divination, and journey with animal spirit guides; and for midnight and predawn to facilitate shamanic dreamwork, connect with the ancestors, make offerings, and regenerate at the deepest levels. She also explores how nighttime energies are affected by the phases of the moon and offers specific practices for each phase.

By intentionally tuning our activities to the rhythms of the sun and moon, we can invite in their sacred energies of abundance and healing for more healthy, creative, mindful, and happy lives.

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



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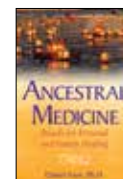
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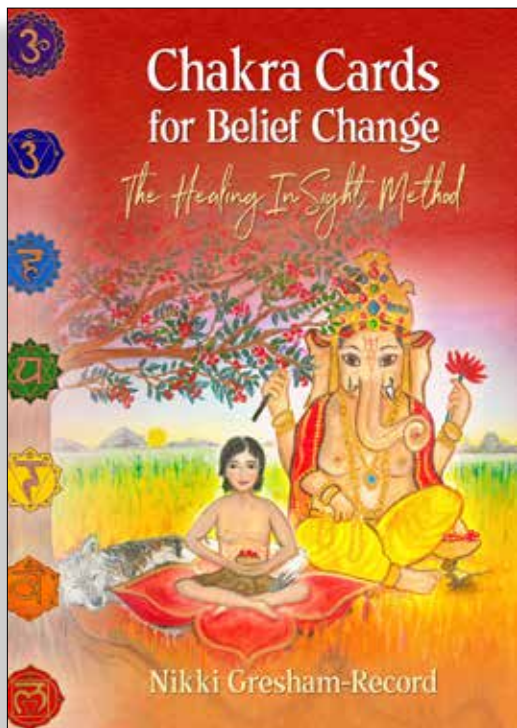


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Chakra Cards for Belief Change

The Healing InSight Method

NIKKI GRESHAM-RECORD

A transformative card deck and guidebook for creating positive change using high-vibration chakra imagery and belief affirmations

- Includes 56 full-color cards, each featuring a main chakra image or chakra-aspect image along with chakra-related beliefs and affirmations for energetic realignment
- The accompanying guidebook describes how to use the cards for therapeutic guidance and inspiration or as part of the Healing InSight Method for belief change
- Explains how to select cards to identify the beliefs we need to work on or to help us become a vibrational match with the belief or life experience we desire

A card deck and therapy tool in one, *Chakra Cards for Belief Change* offers 56 full-color cards to assist you in transforming your unhelpful beliefs and raising your vibration to begin creating the reality you desire. The cards feature high-vibration, full-color chakra images to use as tools for therapeutic guidance as well as for positive manifestation. Energy therapist and psychologist Nikki Gresham-Record explains how unhealthy beliefs can take root within the chakras, causing energetic blockages that affect us emotionally, mentally, and spiritually. She channeled 28 beliefs for each chakra, which can be transformed using the chakra cards and the Healing InSight Method described in the accompanying guidebook.

Containing 8 different cards for each chakra, the deck includes a main chakra image card along with 7 chakra aspect cards. Through contemplation of the chakra art and the related beliefs and affirmations on each card with the Healing InSight Method, the deck can be used to energetically realign our beliefs, clear the chakras, and steer the mind in the direction of healthy thoughts, feelings, and experiences. If we know that we are stuck but don't know how to move forward, cards can be selected through muscle testing or divination to identify the next steps in becoming unstuck. We can then raise our consciousness and redirect ourselves toward empowerment, love, and freedom.

Used for inspiration or guidance, the cards highlight specifically where people need to focus in order to turn challenges into growth experiences. When ready to move beyond "what is," the chakra cards and Healing InSight Method can be used to create vibrational alignment with beliefs of our choosing, reprogram the subconscious mind, and set us on the path toward a happier, healthier, and more harmonious life.

Nikki Gresham-Record is one of the UK's leading spiritual healers as well as a chartered counseling psychologist and teacher of Reiki and Qigong. She developed her Healing InSight Method for belief change by drawing on her professional background and her interest in vibrational-emotional healing and the power of belief. She works with a broad client base as well as facilitates workshops. The author of *Working with Chakras for Belief Change*, she lives with her family in Midhurst, West Sussex, UK.



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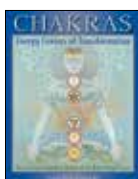
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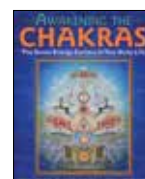
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Classic Tales from India

How Ganesh Got His Elephant Head and Other Stories

VATSALA SPERLING, Ph.D., and HARISH JOHARI

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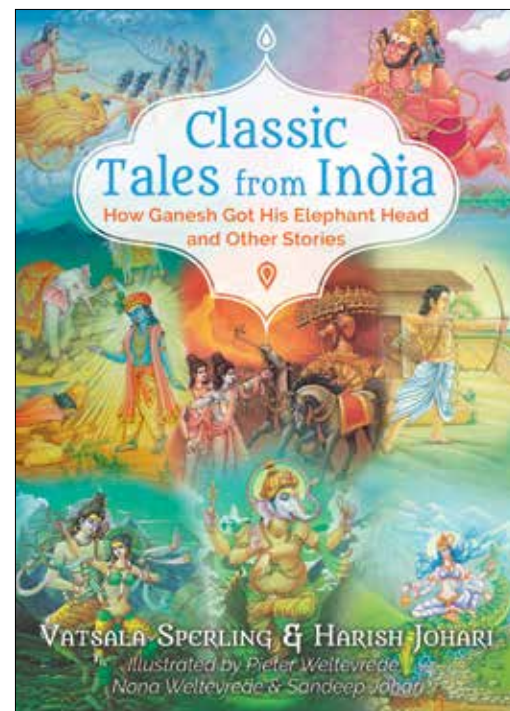
Eight beautifully illustrated traditional stories that immerse the reader in the ancient culture of India as well as impart important life lessons

- Shares classic tales from India, including stories drawn from the *Mahabharata*, the *Ramayana*, and the *Puranas*, translated by the authors
- Illustrated throughout with glowing full-color paintings in traditional Indian style prepared according to the traditional Hindu canon

With this full-color illustrated collection of classic tales from India, you will learn about the playful, loyal, strong, loving, and wise gods, goddesses, and heroes of India. You will discover how the deity Ganesh, the remover of obstacles, got his elephant head, how the goddess Parvati won the heart of the great god Shiva, and how the goddess Ganga came to Earth from Heaven in the form of the holy Ganges River. You will discover how Krishna's childhood as superhero and mischievous boy prepared him to fulfill his destiny as an avatar of the god Vishnu. In two tales drawn from the *Ramayana*, you will learn about prince Ram and his victory over the ten-headed demon king Ravana and how the monkey-god Hanuman moved a medicine mountain to save Ram's brother. In two stories from the famous epic the *Mahabharata*, you will discover how Karna became the greatest archer in the world to help good triumph over evil and how Arjuna compassionately fought his own cousins to bring peace to the kingdom of Hastinapur.

