



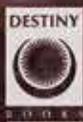
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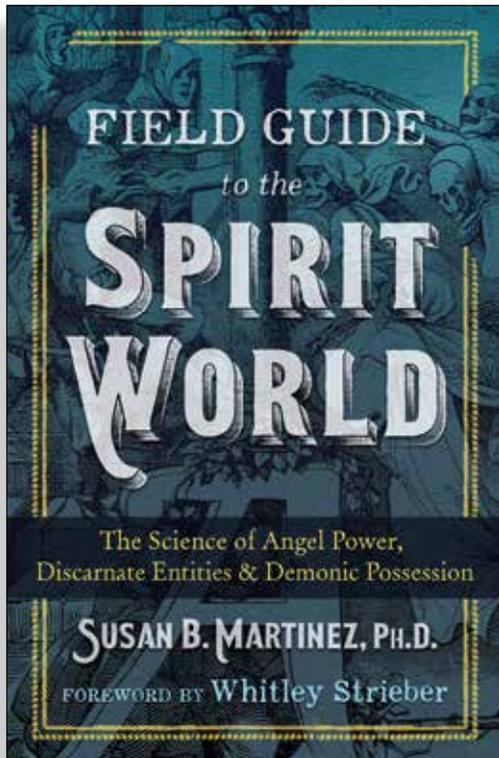


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Field Guide to the Spirit World

The Science of Angel Power, Discarnate Entities, and Demonic Possession

SUSAN B. MARTINEZ, Ph.D.

Foreword by WHITLEY STRIEBER

A comprehensive examination of the many ways the spirit world affects our minds and the material plane

- Reveals the spirit influence behind many mental disorders as well as psi abilities and creative genius
- Provides a detailed guide to the Afterlife and its inhabitants
- Includes checklists of symptoms of spirit “overshadowing,” methods from the world’s top exorcists, and instructions on how to free unwanted spirits from the material plane

We are spirits housed in a body, and just as houses can be haunted, so can people. When the living succumb to dissociative states of consciousness, they become a magnet for lost but clinging spirits. Known as *jinn*, *dybbuk*, *daemon*, *wuqabi*, or simply the undead, they hover unseen on the earth plane, ready to inhabit the most suitable body available.

Documenting the life of wandering spirits and their impact on vulnerable human targets, Susan Martinez offers a radical departure from the standard psychological explanations for a host of pathological behaviors—including multiple personality, autism, epilepsy, migraines, obsessive compulsive disorder, depression, schizophrenia, anxiety, PTSD, self-destructive urges, and strange outbursts—and reveals that hallucinations are often true impressions of spirit input. Martinez explains how mental health comes down to the delicate balance between self-control and spirit-control. When trauma triggers an escape response, the soul takes flight, leaving the mind susceptible to possession by discarnate entities. However, the spirit world can also bestow gifts upon those whose psyches are open, such as in the case of mediums, shamans, people who communicate with angels, and many of the world’s creative geniuses.

Martinez presents “overshadowing” by spirits as a universal, cross-cultural phenomenon, documenting modern and traditional accounts as well as corroborating indigenous beliefs. She examines soul decay, soul travel both before and after death, as well as how knowledge of the spirit world can offer positive treatments for disorders like schizophrenia and autism. Providing a detailed guide to the spirit world and its inhabitants, the author offers checklists of symptoms of “overshadowing,” methods from the world’s top exorcists, and instructions on how to free spirits so they can continue their journey into the beyond—all the tools necessary to forearm us against soul snatchers and other enemies of the Light.

Susan B. Martinez, Ph.D., is a writer, linguist, teacher, and paranormal researcher with a doctorate in anthropology from Columbia University. The author of several books, including *Time of the Quickening*, she lives in Clayton, Georgia.



March 2019

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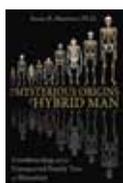
Occult



Author

Susan B. Martinez, Ph.D.

Also by Susan B. Martinez, Ph.D.



The Mysterious Origins of Hybrid Man

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Stones of the Goddess

Crystals for the Divine Feminine

NICHOLAS PEARSON

A practical guide to working with gemstones and crystals connected to Goddess energy for magick, healing, and transformation

- Explores more than 100 Goddess-centered stones and crystals, including amazonite, amethyst, birthing stones, thundereggs, geodes, Lemurian seed crystals, sakura stone, yeh ming zhu, and carnelian, also known as the blood of Isis
- Details each stone's astrological and elemental correspondences, Goddess archetypes, healing properties, magickal uses, and aspects of the Divine Feminine it embodies
- Includes instructions for Goddess-centered rituals, guided meditations, and spells
- Explains how to create Goddess-centered crystal grids, crystal elixirs, and charm bags

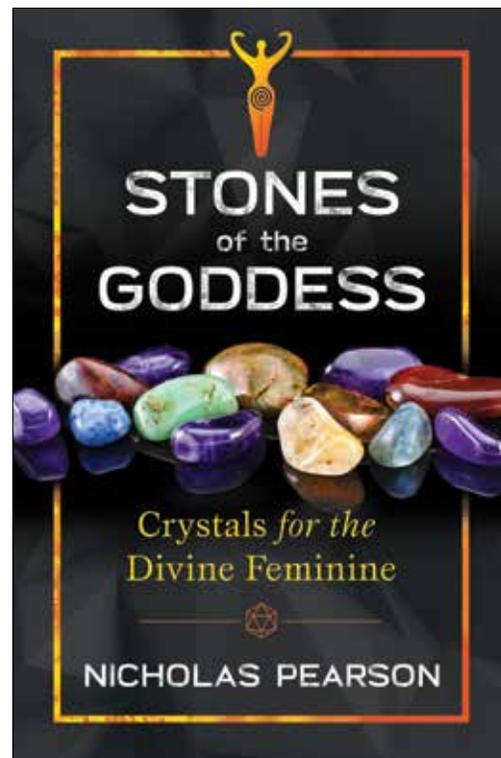
Part of Mother Earth, crystals and gemstones are intimate pieces of the body of the Goddess, sacred tools that can help us tap into Her energy for healing, magick, and spiritual growth.

In this practical guide to working with the stones of the Goddess, Nicholas Pearson explores more than 100 gemstones and crystals strongly connected with the energies of the Divine Feminine, including old favorites like amazonite, amethyst, geodes, and carnelian (also known as the blood of Isis), alongside newer and more unusual stones such as sakura ishi, yeh ming zhu, and Lemurian seed crystals. He details each stone's spiritual and healing properties, astrological and elemental correspondences, Goddess archetypes and lore, magickal uses, and the aspects of the Divine Feminine it embodies. Providing an overview of major Goddesses from around the world, he reveals how Goddess traditions and myths have incorporated stones throughout history.

Guiding you through the basics of crystal work, including cleansing and programming, the author offers step-by-step instructions for Goddess-centered magickal rituals, guided meditations to connect with the Divine Feminine, and the use of crystals for spellcasting. He explains how to create crystal grids, including the Triple Goddess Grid and the Venus Grid; crystal elixirs, such as Aphrodite Elixir and Yemayá Essence; and crystal charm bags for purification, wealth, and a happy home.

With the rebirth of the Goddess now happening after millennia of suppression, Pearson shows how, by working with gemstones and crystals, you can help restore the radiant light and limitless magick of the Divine Feminine and move humanity toward collective growth and healing. The stones of the Goddess are here to support us through practical means as well as serve as anchors for the return of the Goddess's presence.

Nicholas Pearson has been immersed in all aspects of the mineral kingdom for more than 20 years. He began teaching crystal workshops in high school, later studying mineral science at Stetson University while pursuing a degree in music. A certified teacher of Usui Reiki Ryoho, he teaches crystal and Reiki classes throughout the United States. The author of several books, including *Crystal Healing for the Heart*, he lives in Orlando, Florida.



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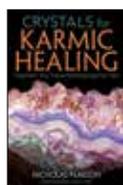


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Also by Nicholas Pearson



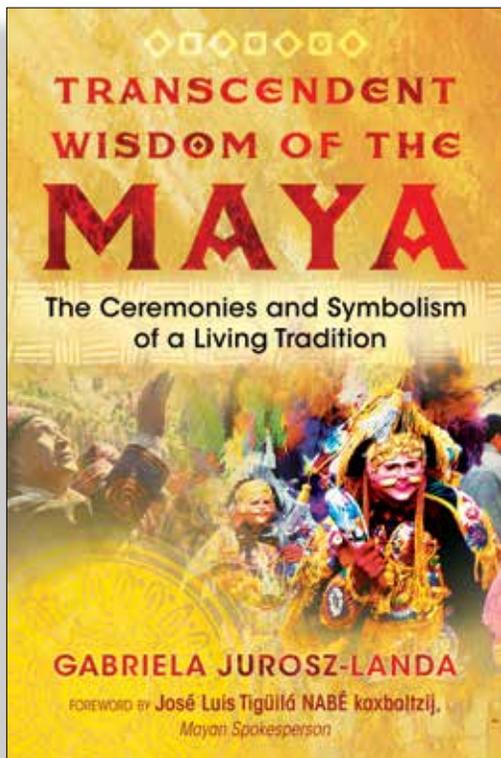
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Transcendent Wisdom of the Maya

The Ceremonies and Symbolism of a Living Tradition

GABRIELA JUROSZ-LANDA

Foreword by José Luis Tigüilá NABÉ kaxbaltzij, Mayan Spokesperson

An initiate's inside account of ancient Mayan spiritual practices alive today

- Details the initiation process the author went through to become a Mayan shaman-priestess, including rituals, prayers, and ceremonies
- Explains the foundational spiritual wisdom of the Mayan calendar as a living entity, its cycles of time, and the significance of “the counting of the days”, which helps keep time itself alive
- Examines the power of dance and Mayan ceremonies, Mayan future-telling, and communication with ancestors through the sacred fire

Offering an insider's experiential account of ancient Maya spiritual wisdom and practices, initiated Mayan shaman-priestess Gabriela Jurosz-Landa opens up the mysterious world of the Maya, dispelling the rampant misinformation about their beliefs and traditions, sharing the transcendent beauty of their ceremonies, and explaining the Maya understanding of time, foundational to their spiritual worldview and cosmology.

The author, an anthropologist, details the initiation process she went through to become a Mayan shaman-priestess in Guatemala, including rituals, prayers, the presence of numinous forces, and the transmission of sacred knowledge. She explains the spiritual wisdom of the Mayan calendar as a living entity, its cycles of time, and the significance of “the counting of the days”, which helps keep time itself alive. She examines Maya spiritual and cosmological concepts such how the universe is shaped like a triangle over a square. She reveals the profound power of dance in Maya tradition, explaining how ritual dance halts the flow of time, reactivates primordial events, and captures vital energies that keep the Maya spiritual tradition vital and alive. Exploring other Mayan secret knowledge, she also details Maya ritual attire, Mayan future-telling with the calendar, the reading of the Tzi'te beans, and how the Maya communicate with ancestors through the sacred fire.

Illustrating how contemporary Mayan life is suffused with spiritual tradition and celebration, the author shares the teachings of the Maya from her initiate and anthropologist point of view in order to help us all learn from the ancient wisdom of their beliefs and worldview. Because, to truly understand the Maya, one must think like the Maya.

Gabriela Jurosz-Landa is an anthropologist and Mayan shaman-priestess initiated by her teacher Tomasa Pol Suy in Guatemala. She has researched Guatemala for more than 20 years, living there for 6 years, during which she participated in ceremonies with Mayan spiritual and political authorities, including the 2012 New Era celebrations. The founder of the Forum of World Cultures, she writes and lectures internationally. She lives in Connecticut.



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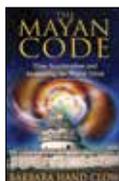
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Shamanism



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Healing Journeys with the Black Madonna

Chants, Music, and Sacred Practices of the Great Goddess

ALESSANDRA BELLONI

Foreword by MATTHEW FOX

An experiential guide to the ancient healing rituals of the Black Madonna

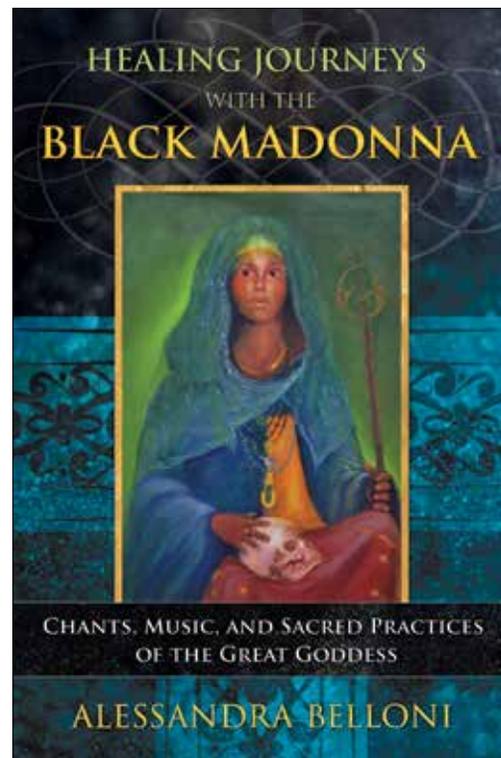
- Reveals the practices and rites of the still-living cult of the Black Madonna in the remote villages of Southern Italy, including the healing rites of the *tarantella* dance
- Details shamanic chants, rhythms, and songs and how to use them for self-healing, transformation, and recovery from abuse, trauma, depression, and addiction
- Explores the many sacred sites of the Madonnas and connects them to other Great Goddesses, such as Isis, Aphrodite, Cybeles, and the Orisha Yemanja and Ochun

The mysteries of the Black Madonna can be traced to pre-Christian times, to the ancient devotion to Isis, the Earth Goddess, and the African Mother, to the era when God was not only female but also black. Sacred sites of the Black Madonna are still revered in Italy, and, as Alessandra Belloni reveals, the shamanic healing traditions of the Black Madonna are still alive today and just as powerful as they were millennia ago.

Sharing her more than 35 years of research and fieldwork at sacred sites around the world, Belloni takes you on a mystical pilgrimage of empowerment, initiation, and transformation with the Black Madonna. She explains how her love for Italian folk music led her to learn the ancient *tammorriata* musical tradition of the Earth Goddess Cybele and the Moon Goddess Diana and discover the still-living cult of the Black Madonna in the remote villages of Southern Italy. She vividly describes the sensual shamanic drumming and ecstatic trance dance rituals she experienced there, including the rites of the *tammorriata*, the transgender rite of *Femminielli*, and the erotic “spider dance” of the *tarantella*, which has been used for centuries in the Mediterranean for healing. Sharing chants, rhythms, and sacred songs, she details how she uses these therapeutic musical and trance practices to heal women and men from abuse, trauma, depression, and addiction and shows how these practices can be used for self-healing and transformation, including her personal story of using the *tarantella* to overcome cervical cancer.

