

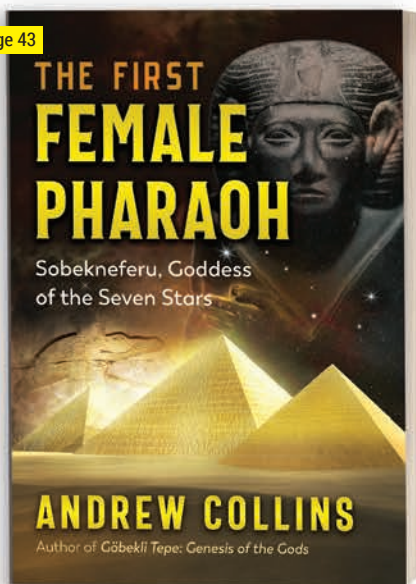
Books for Spiritual & Healing Journeys

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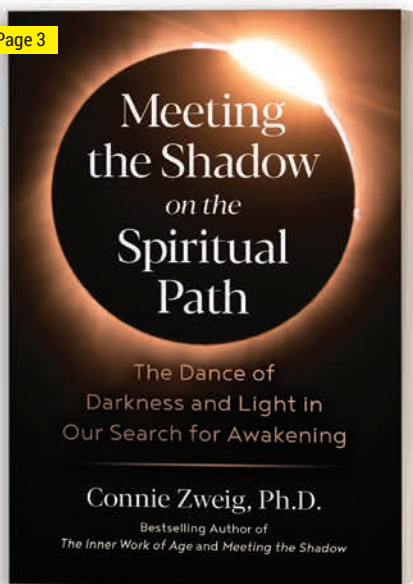
SUMMER 2023 CATALOG

25 NEW TITLES • Selected Titles on Sale Through Oct. 9, 2023

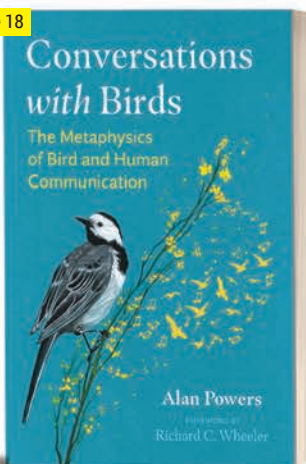
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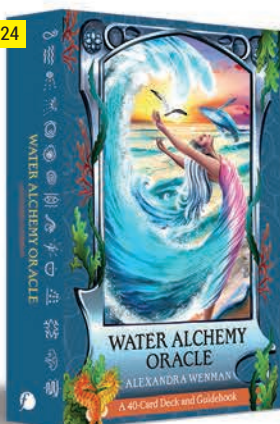
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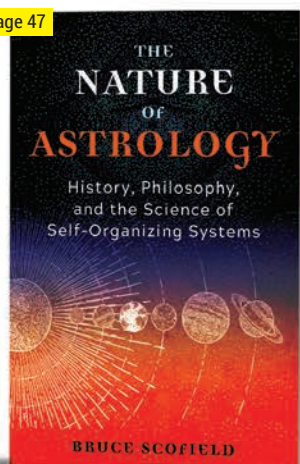
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Resources for Good Health & Self-Care

See Health & Healing Books on pages 8 - 17

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Summer 2023 Catalog

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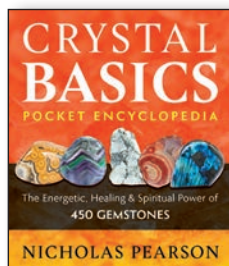
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The Energetic, Healing, and Spiritual Power of 450 Gemstones

Nicholas Pearson

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Crystal healing teacher Nicholas Pearson offers a quick-start guide for working with crystals and stones as well as a full-color A-to-Z compendium of 450 crystals, rocks, minerals, and fossils. Each entry features a color photo of the stone and defines its physical, psychological, and spiritual healing properties and its corresponding chakra, element, planet, and zodiac sign.

978-1-64411-503-9 • \$19.99 pb • 288 pages, 4.5 x 5.25 • Full-color throughout • e-book available



Witch Wisdom for Magical Aging

Finding Your Power through the Changing Seasons

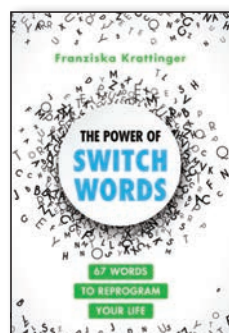
Cait Johnson / Foreword by Caitlin Matthews

"What a wise, wonderful, singing, shining book! Its embrace of aging is filled with practical as well as spiritual and emotional advice. And joy. . . Plus, Ania Aldrich's gorgeous paintings!"

—Rachel Pollack, author of *A Walk through the Forest of Souls*

You are invited into the magical world of four loving, feisty old witches, one for each season, who share earth-honoring wisdom to help you embrace your journey through the sacred latter half of life. Each witch also shares magical recipes, inspiring rituals, playful activities, and meaningful meditations to help you love yourself through the aging process.

978-1-64411-477-3 • \$16.99 pb • 164 pages, 6 x 9 • 4-page color insert • e-book and audiobook available



The Power of Switchwords

67 Words to Reprogram Your Life

Franziska Krattinger

The words we use influence our subconscious and send ripples through the energy field around us. Certain words, called "switchwords," have a stronger influence on our subconscious and energy fields. By using them intentionally, you can harness the power of the Law of Attraction to reprogram your reality and manifest your desires. This practical guide presents 67 switchwords and explores how to use them to manifest goals, change your subconscious mind, and shift the energies of your life.

978-1-64411-677-7 • \$14.99 pb • 128 pages, 5.75 x 8.75 • e-book available



Hermetic Philosophy and Creative Alchemy

The Emerald Tablet, the Corpus Hermeticum, and the Journey through the Seven Spheres

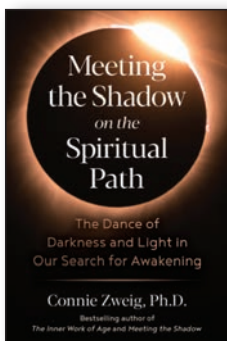
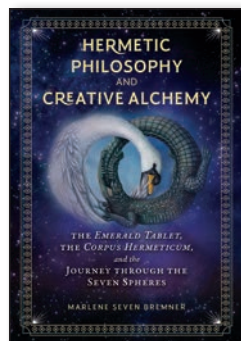
Marlene Seven Bremner

"This life-changing book will take you on an amazing, enlightening, soul-filled journey into the wisdom and profound insights of Hermeticism, alchemy, and the occult arts . . ."

—Philip M. Berk, author of *Mountain's Stillness, River's Wisdom*

Taking the reader on a Hermetic journey that speaks directly to the intuitive soul, Marlene Seven Bremner presents a profound synthesis of magical and occult teachings and an initiation into the alchemical opus that can awaken inner knowing and help you live a mystical, creative, and truly inspired life.

978-1-64411-288-5 • \$40.00 hardcover • 376 pages, 7 x 10 • 8-page color insert and 58 b&w illustrations • e-book and audiobook available



Revised Edition of *Meeting the Shadow of Spirituality*

Meeting the Shadow on the Spiritual Path

The Dance of Darkness and Light in Our Search for Awakening

Connie Zweig, Ph.D.

"In my half a century of spiritual practice, I've seen countless examples of teachers and students becoming seriously waylaid because of a failure to meet the shadow. This book is a must-read for anyone wishing to accelerate and safeguard their spiritual progress."

—Rick Archer, creator and host of *Buddha at the Gas Pump*

Within each of us is a spiritual longing that prompts us to unite with something greater than ourselves. Yet, no matter the spiritual path we choose, we inevitably encounter our own shadow. This guide explores how to use shadow-work to recover from spiritual abuse or betrayal and move from spiritual naivete to spiritual maturity.

978-1-64411-722-4 • \$19.99 pb • 304 pages • 6 x 9 • e-book and audiobook available



The Petroglyphs of Mu

Pohnpei, Nan Madol, and the Legacy of Lemuria

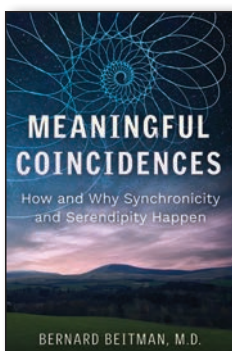
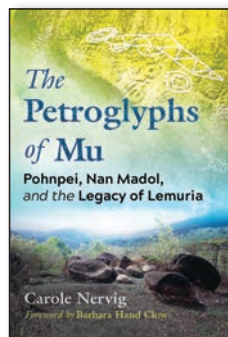
Carole Nervig / Foreword by Barbara Hand Clow

"In her beautifully illustrated new book, The Petroglyphs of Mu, Carole Nervig provides a vivid, firsthand account of little-known sites and traditions from the Pacific island of Pohnpei."

—Marco Vigato, author of *The Empires of Atlantis*

Documenting her discoveries on Pohnpei, Carole Nervig reveals how the archetypal symbols of the Pohnpaid petroglyphs have exact counterparts in other ancient cultures and universal motifs throughout the world. She provides evidence that Pohnpaid is closely related to—yet predates—neighboring Nan Madol and was an outpost of the now-vanished civilization of Mu, or Lemuria.

978-1-59143-447-4 • \$25.00 pb • 368 pages, 6 x 9 • 16-page color insert and 350 b&w illustrations e-book available



Meaningful Coincidences

How and Why Synchronicity and Serendipity Happen

Bernard Beitman, M.D.

"A thoroughly engaging and well-written examination of a perpetually fascinating form of human experience." —Dean Radin, Ph.D., chief scientist at the Institute of Noetic Sciences

Each of us has more to do with creating coincidences than we think. Psychiatrist Bernard Beitman, M.D., examines why and how coincidences happen and explains how to expect when they are more likely to occur, which helps you be ready to use them. He also presents a complete catalog of coincidence patterns with numerous examples.

978-1-64411-570-1 • \$16.99 pb • 224 pages, 6 x 9 • e-book and audiobook available

Secrets of Antigravity Propulsion

Tesla, UFOs, and Classified Aerospace Technology

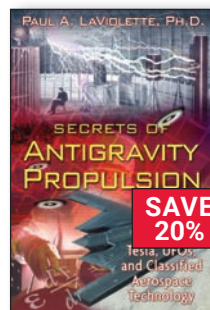
Paul A. LaViolette, Ph.D.

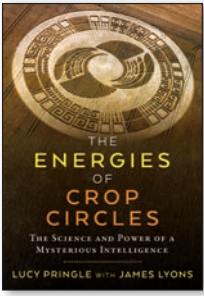
"One of the boldest and most exciting books on gravity control to be put forward in our times. Paul LaViolette is an outstanding scientist."

—Eugene Podkletnov, Ph.D., Professor of Chemistry, Tampere, Finland

Physicist Paul LaViolette offers a complete investigation of the development and suppression of antigravity and field propulsion technologies, including those capable of revolutionizing energy production. This book shows how NASA is part of a cover-up to block adoption of advanced technologies under military development.

978-1-59143-078-0 • \$24.00 ~~\$24.00~~ \$19.20 pb • 512 pages, 6 x 9 • 130 b&w illustrations • e-book available





The Energies of Crop Circles

The Science and Power of a Mysterious Intelligence

Lucy Pringle with James Lyons

"This book is a must for everyone interested in crop circles. It is well researched and proposes some fascinating new ideas that are sure to grab the attention of both the scientific and paranormal research communities. Cramped with captivating information, it makes compulsive reading."

—Graham Phillips, author of *Wisdomkeepers of Stonehenge*

In 1990 while studying the energetics of a crop circle, Lucy Pringle experienced a miraculous healing of a shoulder injury. In this book, alongside her stunning aerial photographs of crop circles, Pringle and engineer James Lyons share the results of decades of research into crop circles and their healing and energetic effects.

978-1-62055-867-6 • \$29.99 pb • 256 pages, 6.63 x 9.5 • Full-color throughout • e-book available

The Metaphysical World of Isaac Newton

Alchemy, Prophecy, and the Search for Lost Knowledge

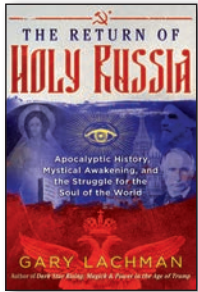
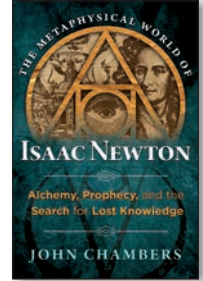
John Chambers

"Remarkably researched, exceptionally well-written, and extremely important, this book gives a much-needed glimpse into the mystical side of one of the West's greatest minds."

—Richard Smoley, author of *Forbidden Faith: The Secret History of Gnosticism*

At the same time Newton was writing *Principia Mathematica*, he was writing a twin volume on theology. This book explores Newton's secret masterpiece, including his essays on alchemy, spirituality, Atlantis, metaphysics, "corrupted texts" in the Bible, and his prediction of an Apocalypse in the year 2060.

978-1-62055-204-9 • \$35.00 hardcover • 480 pages, 6 x 9 • e-book available



The Return of Holy Russia

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

Gary Lachman

"An intoxicating examination of the intense and distinctive relationship between Russian culture and religious feeling. I read it with delight." —Philip Pullman, award-winning author of the trilogy *His Dark Materials*

Gary Lachman examines Russia's unique position between East and West and its potential role in the future of the world. He discusses Russia's original Slavic paganism, its eager adoption of Eastern Orthodox Christianity, and the visionary writings of the spiritual philosophers of Russia's Silver Age, which greatly influence Putin today.

978-1-62055-810-2 • \$32.00 hardcover • 448 pages, 6 x 9 • e-book and audiobook available

Uncertain Places

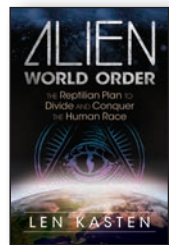
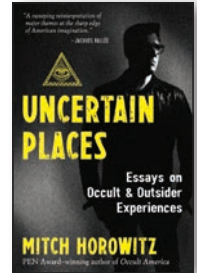
Essays on Occult and Outsider Experiences

Mitch Horowitz

"This book is nothing less than a masterpiece. It introduces, informs, inspires, and ignites critical thinking in a way that is unique to Horowitz's creative mind." —Carl Abrahamsson, author of *Source Magic* and *Occulture*

Today's leading voice of esotericism and the occult, Mitch Horowitz examines topics that evoke widespread misunderstanding, including the real history of secret societies, the wisdom of the Satanic, out-of-body experience, and magical practices. He also looks at the influence of the founding lights of modern occultism and debunks famous pseudo-skeptics such as the Amazing Randi.

978-1-64411-592-3 • \$19.99 pb • 304 pages, 6 x 9 • e-book available



Alien World Order

The Reptilian Plan to Divide and Conquer the Human Race

Len Kasten

Author of the bestselling book *The Secret Journey to Planet Serpo*, Kasten shows how Eisenhower's treaty with the Grey Aliens, signed in 1954, gave reptilian aliens the authority to abduct humans for "research." Contrasting the Reptilians with benevolent aliens who crashed at Roswell, Kasten exposes the stealthy tactics of the Reptilians, their relationship with the Greys, and what we need to do to defeat their plans.