The glowing illustrations, executed in transparent watercolors and tempera paints, are done in a centuries-old method traditional to India. Richly detailed, they bring to life the colorful cast of characters—humans, gods, and demons alike—and allow the reader to become immersed in the mystical world of ancient India.

Vatsala Sperling, Ph.D., a native of India, learned these stories at her mother's feet and enjoys introducing them to children of the Western world. She lives in Vermont. Harish Johari (1934–1999) was a painter, sculptor, and composer of Indian music. He authored many books that bring Eastern spiritual traditions to Western audiences, including *Chakras: Energy Centers of Transformation*. Pieter Weltevrede is an artist who began his studies with Harish Johari in 1977 and also studied with Shri Chandra Bal. He lives in Holland. Nona Weltevrede got in touch with Indian culture at a young age by watching his father, Pieter, and his mentor, Harish Johari, paint. He lives in Buren, Holland. Sandeep Johari was raised by his uncle Harish Johari, who taught him classical Indian painting. He lives in New Delhi, India.



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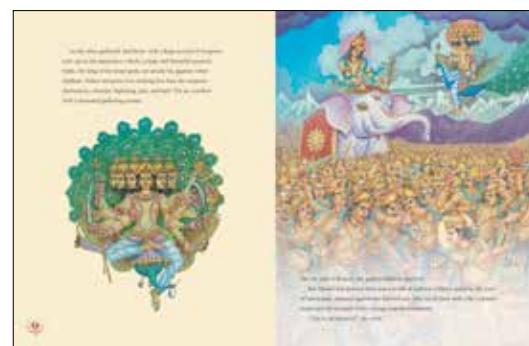
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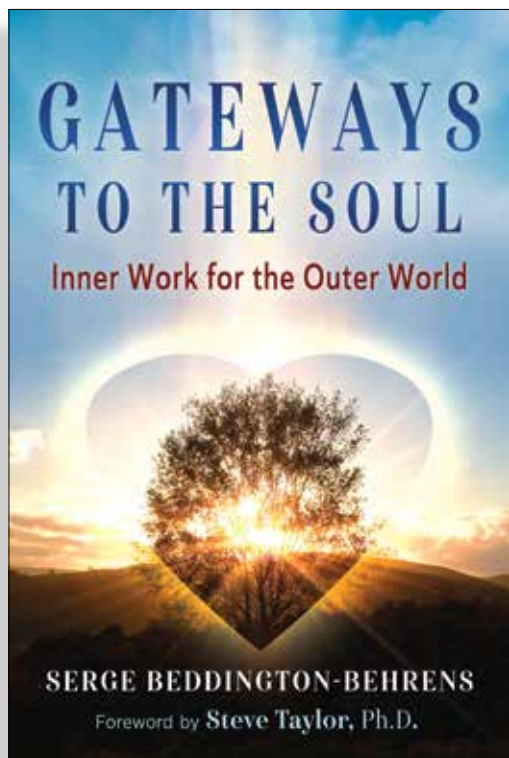
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Gateways to the Soul

Inner Work for the Outer World

SERGE BEDDINGTON-BEHRENS

A guide on how to live more soulfully and, in so doing, transform yourself and the planet

- Explores the connections between healing your personal wounds and healing the planet
- Explains how embracing unitive qualities such as love, friendship, joy, courage, forgiveness, and truth, as well as facing your Shadow sides and confronting world evil, enables you to move through important gateways leading to soul
- Offers a variety of transpersonal exercises, meditations, and guided visualizations

Humanity is in a great crisis of soul today, but there is also much good will around. As a species, we are challenged to start embracing a new story, one that enables us to be less greedy and materialistic and to espouse peace not war, kindness not cruelty, and heart as opposed to indifference. What we need is to bring more soul into the world.

In this guide about engaging in inner work to bring change into the world, Dr. Serge Beddington-Behrens reveals how the healing of our personal wounds combined with the growing of our soul life leads us directly to the addressing of world problems. Sharing inspirational stories from his own personal journey of becoming a transpersonal psychotherapist, shaman, and activist, he shows you how, by transforming your inner world, you begin creating important positive ripples that reverberate around all areas of your outer one.

The exercises and meditations he has devised will not only help you heal and become more fully human but also enable you to bring a very different kind of awareness—a sacred awareness—into all areas of your everyday life. Not only will this enable you to experience more joy and meaning as you increasingly disconnect from the clutches of the system, but you will also find yourself opening your heart, reclaiming your personal power, bringing in new myths for humanity to live by, and gradually shifting away from being part of the problems in the world to becoming a core part of their solution.

Dr. Serge Obolensky Beddington-Behrens, MA (Oxon.), Ph.D., K.S.M.L., is an Oxford-educated transpersonal psychotherapist, shaman, activist, and spiritual educator. In 2000 he was awarded an Italian knighthood for services to humanity. For forty years he has conducted spiritual retreats all over the world. In the 1980s, he cofounded the Institute for the Study of Conscious Evolution in San Francisco. The author of *Awakening the Universal Heart*, he divides his time between London and Mallorca.



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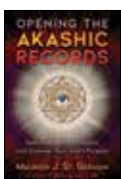


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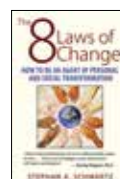
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Remote Healing

Nonlocal Information Medicine and the Akashic Field

MARIA SAGI, Ph.D.