Revealing the profound transformative power of the Black Madonna, Belloni shows how She is the womb of the earth, the dark side of the moon, and the Universal Mother to all. Truly alive for all to call upon, She embraces and gives everyone access to Her divine strength and unconditional love.

Alessandra Belloni is a world-renowned percussionist, singer, dancer, and actress born in Rome. Voted one of the best female percussionists in the world by *Drum Magazine*, she designed a signature series of tambourines for REMO, Inc. She is the founder and lead performer of “I Giullari di Piazza,” an Italian music, theatre, and dance ensemble, and is an Artist-in-Residence at the Cathedral of St. John the Divine in New York City. She teaches workshops and healing retreats around the world and lives in Edgewater, New Jersey.



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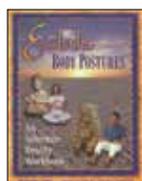
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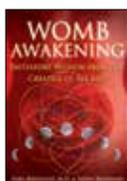


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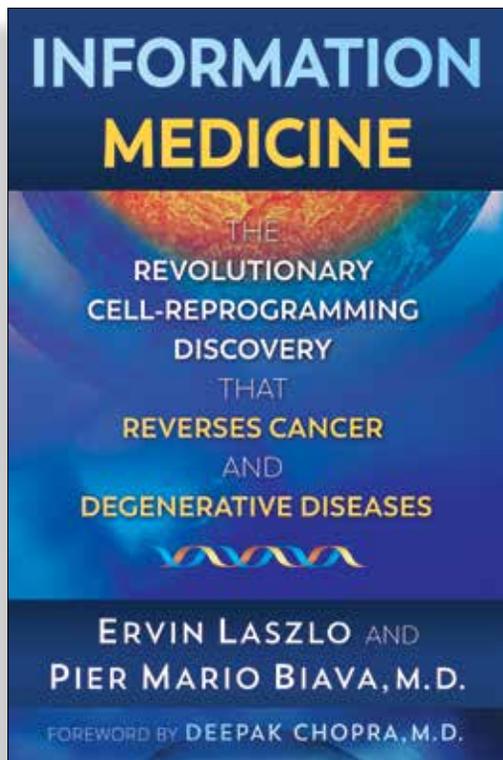
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Information Medicine

The Revolutionary Cell-Reprogramming Discovery that Reverses Cancer and Degenerative Diseases

ERVIN LASZLO and PIER MARIO BIAVA, M.D.

Foreword by DEEPAK CHOPRA, M.D.

A look at the future of medicine based on cutting-edge stem cell research

- Shares Dr. Biava’s groundbreaking research on stem cell differentiation stage factors (SCDSFs) as a cellular “reprogramming” treatment for cancer and other degenerative diseases such as psoriasis and Parkinson’s
- Explains how SCDSFs restore communication between cells and the epigenetic code, the information that programs the normal function and growth of every living cell
- Explores how the universe operates like a cosmic information-network and how this new scientific worldview will shape the future of healing and medicine

The universe is not a mechanical system of matter—it operates like a cosmic network that runs on and is connected by information. Information “in-forms” and underlies all of the physical world, including the human body. In this book, Pier Mario Biava, M.D., and Ervin Laszlo, Ph.D., show how this “information” worldview can be applied to healing and medicine and, specifically, how it underlies a revolutionary new approach to cancer and disease treatment, one that works directly with the epigenetic code—the information that programs the function and growth of every living cell.

The authors explain how tumor growth and cellular dysfunction are manifestations of disconnections in the information network of an organism. Unveiling Dr. Biava’s groundbreaking research on stem cell differentiation stage factors (SCDSFs), they explain how SCDSFs work directly with the epigenetic code to reconnect aberrant cells to the body’s information network and reset them to their original function—in the case of cancer cells transforming them from malignant to benign, from dysfunction back to normalcy and health. Dr. Biava’s research on SCDSFs—derived from Zebrafish embryos, which have 95 percent the same proteins as humans—has shown great success in reprogramming and inhibiting cancer cells in clinical trials with patients with advanced liver cancer, as well as success in *in vitro* studies with 7 different human tumor lines. SCDSFs have also shown promise in the treatment of chronic diseases such as psoriasis and neurodegenerative conditions, including Parkinson’s and Alzheimer’s.

Unveiling the holistic future of medicine, the authors show how we will no longer need to approach the treatment of cancer and other degenerative diseases as a “fight,” but as a restoration of our cells’ original programming. With the advent of Information Medicine, we now have the power to program ourselves to heal.

Ervin Laszlo, Ph.D., is a philosopher and systems scientist. He has published more than 75 books and over 400 articles and research papers. He lives in Tuscany. Pier Mario Biava, M.D., has been studying the relationship between cancer and cell differentiation for more than 3 decades. The author of over 100 scientific publications and 6 books, he works at the Institute of Research and Treatment in Milan.



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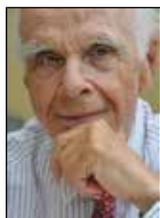
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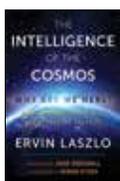
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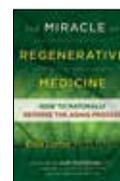
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Elisa Lottor, Ph.D., HMD

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Healing the Thyroid with Ayurveda

Natural Treatments for Hashimoto's, Hypothyroidism, and Hyperthyroidism

MARIANNE TEITELBAUM, D.C.

Foreword by ANJALI GROVER, M.D., NYU School of Medicine

A comprehensive guide to addressing the growing epidemic of thyroid disease from the perspective of the Ayurvedic tradition

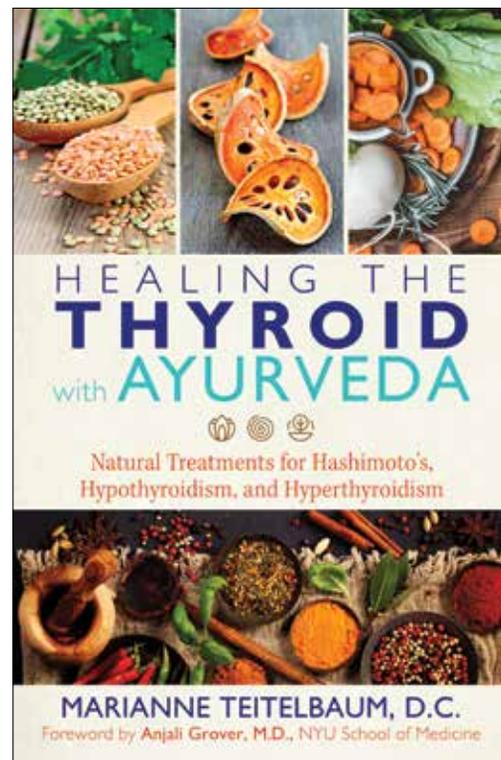
- Details the author's successful treatment protocols for Hashimoto's, hypothyroidism, and hyperthyroidism developed over more than 30 years of Ayurvedic practice
- Explores the underlying causes of thyroid malfunction, the thyroid's connections to the liver and gall bladder, and the importance of early detection
- Also includes treatments for common symptoms of thyroid disease, such as insomnia, depression, fatigue, and osteoporosis, as well as for weight loss and hair growth

In this comprehensive guide for practitioners and those concerned with thyroid health, Marianne Teitelbaum, D.C., integrates the ancient medicine of Ayurveda with modern scientific findings to address the growing epidemic of thyroid disease.

Revealing how the thyroid is the victim of many factors that conspire to create ill health—and how many cases of thyroid disease go undiagnosed—Teitelbaum focuses not only on treating thyroid problems and symptoms but also on diagnosing them at their earliest, most reversible stages. She outlines the basic principles of Ayurveda, including pulse diagnosis, a key tool for early detection, and explains the successful treatment protocols she has developed over more than 30 years of Ayurvedic practice. She details the underlying reasons for thyroid malfunction, such as inflammation, malnutrition, and toxins, and how the thyroid is connected with the health of the rest of body, including the liver and gall bladder. She explores the Ayurvedic treatment of thyroid-related conditions, such as Hashimoto's disease, hypothyroidism, and hyperthyroidism, offering guidance on the targeted use of herbs, specific dietary recommendations, proper detoxification, and Ayurvedic recipes. She also includes treatments and remedies for common symptoms of thyroid disease, including insomnia, depression, fatigue, and osteoporosis, as well as for luxurious hair growth and weight loss.

Based on the treatment of more than 90,000 patients, this book also shares success stories of thyroid healing and the scientific studies that support the author's Ayurvedic thyroid protocols. Offering an easy-to-follow yet comprehensive guide, Teitelbaum shows that optimum thyroid health as well as overall health are within everyone's reach.

Marianne Teitelbaum, D.C., graduated *summa cum laude* from Palmer College of Chiropractic in 1984. She has studied with several Ayurvedic doctors, including Stuart Rothenberg, M.D., and Vaidya Rama Kant Mishra. The recipient of the Prana Ayushudi Award in 2013, she lectures and writes extensively about Ayurvedic treatments for all diseases. She has a thriving private practice and lives outside of Philadelphia.



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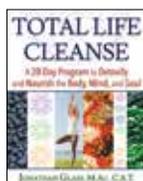
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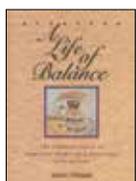


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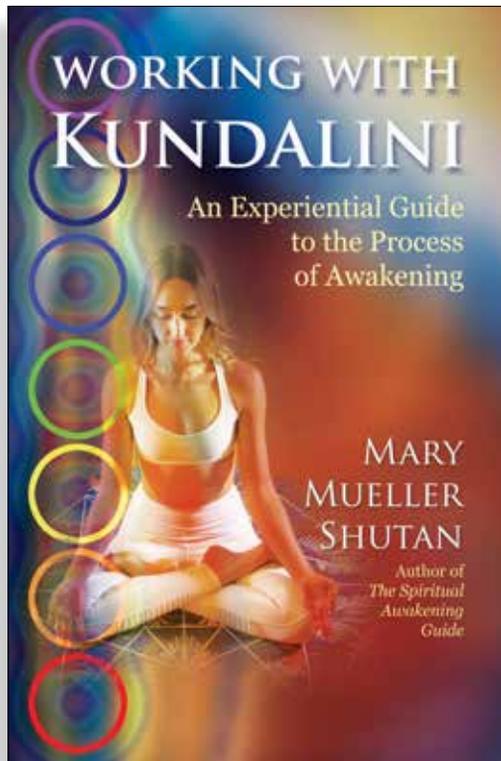
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Working with Kundalini

An Experiential Guide to the Process of Awakening

MARY MUELLER SHUTAN

A guide to moving gracefully through the 3-phase process of Kundalini awakening

- Explains the three phases of Kundalini awakening, the effects of pre-Kundalini and neuro-Kundalini, and Kundalini's connection to the chakras and the spiritual heart
- Describes the physical, emotional, and spiritual effects of Kundalini energy, including the rerouting of digestive fire, which can lead to food allergies and sensitivities
- Explores supportive dietary and alternative health modalities, including fasting, paleo, keto, vegetarian, and mono diets, herbal allies, and meditation

Kundalini awakenings can have profound physical, emotional, and mental effects, making it difficult to cope with everyday life, yet these powerful awakenings can also allow you to release past trauma, see past the illusions of the false self, and awaken your spiritual heart, enabling you to recognize the divine self.

In this step-by-step guide to the 3-phase process of Kundalini awakening, Mary Shutan delivers practical information on how to deal with such a spiritual emergence in our modern world. Starting with her own story, she describes the nature of Kundalini energy, the reasons for the energy rising, and the connection to the chakra system. Debunking the myths associated with Kundalini awakening, she explains how the first phase of Kundalini rising involves a surging up of fire—the fire of purification. It releases the past, liberates you from past bondages and beliefs, and disrupts the neuro-endocrine systems of the body. The second phase involves expansive experiences of ecstasy, peace, bliss, and emptiness states as the upper chakras open, greater perspective on life comes in, and you connect with cosmic consciousness. The third phase, the opening of the spiritual heart, is a shift from upward-flowing energy to a downward flow of grace into the heart center, leading to compassion, re-anchoring in the world, and the embodiment of light.

Exploring how Kundalini profoundly rewires the physical body and the mind, the author describes the rerouting of digestive fire during the rising of Kundalini energy. She explores the relationship between Kundalini and food allergies and sensitivities as well as supportive dietary and alternative health modalities, including fasting; paleo, keto, vegetarian, vegan, and mono diets; herbal allies; and mineral supplements. She also explores sexual practices that may help or hinder the process and meditation techniques to facilitate Kundalini awakening during each phase.

Providing detailed guidance for each phase of Kundalini awakening, this experiential guide supports you as you transform not only emotionally and spiritually but also physically and socially into your divine self.

Mary Mueller Shutan is an acupuncturist, herbalist, craniosacral therapist, zero balancer, and spiritual healer. Author of *The Spiritual Awakening Guide*, *Managing Psychic Abilities*, and *The Body Deva*, she has helped hundreds of people worldwide through her programs and consultations. She lives near Chicago, Illinois.



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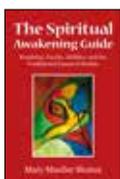
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Answers to the questions that arise on the spiritual path

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- Explains the different stages of meditation and the obstacles likely to arise for each, offering guidance for achieving advanced states of meditation to deepen one's inner life
- Challenges the need for spiritual dependency on any particular guru, teaching, or practice, showing that following your intuition can bring the best spiritual success
- Explores the process of self-examination and emotional purification, revealing how to break free from the ego and tap into the inspiration flowing from within

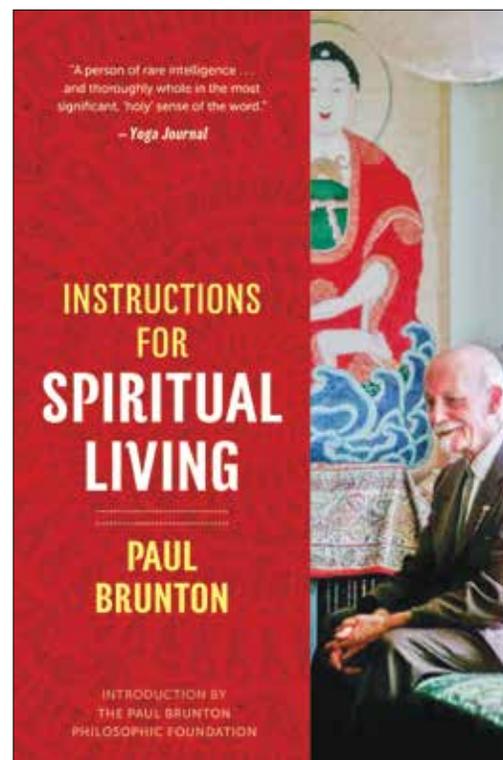
No matter where we are in our spiritual development, we all have questions about our practice and what we are experiencing—both the challenges and opportunities. How can I overcome my struggles to meditate more deeply? Is there a need for a guru or can I rely on myself? Can I trust my intuition? Is it possible to hear the “Inner Word,” the voice of the soul, and how can I be sure that’s what I’m hearing? Is the Higher Self in the heart?