978-1-59143-239-5 • \$18.00 pb • 336 pages, 6 x 9 • 16-page color insert and 59 b&w illustrations • e-book available

Grey Aliens and Artificial Intelligence

The Battle between Natural and Synthetic Beings for the Human Soul

Nigel Kerner

Examining scientific, historical, cultural, and religious evidence from as far back as 40,000 years ago, Nigel Kerner reveals how our natural consciousness and DNA have been hacked by Grey aliens to filter our perceptions to be in line with their agenda to steal our souls.

978-1-59143-449-8 • \$30.00 \$25.50 • 496 pages, 6 x 9 • 16-page color insert • e-book and audiobook available



The Luminous Landscape of the Afterlife

Jordan's Message to the Living on What to Expect after Death

Matthew McKay, Ph.D.

"A thought-provoking and expansive book about the afterlife that will challenge you, offer comfort, and reconnect you with who and what you are and why you're here."

—John P. Forsyth, Ph.D., coauthor of *The Mindfulness and Acceptance Workbook for Anxiety and Anxiety Happens*

There is no better source of information on death and the afterlife than someone who has died and lives in spirit. Channeling his late son, Jordan, psychologist Matthew McKay offers a post-death guide for the living, revealing in vivid detail what to expect when we die and how to prepare for the wonders of the afterlife.

978-1-64411-284-7 • \$14.99 pb • 144 pages, 6 x 9 • e-book and audiobook available



The Tree Horoscope

Discover Your Birth-Tree and Personal Destiny

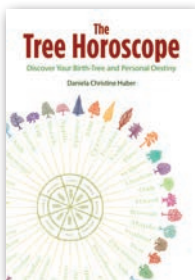
Daniela Christine Huber

"... the book is a good starting point for those who want to learn more about the different symbolisms and energies of these mighty connectors of heaven and earth. I've really loved reading this book and will definitely be referring back to it as the days of the year go by to see which tree energy is present."

—Alanna Kali, Musing Mystical

Drawing on her intimate knowledge of trees and connections to Celtic traditions, Daniela Christine Huber explains how to determine your personal tree of life depending on your date of birth. For each of the 22 archetypal trees, she details their spiritual meaning and explores how your birth-tree reveals your gifts, talents, and life path.

978-1-64411-322-6 • \$16.99 pb • 144 pages, 5.75 x 8 • Full-color throughout • e-book available

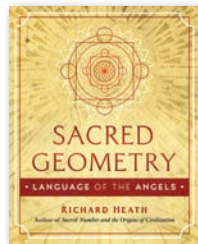


Sacred Geometry: Language of the Angels

Richard Heath

Examining the angelic science of number, Richard Heath reveals how the development of human consciousness was no accident. The beauty and elegance we see in sacred geometry and in structures built according to those proportions are the language of the angels still speaking to us.

978-1-64411-118-5 • \$40.00 hardcover • 288 pages, 8 x 10 • Full-color throughout • e-book available



Origins of the Gods

Qesem Cave, Skinwalkers, and Contact with Transdimensional Intelligences

Andrew Collins and Gregory L. Little / Foreword by Erich von Däniken

"Intriguing, thought-provoking, and researched in impressive detail, Origins of the Gods presents a fascinating dossier of out-of-the-box thinking on the place of humanity in the universe."

—Graham Hancock, *New York Times* bestselling author

Providing profound examples from around the world, the authors explain how shamanic rituals and altered states of consciousness combine with the natural forces of the earth to create portals for contact with otherworldly realms—in other words, the gods of our ancestors were the result of an interaction between human consciousness and transdimensional intelligence.

978-1-59143-409-2 • \$24.00 \$20.40 pb • 400 pages, 6.63 x 9.5 • 16-page color insert and 63 b&w illustrations • e-book and audiobook available

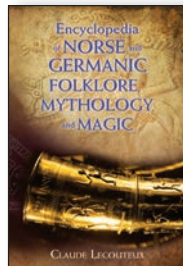


Encyclopedia of Norse and Germanic Folklore, Mythology and Magic

Claude Lecouteux

The legends of the Norse and Germanic regions of Europe include a broad range of mythical characters and places, from Odin and Thor, to berserkers and Valhalla, to the Valkyries and Krampus. This unique reference is complete with rare illustrations and information from obscure sources, some appearing for the first time in English.

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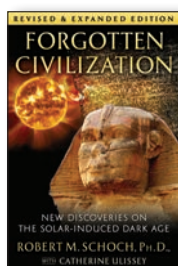
Forgotten Civilization

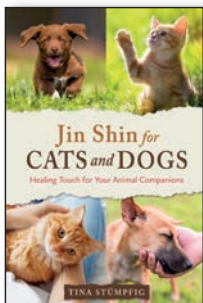
New Discoveries on the Solar-Induced Dark Age

Robert M. Schoch, Ph.D., with Catherine Ulissey

In this newly revised and expanded edition, updated throughout with recent developments and additional illustrations, geologist Robert Schoch builds upon his revolutionary theory that the origins of the Sphinx date back much further than 2500 BCE and examines scientific evidence of the catastrophe that destroyed early high culture nearly 12,000 years ago.

978-1-64411-292-2 • \$24.99 pb • 560 pages, 6 x 9 • 16-page color insert and 38 b&w illustrations e-book and audiobook available





Jin Shin for Cats and Dogs

Healing Touch for Your Animal Companions

Tina Stümpfig

"Animals don't doubt if energy healing works. All of mine just soaked in the energy when I tried several of the techniques laid out in Jin Shin for Cats and Dogs. Tina Stümpfig has done a remarkable job of instructing the beginner and organizing the material . . ."

—Joan Ranquet, energy healer, animal communicator, and author of *Energy Healing for Animals*

This practical guide to Jin Shin Jyutsu shows how to support your animal companion's health and alleviate common ailments and injuries with simple hands-on healing.

It presents body maps to clearly show the positions of the energy points on cats and dogs and step-by-step illustrations and explanations for point sequences.

978-1-64411-459-9 • \$19.99 pb • 240 pages, 6 x 9 • Full-color throughout • e-book available

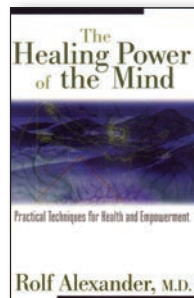
The Healing Power of the Mind

Practical Techniques for Health and Empowerment

Rolf Alexander, M.D.

Based on more than thirty years of research gleaned from Tibetan, Indian, and other cultures, this book provides both spiritual insight and practical advice concerning the true nature of healing, showing how imagination, desire, the power of suggestion, psychic influence, and the removal of limitations are valuable tools for maximizing our innate capacity for self-healing.

978-0-89281-729-0 • \$12.95 pb • 128 pages, 5.38 x 8.25 • e-book and audiobook available



Herbs for Healthy Aging

Natural Prescriptions for Vibrant Health

David Hoffmann, FNIMH, AHG

David Hoffmann discusses how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect the body's major systems as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, varicose veins, and arthritis. Herbs can help minimize dependence on conventional medical treatments and provide a safe alternative to the dangers of synthetic drugs.

978-1-62055-221-6 • \$24.99 \$19.99 pb • 384 pages, 6 x 9 • e-book available

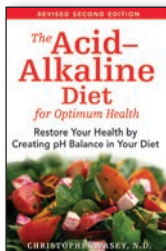
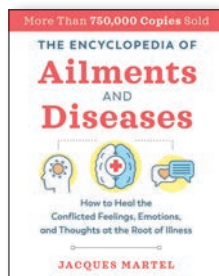
The Encyclopedia of Ailments and Diseases

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

Jacques Martel

In this reference and healing tool, Jacques Martel explains how to uncover the conflicted conscious or unconscious feelings, thoughts, and emotions at the root of many illnesses and conditions. He offers healing prompts and affirmations to effect change for nearly 900 different ailments and diseases.

978-1-64411-189-5 • \$34.99 pb • 608 pages, 8 x 10 • e-book available



Revised Second Edition

The Acid-Alkaline Diet for Optimum Health

Restore Your Health by Creating pH Balance in Your Diet

Christopher Vasey, N.D.

Naturopath and detoxification expert Vasey shows how a change in diet to restore your acid-alkaline balance can result in vast improvements in health. With two new chapters, this updated and expanded second edition provides the latest information on proper hydration and deacidification and how to design a diet best suited to your health needs.

978-1-59477-154-5 • \$12.95 pb • 208 pages, 5.38 x 8.25 • e-book and audiobook available

Revised and Updated Edition of *Attention Deficit Disorder: A Different Perception*

ADHD

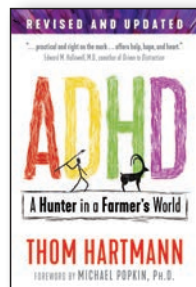
A Hunter in a Farmer's World

Thom Hartmann / Foreword by Michael Popkin, Ph.D.

" . . . Thom will be recognized as a pioneer contributing to the reconceptualization of ADHD from being considered only a 'disorder' to being viewed as a 'mode of thought' characterized by enhanced flexibility and creativity." —Richard Silberstein, professor emeritus of cognitive neuroscience at Swinburne University

Thom Hartmann explains that people with ADHD are not abnormal or dysfunctional, but possess a unique mental skill set that would have allowed them to thrive in a hunter-gatherer society. Providing a supportive "survival" guide with helpful non-drug methods and practices, he shows that each mind has value and great potential waiting to be tapped.

978-1-62055-898-0 • \$16.99 pb • 240 pages, 6 x 9 • e-book and audiobook available



Through a Divine Lens

Practices to Quiet Your Ego and Align with Your Soul

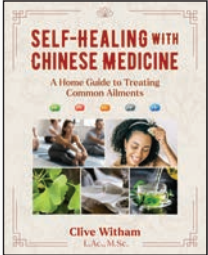
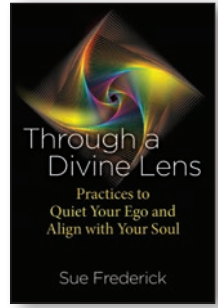
Sue Frederick

"The empowering practices Sue presents here are not about deflecting painful emotions but rather learning to see events from a higher perspective—a divine lens—and to tap into what our souls already know. Reading this book is like coming home to yourself. It's life-altering."

—Katy Koontz, editor in chief of *Unity Magazine*

In this guide to seeing life through a divine lens, Sue Frederick explains how to use your pain as inspiring fuel for moving fearlessly through life's trials and reaching your true self's full potential. She presents mindful practices and spiritual tools to shift your perspective and align with your soul.

978-1-64411-732-3 • \$19.99 pb • 272 pages, 6 x 9 • e-book and audiobook available



Self-Healing with Chinese Medicine

A Home Guide to Treating Common Ailments

Clive Witham, L.Ac., M.Sc.

"Jam-packed with practical insights, Self-Healing with Chinese Medicine provides a clear road map to restoring and maintaining your health and balance. This gem of a book distills beautifully and clearly the fundamentals of Chinese medicine and the world of nature and how we can apply them in our everyday life . . ." —Rebecca Bond, L.Ac., MBAcC, classical acupuncturist and member of the British Acupuncture Council

In this easy-to-follow guide, acupuncturist Clive Witham details what we can do to restore ourselves back to health according to Chinese medicine. With clear illustrations and step-by-step instructions, he explains how to recognize and understand patterns of illness through their ecological connections and shares self-care treatments for a number of common health disorders. New edition of *The Book of Oriental Medicine*.

978-1-64411-705-7 • \$34.99 pb • 292 pages, 8 x 10 • Includes 4-page color insert and 152 b&w illustrations e-book available

Flower Magic of the Druids

How to Craft Potions, Spells, and Enchantments

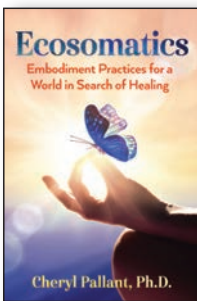
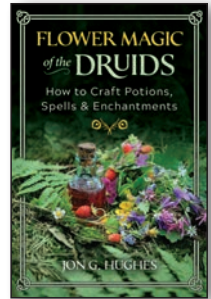
Jon G. Hughes

"A valuable handbook that details a pre-Celtic tradition of flower lore and essential magic. Jon G. Hughes also comprehensively lists 149 flowering plants and their attributes and their uses in magical practice as well as the spiritual nature of bees and how to create a physic garden."

—Nigel Pennick, author of *Elemental Magic*

As fifth-generation Druid Jon G. Hughes explains, flowers hold a preeminent position in Druidic folk magic. He discusses what type of flower is best for specific enchantments and rituals and provides detailed instruction on crafting and working with flower magic potions, including a comprehensive herbarium of all the flowers that may be used.

978-1-64411-639-5 • \$22.99 pb • 200 pages, 6 x 9 • 8-page color insert • e-book available



Ecosomatics

Embodiment Practices for a World in Search of Healing

Cheryl Pallant, Ph.D.

"In simple but profound exercises and candid narratives, Cheryl shows readers, including those who may never have explored somatic intelligence, how to elicit that intelligence as a trustworthy guide. Ecosomatics brings you into your center, here and now, dependably in harmony with the natural world."

—Stephanie Mines, Ph.D., author of *The Secret of Resilience* and founder of the TARA Approach

In this practical guide, Cheryl Pallant explains how ecosomatics—embodiment work for personal and planetary health—can help us shift our consciousness by embracing the interconnections between our inner and outer worlds. She shares exercises to develop somatic intelligence, let go of limiting beliefs, lessen fear and anxiety, and open to new levels of awareness.

978-1-59143-476-4 • \$20.00 pb • 224 pages, 6 x 9 • e-book available

Communicating with Plants

Heart-Based Practices for Connecting with Plant Spirits

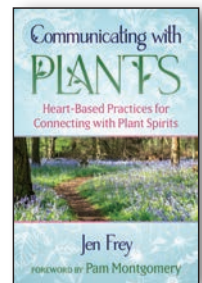
Jen Frey / Foreword by Pam Montgomery

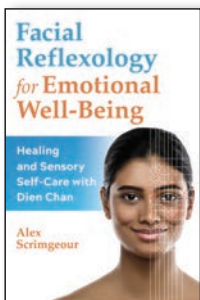
"Beautifully written . . . I literally couldn't put this book down. Every page holds treasures, insights, and a depth of plant wisdom that literally rocked my soul. . . . This book will light up your heart and the heart of the world."

—Rosemary Gladstar, author of *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide* and coeditor of *Planting the Future*

Everyone has an innate ability to consciously communicate with Plants. Jen Frey explains the synergistic process of communicating with Plants and how they can help us heal and teach us to trust, forgive, and embrace self-love. She also shares teachings from a variety of Plants such as Yarrow, Mugwort, Maple, Dandelion, and Poison Ivy.