Introduction by ERVIN LASZLO

A practical guide to the Sagi method of healing across space and time

- Shows that we can interact with the Akashic information field to diagnose and treat illnesses nonlocally and that the effects are controllable and verifiable
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- Shares the author's development of her method, including stories of successful remote healings and her interactions with pioneers such as Erich Körbler

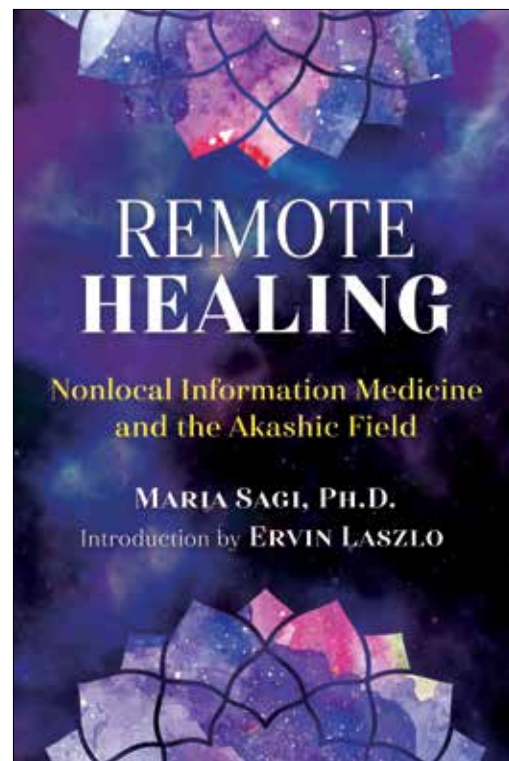
Remote healing is healing over space and time. Often called “nonlocal healing,” it is no longer a magical occurrence or a mysterious technique reserved for powerful shamans. Remote healing has moved from magic to science, and it can be learned.

In this practical guide to the Sagi method of information medicine, Maria Sagi, Ph.D., reveals that nonlocal healing is a quantum science that works through the transmission of information and that its effects can be controlled and verified. Drawing on the Akashic information field of Ervin Laszlo, she explains that the universe is not a mechanical system composed of matter—it operates like an overarching network that runs on and is connected by information. Cosmic information “in-forms” and underlies the whole physical world, including the human body. Sharing stories of successful remote healings she facilitated and her interactions with pioneers Erich Körbler, Gordon Flint, and Franz Stern, Sagi shows that we can access the Akashic information field to diagnose illnesses, treat symptoms, and heal the causes of disease, whether we are in the same room as our patient or on the other side of the earth.

Moving beyond the theoretical to the practical, Sagi explains how to diagnose and treat someone with information and how to attune to the information emanating from the patient. She shares techniques for transferring healing information across space and time by using geometric symbols to treat acute illnesses and infections and reduce pain. The author also explores how to integrate information medicine with homeopathy and how to diagnose through photographs, through the chakras, and through morphic patterns in the Akashic information field.

Opening up a new dimension in the art and science of healing, Maria Sagi demonstrates that by working with the Akashic information field we can trigger the body's self-healing mechanisms and restore order to a person's energy and information systems.

Maria Sagi holds a Ph.D. in psychology from the Eötvös Loránd University of Budapest. The creator of the Sagi method of informational healing and diagnosis, she is the author of 12 books and more than 150 articles and research papers published in Hungarian and translated into English, French, German, Italian, and Japanese. The science director for the Club of Budapest, she lives in Budapest, Hungary.



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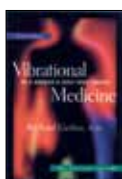
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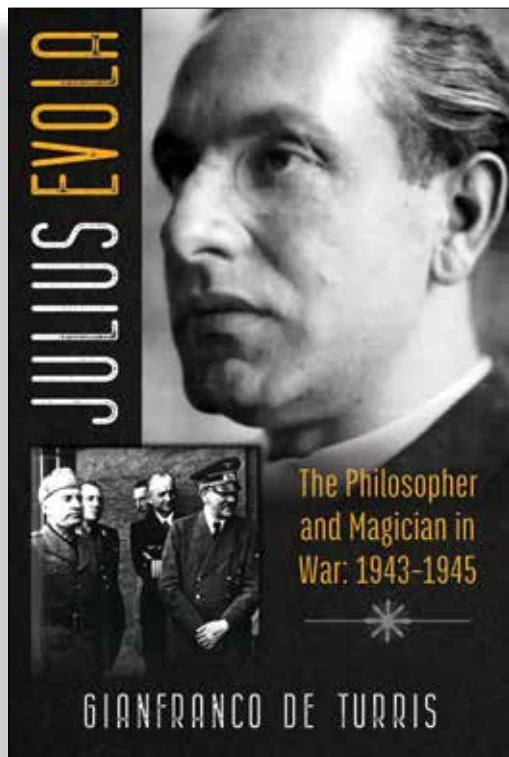
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Julius Evola

The Philosopher and Magician in War: 1943–1945

GIANFRANCO de TURRIS

An intimate portrait of Evola and his wartime activities that rebuts many of the Fascist pseudo-myths about him

- Traces the Baron's activities in Italy, Germany, and Austria during World War II
- Clarifies Evola's relations with Nazism and Fascism and reveals how he passionately rejected both ideologies because they were totalitarian
- Draws on personal conversations with those who knew Evola, new documentation never before made public, and letters from the Hakl and Scaligero archives

Baron Giulio Cesare Andrea Evola, known to the English-speaking world as Julius Evola (1898–1974), was an Italian philosopher, magician, painter, occultist, Orientalist, linguist, and champion mountain climber. Often considered a pillar of Neo-Fascist thought, Evola opposed Fascism and called himself a “radical traditionalist.”

In this exploration of Evola's inner and outer life from World War II into the early 1950s, Gianfranco de Turrís, who knew Evola when he was alive and is the executor of his estate, offers a new portrait of Julius Evola and debunks many of the pseudo-myths about his activities during the war. Drawing on personal conversations with those who knew him and new documentation never before made public, including letters from the Hakl and Scaligero archives, the author traces Evola's activities—including his time on the run and living under assumed names—in Italy, Germany, and Austria from 1943 into the mid-1950s. He shares a thorough account of the Baron's sojourn at Hitler's headquarters in Rastenburg, his work for the German secret military services, and his passionate rejection of the racial theories that were the core of Nazi ideology. The author outlines Evola's critiques of Fascism and Nazism and also explores Evola's disapproval of the Italian Social Republic because it was destroying traditional values in favor of modernity.