Offering trustworthy answers to these and many more questions, renowned spiritual teacher Paul Brunton provides instructions to guide one's development in three fundamental areas of the spiritual path: meditation, self-examination, and the unfolding of awakening. Guiding you with insight and care through each stage of meditation, including advanced states that deepen one's inner life, he explains how meditation is the art and practice of introverting attention, of freeing oneself for a period of time from thoughts, sensations, and feelings and allowing the soul to reveal itself out of the quiet that one has created. He explains the goal of each meditative stage and the obstacles you are likely to face and examines the need for spiritual dependency on any particular guru, teaching, or practice, showing that following your intuition can bring spiritual success.

Exploring the process of self-examination and emotional purification, Brunton shows how life's challenges are moments by which we can make real progress in our surrender to a higher life. He reveals how to break free from the ego, follow your intuition to align with your ideals, and tap into the inspiration flowing from within. He also examines the development of transcendental insight, the cornerstone of compassionate wisdom in action, which allows us to become a source of inspiration to all we encounter.

Including writings received by the Paul Brunton Philosophic Foundation after his death, this guide offers transformative wisdom to aid our understanding of what the spiritual journey entails, help point the way when the way is uncertain, and learn and grow from the challenges that arise as you develop spiritually.

Paul Brunton (1898–1981) is widely esteemed for creatively integrating the world's spiritual teachings and meditation systems into a clear, practical approach best-suited for contemporary life. He is the author of more than 10 books, including the bestselling *A Search in Secret India*, which introduced Ramana Maharshi to the West.



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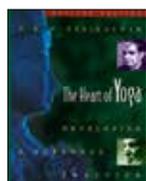
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Spirituality/Self-Help



Author
Paul Brunton

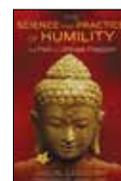
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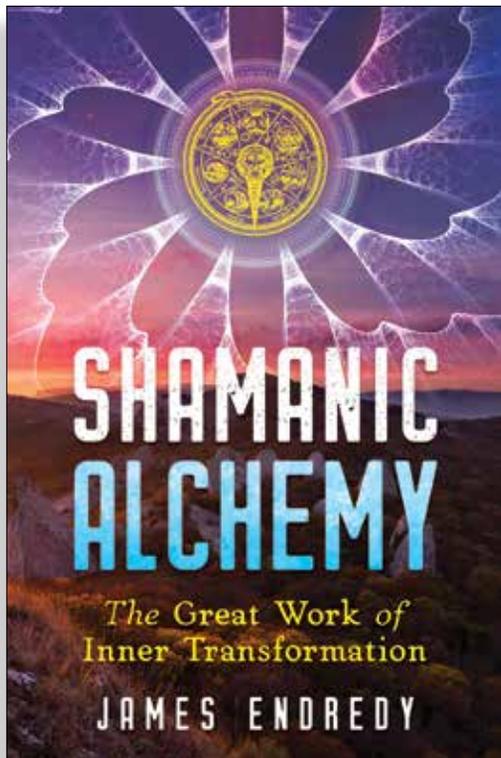
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Shamanism



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The Great Work of Inner Transformation

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A hands-on guide to advanced spiritual transformation through the combined sacred arts of alchemy and shamanism

- Recasts the 7 stages of the alchemical “Great Work” as a transformative shamanic journey and initiatic experience
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- Explores the alchemical plant-medicine techniques of spagyrics, as well as recipes for basic tinctures and “plant-stones”

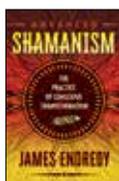
Offering a unique, hands-on guide to advanced self-transformation, James Endredy shows how traditional shamanic techniques offer a doorway into the sacred art of alchemy, the inner transformation of the soul.

Revealing the practical and intuitive connections between shamanism and alchemy, including not only Western alchemy but also alchemical practices from the East, Endredy recasts the 7 stages of the alchemical “Great Work” as a transformative shamanic journey and initiatic experience. He provides step-by-step instructions for 18 shamanic alchemy practices for inner transformation, including vibrational energy work, consciousness-altering techniques, the creation of mirrors of the mind, shamanic viewing, and sacred ceremonies tied to the four elements. Exploring the healing art of spagyrics, the author shows how this alchemical plant-medicine practice is receptive to the energetic work of traditional shamanic techniques. He details formulations for distilling shamanic spagyric remedies, as well as recipes for basic tinctures and “plant-stones.” He also discusses the creation of sacred space, altars, and shamanic distillation lodges.

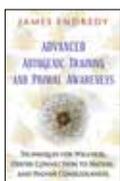
Comparing shamanic and alchemical cosmologies, the author explains how both shamanism and alchemy employ direct experience of the numinous and invisible worlds, also known as gnosis, to impart wisdom, invoke peace of mind, and increase creativity and vitality. Showing how the practical vibrational science of alchemy and the consciousness-transforming techniques of shamanism directly enhance and expand upon each other, Endredy also reveals how they have the same ultimate goals: to allow the practitioner to transmute spiritual lead into gold and to penetrate the deep secrets of life and of nature.

James Endredy leads workshops throughout the United States, Mexico, and Canada and is actively involved in preserving the world’s indigenous cultures and sacred sites. For more than 30 years he has learned shamanic practices from all over the globe and has lived with the Huichol of Mexico for years at a time. The award-winning author of several books, including *Advanced Shamanism*, *Ecoshamanism*, *Teachings of the Peyote Shamans*, and *Earthwalks for Body and Spirit*, he lives in Vermont.

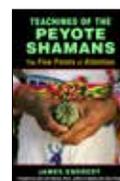
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Opening the Akashic Records

Meet Your Record Keepers and Discover Your Soul's Purpose

MAUREEN J. ST. GERMAIN, author of *Waking Up in 5D*

A clear and simple manual of precise instructions for accessing the Akashic Records and confirming the accuracy of the information you receive

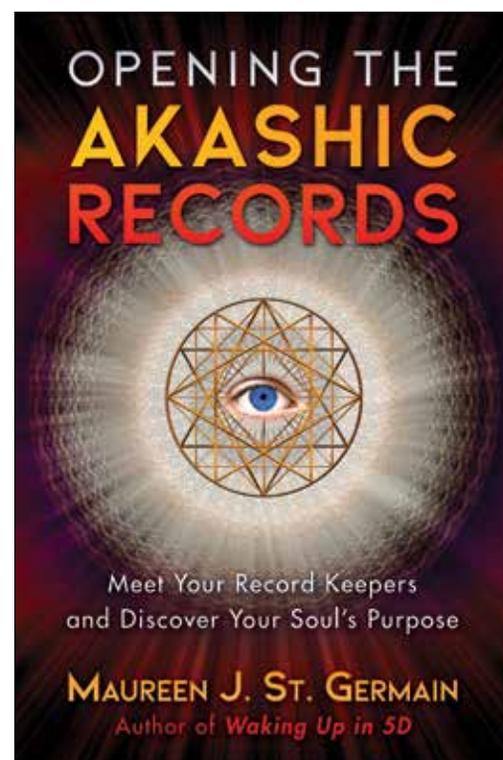
- Details exercises, tools, and techniques to clear the energies blocking your access and tune to your Akashic Record Keepers
- Explains the specific markers that allow you to recognize your Record Keepers and to validate the information you receive, rather than “trusting” it to be true
- Provides guidance on accessing the Akashic Records on behalf of other people, how to ask questions, and how to handle the information as it comes in

The Akashic Records are a vast domain of energetic imprints much like a movie library, a living vibrational field that stores all possible futures, the present, and the past. As soon as your soul begins its life experience, a field of energy is released that records every thought, word, action, desire, and emotion. In this guide to opening the Akashic Records, Maureen St. Germain provides precise instructions explaining how to connect with your personal Record Keepers, gain clear access to the Akashic Records, discover information about you and your loved ones, and learn your soul's purpose.

The author explains how outside energies can influence your connection to the Akashic Records. She details energetic clearing exercises to remove the energies blocking or shadowing your access and teaches the Higher Self Protocol to ensure an authentic channel of communication. She explores how to find the Record Keepers who will be the most helpful to you and provides techniques and tools, such as guided energy work, to prepare you for Akashic Record access, initiate you into the 5D mindset, and invite more accuracy and a stronger connection. She details the specific markers to look for to recognize genuine Akashic Librarians and to validate and confirm the information you receive, rather than simply “trusting” it to be true. She also provides guidance on accessing the Akashic Records on behalf of other people, how to ask questions, and how to handle the information as it comes in.

Explaining why the Ascended Masters opened access to the Akashic Records to all of humanity and how their presence assists you, St. Germain shows how the intended purpose for working with the Akashic Records is for soul growth, not to “repair” your karma debts. By seeing your records and working with your Record Keepers, not only will you learn your soul's purpose and help solve the problems that crop up in everyday life and relationships, but you will amplify your spirituality and begin operating at a higher level in consciousness. Your work in the Akashic Records aids and assists in Earth's ascension.

Maureen J. St. Germain is the founder of Transformational Enterprises and Akashic Record Guides International. An internationally recognized teacher and intuitive, she is also the author, musician, and producer of more than 15 guided-meditation CDs. She is the author of 4 books, including *Waking Up in 5D*, and lives in San Diego and New York.



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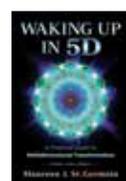
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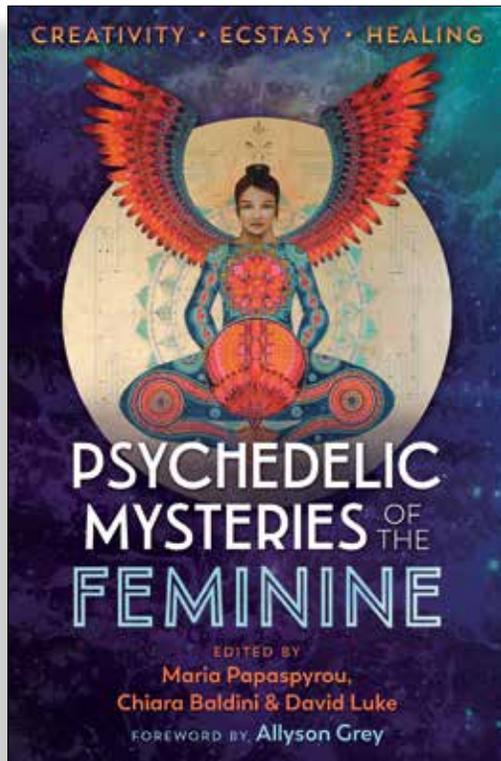
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Psychedelic Mysteries of the Feminine

Creativity, Ecstasy, and Healing

Edited by MARIA PAPANPYROU, CHIARA BALDINI, and DAVID LUKE
Foreword by ALLYSON GREY

An exploration of the connections between feminine consciousness and altered states from ancient times to present day

- Explores the feminine qualities of the psychedelic self, ancient female roots of shamanism, and how altered states naturally tap into the female archetype
- Discusses feminist psychedelic activism, female ecstasies, goddess consciousness, the dark feminine, and embodied paths to ecstasy
- Includes contributions by Martina Hoffmann, Amanda Sage, Carl Ruck, and others

Women have been shamans since time immemorial, not only because women have innate intuitive gifts, but also because the female body is wired to more easily experience altered states, such as during the process of birth. Whether female or male, the altered states produced by psychedelics and ecstatic trance expand our minds to tap into and enhance our feminine states of consciousness as well as reconnect us to the web of life.

In this book, we discover the transformative powers of feminine consciousness and altered states as revealed by contributors both female and male, including revered scholars, visionary artists, anthropologists, modern shamans, witches, psychotherapists, and policy makers. The book begins with a deep look at the archetypal dimensions of the feminine principle and how entheogens give us open access to these ancient archetypes, including goddess consciousness and the dark feminine. The contributors examine the female roots of shamanism, including the role of women in the ancient rites of Dionysus, the Eleusinian Sacrament, and Norse witchcraft. They explore psychedelic and embodied paths to ecstasy, such as trance dance, holotropic breathwork, and the similarities of giving birth and taking mind-altering drugs. Looking at the healing potential of the feminine and altered states, they discuss the power of plant medicines, including ayahuasca, and the recasting of the medicine-woman archetype for the modern world. They explore the feminine in the creative process and discuss feminist psychedelic activism, sounding the call for more female voices in the psychedelic research community.

Sharing the power of “femtheogenic” wisdom to help us move beyond a patriarchal society, this book reveals how feminine consciousness, when intermingled with psychedelic knowledge, carries and imparts the essence of inclusivity, interconnectedness, and balance our world needs to heal and consciously evolve.

Maria Papaspyrou, MSc, is an integrative psychotherapist. She has given talks and published articles on the healing properties of entheogens, supporting their re-introduction in psychotherapy. She lives in Brighton, England. Chiara Baldini is an independent researcher who studies the evolution of the ecstatic cult in the West. She lives in Portugal. David Luke is a Senior Lecturer in Psychology at the University of Greenwich and guest lecturer at the University of Northampton. He lives in East Sussex, England.