978-1-59143-459-7 • \$24.00 pb • 352 pages, 6 x 9 • 19 b&w illustrations • e-book available





Facial Reflexology for Emotional Well-Being

Healing and Sensory Self-Care with Dien Chan

Alex Scrimgeour

"Alex's honest and straight-forward explanations of these fascinating healing modalities are refreshingly easy to follow, comprehend, and implement. This is a wonderful gift for all future healers who are interested in expanding their knowledge of facial reflexology."

—Professor Jerry Alan Johnson Ph.D., D.T.C.M., D.M.Q.

With the simple Vietnamese facial reflexology practice of Dien Chan, you can use points on the face to tap into the innate healing and regenerative powers of the body. Master practitioner Alex Scrimgeour shows how to use Dien Chan to treat a variety of emotional issues, from anxiety, addiction, and stress to trauma, dissociation, and PTSD.

978-1-64411-586-2 • \$24.99 pb • 320 pages, 6 x 9 • 27 b&w illustrations • e-book available

New

New Edition

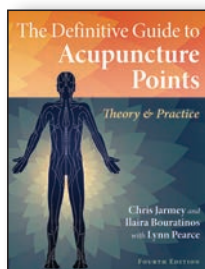
The Definitive Guide to Acupuncture Points

Theory and Practice

Chris Jarney and Ilaira Bouratinos with Lynn Pearce

Full-color throughout and abundantly illustrated, this atlas explores in precise detail the acupuncture points of the 12 main channels/meridians, plus the conception and governor vessels. This fourth edition is updated to offer comparisons of Eastern and Western teaching models as well as new theoretical material to help instill intuitive understanding.

978-1-64411-623-4 • \$29.99 pb • 392 pages, 7.44 x 9.69 • Full-color throughout • e-book available



Jin Shin Healing Touch

Quick Help for Common Ailments

Tina Stümpfig

"If you are interested in consciousness and looking for easy methods to relax and to do yourself some good, you should get this book. . . . This book is well structured in a way that builds on each segment. It conveys professional knowledge paired with loving heart energy."

—Lilia Christina Martiny, equine therapist, healer, and geomancer at Lilith Farm in Brittany

Jin Shin Jyutsu is an ancient Japanese healing art akin to an easier form of acupressure. This full-color guide details the 52 energy points of Jin Shin Jyutsu and explains the sequence of points to hold to address specific ailments, conditions, and injuries and stimulate the body's self-healing response.

978-1-64411-076-8 • \$17.99 • 176 pages, 6 x 9 • Full-color throughout • e-book available

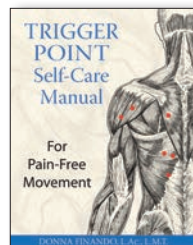
Third Edition

The Complete Guide to Reflexology

Ruth Hull

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

978-1-64411-625-8 • \$29.99 pb • 312 pages, 7.44 x 9.69 • Full-color throughout • e-book available



Trigger Point Self-Care Manual

For Pain-Free Movement

Donna Finando, L.Ac., L.M.T.

Donna Finando presents at-home methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques. The pain associated with trigger points in each muscle of the body is identified and instructions are provided for palpating, treating, and stretching the muscle in order to release it.

978-1-59477-080-7 • \$19.95 pb • 208 pages, 8.38 x 10.88 • 228 two-color illustrations • e-book available

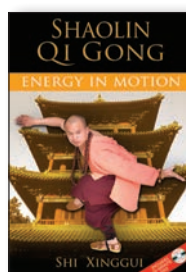
Shaolin Qi Gong (w/DVD)

Energy in Motion

Shi Xinggui

The teacher Bodhidharma is credited with creating Shaolin Temple qi gong and kung fu in the 6th century CE. His system promoted physical and spiritual fitness and became the basis for all martial and meditative arts taught at the temple. Shi Xinggui, a Shaolin monk, explains the principle of qi gong—the art of mastering energy (qi) and moving it through the body and provides demonstrations.

978-1-59477-264-1 • \$19.95 pb • 160 pages, 6 x 9 • Includes 82 color illustrations and a 53-minute DVD e-book available w/out DVD



Restoring Your Eyesight

A Taoist Approach

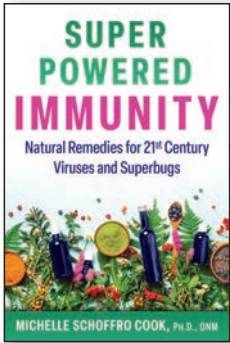
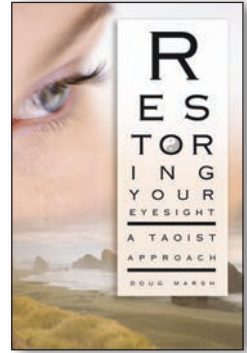
Doug Marsh / Foreword by Thomas R. Quackenbush

"Doug Marsh gives a truly fresh approach to the holistic components that lead to successful improvement of vision. The vital connection between life's rhythm, the conscious flow of spirit, and the efficient functioning of the visual system is correctly portrayed."

—Roberto Kaplan, O.D., author of *Seeing Without Glasses and Conscious Seeing*

Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. Combining proven methods pioneered a century ago by William Bates with the ancient Chinese wisdom of Taoism, Marsh draws upon their core values—rhythm, softness, return, balance, and wholeness—to provide guidelines for a holistic healing of outer and inner vision.

978-1-59477-150-7 • \$16.95 pb • 240 pages, 6 x 9 • e-book available



Super-Powered Immunity

Natural Remedies for 21st Century Viruses and Superbugs

Michelle Schoffro Cook, Ph.D., DNM

Viruses and superbugs have become a part of day-to-day living, but that doesn't mean you have to live in fear of catching one. In this easy-to-follow guide, Dr. Michelle Schoffro Cook reveals the most valuable natural remedies against viruses and superbugs and how to harness their powerful healing abilities for supercharged immunity. She explores specific immune-boosting essential oils, herbs, mushrooms, and foods in depth, revealing their multilayered effectiveness in supporting health.

978-1-64411-602-9 • \$16.99 pb • 176 pages, 6 x 9 • e-book available

New

Ozone Therapy for the Treatment of Viruses

The Science and the Promise of Healing with Ozone

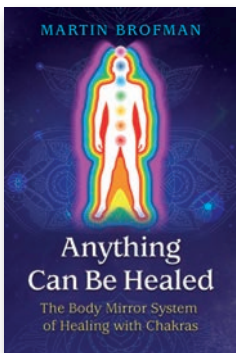
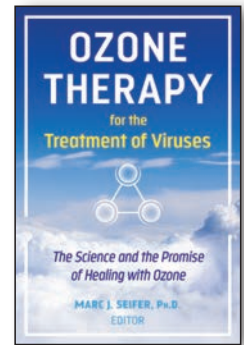
Marc Seifer, Ph.D.

"Highly informative, here is a book that can provide a rational approach to disabling not only COVID-19 but also highly dangerous bacterial infections and emerging viruses as well."

—Mark Hyman, M.D., *New York Times* bestselling author and senior advisor at the Cleveland Clinic Center for Functional Medicine

One of our immune system's key defenses is ozone, an oxygen molecule (O₃) naturally produced by our antibodies to fight germs, viruses, and other invaders. Revealing ozone therapy's enormous potential to bring health to millions, Marc Seifer, Ph.D., explores its science and history as well as its success in the treatment of viruses.

978-1-64411-691-3 • \$19.99 pb • 288 pages, 6 x 9 • 5 b&w illustrations • e-book available



Anything Can Be Healed

The Body Mirror System of Healing with Chakras

Martin Brofman / Foreword by Anna Parkinson

Detailing his Body Mirror system of healing, Brofman explains how healing a symptom involves not only release on the physical level but also letting go of specific stresses and tensions in your consciousness. He describes how to heal with chakras, thought forms, white light, and love and provides practical energy exercises and chakra meditations.

978-1-62055-896-6 • \$17.99 pb • 228 pages, 6 x 9 • 4-page color insert and 71 b&w illustrations
e-book and audiobook available

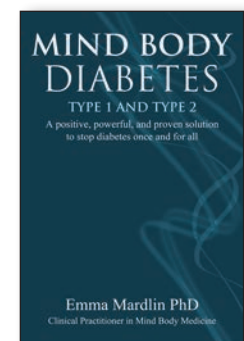
Mind Body Diabetes Type 1 and Type 2

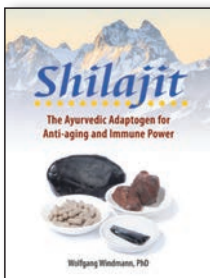
A positive, powerful, and proven solution to stop diabetes once and for all

Emma Mardlin, Ph.D.

Mardlin offers unique information to break free, emotionally and physically, from diabetes. The book describes ground-breaking resources to improve and stop the condition and tools to develop the mind-set to conquer the daunting baggage of the disease. It is written in a step-by-step format that includes personal experiences.

978-1-84409-687-9 • \$17.99 pb • 256 pages, 6 x 9 • 6 b&w illustrations • e-book available





Shilajit

The Ayurvedic Adaptogen for Anti-aging and Immune Power

Wolfgang Windmann, Ph.D.

Known as the “black gold of the Himalayas,” Shilajit, or mumijo, is a traditional Ayurvedic remedy with remarkable healing benefits that are only just beginning to be studied by Western doctors and scientists. In this practical guide, Wolfgang Windmann, Ph.D., explores how to use Shilajit for a strong immune system, enhanced cognitive performance, protection from toxic stress, healing inflammation, and anti-aging benefits. He also presents a scientific analysis of the many cell-protecting, antioxidant, and vitalizing compounds found in Shilajit.

978-1-64411-763-7 • \$17.99 pb • 160 pages, 5.75 x 7.5 • Full-color throughout • e-book available

New

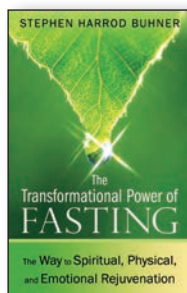
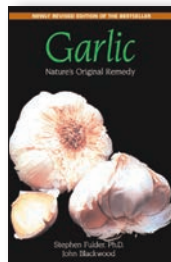
Garlic

Nature's Original Remedy

Stephen Fulder, Ph.D., and John Blackwood

Garlic has been renowned for centuries as a healing food. Now current research is showing garlic to be an effective preventive against cardiovascular disease, cancer, and bacterial and fungal infections. Here is the complete guide to this remarkable natural medicine, explaining how garlic works and how to get the most benefit from it.

978-0-89281-725-2 • \$9.99 pb • 144 pages, 5 x 7.75



New Edition of *The Fasting Path*

The Transformational Power of Fasting

The Way to Spiritual, Physical, and Emotional Rejuvenation

Stephen Harrod Buhner

During a fast, the body enters the same cleansing and healing cycle it normally enters during sleep, allowing its systems to purify and be refreshed. This step-by-step guide to fasting offers a means to truly inhabit the body and to activate its deep capabilities for self-healing. It shows that fasting can help or heal many chronic conditions.

978-1-59477-466-9 • \$16.95 pb • 224 pages, 5.38 x 8.25 • e-book and audiobook available

A Good Night's Sleep (w/CD)

A Drug-Free Solution

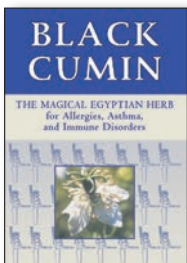
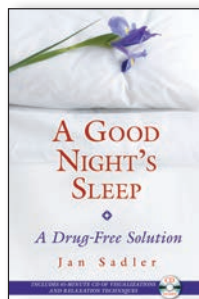
Jan Sadler

“A Good Night's Sleep has relaxation and visualization techniques and other bedtime advice to help you counteract stress and sleep better. The more you practice, the more it will help.”

—Shirley Linde, author of *No More Sleepless Nights* and *No More Snoring*

Learn how to use visualization, breathwork, and meditation to break the patterns and frustration of insomnia. *A Good Night's Sleep* explains how to retrain the body to sleep solidly and includes an audio CD of guided visualizations and relaxation techniques.

978-1-59477-234-4 • \$16.95 pb • 128 pages, 6 x 9 • Includes a 65-minute CD • e-book available w/out CD



Black Cumin

The Magical Egyptian Herb for Allergies, Asthma, and Immune Disorders

Peter Schleicher, M.D., and Mohamed Saleh, M.D.

Written by the world's foremost experts on black cumin, this is the first book to fully explore the extraordinary effectiveness of this herb against immune-system disorders, allergies, asthma, and skin problems.

978-0-89281-843-3 • \$12.95 pb • 96 pages, 5 x 7.5 • 10 b&w photographs • e-book available

Colloidal Silver

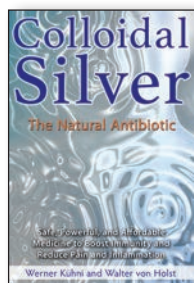
The Natural Antibiotic

Werner Kühni and Walter von Holst

“... the most authoritative and insightful guide to the healing powers of colloidal silver. A must for every household and health care practitioner.” —Vatsala Sperling, MS, Ph.D., PDHom, CCH, RSHom (NA)

Colloidal silver was widely used as a natural antibiotic until the mid-20th century when its use was overshadowed by the development of pharmaceutical antibiotics. In this complete guide, the authors detail the correct dosages and applications for specific ailments.

978-1-62055-500-2 • \$14.95 pb • 160 pages, 6 x 9 • 14 b&w illustrations • e-book and audiobook available



Good Sugar, Bad Sugar

How to Power Your Body and Brain with Healthy Energy

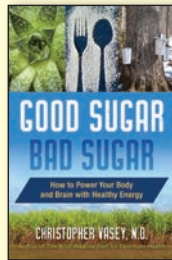
Christopher Vasey, N.D.

"This book is a wonderful gem when it comes to understanding that sugar is the critical factor in determining all health, from weight control and diabetes reversal to avoiding and healing cancer."

—Emma Mardlin, Ph.D., author of *Mind Body Diabetes Type 1 and Type 2* and *Out of Your Comfort Zone*

Sugar supplies the essential energy, but there are healthful and harmful forms of sugar. In this guide, Dr. Vasey explains the harmful effects of bad sugars as well as how to replace them with good sugars for physical, emotional, and mental healing and more energy.

978-1-62055-808-9 • \$14.99 pb • 176 pages, 5.38 x 8.25 • 4 b&w illustrations • e-book available



Lymph Health

The Key to a Strong Immune System

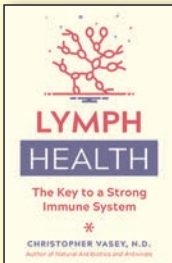
Christopher Vasey, N.D.