Detailing the Baron's occult and magical work during the war, de Turrís shows that the only thing Evola took with him when he escaped Italy was the UR Group papers, material that would later become the three-volume work *Introduction to Magic*. Sharing details from Evola's long hospital stays during and after the war, the author proves that the injury that led to Evola's paralysis was caused by an Allied bombing raid in Vienna and not, as rumor has it, by a sex magic act gone horribly wrong. The author shares photographs from the time period and the Baron's correspondence with René Guenon on the possibility of restoring the spiritual and magical power of an authentic Freemasonry.

Offering conclusive evidence that Evola was not part of the Nazi regime, de Turrís sheds light on the inner workings of this legendary occult figure and what Evola believed was the best approach for the magus to take in the modern world.

Gianfranco de Turrís is one of the foremost scholars on Baron Julius Evola. A journalist for both radio and television, he is the author of more than 20 books in Italian, both fiction and nonfiction, as well as many artistic and political essays. He has been awarded the Italian Prize for Science Fiction eleven times. He lives in Rome.



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Travels to the Afterlife and Other Fantastic Realms

Medieval Journeys into the Beyond

Introduced and Edited by CLAUDE and CORINNE LECOUTEUX

A collection of tales from the Middle Ages that reveal voyages to Heaven and Hell, the realm of the Faery, mystical lands, and encounters with mythic beasts

- Shares travelers' accounts of voyages into the afterlife, alarming creatures of unparalleled strangeness, encounters with doppelgangers and angels, chivalric romantic misadventures, and legends of heroes
- Explains how travelers' tales from the Middle Ages drew on geographies, encyclopedias, travel accounts, bestiaries, and herbals for material to capture the imagination of their audiences
- Includes rare illustrations from incunabula and medieval manuscripts

Heading off to discover unknown lands was always a risky undertaking during the Middle Ages due to the countless dangers lying in wait for the traveler—if we can believe what the written accounts tell us. In the medieval age of intercontinental exploration, tales of sea monsters, strange hybrid beasts, trickster faeries, accidental trips to the afterlife, and peoples as fantastic and dangerous as the lands they inhabited abounded.

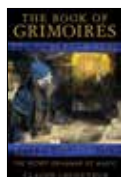
In this curated collection of medieval travelers' tales, editors Claude and Corinne Lecouteux explain how the Middle Ages were a melting pot of narrative traditions from the four corners of the then-known world. Tales from this period often drew on geographies, encyclopedias, travel accounts, bestiaries, and herbals for material to capture the imagination of their audiences, who were fascinated by the wonders being discovered by explorers of the time.

Accompanied by rare illustrations from incunabula and medieval manuscripts, the stories in this collection include voyages into the afterlife, with guided tours of Hell and glimpses of Heaven, as well as journeys into other fantastic realms, such as the pagan land of the Faery. It also includes accounts from travelers such as Alexander the Great of alarming creatures of unparalleled strangeness, encounters with doppelgangers and angels, legends of heroes, and tales of chivalric romantic misadventures, with protagonists swept to exotic new places by fate or by quest. In each story, the marvelous is omnipresent, and each portrays the reactions of the protagonist when faced with the unknown.

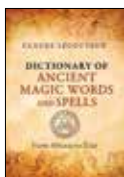
Offering an introduction to the medieval imaginings of a wondrous universe, these tales reflect the dreams and beliefs of the Middle Ages' era of discovery and allow readers to survey mythic geography, meet people from the far ends of the earth, and experience the supernatural.

Claude Lecouteux is a professor emeritus of medieval literature and civilization at the Sorbonne. He is the author of numerous books on medieval beliefs and magic, including *The Book of Grimoires* and *Dictionary of Ancient Magic Words and Spells*. Corinne Lecouteux is a translator specializing in tales and legends. They live in Paris.

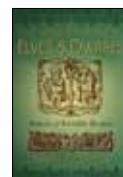
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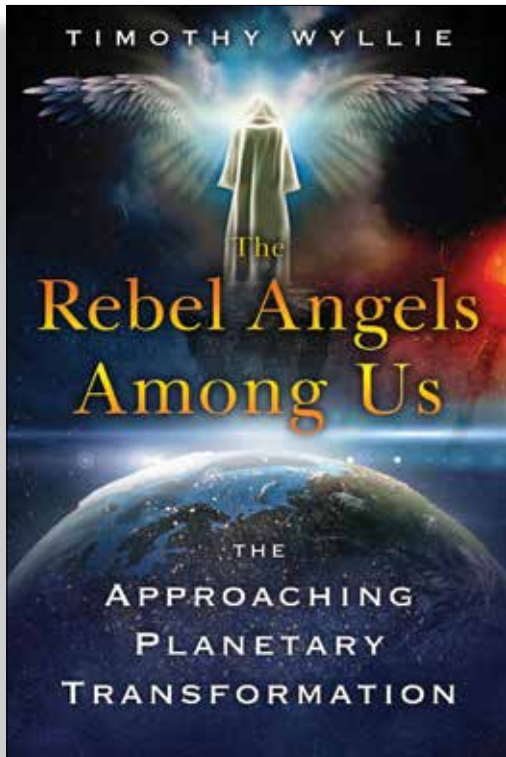
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Mythology



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The Rebel Angels among Us

The Approaching Planetary Transformation

TIMOTHY WYLLIE

Writing together with Timothy Wyllie, the angel Georgia details the events of Earth's ancient history during the fall of Atlantis

- Reveals, in detail, the devolution of Atlantean life during its society's decline, the calamities that enveloped the civilization, and the migration of this sophisticated culture to other areas of the planet
- Shares Georgia's travels to the planet Zandana, a world facing the same problems as Earth yet taking a very different approach to their resolution
- Exposes the supreme significance of Earth and how our planet is one of the worlds on which the rebel angels are reincarnating

An angel of Seraphic status, Georgia arrived on this world with the first of the celestial missions, over half a million years ago. During the angelic rebellion 203,000 years ago, which led to the quarantine of Earth and 36 other planets from the Multiverse, she aligned herself with Lucifer and the rebel angels. After the rebellion, Georgia was permitted to remain on this planet as a Watcher, making occasional side-trips to Zandana, a sister planet also under the thrall of the angelic rebellion. Writing together with Timothy Wyllie, Georgia provides her personal account of Earth during the fall of Atlantis as well as accounts of her trips to Zandana.