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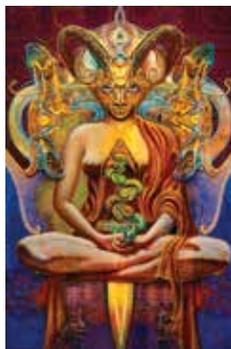
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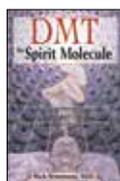
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Witchcraft and Secret Societies of Rural England

The Magic of Toadmen, Plough Witches, Mummers, and Bonesmen

NIGEL PENNICK

A comprehensive account of the rich folk culture preserved in the rural secret societies of the British Isles

- Describes the secret rites, ceremonies, and initiation rituals of guilds and rural fraternities such as the Shoemakers, Horsemen, Toadmen, Mummers, and Bonesmen
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- Draws not only on scholarly research but also the author's personal contacts within these still living traditions

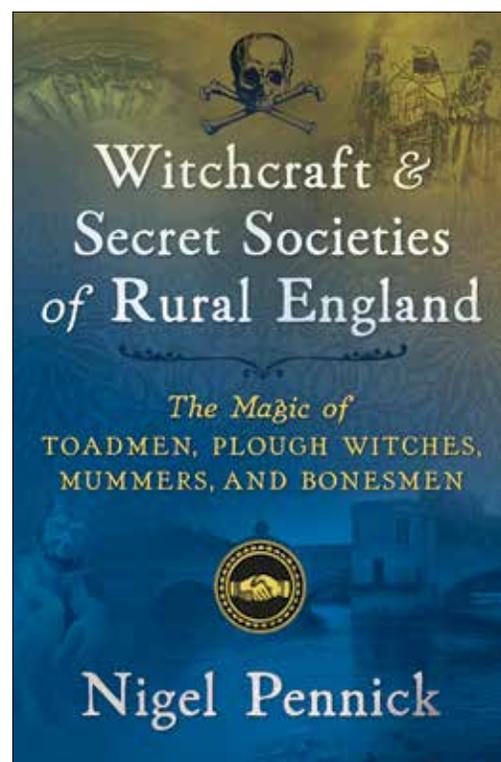
Centuries ago the remote, marshy plains of eastern England—the Fens—were drained to create agricultural land. The Fens remained isolated up until the nineteenth century, and it was this very isolation that helped preserve the ancient traditions of this area, traditions ruthlessly eradicated elsewhere in the British Isles. These magical folk traditions also owe their survival to secret rural societies, from craft guilds and trade unions to Morris dancers and village bands.

Exploring the folk customs and magical traditions of guilds and rural fraternities such as the Shoemakers and Horsemen and the secrets guarded by the Free Gardeners, Witches, Toadmen, and Bonesmen, Nigel Pennick shows how the common working people of the Fens belonged to secret societies based on their specific trade. He details the hidden aspects of rural life that most historians ignore—the magical current that flowed through the lives of working people—and describes the secret rites, ceremonies, oaths, and initiation rituals of the guilds and fraternities to which the folk belonged.

Drawing not only on scholarly research but also his personal contacts within these still living traditions, Pennick explains their use of masks, black face, and other disguises to avoid persecution and describes how wise woman healers and witches in rural villages were sought-after for their remedies. He shares the secrets of the toad-bone rite, which gave the Toadman control over animals and members of the opposite sex, and explores the guardian spirits thought to inhabit the Fens, including those of the Wild Hunt.

Providing insight into a world that has largely disappeared, one whose magic still echoes in lore and legend, Pennick shows that the rites, customs, and ceremonies of guilds and rural fraternities connect individuals to a wider community and, through collective action, to the power of Nature and the Cosmos.

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



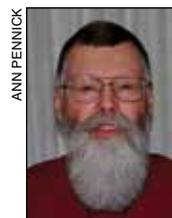
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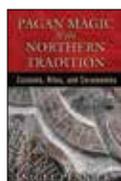
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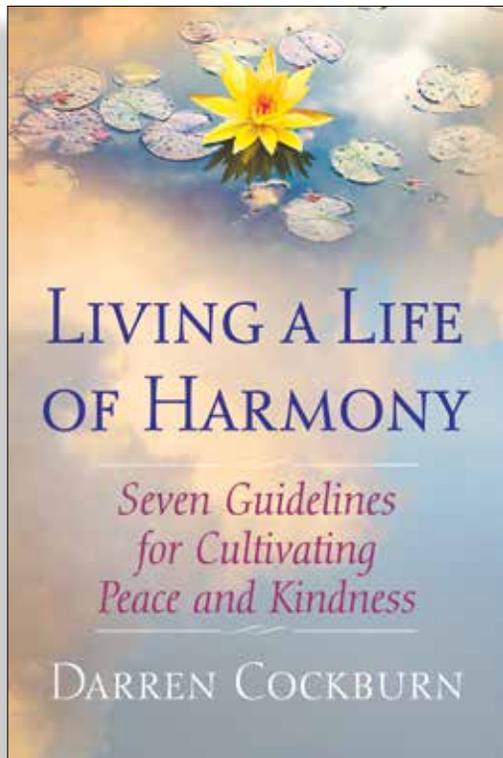


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Living a Life of Harmony

Seven Guidelines for Cultivating Peace and Kindness

DARREN COCKBURN

7 simple yet powerful guidelines provide a compass for navigating life harmoniously, cultivating a peaceful mind, and spreading kindness

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- Illustrates in-depth how and why each of these guidelines hold value and how they provide a set of tools to help us deal with life's ups and downs more skillfully, mindfully, and compassionately

In our very busy world it's easy to get lost in the details and demands of everyday living. Fatigued and overwhelmed by the sheer amount of information, the myriad of choices our technologically advanced communication era offers, we lose sight of what life is all about. How do we find balance and harmony in this overloaded world? And how do we navigate life in tune with our soul as well as with modern society?

As author Darren Cockburn explains, we are all part of one big universal process that encompasses and connects everything—every thought, emotion, action, nature, all there is. Over the centuries, religions and philosophies have provided direction on how to act ethically and in accordance with this process, yet in our modern world, these “rules” may seem outdated or too rigid. Integrating and updating existing guidance from Buddhism, Yoga, and other great teachings, the author offers 7 guidelines for living a life of harmony and balance: honor the body, bring awareness and acceptance into every moment, act with kindness, understand the truth and communicate it skillfully, do only what needs to be done, harmoniously obtain and retain only what you need, and apply the guidelines to your digital device usage. He illustrates how and why each of these guidelines hold value, revealing their interconnections, and explains how to implement them practically in daily life, sharing real-life examples as well as practices to support each guideline and deepen your existing spiritual practice.

The author explores how the 7 easy-to-practice guidelines help us gain a deeper understanding of the universal process of life, as well as provide a set of tools to help us deal with life's ups and downs more skillfully. They enable us to face life empowered and confident, peacefully observe and accept what life presents us with, cultivate compassion and kindness, as well as spread mindfulness to those around us. Practiced together, these guidelines provide a simple yet powerful compass to guide you to a peaceful mind and harmonious living, much needed in today's world.

Darren Cockburn has been practicing meditation and mindfulness for over 20 years, studying with a range of teachers from different religions. As a coach and teacher, he has supported hundreds of people in meditation, mindfulness, and finding a connection to spirituality, with a focus on applying spiritual teachings in everyday life to cultivate a peaceful mind. The author of *Being Present*, he lives in Bournemouth, UK.



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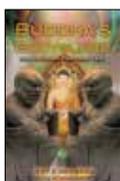
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Natural Compresses and Poultices

Safe and Simple Folk Medicine Treatments for 70 Common Conditions

CHRISTOPHER VASEY, N.D.

A step-by-step naturopathic guide to using the hands-on natural healing method of compresses and poultices

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- Details what type of compress or poultice to use for each ailment, whether to use it hot or cold, where on the body to apply it, and for how long
- Explores the physiological reasons these simple remedies are so effective and how they work not only for acute ailments and illness but also for chronic conditions

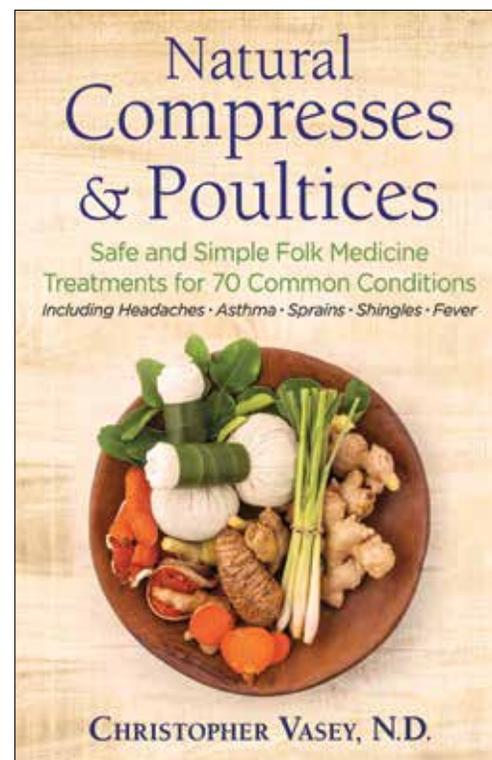
Valued by herbalists, midwives, and mothers throughout history, compresses and poultices are gentle yet highly effective natural remedies you can safely use at home. Easily made from materials you already have in your kitchen, such as ice cubes, herbs, cabbage leaves, lemon slices, clay, or beeswax, these simple preparations can quickly ease pain and inflammation, relieve congestion and edema, lower fever, drain abscesses, activate circulation, calm muscle spasms, and trigger the body's natural self-healing abilities.

In this step-by-step naturopathic guide to compresses and poultices, Christopher Vasey, N.D., shows how to use these time-tested folk remedies to treat 70 common ailments and conditions, including headache, asthma, acne, sinusitis, earache, arthritis, sprains, hives, shingles, anxiety, insomnia, mastitis, constipation, diarrhea, muscle pains, bronchitis, and more. He explains that a compress is a cloth soaked in hot or cold infused water and applied to a specific part of the body. A poultice works similarly, but instead of a liquid extract, the healing material is made into a paste and applied directly to the body. He details what type of compress or poultice to use for each ailment, whether to use it hot or cold, where on the body to apply it, and for how long.

Vasey also explores the physiological reasons these simple remedies can be so effective, such as how some treatments trigger healing through the nerves, others cause the skin to absorb or expel substances, and others have beneficial effects on the body's internal chemistry. He reveals how compresses and poultices not only can alleviate acute symptoms, but are equally effective for dealing with chronic conditions.

Offering an indispensable complement to your home first aid kit, this book provides you with a hands-on way to bring relief and healing to yourself and your loved ones.

Christopher Vasey, N.D., is a naturopath specializing in detoxification and rejuvenation. He is the author of several books, including *The Acid-Alkaline Diet for Optimum Health*, *Liver Detox*, and *Natural Remedies for Inflammation*. He lives near Montreux, Switzerland.



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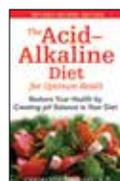
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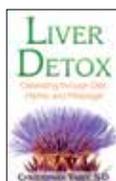


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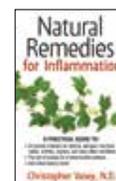
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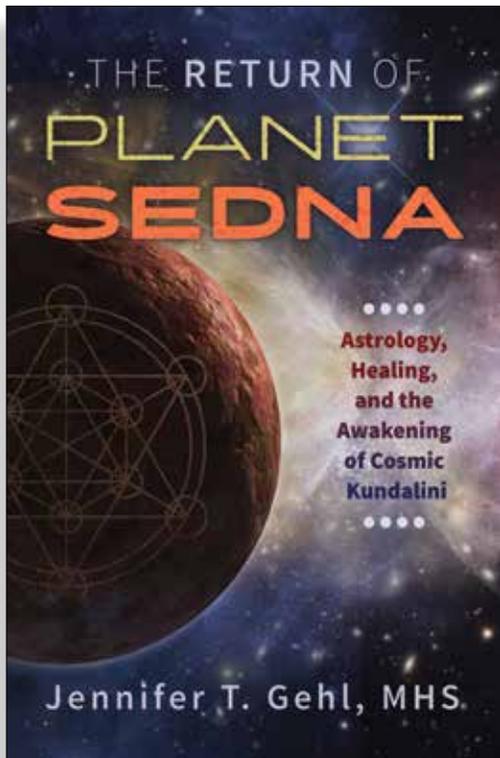
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The Return of Planet Sedna

Astrology, Healing, and the Awakening of Cosmic Kundalini

JENNIFER T. GEHL, MHS

Reveals how the return of the planet Sedna after 11,000 years offers an opportunity for healing ourselves and our planet

- Explores how the Inuit legend of the sea woman Sedna offers clues about the message of Sedna's return, including a warning about the sustainability of our planet
- Explains how Kundalini energy courses through planets and people alike and how planetary transits activate a form of cosmic Kundalini energy, with Sedna's planetary return marking a major stage in this awakening process
- Details how Sedna's energies can be harnessed for healing ourselves and our planet, including how Earth's ley lines are mirrored within the body's meridians

Named after a mythological Inuit sea woman, the planet Sedna was first discovered in 2003. Its return to our solar system after 11,000 years of orbit has been tied to the huge tsunami that struck Indonesia, Thailand, and India in 2004 as well as to the increased occurrence of other marine and weather events over the last decade. And just as it is affecting the waters of our planet, Sedna's energies are also affecting each of us as individuals.

Exploring the impact that planetary bodies have on Earth and on humans, Jennifer Gehl reveals how Sedna's energies can be worked with for healing ourselves, others, and the planet. She explains how the naming of this planet after the archetypal figure of Sedna—and her myths—provides major clues to the message that Sedna's return is sending: a clear warning about the sustainability of the planet and the oceans, the source of all life, and an invitation to awaken to the parts of ourselves that have been ignored, abandoned, and cast out into the cold, just as Sedna was when she was drown in the Arctic Ocean. The author examines the astrological chart for Sedna's discovery, providing an in-depth look at how certain aspects, particularly the quincunx, support the legend of Sedna and its impact on human health. She looks at how Kundalini energy courses through planets and people alike and how planetary transits activate a form of cosmic Kundalini energy, with Sedna's return marking a major stage in this awakening process. She reveals how Earth's ley lines are mirrored within the body's meridians and offer a way to tune ourselves to the cosmic frequencies that Sedna brings.

Examining the story of Sedna mythologically and astrologically, Gehl explains how Sedna's last appearance 11,000 years ago occurred at the end of the Ice Age when waters disrupted and divided our world. Her return, rather than being a harbinger of disaster, is one of the way-shower and shaman. Symbolically, she lights the path for us to ignite our own immortality by surrendering to the inner path, revealing patterns and pathways for infinite healing potential, a new model of sustainability for the health of our planet, and a way to actively participate in our soul's evolution.

Jennifer T. Gehl, MHS, is senior faculty member at the Acutonics Institute of Integrative Medicine. The author of *The Science of Planetary Signatures in Medicine*, she provides Wellness Astrology consulting and Astro-Sound Attunements in Northampton, Massachusetts.

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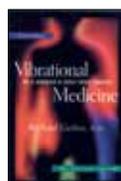


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Jennifer T. Gehl, MHS

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Infernal Geometry and the Left-Hand Path

The Magical System of the Nine Angles

TOBY CHAPPELL

Foreword by MICHAEL A. AQUINO, Ph.D.