New

"The lymphatic system is the unsung hero of the body. Vasey has written about this system with precision and expertise, allowing you to understand the intrinsic and vital role the lymphatic system plays in the body..." —Vatsala Sperling, Ph.D., author of *The Ayurvedic Reset Diet*

Christopher Vasey explores the essential role played by the lymphatic system in the body's detoxification process, the immune system, and your overall health. He offers 12 self-care methods for strengthening and maintaining lymph health, including drainage therapies, detox methods, simple dietary changes, herbal remedies, compression therapies, breathing practices, and physical exercises.

978-1-64411-635-7 • \$16.99 pb • 176 pages, 5.38 x 8.25 • 11 b&w illustrations • e-book available



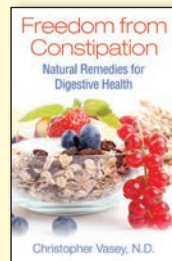
Freedom from Constipation

Natural Remedies for Digestive Health

Christopher Vasey, N.D.

In *Freedom from Constipation*, Christopher Vasey details the 8 main causes of constipation and offers advice to determine the right natural remedy for your unique case. Vasey reveals how treating constipation properly can restore full function not only to the digestive system but to the liver and kidneys as well.

978-1-62055-585-9 • \$14.95 pb • 192 pages, 5.38 x 8.25 • 60 b&w illustrations • e-book available

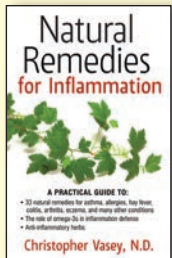


Natural Remedies for Inflammation

Christopher Vasey, N.D.

This illustrated guide presents 33 anti-inflammatory herbs and remedies, such as bay laurel, basil, turmeric, propolis, and fish oil, explaining which conditions each addresses most effectively, the proper dosage, and the best methods of ingestion. It shows how to deacidify the body, as acids have an inflammatory effect, and how to use hydrotherapy to calm inflammation.

978-1-62055-323-7 • \$16.99 pb • 192 pages, 5.38 x 8.25 • Full-color throughout • e-book available



Liver Detox

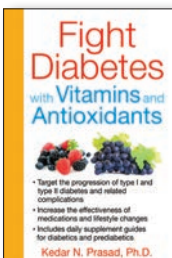
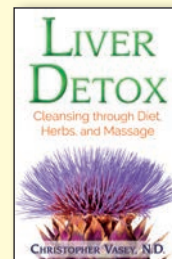
Cleansing through Diet, Herbs, and Massage

Christopher Vasey, N.D.

"... Liver Detox provides everyone with gentle and effective preventive therapies that will benefit the whole body and mind." —Carrie L'Esperance, author of *The Seasonal Detox Diet* and *Soul Breathing*

In this practical guide to liver health, Christopher Vasey details how to use diet, herbs, massage, and other practices to detoxify, strengthen, and regenerate your liver. He also explains specific foods to avoid and includes simple charts and questionnaires to help you determine to what degree your liver function is compromised.

978-1-62055-699-3 • \$12.99 pb • 128 pages, 5.38 x 8.25 • 10 b&w illustrations • e-book available

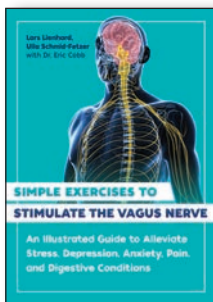


Fight Diabetes with Vitamins and Antioxidants

Kedar N. Prasad, Ph.D.

The proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of medical treatments for both type I and type II diabetes and can help prevent onset in those who are prediabetic. This book provides an easy-to-follow daily supplement regime, in multiple age groups, that targets free radical damage and cell injury using vitamins and antioxidants in synergistic combinations.

978-1-62055-166-0 • \$16.95 pb • 240 pages, 6 x 9 • e-book available



New Edition

Simple Exercises to Stimulate the Vagus Nerve

An Illustrated Guide to Alleviate Stress, Depression, Anxiety, Pain, and Digestive Conditions

Lars Lienhard and Ulla Schmid-Fetzer with Dr. Eric Cobb

Backed up by the latest scientific research, this book will guide you through more than 100 effective exercises to naturally and gently stimulate your vagus nerve and in turn help manage anxiety, depression, inflammation, sleep, and digestive disorders. The simple techniques include a variety of balance, hearing, sight, breathing, and touch exercises.

978-1-64411-629-6 • \$19.99 pb • 320 pages, 6.69 x 9.44 • Full-color throughout • e-book available

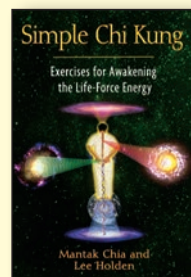
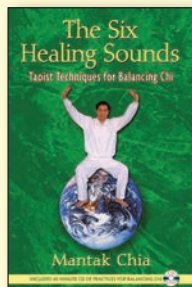
The Six Healing Sounds (w/CD)

Taoist Techniques for Balancing Chi

Mantak Chia

Taoists discovered that a healthy organ vibrates at a particular frequency and identified six sounds to keep each organ healthy. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness. The accompanying CD includes practices for balancing chi.

978-1-59477-156-9 • \$19.99 pb • 96 pages, 6 x 9 • Color and b&w illustrations throughout
e-book available w/out CD



Simple Chi Kung

Exercises for Awakening the Life-Force Energy

Mantak Chia and Lee Holden

In *Simple Chi Kung*, Taoist master Mantak Chia distills thousands of Chi Kung practices into one simple daily routine perfect for beginners and ideal as a warm-up to more advanced practices.

978-1-59477-333-4 • \$16.95 pb • 144 pages, 6 x 9 • Full-color throughout • e-book available

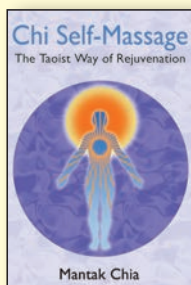
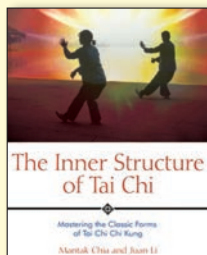
The Inner Structure of Tai Chi

Mastering the Classic Forms of Tai Chi Chi Kung

Mantak Chia and Juan Li

Explores the deep, internal work necessary for the effective practice of tai chi, with illustrated instructions for mastering Yang-style Tai Chi Chi Kung. Demonstrating tai chi's relationship to the three forces—Universal, Cosmic, and Earth—that animate all life, the authors reveal a practice to produce the full spectrum of benefits that tai chi can bring.

978-1-59477-058-6 • \$19.95 pb • 264 pages, 8 x 10 • 245 b&w illustrations • e-book available



New Edition

Chi Self-Massage

The Taoist Way of Rejuvenation

Mantak Chia

In *Chi Self-Massage* Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. By practicing the exercises outlined, readers can strengthen their senses, detoxify internal organs, control negative emotions, relieve stress and constipation, and improve their complexion, teeth, gums, and overall stamina.

978-1-59477-110-1 • \$12.95 pb • 128 pages, 6 x 9 • 105 b&w illustrations • e-book available

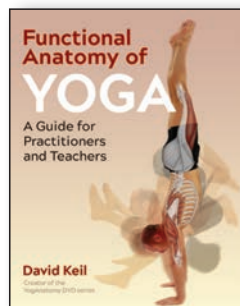
Functional Anatomy of Yoga

A Guide for Practitioners and Teachers

David Keil

Providing detailed color images and photos overlaid with anatomical diagrams, allowing you to see clearly what is happening within each asana discussed, Keil shows how the muscles, joints, tendons, and structure of the body work together during yoga practice to support integrated movement. He shows how a deeper understanding of anatomy and its movement and function can deepen yoga practice, increase confidence, prevent injury, and help teachers better understand their students and their challenges.

978-1-64411-627-2 • \$29.99 pb • 328 pages, 7.44 x 9.69 • Full-color throughout • e-book available



Sane Asylums

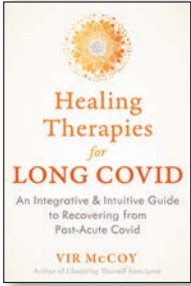
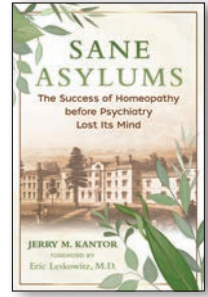
The Success of Homeopathy before Psychiatry Lost Its Mind

Jerry M. Kantor / Foreword by Eric Leskowitz, M.D.

"Sane Asylums is a brilliant stroll through medical history, showing that homeopathic physicians were more than a hundred years ahead of their time." —Dana Ullman, MPH, CCH, author of *The Homeopathic Revolution*

Jerry Kantor examines the success of homeopathic psychiatric asylums in America from the post-Civil War era until 1920, focusing in particular on New York's Middletown State Homeopathic Hospital for the Insane, where superintendent Selden Talcott oversaw a compassionate and holistic treatment regime with thousands of successful outcomes.

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Healing Therapies for Long Covid

An Integrative and Intuitive Guide to Recovering from Post-Acute Covid

Vir McCoy

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Shamanic Healing Techniques to Overcome Your Health Challenges

Sharon E. Martin, M.D., Ph.D. / Foreword by Carl Greer, Ph.D., Psy.D.

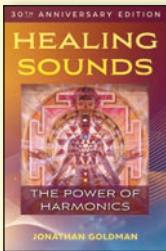
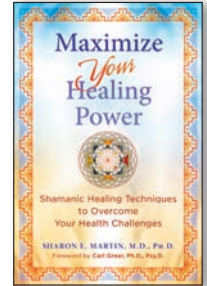
"One of the leading emerging voices in the energy healing field, Dr. Sharon Martin is both a shaman—one who enters the energy field to facilitate healing—and a board-certified internal medicine physician. . . . A superb contribution to the new paradigm in healing . . ."

—Dawson Church, Ph.D., author of *The Genie in Your Genes and Mind to Matter*

In this practical guide, Dr. Sharon Martin blends allopathic medicine with ancient shamanic and energy techniques to help you shift your health and increase your life force. She reveals how to sense the energy body to understand imbalances and visualize the potential for healing using symbolic medicine wheels and the Andean symbol of the Chacana.

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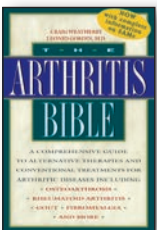
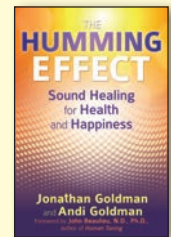
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Jonathan Goldman and Andi Goldman / Foreword by John Beaulieu, N.D., Ph.D.

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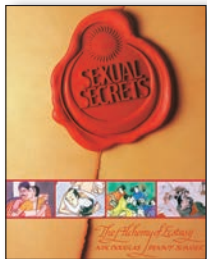
Megan Rose, Ph.D. / Foreword by Orion Foxwood

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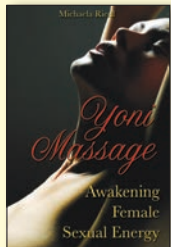
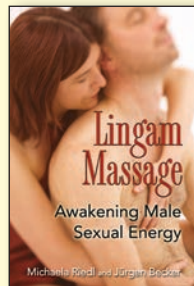
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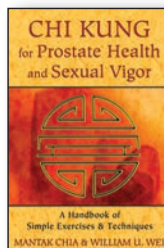
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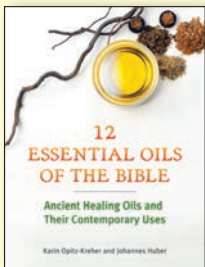
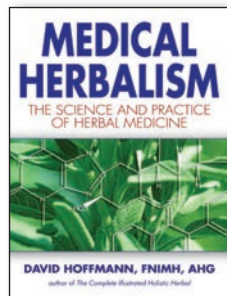
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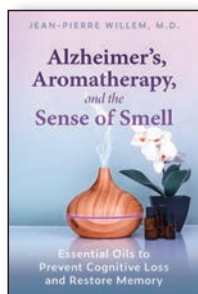
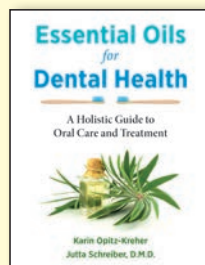
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A Holistic Guide to Oral Care and Treatment

Karin Opitz-Kreher and Jutta Schreiber, D.M.D.

In this comprehensive guide to holistic dental self-care, authors Karin Opitz-Kreher and Jutta Schreiber, D.M.D., detail how essential oils offer many effective and natural ways to support oral health. They share many simple practical techniques to easily incorporate essential oils into your daily oral care routine. They also detail how to combine oils to target and alleviate specific dental and oral ailments, such as periodontitis, oral herpes, ulcers, bad breath, teeth grinding, and toothache.

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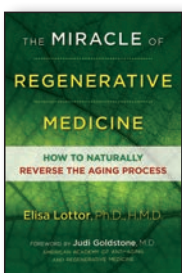
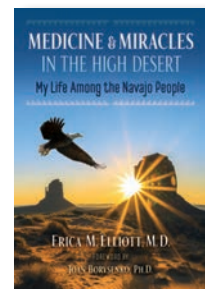
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Erica M. Elliott, M.D. / Foreword by Joan Borysenko, Ph.D.

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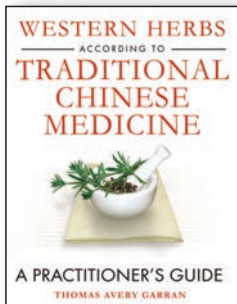
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Elisa Lottor, Ph.D., HMD / Foreword by Judi Goldstone, M.D.

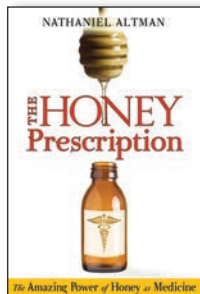
Elisa Lottor explains how to activate the body's self-healing abilities, prevent illness before it starts, and reverse the aging process to live longer, healthier, and happier. She reviews cutting-edge research on stem cell therapies and offers hands-on ways to reduce inflammation, detox, restore your microbiome, and utilize many regenerative therapies.