Georgia reveals, in detail, the devolution of Atlantean life during its society's decline, the calamities that enveloped the civilization, and the migration of this sophisticated culture to other areas of the planet. She shows how the fate of Atlantis ties in with the Lucifer Rebellion and also offers us understanding of where human civilization is now in contemporary times. Her travels to the planet Zandana reveal a world at the same stage of development and facing the same problems as Earth, yet taking a very different approach to their resolution. Through her revelations, Georgia exposes the supreme significance of Earth in the larger Multiverse context and also how our planet is one of the worlds on which the rebel angels have been accorded the privilege of a mortal incarnation. She describes how this unprecedented interspecies mutation—rebel angel incarnations—started in Atlantis in the eighth millennium.

Interwoven with Georgia's narrative are her observations of Timothy Wyllie's current and previous lives, including his involvement with the Process Church and his struggle to leave it. Georgia shares her words, in part, to awaken the 100 million rebel angels currently living their human lives, most unaware of their angelic heritage. She reveals how a mortal incarnation for a rebel angel is an opportunity to redeem their past and help prepare for the imminent transformation of global consciousness as the rebel-held planets, including Earth, are welcomed back into the Multiverse.

Trained as an architect, Timothy Wyllie (1940–2017) was a graphic artist and writer who specialized in the study of non-human intelligences, such as angels, ETs, and dolphins. He was the author of several books, including *The Return of the Rebel Angels*, *Confessions of a Rebel Angel*, and *Secret History of the Watchers*.

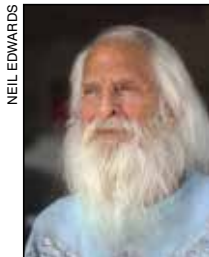


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Gemstone Guardians Cards and Your Soul Purpose

MARGARET ANN LEMBO

A deck and guidebook set to help you discover your life's work with the assistance of the inspiring gemstone guardians

- Includes 44 full-color cards, each with a soul purpose archetype and a vibrationally matching crystal as well as a question for contemplative thought, divine guidance, and a positive affirmation
- Includes an 80-page booklet with divination spreads and explanations of the archetypes, how their attributes relate to choices in one's life work, and how the matching gemstone amplifies certain attributes further
- Provides insights and understanding to support you in your soul purpose and encourages self-empowerment to propel you into fulfilling your sacred agreements with the Divine

Gemstone Guardians Cards and Your Soul Purpose presents a hands-on way to engage in discovering and deepening your soul purpose. The 44 two-sided cards have been specifically created to inspire thought from higher levels of awareness and help you answer questions like, "What is my soul purpose?" and "How can I live it more fully?"

Pairing an archetypal career expression with a vibrationally matching crystal, mineral, or stone to provide insight into and recognition of your unique path, each card offers a question for contemplative thought, divine guidance messages of hope, happiness, and well-being, and a positive affirmation. The accompanying booklet explains the soul purpose archetypes, how their attributes relate to choices in one's life work, and how the matching gemstone amplifies certain attributes further. The booklet explores how to work with intention, focused attention, and the laws of manifestation to activate the courage and confidence to do your life's work and encourages self-empowerment to propel you into fulfilling your sacred agreements with the Divine. It also provides a choice of spreads for divination and explores how life challenges and lessons are not blocks but stepping-stones to help you make a lasting contribution for peace and harmony.

These cards help shine light on the path to your soul purpose and reveal the gemstone guardians as your allies on the journey. You can also add these cards to angel communication sessions and tarot card readings for additional insight and direction. Pull a card a day for inspiration, or follow the divine guidance and repeat the affirmations to transform your reality and attract joy, wealth, health, protection, and happy relationships.

Designed to spark your creativity, courage, and innate knowledge, the *Gemstone Guardians Cards and Your Soul Purpose* deck helps empower you to step forward with confidence and realize your unlimited potential.

Margaret Ann Lembo is a noted speaker and author of several books and decks, including *The Essential Guide to Crystals, Minerals, and Stones* and *The Archangels and Gemstone Guardians Cards*. She is a spiritual practitioner, aromatherapist, and the owner of The Crystal Garden, a bookstore and spiritual center in Boynton Beach, Florida.

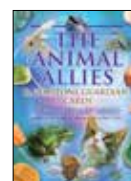
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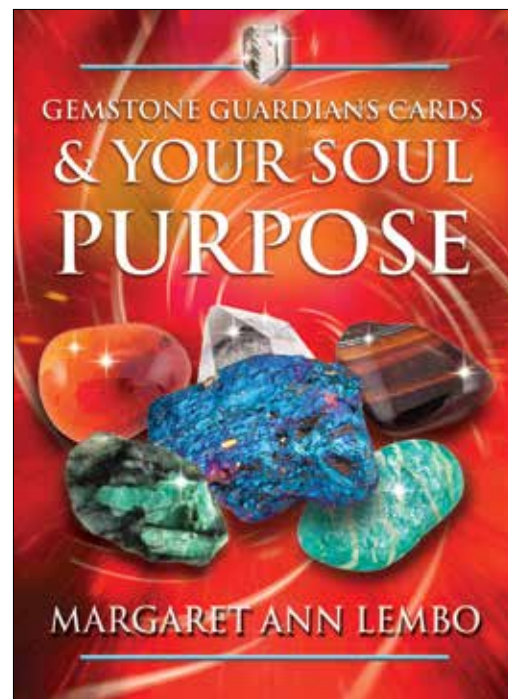
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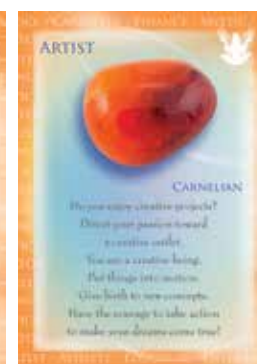
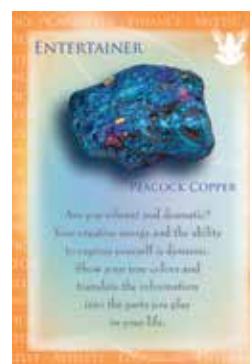
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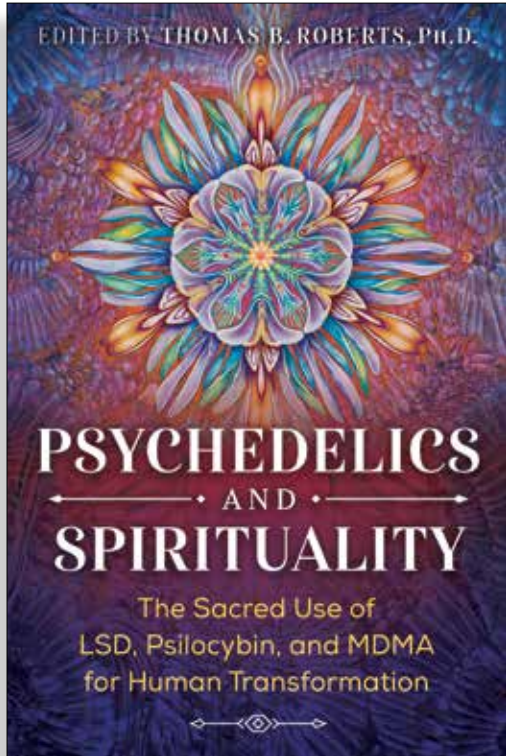
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Rights: World