Afterword by STEPHEN E. FLOWERS, Ph.D.

A comprehensive guide to the history and practice of Angular Magic

- Details the development of the magical system of the Nine Angles by the Church of Satan and the Temple of Set, as well as its internal body, the Order of the Trapezoid
- Analyzes the 3 key rites of Angular Magic: *Die Elektrischen Vorspiele*, the Ceremony of the Nine Angles, and the Call to Cthulhu
- Explores historical influences on Angular Magic, including Pythagorean number mysticism, John Dee's Enochian magic, and the writings of H. P. Lovecraft
- Includes practical examples, daily practices, and guidance on creating your own rituals

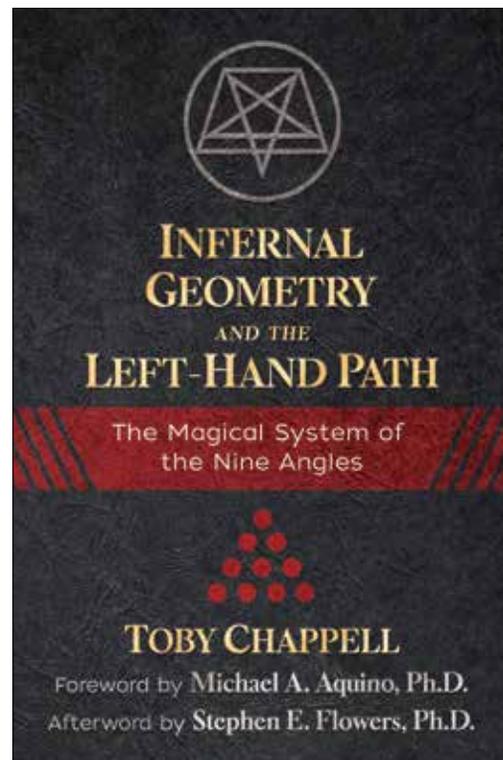
Revealing the magical uses of number and geometry as tools for introspection, self-development, and creating change in both the inner and outer worlds, Toby Chappell explores the rites, history, and potent practices of Angular Magic and Infernal Geometry, the Left-Hand Path of Sacred Geometry.

Focusing on the advanced magical system of the Nine Angles, he details the system's development by the early Church of Satan and later the Temple of Set, as well as its internal body, the Order of the Trapezoid. He shows how the system first emerged in the Ceremony of the Nine Angles, written by Michael Aquino and published in Anton Szandor LaVey's *The Satanic Rituals*. He explores historical influences on Angular Magic, including Pythagorean number mysticism, John Dee's Enochian magic, the theories of William Mortensen, and, most importantly, the writings of H. P. Lovecraft as well as other contributors to his Cthulhu mythos.

The author analyzes the 3 key rites of Angular Magic: *Die Elektrischen Vorspiele*, the Ceremony of the Nine Angles, and the Call to Cthulhu, expanding upon them to demonstrate how readers can craft their own rituals. He examines the Nine Angles individually, detailing their keywords, powers, and related deities, and explains how each can be used in magical practices and as part of an ongoing initiatory process. He offers practical examples, including use of Angular Magic in divination, sigils, and magical symbols, and guidance on creating your own practices—a core component of the ever-evolving Left-Hand Path.

Offering a self-directed path of magic and empowerment, previously unavailable to those outside the Temple of Set, Chappell shows how the Nine Angles must be worked with and experienced personally in order to effect true transformation and change.

Toby Chappell is a musician, writer and lecturer on Left-Hand Path topics. A member of the Temple of Set since 2000, he has served since 2015 as the Grand Master of the Order of the Trapezoid within the Temple. He lives in Atlanta, Georgia.



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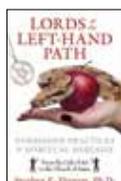
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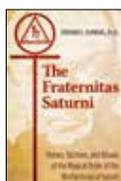
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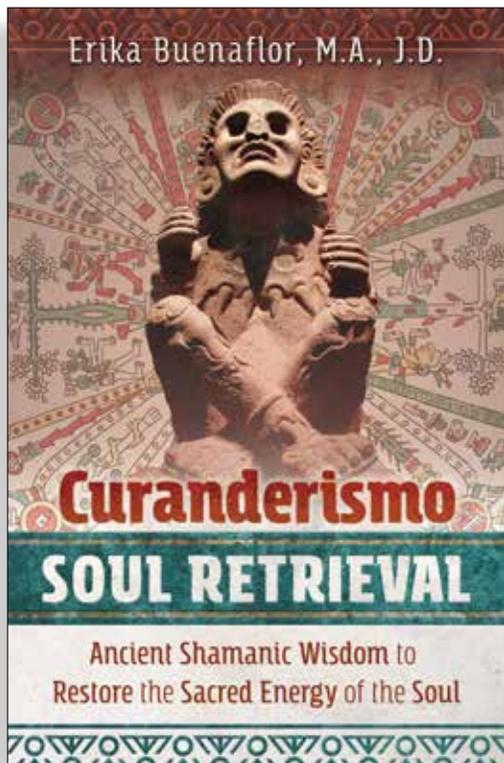
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Shamanism



Author
Erika Buenaflor, M.A., J.D.

Curanderismo Soul Retrieval

Ancient Shamanic Wisdom to Restore the Sacred Energy of the Soul

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

A step-by-step shamanic guide to navigating the non-ordinary realms, locating lost soul fragments, and reintegrating them

- Explains how the soul is a form of sacred energy that can escape when someone experiences trauma or stressful situations
- Explores how to work with the 5 Mesoamerican cardinal directions to connect with lost soul fragments, create the ideal space for them to return, and ensure a lasting soul retrieval
- Details how to enter a trance journey for navigating the spirit realm through shamanic breathwork, shamanic dancing, toning methods, as well as hand postures

Drawing on her more than 20 years' experience working with present-day Mesoamerican curanderos/as and the ancient shamanic healing traditions of the Mexica and Maya, Erika Buenaflor, M.A., J.D., provides a step-by-step guide for the curanderismo practice of soul retrieval. She explains how the soul is a form of sacred energy that can escape when someone experiences trauma or is threatened by challenging and stressful situations. Its absence can be responsible for a host of negative conditions including physical ailments, depression, insomnia, and dysfunctional behavior patterns.

Exploring how to retrieve this sacred energy, or soul fragments, as well as resolve cases of soul theft, the author details how to journey through the non-ordinary realms of the Underworld, Middleworld, and Upperworld to locate lost soul fragments and reintegrate them. She explains how to enter a trance journey, providing instructions for shamanic breathwork practices, shamanic dancing, sounding and toning methods, as well as hand postures (mudras) to facilitate trance states. She explores how to perform soul diagnosis, create a loving and nurturing space for soul fragments to return, and work with the healing wisdom of the 5 Mesoamerican cardinal directions: South, West, North, East, and the Center, which marries the other directions and offers a portal to other worlds. She offers pressure point exercises to release the energies of traumas and contemplative exercises to continue the reintegration of soul fragments after the trance journey. She also explains how to connect with animal guardians to aid you in the soul retrieval process.

Revealing how to achieve a lasting retrieval of soul energy, Buenaflor shows how the dynamic process of curanderismo soul retrieval can heal many forms and degrees of trauma and help people move forward in life with more clarity, self-awareness, empowerment, and greater depths of authentic self-love.

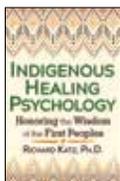
Erika Buenaflor, M.A., J.D., has a master's degree in religious studies with a focus on Mesoamerican shamanism from the University of California at Riverside. A practicing curandera for over 20 years, descended from a long line of grandmother curanderas, she has studied with curanderas/os in Mexico,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

Also by Erika Buenaflor, M.A., J.D.

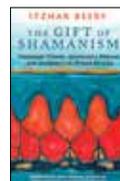
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Tibetan Yoga

Principles and Practices

IAN A. BAKER

Foreword by His Holiness the 17th Karmapa OGYEN TRINLEY DORJE

A visual presentation of Tibetan yoga, the hidden treasure at the heart of the Tibetan Tantric Buddhist tradition

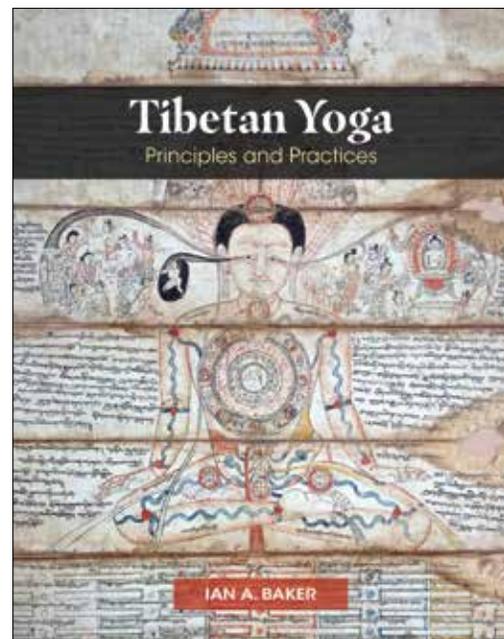
- Explains the core principles and practices of Tibetan yoga with illustrated instructions
- Explores esoteric practices less familiar in the West, including sexual yoga, lucid dream yoga, and yoga enhanced by psychoactive substances
- Draws on scientific research and contemplative traditions to explain Tibetan yoga from a historical, anthropological, and biological perspective
- Includes full-color reproductions of previously unpublished works of Himalayan art

Tibetan yoga is the hidden treasure at the heart of the Tibetan Tantric Buddhist tradition: a spiritual and physical practice that seeks an expanded experience of the human body and its energetic and cognitive potential. In this pioneering and highly illustrated overview, Ian A. Baker introduces the core principles and practices of Tibetan yoga alongside historical illustrations of the movements and beautiful, full-color works of Himalayan art, never before published.

Drawing on Tibetan cultural history and scientific research, the author explores Tibetan yogic practices from historical, anthropological, and biological perspectives, providing a rich background to enable the reader to understand this ancient tradition with both the head and the heart. He provides complete, illustrated instructions for meditations, visualizations, and sequences of practices for the breath and body, as well as esoteric practices including sexual yoga, lucid dream yoga, and yoga enhanced by psychoactive plants. He explains how, while Tibetan yoga absorbed aspects of Indian *hatha* yoga and Taoist energy cultivation, this ancient practice largely begins where physically-oriented yoga and chi-gong end, by directing *prana*, or vital energy, toward the awakening of latent human abilities and cognitive states. He shows how Tibetan yoga techniques facilitate transcendence of the self and suffering and ultimately lead to Buddhist enlightenment through transformative processes of body, breath, and consciousness.

Richly illustrated with contemporary ethnographic photography of Tibetan yoga practitioners and rare works of Himalayan art, including Tibetan *thangka* paintings, murals from the Dalai Lama's once-secret meditation chamber in Lhasa, and images of yogic practice from historical practice manuals and medical treatises, this groundbreaking book reveals Tibetan yoga's ultimate expression of the interconnectedness of all existence.

Ian A. Baker studied literature and comparative religion at Oxford University and Columbia University. He is an initiate of Buddhist as well as Taoist and Hindu Tantric lineages and lived for more than 25 years in India and Nepal where he studied with some of the greatest luminaries of the Tibetan tradition, including H.H. the Dalai Lama. An international fellow of the Explorers Club and the Royal Geographic Society, he has led travel seminars in Tibet, Bhutan, and Myanmar. The author of 7 books, he was joint curator of the 2016 exhibition "Tibet's Secret Temple" at the Wellcome Collection, London.



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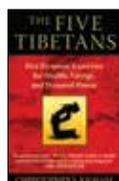
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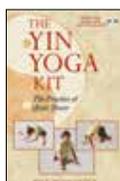
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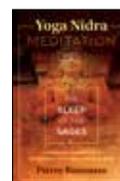
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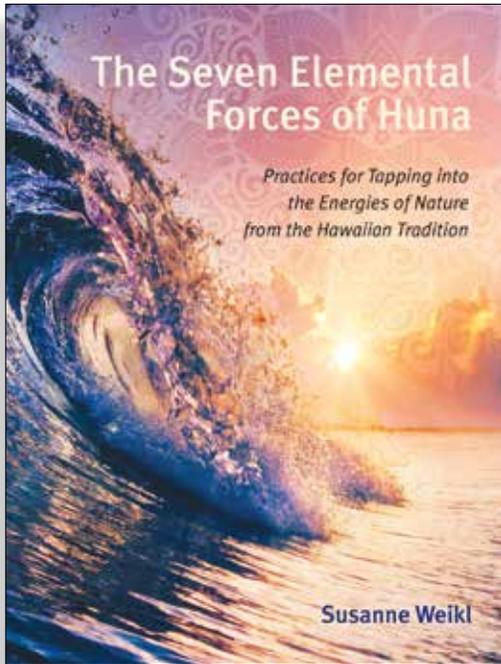
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SUSANNE WEIKL

A full-color practical guide to connecting with the 7 elemental forces for empowerment, manifestation, and divination

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Spirituality

In the Huna tradition of Hawaii, there are seven elemental forces whose all-pervading energies flow around us in abundance. Each of us has the ability to easily tap into this rich source of energy to aid us in any situation, empower ourselves and our actions, and manifest good things in our lives.

In this full-color practical guide, Susanne Weikl details how to connect mentally and spiritually with Huna's seven elemental forces of nature—water, fire, wind, rock, plants, animals, and beings of light, including angels. Providing simple exercises, techniques, and rituals, she invites you to sense and meet each of the elemental forces and draw on their powers for manifestation and empowerment. You will learn to communicate directly with nature spirits, including gnomes, dwarfs, leprechauns, and the weather, and work with nature on an energetic level. You will learn how to build a wheel of the elements to anchor your connection to the energies of the elements and provide a conduit for easily accessing their powers at any time. You will also receive inspirational messages from each of the seven elemental forces.

By connecting with the seven elemental forces of Hawaiian shamanism, you open yourself to an infinite reservoir of energy, an oracle for finding answers to difficult questions, a powerful support for manifesting positive outcomes, and an intuitive source for decoding symbols in nature. We each are already connected with nature and, with the practices in this book, we each can become a nature energy worker.



Author
Susanne Weikl

Susanne Weikl is a Huna teacher and part of the Alaka'i (experts) of Huna International, Hawaii, a specially selected group initiated in a deep way into Huna wisdom. She is a direct student of Serge Kahili King, one of the most renowned teachers of the long-standing tradition of Huna, and she regularly gives workshops in Hawaii and South Africa.