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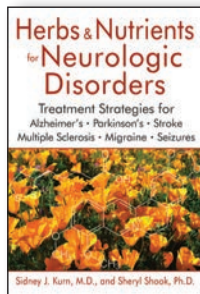
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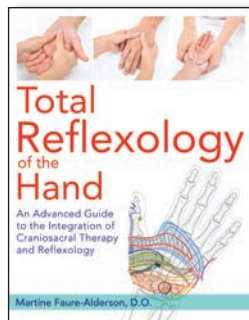
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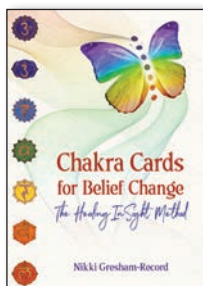
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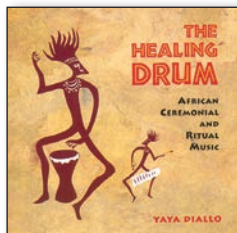
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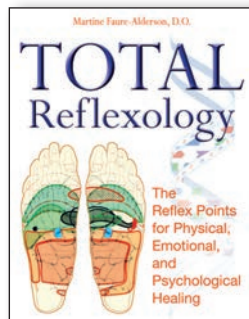
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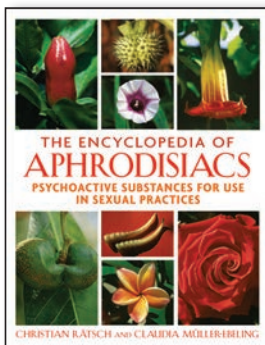
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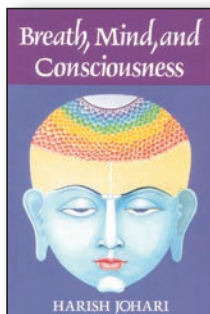
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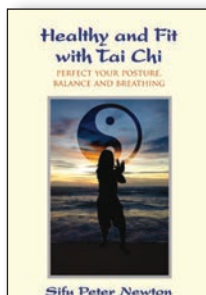
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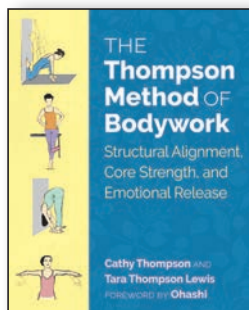
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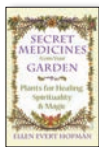
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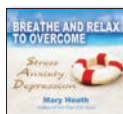
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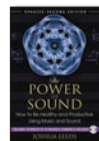
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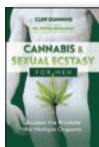
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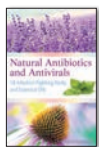
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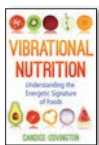
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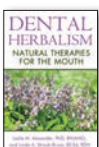
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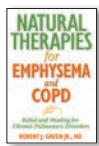
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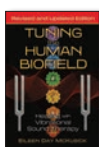
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Alan Powers / Foreword by Richard C. Wheeler

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Sharing his journey to learn birdtalk and his profound observations about the spiritual and healing influences of birdsong, Alan Powers explores the ancient language of birds. Discussing specific techniques, he shares insights into the birdtalk of many species and explains how song-talk with birds restores peace, calms anxiety, and enhances health.

978-1-59143-451-1 • \$18.00 pb • 192 pages, 5.38 x 8.25 • 39 b&w illustrations • e-book available

Emotional Freedom Technique for Animals and Their Humans

Creating a Harmonious Relationship through Tapping

Joan Ranquet / Foreword by Ellie Laks

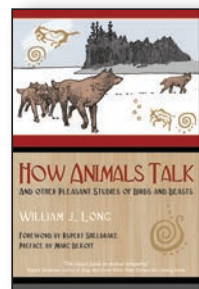
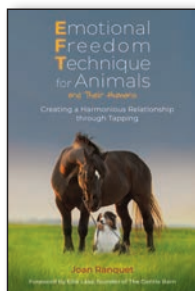
"Joan's intuitive ability to feel into the emotional life of animals is profound. . . . In this book, she teaches us how to employ EFT or 'tapping' to heal their wounds and traumas and to better understand them. The journey of this book is not only practical, well organized, and thorough, it's deeply moving."

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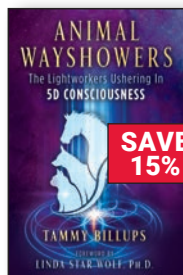
Animal Wayshowers

The Lightworkers Ushering In 5D Consciousness

Tammy Billups / Foreword by Linda Star Wolf, Ph.D.

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

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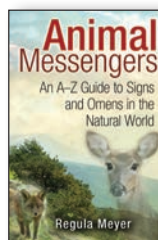
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An A-Z Guide to Signs and Omens in the Natural World

Regula Meyer

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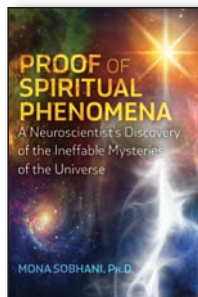
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Daniel Drasin

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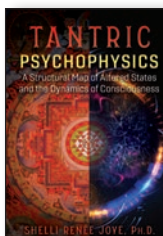
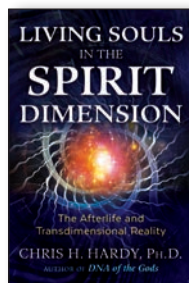
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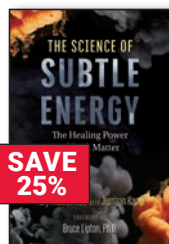
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Richard Grossinger

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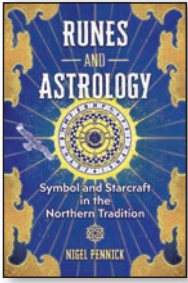
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The Healing Power of Dark Matter

Yury Kronn, Ph.D., with Jurriaan Kamp / Foreword by Bruce Lipton, Ph.D.

Sharing the results of his profound experiments with subtle energy, also known as dark matter, the author shows how the mind interacts with matter by means of subtle energy. Dr. Kronn demonstrates how it's possible to harness subtle energy with modern technology to generate specific subtle energy formulations for practical applications.

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Starborn Stone of Transformation

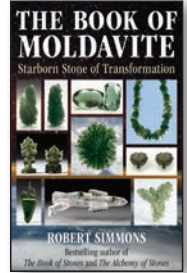
Robert Simmons

"An utterly remarkable book, in which the words themselves emanate the energies of Moldavite!"

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Dark Fleet

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

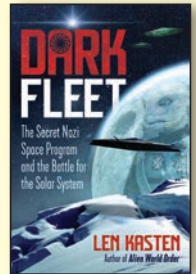
Len Kasten

"... Dark Fleet is deeply disturbing and essential reading."

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Kasten reveals in startling detail that Nazis formed an alliance with the race of aliens known as the Reptilians. After World War II, they infiltrated the U.S. military-industrial complex and launched a Secret Space Program with interstellar spaceports in Antarctica and on Mars. Kasten documents the U.S.-led resistance against the Dark Fleet.

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Tayannah Lee McQuillar

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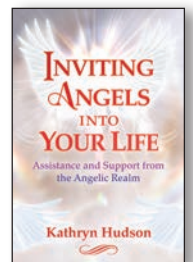
Kathryn Hudson

"... A lovely book that brings some much-needed reassurance from the higher realms at this time."

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64 Cards and Guidebook

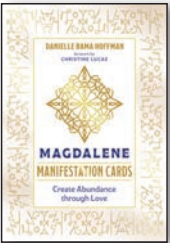
Rosemarie Anderson, Ph. D. / Illustrated by Susan Dorf

"Rosemarie Anderson is a wise and trusted guide for anyone on the spiritual path of awakening. She introduces us to this ancient Celtic oracle and invites us to ask our questions of the Celtic gods and goddesses, trees and animals, and our ancestors. Then we are asked to listen silently and patiently to the answer that emerges from within our own true nature."

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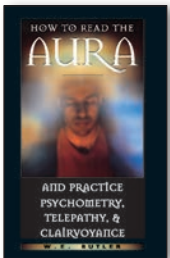
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Alison Chester-Lambert / Illustrated by Richard Crookes

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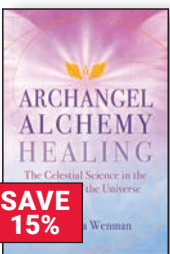
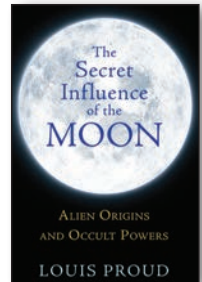
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Louis Proud

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Archangel Alchemy Healing

The Celestial Science in the Vibration of the Universe

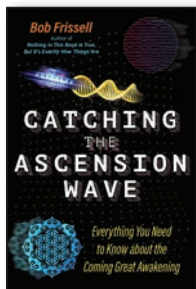
Alexandra Wenman

"Blending celestial science with pure angelic resonance, *Archangel Alchemy Healing* will transport you into the higher realms and reveal how to embody your angelic self. This practical, rich guide will surely inspire your angelic connection to grow from strength to strength."

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There is a wave of higher dimensional energy raising the vibratory rate of our planet and everyone on it. Detailing the forces working to advance our conscious evolution as well as those seeking to block it, Bob Frissell shares exercises, tools, and techniques to transmute energetic obstacles and help you participate in the Great Awakening.

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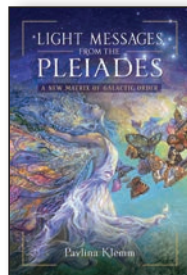
A New Matrix of Galactic Order

Pavlina Klemm

"The wisdom, specific vibrational codes, and exercises provided through this wonderful channel are filled with light and so much love, and yet like the Sirians, the Pleiadians want us to look at the darkness, not to avoid it. They show us how to feel no fear. That is the ultimate experience that will set us free to journey the spiral of light!" —Patricia Cori, activist, former host of *Beyond the Matrix*, and author of *The Sirian Revelations*

In this high-vibration book, Pavlina Klemm shares the light messages she has received from the higher beings known as the Pleiadians on the Great Awakening that is taking place worldwide. She includes exercises, affirmations, and meditations, all charged by the Pleiadians with positive frequencies that activate remembering and healing.

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Barbara Hand Clow

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This erotic thriller centers on Sarah Adamson, a graduate student studying at the Vatican Library. After a terrible encounter with the dark side, Sarah is given a ruby ring that awakens her visionary abilities and memories of her past life as the Sibyl of Cumae. Her journey reveals dramatic insights about early Christian heretics and Vatican world control.

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A Zodiac Oracle

Ellias Lonsdale

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Quantum Spirituality

Science, Gnostic Mysticism, and Connecting with Source Consciousness

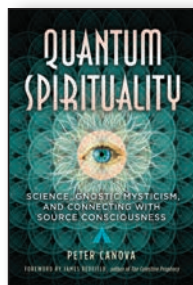
Peter Canova / Foreword by James Redfield

"Quantum Spirituality stirs me in a special way. I love Peter's concepts relating to the mysterious and mystical aspects of life. It resonates with my own experience. It is a pleasure for me to see the remarkably incisive knowledge that Peter has crystallized in Quantum Spirituality to help us see and accept the true underlying nature of life. Please read it, and let it become a part of your life experience too."

—Bernie Siegel, M.D., author of *No Endings, Only Beginnings* and *Three Men, Six Lives*

Exploring the perennial principles of Gnosticism, Peter Canova explains how they describe major theories of quantum physics, such as the Big Bang, parallel universes, the Holographic Universe theory, and Einstein's Relativity. He reveals how to harness quantum spirituality for personal empowerment, access to higher levels of consciousness, and manifestation.

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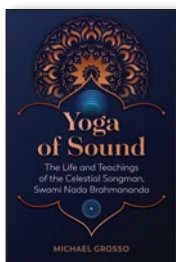
New

Michael Grosso

"Grosso describes his own awakening to the universal and idealistic origins of music, . . . through his years of training under Swami Nada Brahmananda. . . . His sage observations and recollections are a gift to the world. . . . Music is philosophy—this book is a joy!" —Eben Alexander, M.D., author of *Proof of Heaven*

Sharing the lessons of Swami Nada Brahmananda, Michael Grosso explores Swami Nada's Indian yoga of sacred sound in depth. The lessons center on three life-enhancing themes: controlling the mind, diet and practices conducive to healing and perfect health, and how music in all its forms can be used to transform consciousness and enrich our spiritual life.

978-1-64411-637-1 • \$19.99 pb • 176 pages, 6 x 9 • e-book available



Kriya Yoga for Self-Discovery

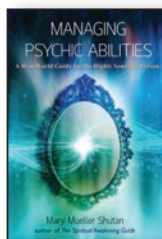
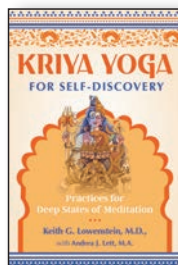
Practices for Deep States of Meditation

Keith G. Lowenstein, M.D., with Andrea J. Lett, M.A.

"This book is deliciously detailed, deep, and elegantly expressed. I cannot recommend it enough to anyone interested in learning Kriya yoga. . . ." —Eve Baumohl Neuhaus, author of *The Crazy Wisdom of Ganesh Baba*

Offering an accessible guide to Kriya yoga, Keith Lowenstein, M.D., explains the basic techniques of the practice step by step, detailing proper posture, breathwork exercises (pranayama), visualization practices, and mantra. He reveals how Kriya is a scientific art—if practiced consistently, it will allow you to quickly enter deep states of meditation.

978-1-64411-218-2 • \$19.99 pb • 288 pages, 6 x 9 • 55 b&w illustrations • e-book available



Managing Psychic Abilities

A Real World Guide for the Highly Sensitive Person

Mary Mueller Shutan

Approximately 20% of the population is sensitive or in some way psychic. Learn how psychic abilities and sensitivities develop, where you are on the spectrum, and the basic and intermediate skills and techniques needed to be healthier, more functional, and in control of your sensitivities and psychic abilities.

978-1-84409-700-5 • \$14.99 pb • 160 pages, 6 x 9 • e-book available

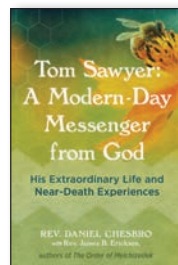
Tom Sawyer: A Modern-Day Messenger from God

His Extraordinary Life and Near-Death Experiences

Rev. Daniel Chesbro with Rev. James Erickson

Featured on national news, on talk shows, and in research studies by Dr. Raymond Moody, Tom Sawyer was one of the first near-death-experience survivors to gain notoriety. Through more than 160 remarkable stories, the authors share Tom's profound insights on life, death, and Unconditional Love gained through his direct encounter with the Light.

978-1-64411-516-9 • \$15.99 pb • 144 pages, 6 x 9 • 1 b&w illustration • e-book available



Mastering Your 5D Self

Tools to Create a New Reality

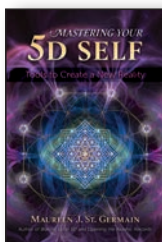
Maureen J. St. Germain

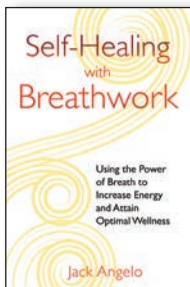
"At the heart of this book lies the message that each of us has the choice to change our destiny every day, to shift our perspectives, and to step more fully into an illuminated and joyful fifth-dimensional life."

—Tricia McCannon, author of *Return of the Divine Sophia*

Maureen St. Germain explores many tools and shortcuts, such as activating meditations, sound healing, and crystals, along with channeled wisdom and advanced insights from angels and other higher beings, all to help you understand and master your 5D self. She also shares practices to transform and transmute emotions instantly.