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Psychedelics and Spirituality

The Sacred Use of LSD, Psilocybin, and MDMA for Human Transformation

Edited by THOMAS B. ROBERTS, Ph.D.

Reveals how psychedelics can facilitate spiritual development and direct encounters with the sacred

- With contributions by Albert Hofmann, Huston Smith, Stanislav Grof, Charles Tart, Alexander “Sasha” Shulgin, Brother David Steindl-Rast, and many others
- Includes personal accounts of Walter Pahnke’s Good Friday Experiment as well as a 25-year follow-up with its participants
- Explores protocols for ceremonial use of psychedelics and the challenges of transforming entheogenic insights into enduring change

Modern organized religion is based predominantly on secondary religious experience—we read about others’ extraordinary spiritual encounters with God but have no direct experience ourselves. Yet there exist powerful sacraments to help us directly experience the sacred, to help us seek out the meaning of being human and our place in the universe, and to help us see the sacred in the world that surrounds us.

In this book, more than 25 spiritual leaders, scientists, and psychedelic visionaries examine how we can return to the primary spiritual encounters at the basis of all religions through the guided use of psychedelics. With contributions by Albert Hofmann, Huston Smith, Stanislav Grof, Charles Tart, Alexander “Sasha” Shulgin, Brother David Steindl-Rast, Myron Stolaroff, and many others, this book explores protocols for ceremonial and spiritual use of psychedelics, including LSD, psilocybin, ayahuasca, and MDMA, and the challenges of transforming entheogenic insights into enduring change. It examines psychoactive sacraments in the Bible, myths surrounding the use of LSD, and the transformative ayahuasca rituals of Santo Daime. The book also includes personal accounts of Walter Pahnke’s Good Friday Experiment as well as a 25-year follow-up with its participants.

Dispelling fears of inauthentic spirituality, addiction, and ill-prepared encounters with the holy, this book reveals the potential of psychedelics as catalysts for spiritual development, a path through which faith can directly encounter God’s power, and the beginning of a new religious era based on personal spiritual experience.

Thomas B. Roberts, Ph.D., is professor emeritus at Northern Illinois University, where he taught the world’s first college-listed psychedelics course in 1981. A founding member of MAPS, former visiting scientist at Johns Hopkins, and author of *The Psychedelic Future of the Mind* and *MindApps*, he lives in Sycamore, Illinois.



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“This is an invaluable collection of presentations that dispels the fog about the multi-faceted relationships between psychedelic experiences and spiritual experiences, between faith and experience, and the intricate dance still going on between them.”

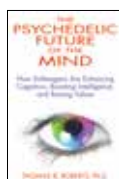
—James Fadiman, Ph.D., author of *The Psychedelic Explorer’s Guide*

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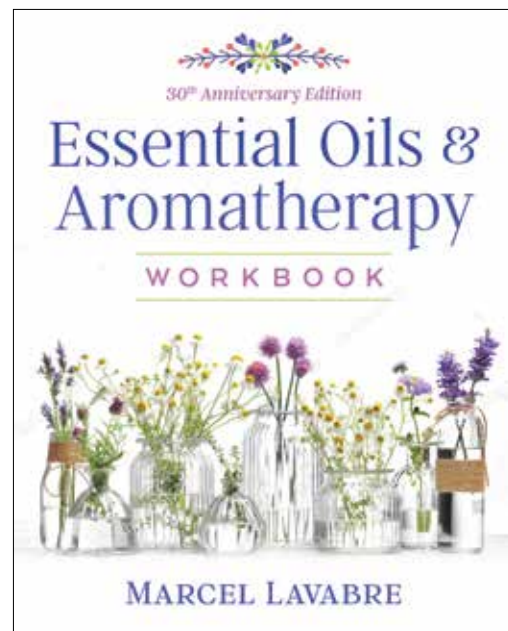
Updated throughout with recent research and the latest developments in the use of essential oils, this 30th-anniversary edition of Marcel Lavabre's classic *Aromatherapy Workbook* provides the most comprehensive practical guide to the history, folklore, science, and art of aromatherapy available today.

Examining the origins and applications of aromatics, from the mythical Queen of Sheba to René-Maurice Gatefossé, the author traces the medical, alchemical, and spiritual development of this healing art from classical civilizations up to the present. He explains the mysteries of the olfactory system and how this most ancient sensory system affects our moods, our emotions, and our sexuality. Illustrating the biochemistry of essential oils and how they work on the physical, energetic, emotional, mental, and spiritual levels, he explores more than 70 essential oils classified by botanical family, with detailed discussions of their specific actions. He shows how to use appropriate plant essences for beautifying, cleansing, and healing the body, as well as in massage, aromatic baths, ritual, and spiritual practice. He also addresses the controversy surrounding different methods of administration and explores in depth the risks, benefits, and safety guidelines for each technique.

Addressing the fundamental issues of purity and quality, the author discusses the various methods of extraction in detail and includes a special section devoted to the art of blending. He offers specific formulas for common disorders such as digestive and circulatory ailments, headaches, insomnia, and menstrual and sexual problems. Lavabre also includes extensive reference tables to provide the reader with concise information on each essential oil and its therapeutic uses.