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Foreword by STEVE NOBEL

A full-color guide to harnessing the healing powers of the body through visual meditation

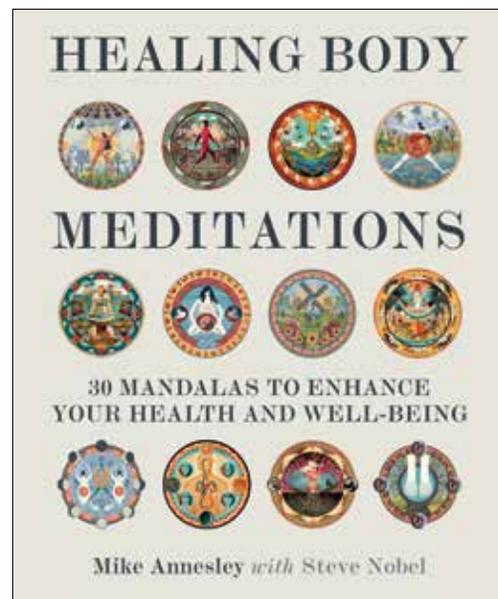
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The 30 mandala meditations have been specially created to enhance the meditator's relationship with his or her own body, ease common symptoms of imbalance and stress, and address specific health concerns, including headaches and migraines, joint stiffness, fatigue, anxiety symptoms, and chronic aches and pains. Organized around the 7-chakra system, the book introduces each chakra in depth along with signs of an over- or underactive chakra and a mandala meditation to strengthen the chakra. This is followed by specific meditations on individual physical, emotional, mind, or soul aspects the chakra regulates as well as meditations for pain relief and energy boost, supporting the skin and senses, and tuning connections within the brain to help with mind and memory.

The book also illustrates how clearing the chakras with visualization and meditation can boost energy, enhance the immune system, and bring a change of perspective to everyday life. With rich symbolism and beautiful artwork, these healing body meditations provide an engaging and effective tool to balance, heal, and stimulate body, mind, and soul.

Mike Annesley is the author of DK's *Practical Mindfulness* and a published poet with six volumes of poetry to his credit, including a long prose poem based on the I Ching. His poetic imagination and his deep absorption in the Mind Body Spirit ethos have shaped dozens of successful illustrated MBS titles.



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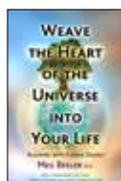


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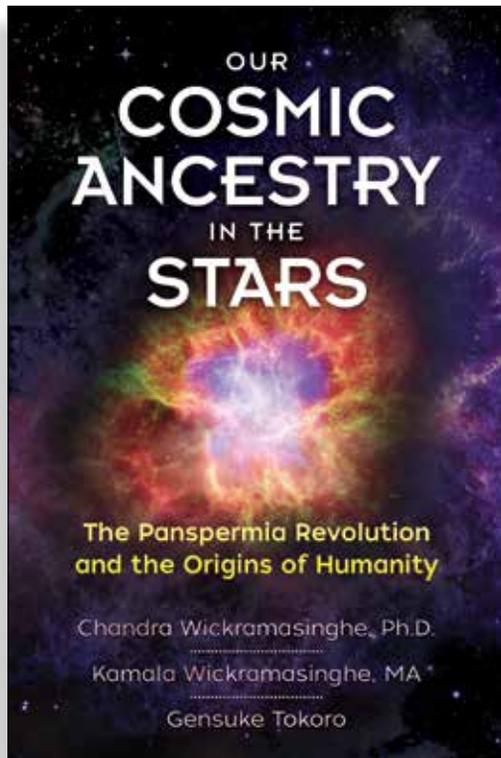
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Our Cosmic Ancestry in the Stars

The Panspermia Revolution and the Origins of Humanity

CHANDRA WICKRAMASINGHE, Ph.D.,

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An exploration of how acceptance of panspermia will soon change history

- Offers extensive scientific proof of panspermia—that life arose on Earth via comets and that evolution is seeded by viruses arriving via comets and interstellar dust
- Explores the major philosophical, psychological, cultural, religious, and environmental ramifications of the acceptance of this new scientific worldview

Mainstream consensus is that life arose on Earth spontaneously out of “primordial soup.” Yet this theory, as well as the Darwinian “survival of the fittest” concept as it relates to major steps in evolution, has no scientific basis or proof. Where, then, did life come from? As the authors show, with conclusive scientific evidence, life came from space—a concept known as “panspermia.” We humans, and all other life on Earth, evolved over millennia in response to viruses that arrived via comets, and we continue to do so.

Exploring the philosophical, psychological, cultural, and environmental ramifications of the acceptance of panspermia, the authors show how the shift will be on par with the Copernican Revolution—when it was finally accepted that the Earth was not the center of the Universe. Explaining the origins of the panspermia theory in the work of the late Sir Fred Hoyle, the authors reveal the vast body of evidence that has accumulated over the past 4 decades in favor of the cosmic origins of life, including viral inserts found in DNA that have shaped our human genome over millions of years. They show how the tiniest of viruses, microscopic animals (tardigrades), and even seeds have been found to be natural cosmonauts. The authors also show how space-borne viruses play a crucial role in the positive evolution of life and that our entire existence on this planet is contingent on the continuing ingress of cosmic viruses.

Revealing how panspermia offers answers to some of humanity’s longstanding questions about the origins of life, the authors discuss the impact this shift in understanding will have on our relationship with the Earth and on culture, history, and religion. And perhaps the most dramatic ramification of all is that acceptance of panspermia means acceptance that Earth is not unique—that other life-filled planets exist and intelligent life is common in the Universe. Not only did we come from space, but we are not alone.

Chandra Wickramasinghe, Ph.D., is the director of the Centre for Astrobiology at the University of Buckingham. A professor of applied mathematics and astronomy, he is the editor-in-chief of the *Journal of Astrobiology and Outreach* and coauthor of *Cosmic Womb*. He lives in Cardiff, Wales. Kamala Wickramasinghe, MA, is a freelance writer and editor with a master’s degree in English from the University of Cambridge. The managing editor of the Institute for the Study of Panspermia and Astroeconomics (ISPA), she lives in Cardiff, Wales. Gensuke Tokoro is an honorary professor at Ruhuna University, president and CEO of Kyoto Biopharma, Inc., and executive director of ISPA. He lives in Japan.



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- Explains how early scribes edited the Exodus story to cover Moses' assassination and replacement and fabricated Moses' origin story
- Builds upon the Moses research of Goethe, Christopher Marlowe, and Sigmund Freud—who spent the last 40 years of his life obsessed with solving Moses' murder

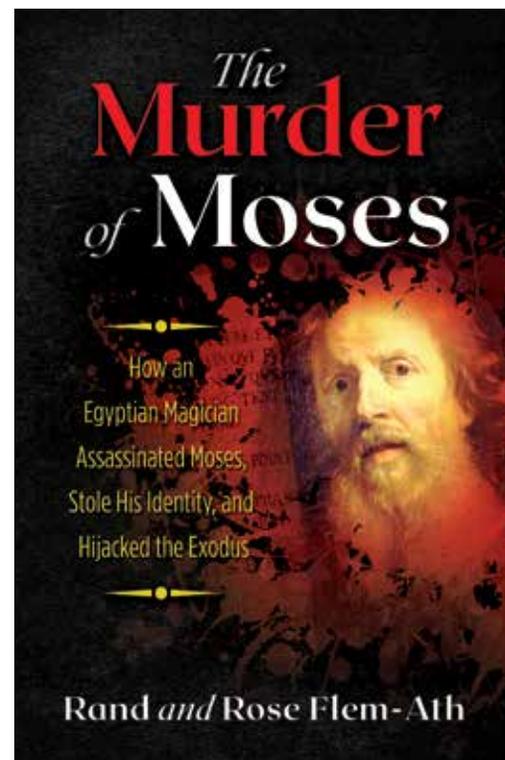
The life of Moses, the greatest prophet of the Old Testament, has always been shrouded in mystery. The Bible mentions no witnesses to Moses' death, no funeral, and no indication of his burial place, and the story of Exodus paints a very contradictory picture of this man so important to both Judaism and Christianity. At times, he is depicted as a meek, stuttering figure and at others his tyrannical commands and fits of rage terrorize the children of Israel. And, for the last years of his life, he chose to hide behind a veil. What is the explanation for these extreme shifts in character? Was Moses mentally ill? As Rand and Rose Flem-Ath reveal, the evidence points to something much more sinister: Moses was murdered and replaced by an impostor.

The result of a decade-long investigation, this book continues and builds upon the research of Goethe, Christopher Marlowe, and Sigmund Freud—who spent the last 40 years of his life obsessed with solving Moses' murder—and reaches a startling but well-evidenced conclusion that Moses was deceived and murdered by his father-in-law, Reuel. The authors show how Reuel was a skilled magician trained at Egypt's prestigious House of Life and they reveal his motive: He was the son of Esau, from whom Jacob stole his birthright, the leadership of the Hebrew people, a role that Moses was now assuming.

The authors explain how the magician Reuel used his sophisticated skills of manipulation and illusion to fake the Burning Bush that spoke to Moses as well as conceal his assumption of Moses' identity after the murder. They reveal how the early scribes of the Old Testament inserted lags of time into the Exodus story to cover Moses' assassination and replacement, fabricated Moses' origin story, and changed the location of the "Mountain of God" from Edom, where Reuel was a prince, to Sinai.

Unveiling the enigma of Moses' real story—and his murder and replacement—the Flem-Aths dramatically challenge the time line and details of biblical history, exposing a cover-up at the very origins of Western religion.

Rand Flem-Ath is a researcher and coauthor of *The Atlantis Blueprint*. He has appeared on the History Channel, Discovery Channel, NBC, CBC, and BBC as well as on numerous radio shows. Rose Flem-Ath is a novelist, non-fiction writer, and two-time winner of the prestigious Canada Arts Council Grant for fiction. The authors of *Atlantis beneath the Ice*, the Flem-Aths live on Haida Gwaii, an archipelago off British Columbia's coast.



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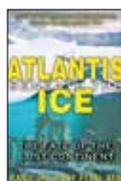
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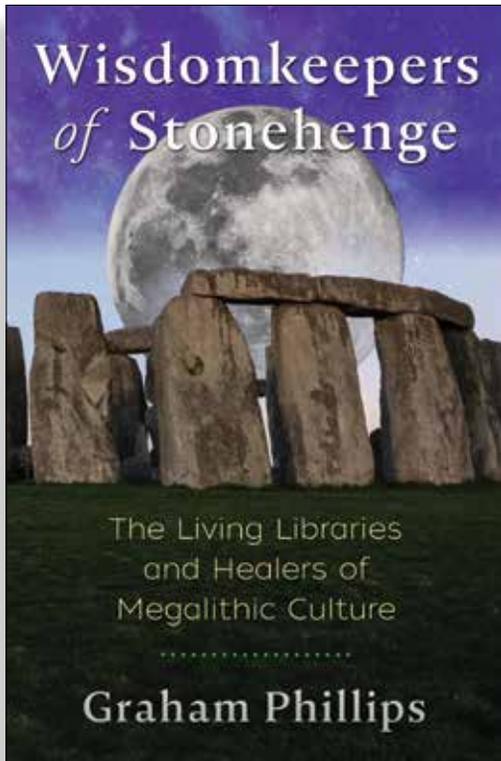
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Wisdomkeepers of Stonehenge

The Living Libraries and Healers of Megalithic Culture

GRAHAM PHILLIPS

Reveals how Stonehenge was an extraordinary astronomical calendar used in the cultivation of ingredients for long-forgotten botanical cures

- Explores how Stonehenge and other stone circles were ancient healing sanctuaries and celestial calculators for the preparation of natural medicines
- Explains how the megalithic priesthood—and their successors, the Druids—developed astonishing memory techniques to preserve knowledge over generations
- Draws upon the very latest discoveries from recent archaeological excavations and overlooked historical source material

Stonehenge is just one of thousands of stone circles erected throughout Britain and Ireland for over three millennia from 3,000 BC on. How did this building tradition survive for so long, over such a large area and with such complexity and uniformity, when the people of the British Isles lived in separate, isolated communities and left no evidence of a central leadership or obvious communication network?

Graham Phillips argues that these stone circles are evidence of an astonishing system of healthcare and preservation of ancient medical knowledge that held together a society scattered across the British Isles. With stones aligned to the sun, moon, and certain stars, these ancient monuments enabled the precise timings necessary for the cultivation of medicinal plants. He explains how the megalithic priesthood possessed medical knowledge well beyond their time and may even have discovered a cure for cancer. Furthermore, because they had no form of writing, the megalithic people developed phenomenal memory techniques to preserve their knowledge over many generations, resulting in a class of wisdomkeepers that were not only healers but the living libraries of their culture.

Drawing upon the latest discoveries from recent archaeological excavations and overlooked historical source material, Phillips reveals that the megalithic culture survived far longer than previously thought and that the people who held it together were an enigmatic shamanic sect ultimately called the Druids. Uncovering the secrets of ancient megalithic culture and the purpose of their enigmatic stone circles, Phillips contends that all the evidence has now been gathered to unlock the secrets encoded in the stones—and perhaps discover remedies for diseases still uncured by modern medicine today.

A former radio journalist and broadcaster for the BBC, Graham Phillips is a historical investigator and author of 14 books, including *The Lost Tomb of King Arthur*, *The Templars and the Ark of the Covenant*, and *The End of Eden*. He lives in England.

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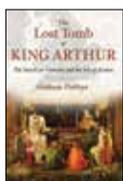
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The Lost Tomb of King Arthur

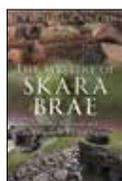
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The Energies of Crop Circles

The Science and Power of a Mysterious Intelligence

LUCY PRINGLE and JAMES LYONS

A scientific investigation of the healing and energetic effects of crop circles

- Shares the results of decades of research into crop circles, including detailed scientific explanations and responses from an 800-person questionnaire study
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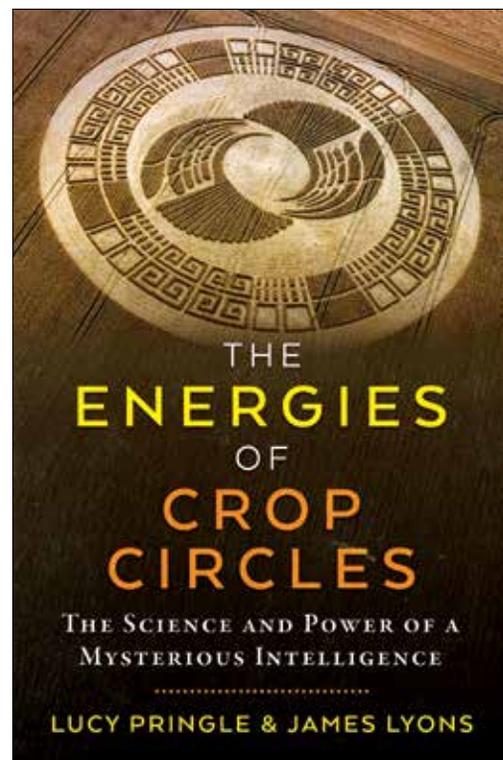
In 1990 while studying the energetics of a crop circle, Lucy Pringle experienced a miraculous healing of a severe shoulder injury. Inspired, she expanded her research to investigate the physical, psychological, and energetic effects of these mysterious formations on people as well as on animals. In this book, alongside her stunning full-color aerial photographs of crop circles, Pringle shares the results of her research, including anecdotes from an 800-person questionnaire study, in combination with detailed scientific explanations by aerospace engineer and fellow crop circle researcher James Lyons.