978-1-59143-397-2 • \$16.00 pb • 176 pages, 6 x 9 • 13 b&w illustrations • e-book and audiobook available





Self-Healing with Breathwork

Using the Power of Breath to Increase Energy and Attain Optimal Wellness

Jack Angelo

"The exercises are easy to follow, very powerful, and go into the subject matter at a far deeper level than many other comparable books." —Roger Ford, executive director and cofounder of Healing in America

All effective healing begins with the breath, for our breath carries life force into the body. This book explains how to harness the healing life force available in each breath and forge a deep connection to the sacred source of all life.

978-1-59477-481-2 • \$16.95 pb • 208 pages, 6 x 9 • 15 b&w illustrations • e-book available

New

Water Alchemy Oracle

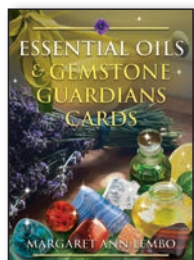
A 40-Card Deck and Guidebook

Alexandra Wenman / Illustrated by Aveliya Savina

"The Water Alchemy Oracle offers you daily guidance, inspiration, and healing for your multi-faceted inner waters of the body, mind, emotions, and spirit. . . . Alexandra Wenman's words combined with the wise, potent, and playful images of the artist Aveliya Savina, provide a sovereign path of aligned and magical living." —Danielle Rama Hoffman, author and channel of *The Magdalene Manifestation Cards*

In this healing and divinatory oracle, Alexandra Wenman explains how to work with the sacred element of water to enhance your intuition, bring more fluidity and flexibility into your daily life, and offer personal healing energies to the polluted and damaged waterways of our world.

978-1-64411-730-9 • \$25.00 boxed set • 5 x 6.75 • Includes 40 full-color cards and 144-page guidebook



Essential Oils and Gemstone Guardians Cards

Margaret Ann Lembo

Bringing aromatherapy into partnership with crystals, this full-color deck presents a hands-on way to engage with the mineral and plant kingdom together. Specifically created to help you establish clear intentions, the 42 two-sided cards each show an essential oil and a vibrationally matching crystal, offering guidance and positive affirmations for your life. The accompanying booklet explores the botanical and therapeutic properties for each essential oil as well as how it is related to its corresponding gemstone.

978-1-64411-539-8 • \$19.99 boxed set • 4 x 5.5 • Includes 42 full-color cards and 160-page booklet

Soulflower Plant Spirit Oracle

44-Card Deck and Guidebook

Lisa Estabrook

"Unique, inspiring, meditative, thought-provoking, Soulflower Plant Spirit Oracle: 44-Card Deck and Guidebook is a truly extraordinary and unreservedly recommended addition to personal and professional metaphysical and tarot studies collections." —Midwest Book Review

In this full-color deck and guidebook set, artist and plant whisperer Lisa Estabrook presents 44 beautiful and vivid Soulflower oracle cards, along with empowering and insightful messages from each card's plant spirit, to help you connect directly to your own inner wisdom, your intuition, and discover the truth of what's in your heart.

978-1-64411-476-6 • \$30.00 boxed set, 5.25 x 7.5 • Includes 44 full-color cards and 176-page booklet



Nature Spirit Tarot

A 78-Card Deck and Book for the Journey of the Soul

Jean Marie Herzel

Weaving the wisdom of the Tarot with the vastness and mystery of the natural world, this 78-card, full-color deck by artist Jean Marie Herzel offers the complete Major and Minor Arcana interpreted through the lens of Nature and the infinite diversity of forms that consciousness displays on Earth, including plants, birds, insects, reptiles, and gemstones.

978-1-59143-399-6 • \$35.00 boxed set • Includes 78 full-color cards and 192-page full-color book

The Miracle Club

How Thoughts Become Reality

Mitch Horowitz

"For the clearest and most eminently rational description of exactly how to test the power of your thoughts, there is simply no better choice. . . ." —Dean Radin, Ph.D., author of *Real Magic*

In this guide to creating miracles through the power of thought, Mitch Horowitz explains how we each possess a creative agency to determine and reshape our lives. He offers a clear formula of focused exercises and concrete tools to manifest your deepest desires, from wealth and love to happiness and security.

978-1-62055-766-2 • \$16.99 pb • 192 pages, 6 x 9 • 4 b&w illustrations • e-book available



The Art of Mastery

Principles of Effective Interaction

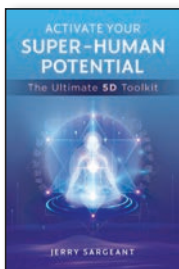
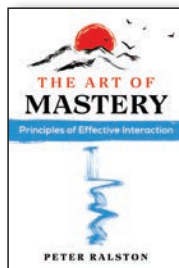
Peter Ralston

"Ralston provides both a real definition of mastery and a very detailed process to achieve it . . . that applies to any chosen field. . . . It is both encouraging and rigorous. . . . [with] guidance on how to benefit from the inevitable mistakes and failures along the path." —Bob Noha, Aikido 6th dan and chief instructor at Aikido of Petaluma

Peter Ralston explores the foundational skills and operating principles that empower mastery, including accurate perceptive-awareness and effective interaction. Sharing methods to overcome the major obstacles to mastery, he presents a step-by-step breakdown of the principle of effective interaction and explains how to adapt when situations are not aligned with your objectives.

978-1-64411-643-2 • \$19.99 pb • 240 pages, 6 x 9 • e-book and audiobook available

New



Activate Your Super-Human Potential

The Ultimate 5D Toolkit

Jerry Sargeant

"Offering one of the most powerful healing systems on the planet, Jerry is the real deal, a true and gifted healer and an amazing teacher. I have used Jerry's tools in my medical practice and the results are fast, lasting, and truly breathtaking." —Shawn K. Centers, M.D.H, D.O., FACOP, chief medical officer at Children's Hope Center, Arizona

In this practical workbook, Jerry Sargeant explores how to prepare the mind and body for 5D. He shares a Star Magic Qi Gong sequence to recalibrate the body and self-heal as well as exercises to create a unified Heart Field, manifest with the Merkaba, protect yourself from psychic attacks, and reprogram yourself for abundance.

978-1-64411-529-9 • \$29.99 pb • 312 pages, 8 x 10 • 8-page color insert and 105 b&w illustrations
e-book available

Soul Medicine

Healing through Dream Incubation, Visions, Oracles, and Pilgrimage

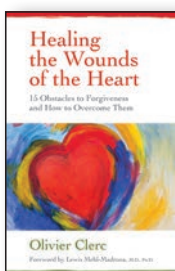
Edward Tick, Ph.D. / Foreword by Mark Nepo

"A bold, towering tree of a book: deep-rooted in a lifetime of personal learning and experience, richly nourished by ancient wisdom, and provides a compassionate canopy of hope and healing."

—Robert Emmet Meagher, emeritus professor of humanities at Hampshire College

Exploring the soul-healing practices missing in our contemporary health systems, Edward Tick, Ph.D., looks at the dream incubation tradition of Asklepios, sacred theatre of Dionysos, oracle gifting of Apollo, and their roots in Neolithic shamanism and indigenous traditions. He includes techniques and case studies to reveal how healings are achieved with these methods.

978-1-64411-089-8 • \$24.99 pb • 288 pages, 6 x 9 • e-book and audiobook available



Healing the Wounds of the Heart

15 Obstacles to Forgiveness and How to Overcome Them

Olivier Clerc / Foreword by Lewis Mehl-Madrona, M.D., Ph.D.

Showing that forgiveness is the healing of the heart's wounds, Olivier Clerc identifies 15 perceived obstacles to forgiveness and how to overcome them. He details four practical methods for forgiveness: the Hawaiian practice of Ho'oponopono, Colin Tipping's Radical Forgiveness, Fred Luskin's Nine Steps to Forgiveness, and the author's own Gift of Forgiveness.

978-1-64411-598-5 • \$18.99 pb • 160 pages, 5 x 7.75 • e-book available

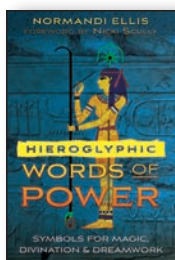
The Fourteen Holy Helpers

Invocations for Healing and Protection

Christiane Stamm

The Fourteen Holy Helpers are a group of Catholic saints venerated together because their intercession has been shown to be particularly effective in difficult times. The author shares 15 prayers—one for each Holy Helper and one prayer to call on all 14 Helpers together—to invoke these saints and call on them for spiritual assistance.

978-1-64411-469-8 • \$12.99 pb • 112 pages, 5.75 x 8.25 • e-book available



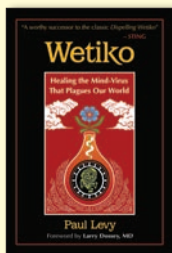
Hieroglyphic Words of Power

Symbols for Magic, Divination, and Dreamwork

Normandi Ellis / Foreword by Nicki Scully

Words are magic, operating on many levels through both sound and symbol. In this detailed guide, 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 dreamwork.

978-1-59143-376-7 • \$20.00 pb • 336 pages, 6 x 9 • 87 b&w illustrations • e-book available



Wetiko

Healing the Mind-Virus That Plagues Our World

Paul Levy / Foreword by Larry Dossey, M.D.

"A worthy successor to the classic *Dispelling Wetiko*." —Sting

Examining the concept of wetiko as it appears in the Kabbalah, Hawaiian Kahuna shamanism, mystical Christianity, and Jung's writings, Paul Levy shows how this mind-virus is embedded in our psyches and how our blindness to it gives wetiko its destructive power. And, by recognizing this highly contagious mind parasite, we can break free from its hold.

978-1-64411-410-0 • \$19.99 pb • 336 pages, 6 x 9 • e-book and audiobook available

Undreaming Wetiko

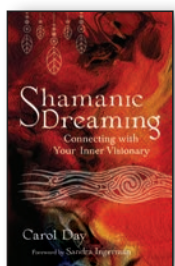
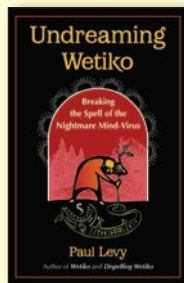
Breaking the Spell of the Nightmare Mind-Virus

Paul Levy

"Provides a fascinating exploration of how to find the light that is hidden within the dark side of our human experience. Paul Levy offers one of the finest riffs on understanding the complexity of which we are composed and how to understand and work with it, thus lending new meaning and strategy to the evolutionary agenda." —Jean Houston, Ph.D., author of *The Possible Human*

The profound and radical Native American idea of "wetiko," a virus of the mind, underlies the collective insanity and evil that is destructively playing out around the world. Yet, as Paul Levy reveals in depth, encoded within wetiko itself lies the very medicine needed to combat the mind-virus and heal both ourselves and our world.

978-1-64411-566-4 • \$24.99 pb • 416 pages, 6 x 9 • e-book and audiobook available



Shamanic Dreaming

Connecting with Your Inner Visionary

Carol Day / Foreword by Sandra Ingerman

"Carol never fails to delight with her creative and visionary approach . . . as she expertly guides us along a fun, empowering, and expansive journey toward wholeness and truth within a carefully crafted structure." —Fay Johnstone, shamanic herbalist and author of *Plant Spirit Reiki*

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

978-1-64411-703-3 • \$18.99 pb • 192 pages, 6 x 9 • 25 b&w illustrations • e-book available

Psychedelic Buddhism

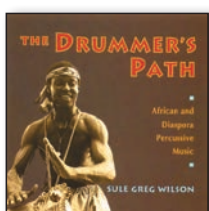
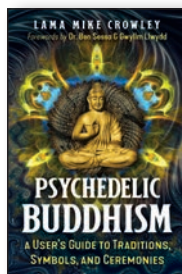
A User's Guide to Traditions, Symbols, and Ceremonies

Lama Mike Crowley / Forewords by Dr. Ben Sessa and Gwyllm Llwydd

"Adorned with awe-inspiring visionary art, *Psychedelic Buddhism* lays out an ethical path for the modern Buddhist curious about the integration of psychedelic substances as tools to enhance and deepen spiritual practice." —Jasmine Viridi, M.Sc., writer, educator, poet, and activist

Lama Mike Crowley presents techniques for Buddhists who wish to incorporate psychedelics into their practice, sharing the kind of spiritual experiences and benefits that can be gained through entheogen use. He also explores meditation techniques and guidance for psychonauts who are interested in the maps of inner space provided by Buddhism.

978-1-64411-669-2 • \$22.99 pb • 328 pages, 6 x 9 • Includes 8-page color insert and 34 b&w illustrations • e-book and audiobook available



The Drummer's Path (CD)

African and Diaspora Percussive Music

Sule Greg Wilson

Following the great diaspora out of Africa to the Caribbean and the Americas, percussionist Sule Greg Wilson draws from rhythms of the world on this eclectic recording. He brings the power of traditional drumming alive and plays classic rhythms from the diverse cultures of Puerto Rico, Brazil, Africa, and India.

978-0-89281-502-9 • \$15.95 • 72-minute CD



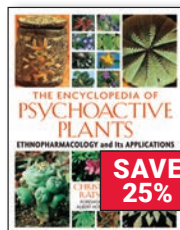
The Encyclopedia of Psychoactive Plants

Ethnopharmacology and Its Applications

Christian Rätsch / Foreword by Albert Hofmann

In the traditions of every culture, psychoactive plants—those known to transport the mind to other dimensions of consciousness—have been regarded as sacred. This book details the history, botany, and use of psychoactive plants and is lavishly illustrated with color photographs of the people, ceremonies, and art related to the ritual use of psychoactive plants.

978-0-89281-978-2 • \$125.00 \$93.75 hardcover • 944 pages, 8.5 x 11 • 797 color photographs and 645 b&w illustrations • e-book available



Spirit Speaker

A Medium's Guide to Death and Dying

Salicrow

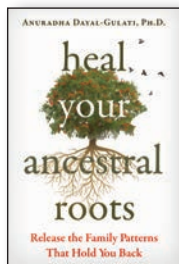
"Every once in a while a book comes along that brings the right kind of medicine at just the right moment. *Spirit Speaker* demystifies spirit contact and gives excellent guidance to anyone seeking to connect to their beloved dead. It's the book I'll be recommending . . ." —Megan Rose, Ph.D., author of *Spirit Marriage*

Answering the most common questions asked by her clients over her decades of work as a spirit speaker, psychic medium Salicrow provides a deep understanding of the signs, symbols, and sensations that spirits use to contact us. She explains the spiritual process of dying and presents simple techniques for helping loved ones cross over.

978-1-64411-728-6 • \$16.99 pb • 128 pages, 6 x 9 • 9 b&w illustrations • e-book and audiobook available



New



Heal Your Ancestral Roots

Release the Family Patterns That Hold You Back

Anuradha Dayal-Gulati, Ph.D.

"A thoroughly engaging guide to gaining more contentment, fulfillment, and harmony in life. . . It is rare to find a guide to the gifts of the earth, ancestors, and spirit that is so highly informative and heartfully lyrical." —Dan Cohen, Ph.D., family constellation facilitator and author of *I Carry Your Heart in My Heart*

Exploring the energetic principles that govern your family lineage, Anuradha Dayal-Gulati explains the many ways your ancestral field can support you as well as how it can hold you captive. She discusses the importance of honoring your ancestors and provides exercises and tools to help you recognize and release negative family patterns and heal ancestral trauma.