This revised edition offers a perfect step-by-step guide for beginners as well as an ongoing reference for practicing aromatherapists.

Marcel Lavabre was born in southern France and since 1974 has been studying every aspect of aromatherapy production. He is the cofounder of the American Aromatherapy Association and founder and former president of Aroma Vera, one of the largest aromatherapy companies in the world. He lives in Baja California Sur, Mexico.



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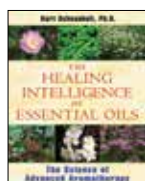
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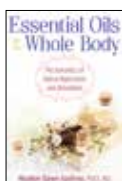
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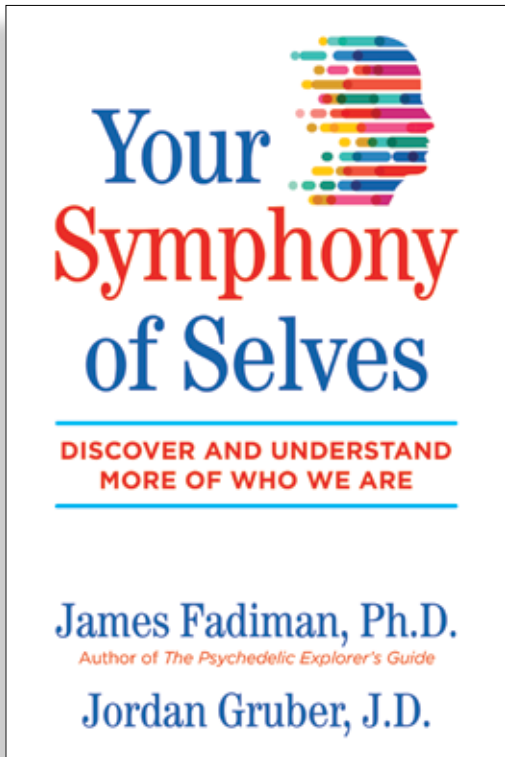
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Your Symphony of Selves

Discover and Understand More of Who We Are

JAMES FADIMAN, Ph.D., and JORDAN GRUBER, J.D.

Why you are a different you at different times and how that's both normal and healthy

- Reveals that each of us is made up of multiple selves, any of which can come to the forefront in different situations
- Offers examples of healthy multiple selves from psychology, neuroscience, pop culture, literature, and ancient cultures and traditions
- Explores how to harmonize our selves and learn to access whichever one is best for a given situation

Offering groundbreaking insight into the dynamic nature of personality, James Fadiman and Jordan Gruber show that each of us is comprised of distinct, autonomous, and inherently valuable “selves.” They also show that honoring each of these selves is a key to improved ways of living, loving, and working.

Explaining that it is normal to have multiple selves, the authors offer insights into why we all are inconsistent at times, allowing us to become more accepting of the different parts of who we and other people are. They explore, through extensive reviews, how the concept of healthy multiple selves has been supported in science, popular culture, spirituality, philosophy, art, literature, and ancient traditions and cite well-known people, including David Bowie and Beyoncé, who describe accessing another self at a pivotal point in their lives to resolve a pressing challenge.

Instead of seeing the existence of many selves as a flaw or pathology, the authors reveal that the healthiest people, mentally and emotionally, are those that have naturally learned to appreciate and work in harmony with their own symphony of selves. They identify “the Single Self Assumption” as the prime reason why the benefits of having multiple selves has been ignored. This assumption holds that we each are or ought to be a single consistent self, yet we all recognize, in reality, that we are different in different situations.

Offering a pragmatic approach, the authors show how you can prepare for situations by shifting to the appropriate self, rather than being “switched” or “triggered” into a sub-optimal part of who you are. They also show how recognizing your selves provides increased access to skills, talent, and creativity; enhanced energy; and improved healing and pain management. Appreciating your diverse selves will give you more empathy toward yourself and others. By harmonizing your symphony of selves, you can learn to be “in the right mind at the right time” more often.

James Fadiman, Ph.D., a psychologist, researcher, writer, and cofounder of the Institute of Transpersonal Psychology, is the author of films, books, and textbooks, including *The Psychedelic Explorer's Guide*. Jordan Gruber, J.D., is a writer, ghost writer, and editor. The authors both live in Menlo Park, California.

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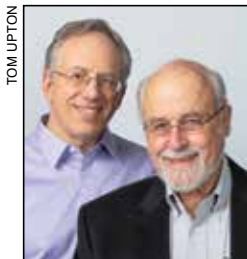
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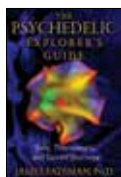
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Self-Help/Psychology



Authors
Jordan Gruber, J.D., and
James Fadiman, Ph.D.

Also by James Fadiman, Ph.D.



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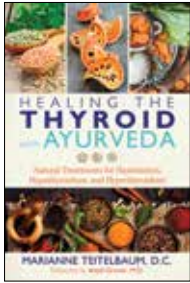
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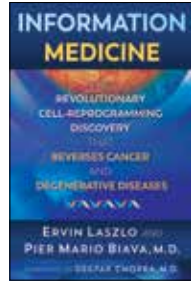
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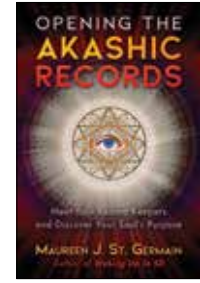
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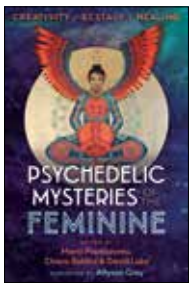
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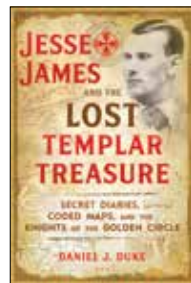
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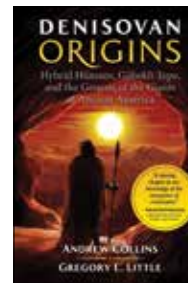
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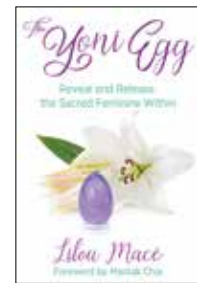
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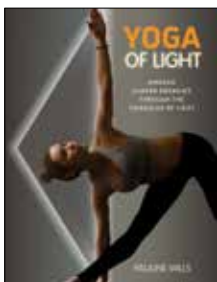
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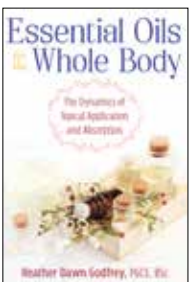
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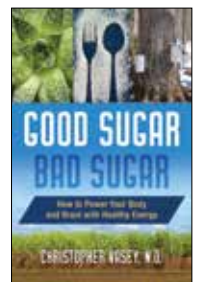
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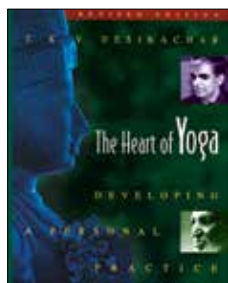