The authors discuss case histories of healing, from temporary respite from arthritis, Reynaud's, and Parkinson's, to the permanent cure of muscle strains and chronic pain, to emotional healing and feelings of peace and happiness. They explore the relationship of crop circle formations and consciousness, highlighting "intention" as a key factor in crop circle manifestation. Pringle describes the wide range of physiological effects—both positive and negative—caused by the frequencies in crop circles and shows how the negative symptoms may possibly be caused by heavy use of pesticides.

Drawing on the science behind the formation of the Aurora Borealis, or Northern Lights, the authors explain how the same electromagnetic waves that produce these lights in the sky also interact with the Earth's magnetic field and ley lines to produce geometric-energetic patterns in fields—crop circles—akin to the cymatic patterns of sand on a vibrating drum surface. They reveal dowsing as a way to identify underlying sacred geometry within a field and explain how healing arises as the result of communication with the self-organizing energy field of a crop circle.

With the first recorded appearance of a crop circle formation more than 4,000 years ago, crop circles are an ancient part of Earth's and humanity's intertwined history that we are only beginning to understand.

Recognized as an authority on the effects of electromagnetic fields on living systems, Lucy Pringle is one of the world's leading crop circle photographers and researchers and a founding member of the Centre for Crop Circle Studies. She lectures internationally and lives in Hampshire, England. James Lyons is a chartered engineer, specializing in aeronautical research. He lives in Yorkshire, England.



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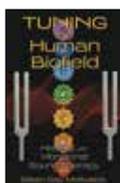
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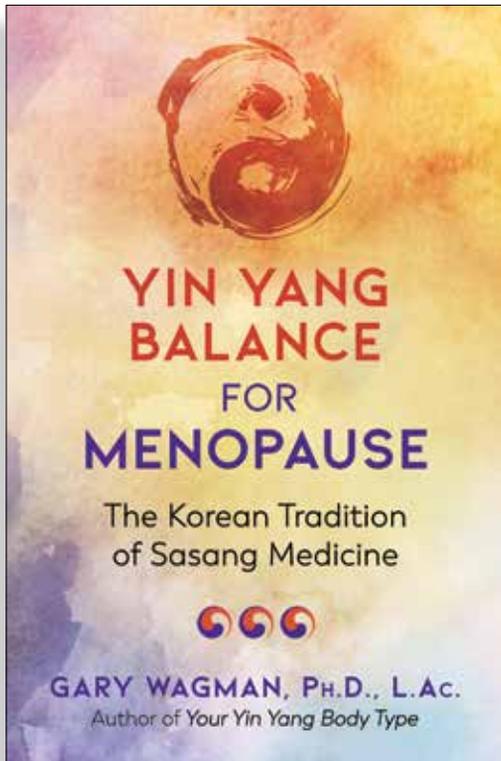
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Yin Yang Balance for Menopause

The Korean Tradition of Sasang Medicine

GARY WAGMAN, Ph.D., L.Ac.

A practical guide to using your Korean Sasang body type to optimize your health during menopause

- Explores how each of the four Sasang body types has its own unique menopausal symptoms and Yin-Yang energy balance, explaining why hot flashes occur when they do, why insomnia is suddenly an issue, or why you feel depressed
- Provides self-tests to determine your Sasang body type and explains how the natural remedies and diets that work for one type might not work for another
- Includes Sasang herbal remedies for common challenges related to menopause, including hot flashes, depression, mood swings, brain fog, and loss of libido

The ancient Korean art of Sasang medicine explains how each of us is born with a specific body type that establishes our physical and emotional strengths and weaknesses. These traits have a direct influence on how we interact with others and react to stress and life's transitions. Discovering your type will enable you to understand why you are prone to certain symptoms and not others, choose the most compatible remedies and treatments, and make the best choices regarding your health and well-being.

Applying the wisdom of Sasang medicine to the major life transition of menopause, Dr. Gary Wagman explores how each of the four Sasang body types has its own unique menopausal challenges, as well as opportunities, and how the natural remedies and diets that work for one type might not work for another. Providing guidelines and tests to determine your type, he details each type's emotional tendencies, physical strengths and weaknesses, and their balance of Yin and Yang energy within the organ systems, explaining why hot flashes occur when they do, why insomnia is suddenly an issue, or why you feel depressed. Revealing the impact our emotions have on our physiological health, he describes how different emotions, such as anger and sadness, correlate with a particular type's inborn energetic patterns.

Presenting natural remedies, exercises, supplements, and diet and food recommendations for each Yin-Yang body type, Dr. Wagman also includes body-type-specific Sasang herbal remedies for the most common challenges related to menopause, including hot flashes, osteoporosis, depression, mood swings, hormone balance, urinary health, fibroids, frozen shoulder, brain fog, and loss of libido. Offering specific ways to take charge of your own emotional, physical, and sexual health, this practical guide provides a compass to help you smoothly navigate the sometimes turbulent waters of menopause and harness the spiritual and emotional strengths of this life transition.

Gary Wagman, Ph.D., L.Ac., is an acupuncturist and doctor of Oriental Medicine. He was the first foreign student at the Daejeon University of Oriental Medicine in South Korea and is the founder of Harmony Clinic and the American Institute of Korean Traditional Medicine. The author of *Your Yin Yang Body Type*, he lives in Portland, Oregon.



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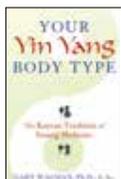
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Anything Can Be Healed

The Body Mirror System of Healing with Chakras

MARTIN BROFMAN

A new edition of the classic practical manual for utilizing the chakra system as a body/mind interface for effective energetic healing

- Explores the physical body as a mirror of our consciousness, with symptoms reflecting inner stresses in our emotional being, our mind, and/or our higher self
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- Includes color reference charts of the chakras and their associated vibrations, systems, layers of the aura, senses, and areas of consciousness

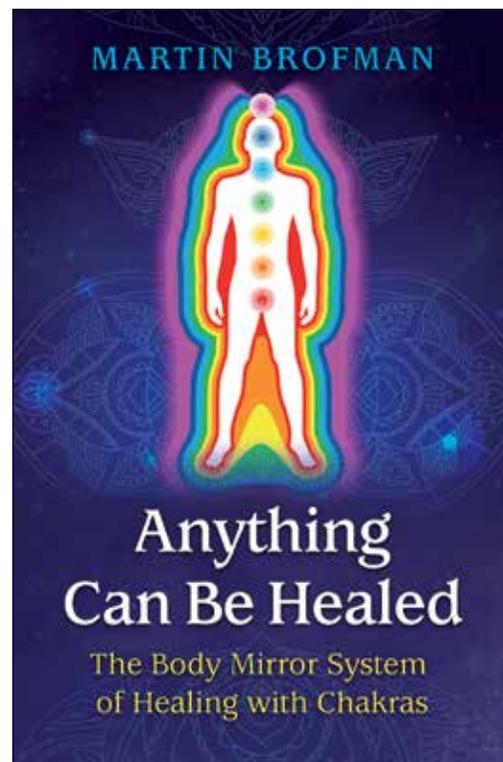
Drawing on his own profound healing experience as a young man, Martin Brofman developed a system of healing that effectively and seamlessly blends Western psychology and Eastern philosophies: the Body Mirror System. He explains how the chakra system connects to both mind and body to form a body/mind interface, allowing us to read the physical body as a mirror of the consciousness within, track the route from symptom to cause, and then work on releasing the causes on all levels.

Brofman shows how specific tensions or symptoms on the physical level reflect corresponding tensions in one's consciousness about specific issues in life—the inner cause to the outer symptom. The author explains how healing the symptom needs to involve not only releasing the tension on the physical level, but also letting go of the stressful way of interacting with the environment. Thus, the process of healing always implies a process of transformation.

Within the concepts of his Body Mirror System, Brofman explores the chakras and their role in the body, including their associated vibrations, parts of the body, senses, layers of the aura, and areas of consciousness. He explains how to clear and connect the chakras, how to connect to the cosmos through the chakras, and how engaging with thought forms, time travel, and past lives can assist in healing sessions. Discussing the healing of others as well as self-healing, Brofman describes how to heal with chakras, thought forms, white light, and love, and how to perform distance healing. He provides practical energy exercises and chakra meditations, allowing the reader to imminently experience the healing energy in their bodies and prepare for a healing session. He also includes color reference guides, such as a chakra healing chart.

Deeply examining the multilayered elements of the healing process, including transformation, this classic healing guide serves as a practical introduction to energy healing as well as a healer's tutorial and reference book.

Martin Brofman (1940–2014), renowned healer and founder of the Brofman Foundation for the Advancement of Healing, created a special healing approach, the Body Mirror System, after he cured himself of a terminal illness in 1975. Supporting many people in his dedicated practice of more than 30 years, his healing system is now taught worldwide. Since 2014, his wife Annick Brofman and other Body Mirror System instructors continue the legacy of his work within the Brofman Foundation and around the world.



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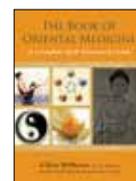
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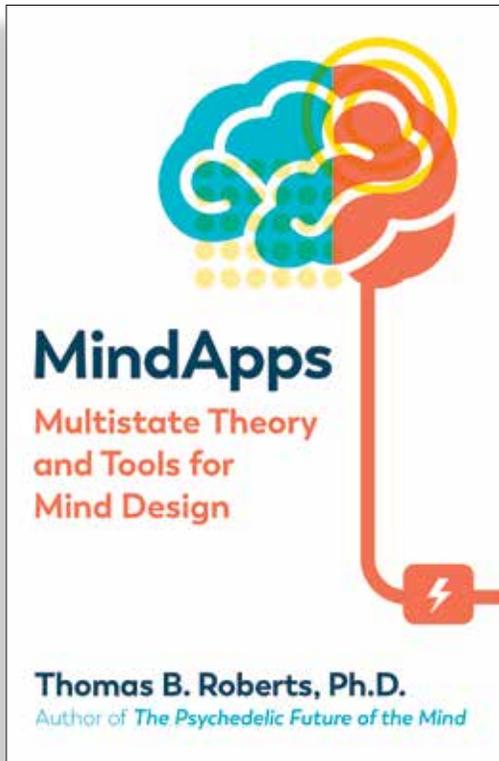
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Mindapps

Multistate Theory and Tools for Mind Design

THOMAS B. ROBERTS, Ph.D.

An exploration of “mind design” technologies and practices—mindapps—that boost intellectual capacity and enable new ways of thought and action

- Reveals how mindapps transform the patterns of our mind-body complex and help generate new ideas by enabling access to new mind states
- Examines the singlestate fallacy—the myth that useful thinking only occurs in our ordinary awake mental state
- Explores a wealth of mindapp practices and techniques, including microdosing with psychedelics, yoga and martial arts, hypnosis, breathing techniques, lucid dreaming, rites of passage, biofeedback and neurofeedback, and transcranial brain stimulation

Just as we can write and install apps in our electronic devices, we can construct “mindapps” and install them in our brain-mind complex, and as just as digital apps add capabilities to our devices, mindapps can expand our mental powers and creative abilities, allowing us to intentionally redesign our minds.

Using psychedelics as the prime example, Thomas B. Roberts explores the many different kinds of mindapps, including meditation, other psychoactive plants and chemicals, sensory overload and deprivation, biofeedback and neurofeedback, hypnosis and suggestion, sleep and lucid dreaming, creative imagery, transcranial brain stimulation and optical brain stimulation, rites of passage, martial arts and exercise routines, yoga, breathing techniques, and contemplative prayer. He also looks at the future of mindapps, the potential for new mindapps yet to be invented, and how installing multiple mindapps can produce new, yet to be explored mind states. Drawing on decades of research, he shows how psychedelics in particular are “idea-gens”—powerful tools for generating new ideas and new ways of thinking.

Uniting the many forms of mindapps into one overall Multistate Mind Theory, Roberts examines the singlestate fallacy—the myth that useful thinking only occurs in our ordinary awake mental state—and demonstrates the many mind-body states we are capable of. He shows how mindapps not only allow us to design and redesign our own minds but also offer benefits for artistic performance, mystical and spiritual experience, and scientific research by improving creativity, open-mindedness, problem solving, and inner-brain connections. Reformulating how we think about the human mind, *Mindapps* unveils the new multistate landscape of the mind and how we can each enter the world of mind design.

Thomas B. Roberts, Ph.D., is professor emeritus at Northern Illinois University, where he has taught the world’s first catalog-listed psychedelics course since 1981. A founding member of MAPS, former visiting scientist at Johns Hopkins, editor of *Spiritual Growth with Entheogens*, and author of *Psychedelic Horizons* and *The Psychedelic Future of the Mind*, he lives in DeKalb, Illinois.

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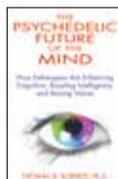


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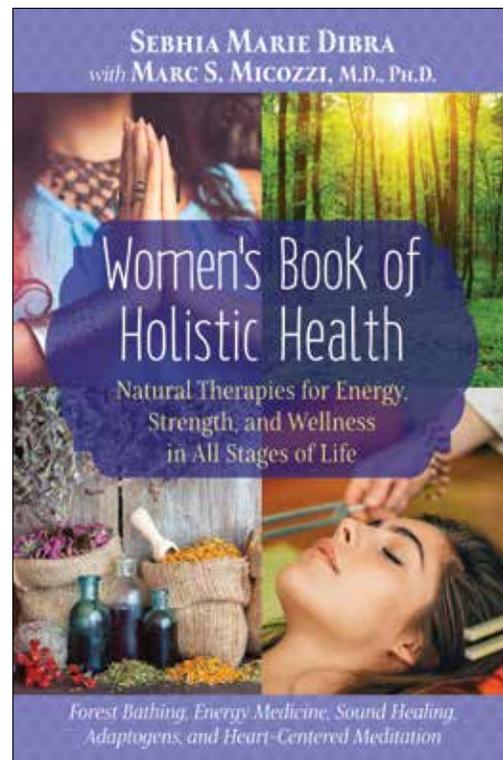
- Shares the scientifically proven benefits of forest bathing, mindfulness, heart-centered meditation, essential oils, herbs, energy medicine, sound healing, and Ayurveda
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- Explains how best to incorporate holistic treatments into your self-care routine for more energy, hormonal balance, cellular repair, and mental and emotional health

In this hands-on guide to natural health for women, Sebhia Marie Dibra draws from recent medical studies and alternative modalities to present a comprehensive, holistic understanding of female biology and physiology at all stages of life and the most effective treatments and therapies to help you reach optimum health and energy levels at any age.