978-1-64411-774-3 • \$18.99 pb • 288 pages, 5.5 x 8.5 • e-book and audiobook available

First Nations Crystal Healing

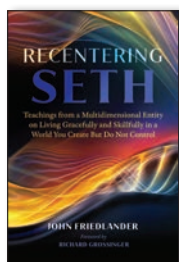
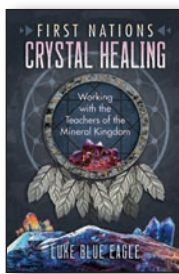
Working with the Teachers of the Mineral Kingdom

Luke Blue Eagle

With the permission of his elders and teachers, Luke Blue Eagle shares the therapeutic and spiritual uses of crystals as taught in the traditions of First Nations tribes.

He explores the properties and healing use of 40 important crystals and stones and details safe and effective healing techniques, including how to make crystal essences, how to program a crystal, and how to purify the energy centers or perform a healing treatment with clear quartz crystal.

978-1-59143-427-6 • \$20.00 pb • 264 pages, 6 x 9 • Includes 8-page color insert • e-book available



Recentering Seth

Teachings from a Multidimensional Entity on Living Gracefully and Skillfully in a World You Create But Do Not Control

John Friedlander / Foreword by Richard Grossinger

"Friedlander's world is one where psychicism is not a superpower reserved for the elite but a subtle skillset anyone is free to develop." —Sophie Strand, poet, historical fiction writer, and author of *The Flowering Wand*

After nearly 5 decades exploring Seth's ideas, along with many other spiritual approaches, John Friedlander, a member of Jane Roberts's original Seth classes in 1974, has reframed the revolutionary Seth teachings, recentering them in the awareness that all consciousness expands in all directions.

978-1-59143-437-5 • \$20.00 pb • 448 pages, 6 x 9 • e-book available

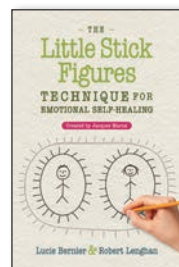
The Little Stick Figures Technique for Emotional Self-Healing

Created by Jacques Martel

Lucie Bernier and Robert Lenghan

Created by therapist Jacques Martel in 1993, the Little Stick Figures Technique is an easy energetic cord-cutting method to free yourself from your dependencies, your fears, and your conscious and unconscious attachments. The book explains the 7 simple steps of the technique as well as how to achieve lasting results.

978-1-64411-521-3 • \$16.99 pb • 192 pages, 6 x 9 • 169 b&w illustrations • e-book available



Scripting the Life You Want

Manifest Your Dreams with Just Pen and Paper

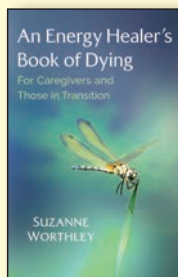
Royce Christyn / Foreword by Mitch Horowitz

"Don't just dream it—plan it. Royce Christyn's *Scripting the Life You Want* offers a system of strategies to figure out what you really want your life to become and how to make it happen."

—Ted Allen, Emmy Award winner and host of Food Network's *Chopped*

In this step-by-step guide, filled with success stories and practical exercises, Royce Christyn details a simple yet extremely effective "scripting" process for harnessing the Law of Attraction and manifesting what you want in your life.

978-1-64411-019-5 • \$16.99 pb • 224 pages, 6 x 9 • 43 b&w illustrations • e-book and audiobook available



An Energy Healer's Book of Dying

For Caregivers and Those in Transition

Suzanne Worthley

"Suzanne writes with the passion of one who has first-hand experience of having watched with the dying. . . . Suzanne, you have served us well in sharing your wisdom of death and dying."

—Phyllida Anam-Áire, author of *A Celtic Book of Dying* and *Celtic Wisdom and Contemporary Living*

In this compassionate guidebook to the nine energetic levels of the dying process, intuitive energy worker Suzanne Worthley reveals what is happening energetically during each stage of the transition back to spirit, including what the dying person may see and experience and how to provide support during any phase of losing a loved one.

978-1-64411-032-4 • \$14.99 pb • 176 pages, 5 x 7.75 • e-book and audiobook available

Confident Empath

A Complete Guide to Multidimensional Empathing and Energetic Protection

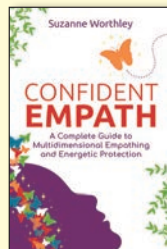
Suzanne Worthley

"In this book, Suzanne brilliantly lays out the information that allows the reader to be guided through the world of unseen energy all while being supported by insightful, tactical ideas to maintain their health and wellness. . . . Confident Empath will definitely be a reliable resource. . . ." —Jill Friedrichs, D.C., doctor of chiropractic

Exploring all of the ways one can feel and perceive energies from human energy fields, places, paranormal situations, and across dimensions, Suzanne Worthley offers advanced strategies for energetically protecting yourself and your loved ones and explains how to release limiting beliefs to evolve from fear-based empathing to love-based empathy.

978-1-64411-755-2 • \$22.99 pb • 288 pages, 6 x 9 • e-book and audiobook available

New



The Empowerment Solution

Six Keys to Unlocking Your Full Potential with the Subconscious Mind

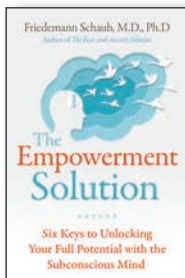
Friedemann Schaub, M.D., Ph.D.

"A truly life-changing read! . . . Dr. Schaub masterfully channels his wealth of experience into helping readers create greater self-love, acceptance, and personal empowerment."

—Carla Marie Manley, Ph.D., clinical psychologist and author of *Joy from Fear*, *Date Smart*, and *Aging Joyfully*

Our subconscious employs survival patterns to protect us from rejection, failure, and hurt. But these patterns disconnect us from our true, empowered selves. In this step-by-step guide, Friedemann Schaub, M.D., Ph.D., explores how to break free from the six most common subconscious survival patterns and make authenticity and confidence your everyday way of being.

978-1-64411-641-8 • \$24.99 pb • 352 pages, 6 x 9 • 2 b&w illustrations • e-book available



When Shadow Meets the Bodhisattva

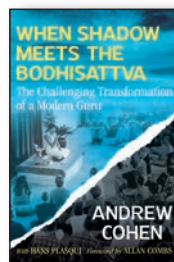
The Challenging Transformation of a Modern Guru

Andrew Cohen with Hans Plasqui / Foreword by Allan Combs

"This is an extremely important and highly recommended book. It's beautifully written and comes straight from the spiritual heart. Get it and read it—it will change your life." —Ken Wilber, author of *The Religion of Tomorrow*

After his public fall from grace in 2013, Andrew Cohen vanished from view and underwent a dark night of the soul. In this book, he explores his responsibility for the failure of his organization EnlightenNext as well as a new vision for modern spirituality based on the wisdom of the lessons he learned.

978-1-64411-590-9 • \$22.99 pb • 292 pages, 6 x 9 • 4-page color insert and 7 b&w illustrations • e-book available



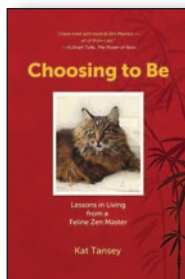
Choosing to Be

Lessons in Living from a Feline Zen Master

Kat Tansey

The narrative revolves around a Maine Coon cat, his kitten muse, and the author. Drawn from the personal reflections of a formerly depressed person, the story is inspiring for understanding the inner self, reducing stress, finding inner peace, and knowing the joys and comforts of answering to a cat master.

978-1-84409-501-8 • \$16.99 pb • 160 pages, 5.38 x 8.25 • 12 b&w halftones • e-book available



Sacred Geometry Coloring Book

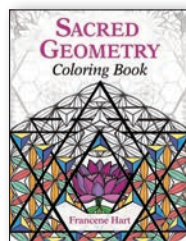
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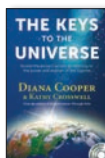
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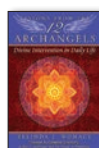
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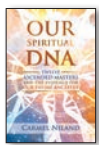
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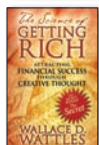
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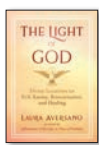
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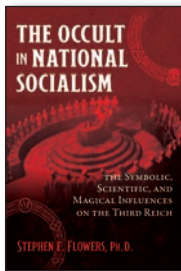
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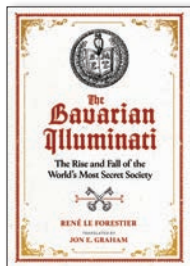
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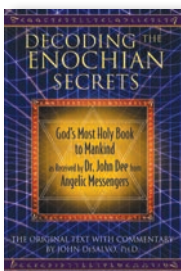
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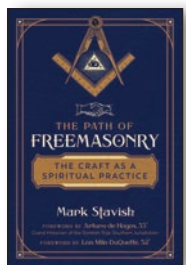
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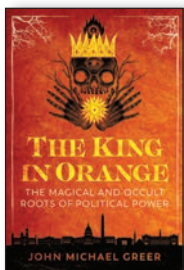
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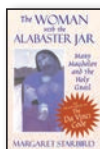
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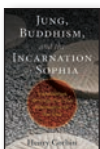
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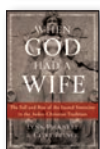
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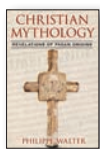
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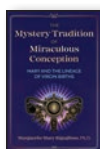
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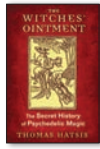
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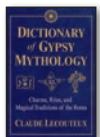
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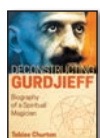
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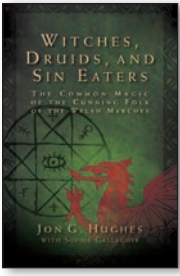
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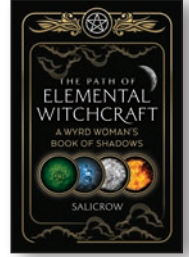
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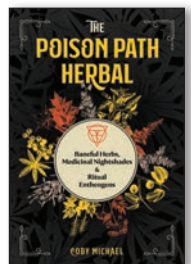
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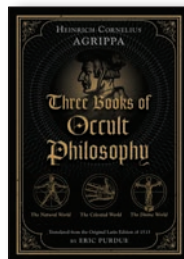
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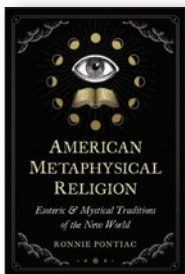
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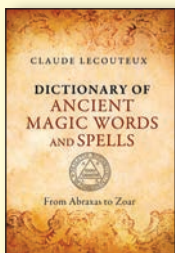
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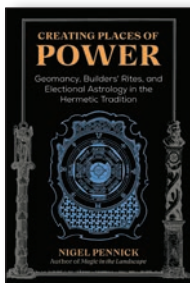
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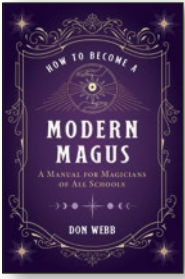
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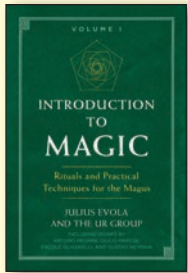
Carl Abrahamsson / Foreword by Nicholaj de Mattos Frisvold

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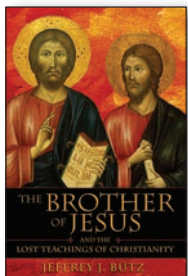
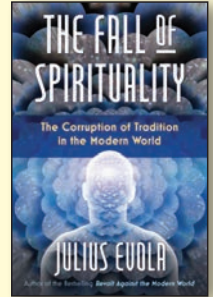
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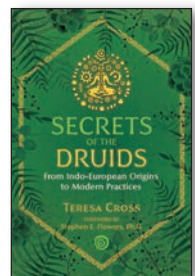
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From Indo-European Origins to Modern Practices

Teresa Cross / Foreword by Stephen E. Flowers, Ph.D.

Reconstructing the Druidic faith from surviving remnants and dedicated study of scholarly sources, Teresa Cross explores the history and development of the Celtic spiritual tradition and its lore. Moving from history to modern day, she also provides an authentic guide to Druid practices, including magical rites, ceremonies, and customs.

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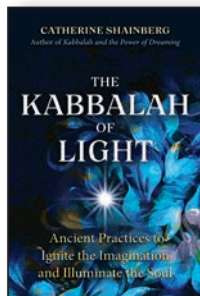
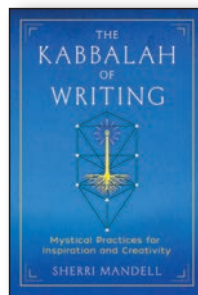
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In this step-by-step guide, Catherine Shainberg reveals how to tap instantly into the subconscious and receive answers to urgent questions. She shares 159 short kabbalistic exercises and practices to help you begin dialoguing with your subconscious through images and discusses how to understand the images that arise.

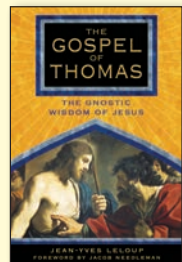
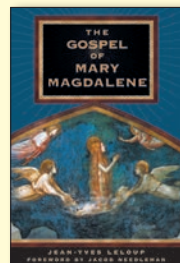
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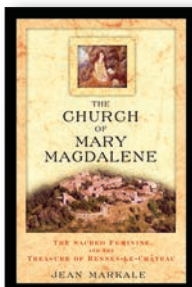
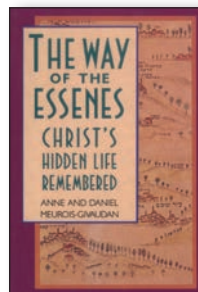
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Christ's Hidden Life Remembered

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Through direct revelation, the authors received detailed knowledge of the Essene teachings and their role in preparing Christ for his mission. Their account complements the gospels, clarifying and enlarging upon mysterious parts of the record—including Christ's mystical and metaphysical teachings of Essene techniques for spiritual advancement.

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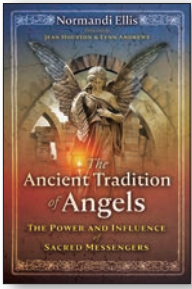
The Church of Mary Magdalene

The Sacred Feminine and the Treasure of Rennes-le-Château

Jean Markale

The church of Rennes-le-Château in France may hold proof of Mary Magdalene's marriage to Jesus. During church restorations in 1885 a mysterious discovery suggests an archaic role performed by Mary that could shake the very foundations of the Church if fully understood: that of the high priestess who anoints the priest king into his spiritual duties.

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Normandi Ellis looks at the angelic dimensions of spiritual traditions around the world from the ancient past to present day, showing how angels are beings of light consciousness. She explores angels from Judeo-Christian and Islamic faiths, Hinduism and Buddhism, the beliefs of ancient Egypt, Yezidism, and Zoroastrianism as well as contemporary angelic encounters, including her own.