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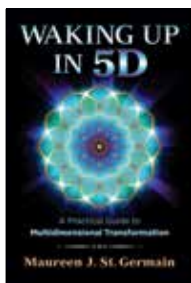


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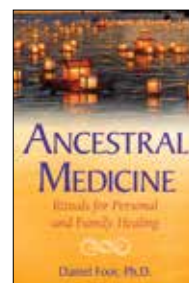
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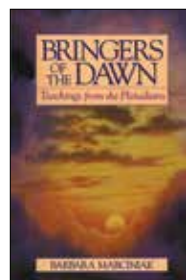
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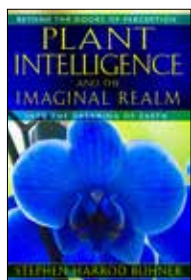
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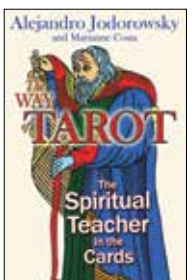
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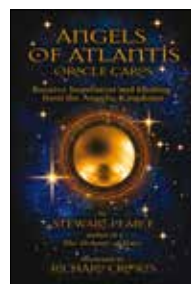


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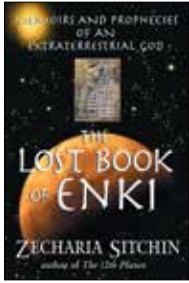


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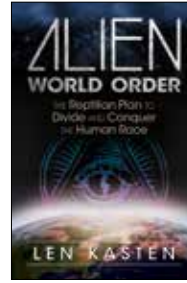
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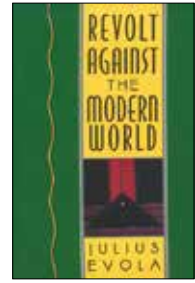
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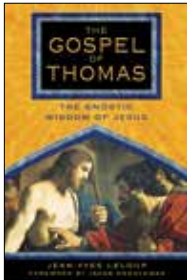
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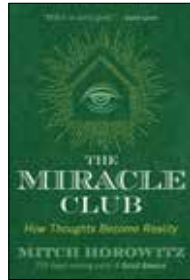
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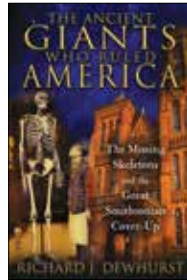
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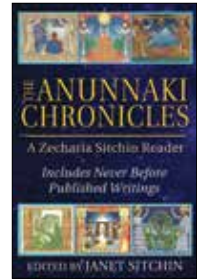
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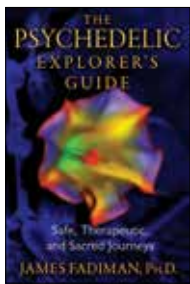


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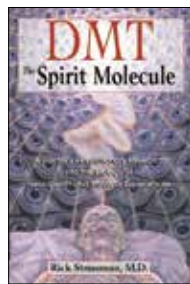


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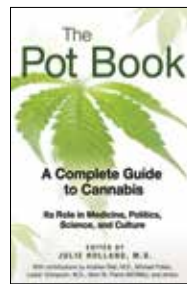
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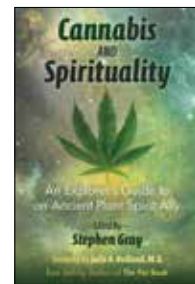
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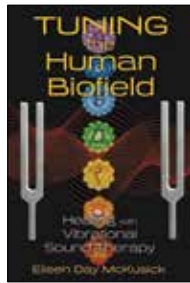


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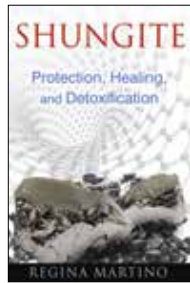


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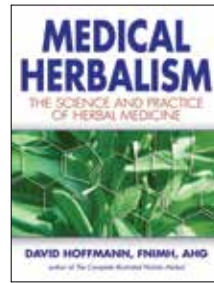
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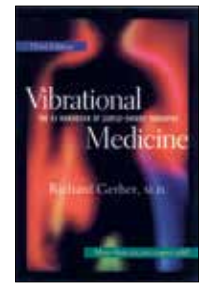
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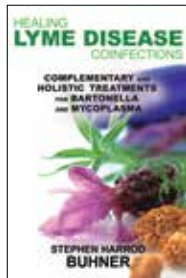
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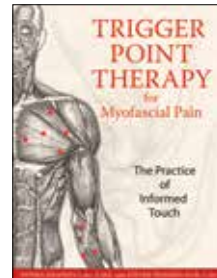
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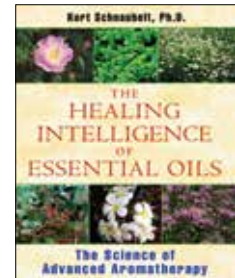
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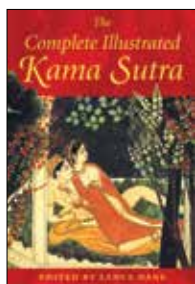


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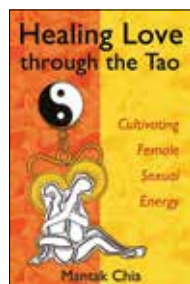


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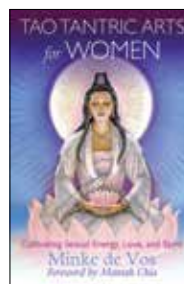
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 Email: trkravtin@charter.net

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