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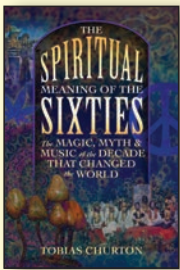
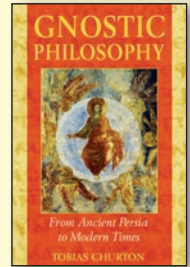
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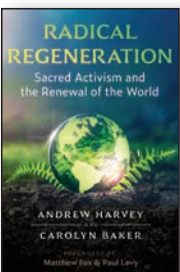
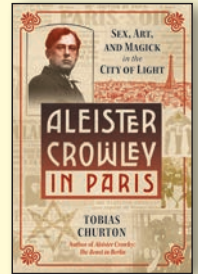
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Andrew Harvey and Carolyn Baker / Forewords by Matthew Fox and Paul Levy

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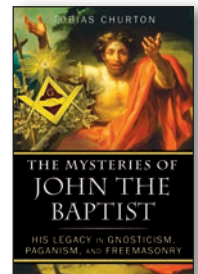
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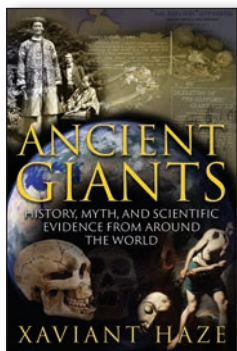
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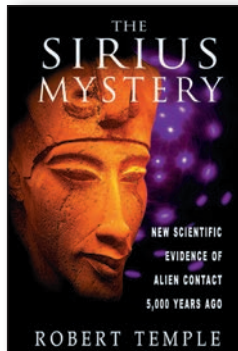
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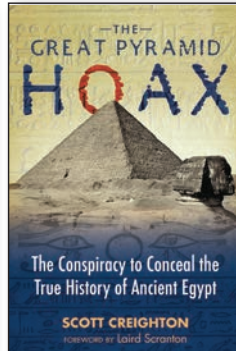
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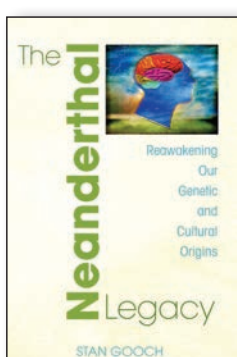
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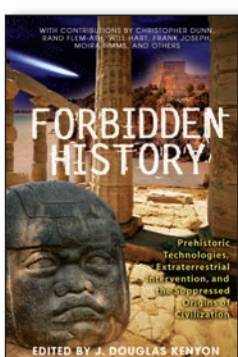
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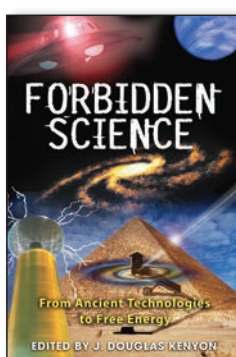
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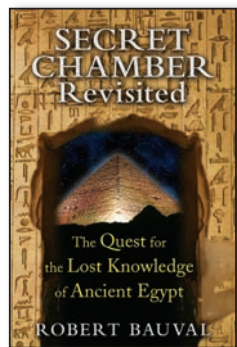
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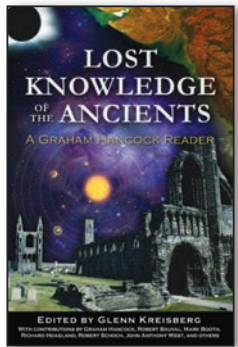
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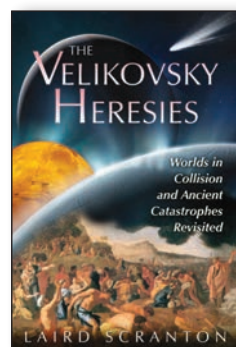
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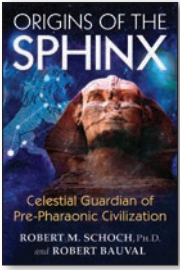
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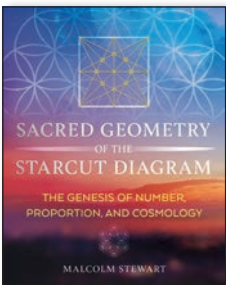
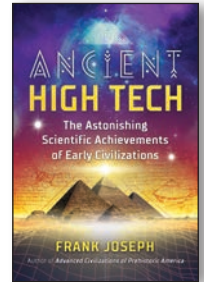
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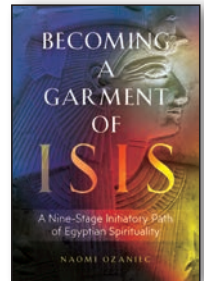
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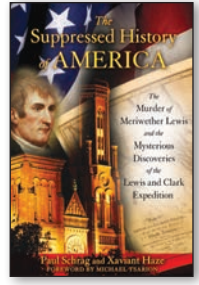
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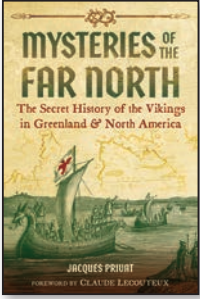
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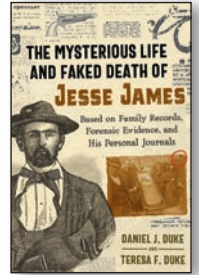
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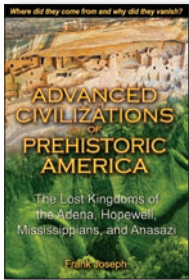
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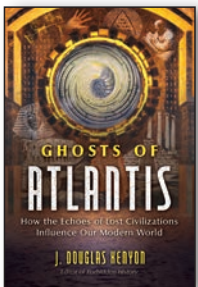
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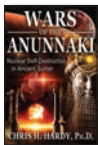
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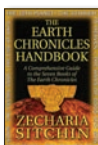
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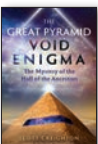
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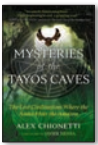
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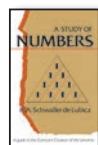
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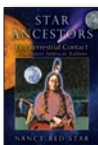
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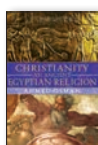
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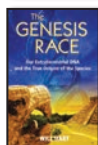
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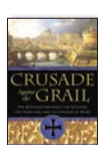
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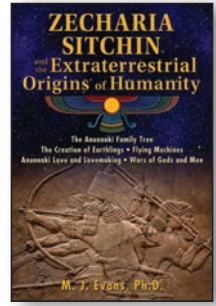
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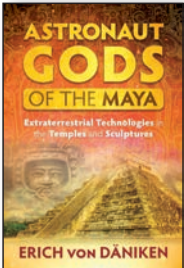
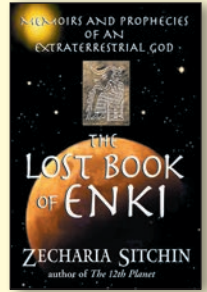
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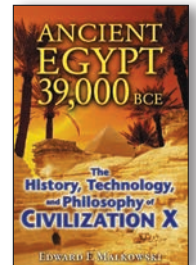
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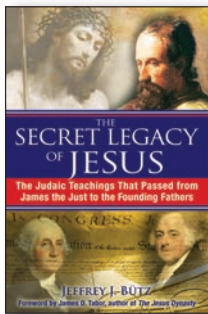
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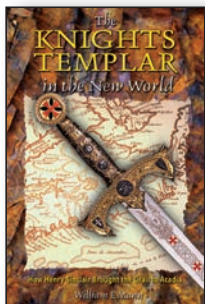
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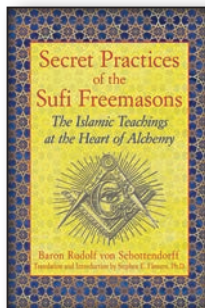
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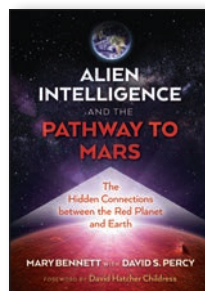
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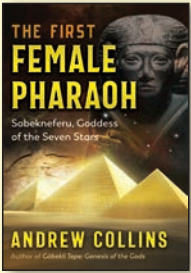
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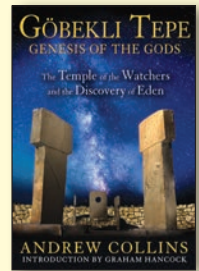
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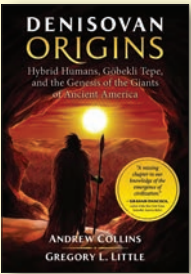
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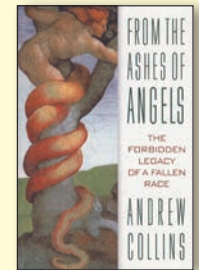
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Andrew Collins

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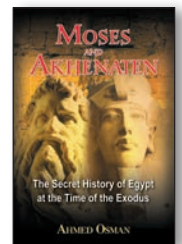
Moses and Akhenaten

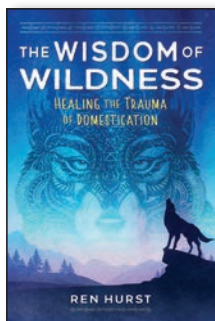
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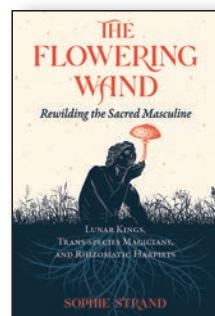
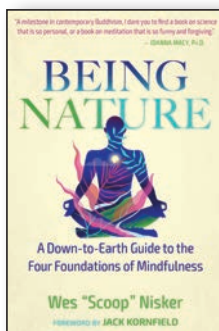
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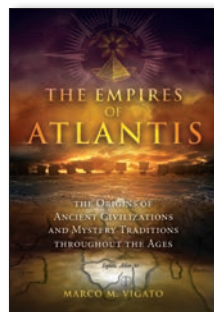
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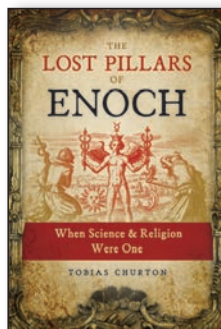
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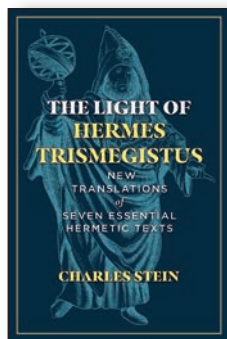
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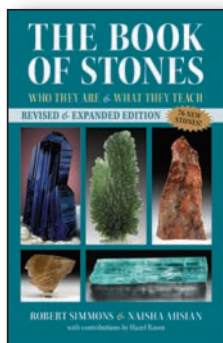
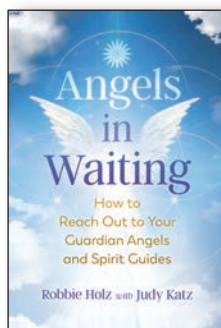
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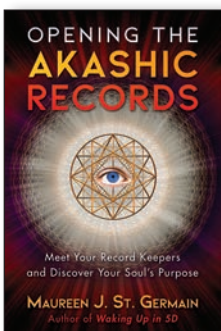
Maureen J. St. Germain

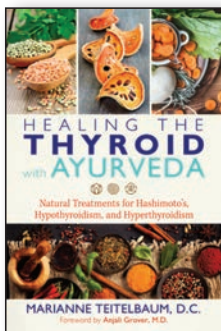
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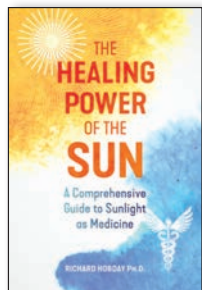
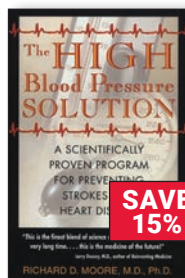
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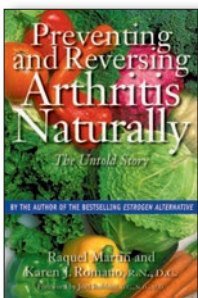
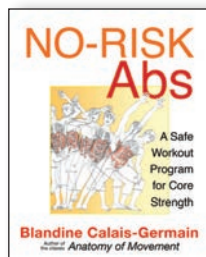
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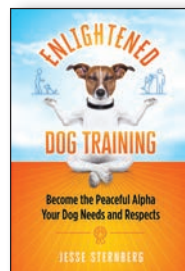
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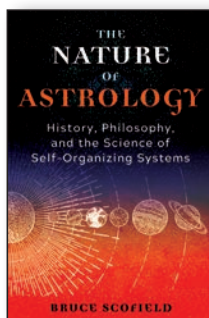
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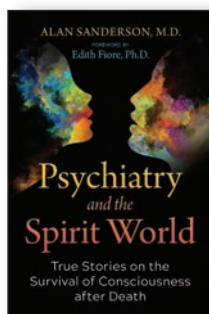
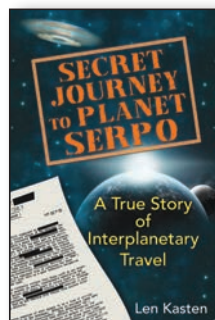
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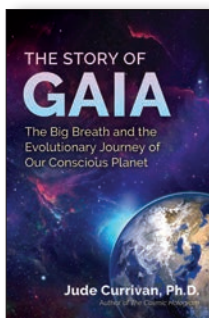
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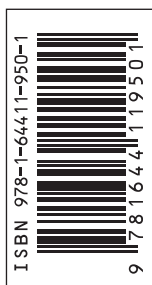


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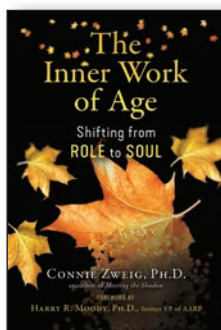
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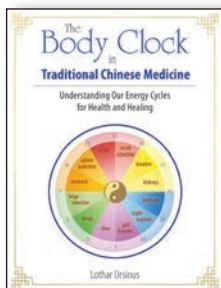
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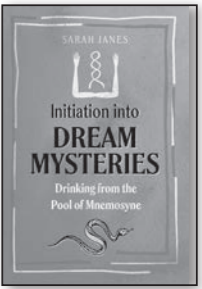
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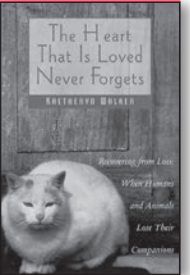
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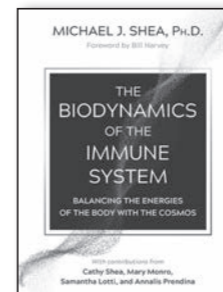
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