Explaining how we are each connected to nature, Dibra shows how consciousness practices such as forest bathing, mindfulness, and heart-centered meditation have benefits proven by neuroscience. She reveals the key connections between the GI system and the psycho-neuro-immunologic system of the mind-body, stressing the importance of digestive function in women's health, especially in cases of depression and anxiety. She provides guidance on intermittent fasting and holistic nutrition for more energy, hormonal balance, cellular repair, and mental and emotional health, as well as advice on safe and effective supplements, herbs, and essential oils. Presenting results from recent clinical studies, alongside natural alternatives, she offers in-depth and nuanced discussions of female reproductive health, including the menstrual cycle, menopause, PMS, pregnancy, postpartum issues, and the full spectrum of sexual health. She examines health conditions from a woman-centered perspective, such as fibroids, osteoporosis, and thyroid disease, and explains how best to incorporate energy medicine, sound healing, Ayurveda, and bodywork into your routine.

Highlighting the advantages of a holistic and natural approach, Dibra decodes the complexity of women's health from puberty to post-menopause, giving each woman a self-care toolkit to make informed decisions about her health and well-being at any age.

Sebhia Marie Dibra is an author, researcher, speaker, and public policy advocate. Author and coauthor of 6 books, including *Overcoming Acute and Chronic Pain*, she is on the editorial board of the *European Journal of Physics Education* and is a biofeedback retreat facilitator at the Academy of Wellness in Toronto, Canada, and New York City. Marc S. Micozzi, M.D., Ph.D., is adjunct professor at Georgetown University School of Medicine and at the University of Pennsylvania. He lives in Longboat Key, Florida.



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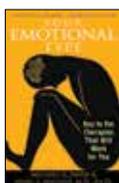


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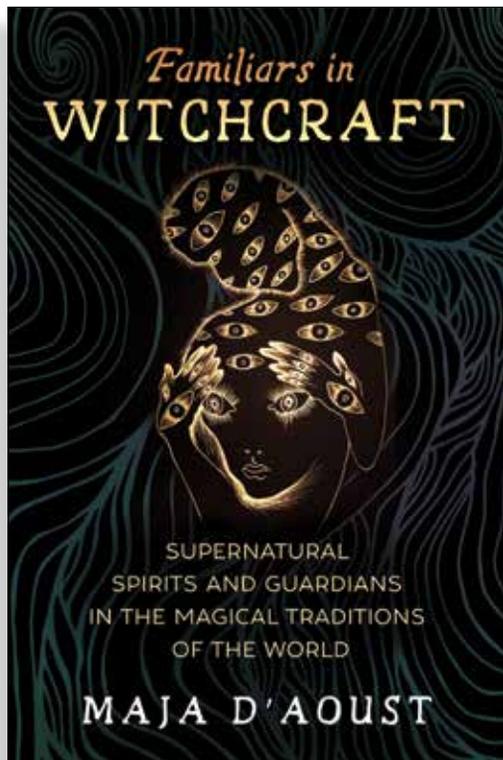
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 Witchcraft



Author
 Maja D'Aoust

Familiars in Witchcraft

Supernatural Spirits and Guardians in the
 Magical Traditions of the World

MAJA D'AOUST

A comprehensive exploration of familiars and their many forms and powers

- Explores witch's familiars in folklore, shamanic, and magical traditions around the world, including Africa, India, Scandinavia, ancient Greece, and China
- Explains how familiars are related to shamanic power animals and how the witch draws on her personal sexual energy to give this creature its power
- Examines the familiar in alchemical, Hermetic, and Egyptian magical literature, including instructions for procuring a supernatural assistant

Exploring the history and creation of a “witch’s familiar,” also known as a spirit double or guardian spirit, Maja D’Aoust shows how there is much more to these supernatural servant spirits and guardians than meets the eye. She reveals how witches are not the only ones to lay claim to this magician’s “assistant” and examines how the many forms of witch’s familiars are well known in folklore throughout Europe and America as well as in shamanic and magical traditions around the world, including Africa, India, and China.

The author explains how familiars are connected with shapeshifting and how the classic familiars of medieval witchcraft tradition are related to the power animals and allies of shamanic practices worldwide, including animal guardian spirits of Native American traditions and the daimons of the ancient Greeks and Romans. She examines the fetch spirit, also known as the *fylgia* in Scandinavian tradition, and how the witch or sorcerer draws on their personal sexual energy to give this creature its power to magnetize and attract what it was sent to retrieve. She looks at incubus, succubus, doubles, doppelgängers, and soul mates, showing how familiars can also adopt human forms and sometimes form romantic or erotic attachments with the witch or shaman.

Reviewing alchemical, Hermetic, and Egyptian magical literature, including the nearly forgotten alchemical works of Anna Kingsford, D’Aoust explores their instructions for procuring the attention of a supernatural assistant as well as an extensive description of the alchemical wedding and how this ritual joins the magician and familiar spirit into a single unified consciousness. Exploring fairy familiars, she reveals how a practitioner can establish a “marriage” with a totemic plant or tree spirit, who, in return, would offer teachings about its medicinal and visionary powers.

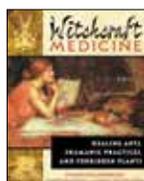
Delving deeply into the intimate relations of humanity with the spirit world, D’Aoust shows how forming connections with living forces other than human enables us to move beyond the ego, expand our magical abilities, as well as evolve our conscious awareness.

Maja D’Aoust, known as the Witch of the Dawn, is a practicing Witch and scholar of alchemy and occult lore. After completing her bachelor’s degree in biochemistry, she studied Oriental medicine and acupuncture and later earned her master’s degree in transformational psychology with a focus on shamanism, the I Ching, and ancestors. She is the author of *A Witch’s Bestiary: Visions of Supernatural Creatures*, co-author of *The Secret Source*, and creator of a Tarot deck, *The White Witch Tarot*. She lives in Los Angeles.

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The Lost Book of the Grail

The Sevenfold Path of the Grail and the Restoration of the Faery Accord

CAITLÍN and JOHN MATTHEWS

Reveals the long-forgotten prequel to the Grail mythos and how it has profound resonance with modern times

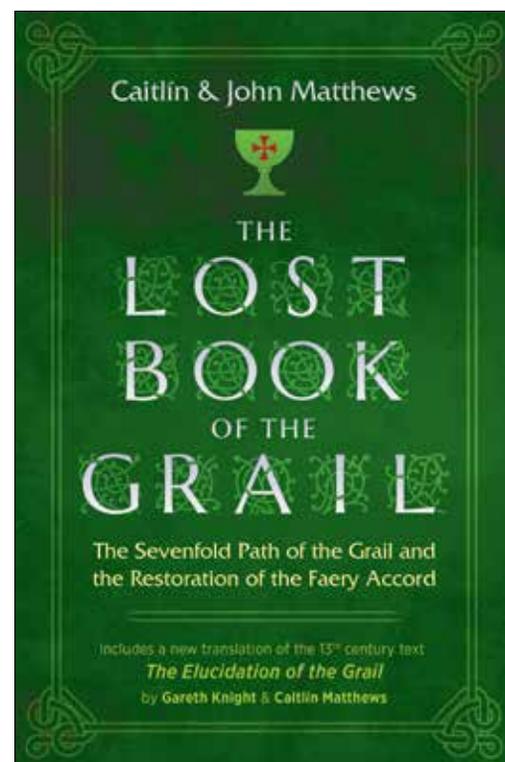
- Includes the complete text of the Grail prequel, *The Elucidation of the Grail*, a 13th-century poem newly translated by Gareth Knight and Caitlín Matthews
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- Discusses the Seven Guardians of the Stories, the Grail Kings and Anti-Grail Kings, the Rich Company, the Courts of Joy, and the otherworldly Land of Women

Unveiling the long-forgotten prequel to the Grail quest stories, Caitlín and John Matthews examine *The Elucidation of the Grail*, a forgotten 13th-century French text, and show how it offers the key to understanding the sevenfold path of the Grail and the deeper stories beneath the Christian Grail narrative.

Beginning with a new translation of *The Elucidation* by foremost esotericist Gareth Knight and Caitlín Matthews, the authors provide a complete commentary on the poem, revealing a startling alternative cause of the Wasteland and the Grail quest, one which has a profound resonance with our own times. They examine the forgotten story of the Faery Wars and explain the Faery Accord, an agreement that once existed between humans and the Faery and upon which the spiritual and physical health of the land depends. The offering of the Grail and its regenerative powers by the Maidens of the Wells—Faery women—was part of this Accord. King Amangons and his men violated the Accord, through their abuse of the Well Maidens and other evil actions, causing the wasting of the land. The Knights of King Arthur seek to avenge the Well Maidens and rebirth the Grail to restore access to the lost paradisiacal “Courts of Joy” held in ancestral memory. On their quest, they encounter the Rich Company whose greed keeps the Knights occupied in long wars of attrition, yet their quest to restore the generous hospitality of the Wells—the true Grail, the Faery Grail—continues.

In addition to the Faery Accord and Knights’ quest, the authors examine the Seven Guardians of the Stories, the Rich Fisher, the Courts of Joy and paradise lost, and the otherworldly Land of Women. They show how this lost book of the Grail reveals themes familiar to the modern world and offers hope of healing the rift between the worlds of Faery and human as well as restoration of our natural belonging to the land.

Caitlín and John Matthews are recognized authorities on the myths of the Celtic and Arthurian tradition. They are the authors of more than 100 books, both separately and together, including *The Complete King Arthur*, *Walkers Between the Worlds*, *King Arthur and the Goddess of the Land*, *Taliesin: The Last Celtic Shaman* and the award-winning *Arthur of Albion*. The Matthews live in Oxford, England.



July 2019

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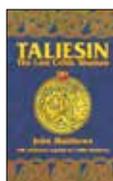


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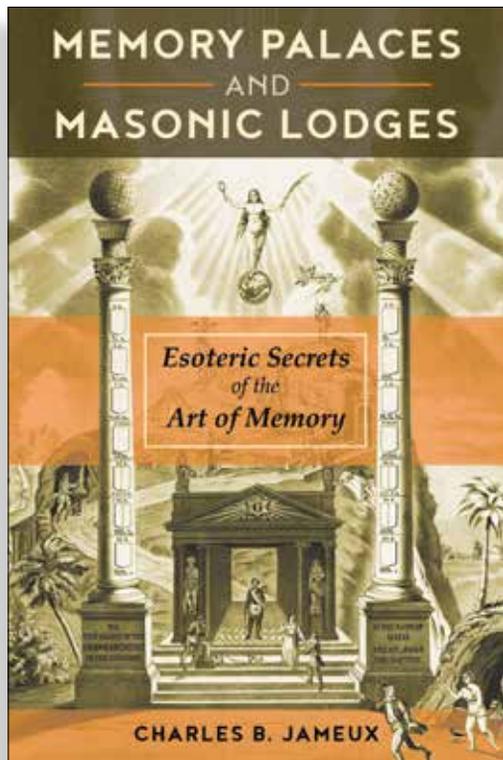
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Memory Palaces and Masonic Lodges

Esoteric Secrets of the Art of Memory

CHARLES B. JAMEUX

Reveals how the art of memory is the origin of the Masonic method

- Explains the classical techniques of the art of memory, how they were reworked by hermetic thinkers during the Renaissance, and how they contributed to the transformation of operative Freemasonry into speculative Freemasonry
- Traces the creation of speculative Freemasonry to 1637, one hundred years earlier than previously thought
- Explores how the “memory palaces” created with the art of memory enabled access to universal knowledge as well as represented the Masonic temple in its imaginary state

In Antiquity, the art of memory was a mnemonic device that allowed an orator, such as Cicero, to recall all the points he wished to make by associating each of them with an image or architectural element in the site he was speaking. When this art was rediscovered in the Renaissance, hermetic thinkers like Giordano Bruno reworked it into a method that allowed them to acquire knowledge with the creation of “memory palaces.” The elements of these memory palaces were not intended to trigger the memory but would actually transform into talismanic objects with knowledge entirely new to the seeker.

In this book, Charles B. Jameux shows that this hermetic reworking of the classical art of memory was no mystery to operative Masons, who grafted it onto their own rituals, catalyzing the transformation of operative Masonry into speculative Masonry. He shows how the hieroglyphic writing used during the Renaissance in the art of memory provided the groundwork for one of the most esoteric elements of masonic practice: the grasp of the realm of image by the letter, where symbols were “buried” within words. Using archival evidence from 17th-century Scotland and earlier, combined with the research of modern scholars such as Frances Yates and David Stevenson, Jameux argues that the creation of speculative Freemasonry can be traced back 100 years earlier than conventional history records—to 1637, when the first recorded use of the Mason’s Word appeared and with it, the first known appearance of the symbolic Temple of Solomon. He follows Giordano Bruno’s visit to the British Isles in the late 16th century and the subsequent activities of the men he met there, showing that Masonic symbolism owes much of its current form to early memory palaces, which represented the Masonic lodge and temple in their fully imaginary states.

Revealing the pivotal role of the memory palace and hermetic traditions in early Masonic symbolism, Jameux sheds new light on the Masonic questions asked of each initiate and the spiritual importance of the Temple of Jerusalem to Freemasonry.

Charles B. Jameux was Grand Chancellor of Foreign Relations of the Grand Lodge of France and the chief editor of the Masonic Journal of the Grand Lodge of France, *Initiatory Perspectives*, from 1998 to 2001. He is currently the director of the Living Stone collection for the French publisher Dervy (Tredaniel Group). He lives in France.



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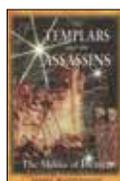


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Jesse James and the Lost Templar Treasure

Secret Diaries, Coded Maps, and the Knights of the Golden Circle

DANIEL J. DUKE

An investigation into the lost treasures of Jesse James and the Freemasons and their connections to the Templars, Rosicrucians, and the Founding Fathers

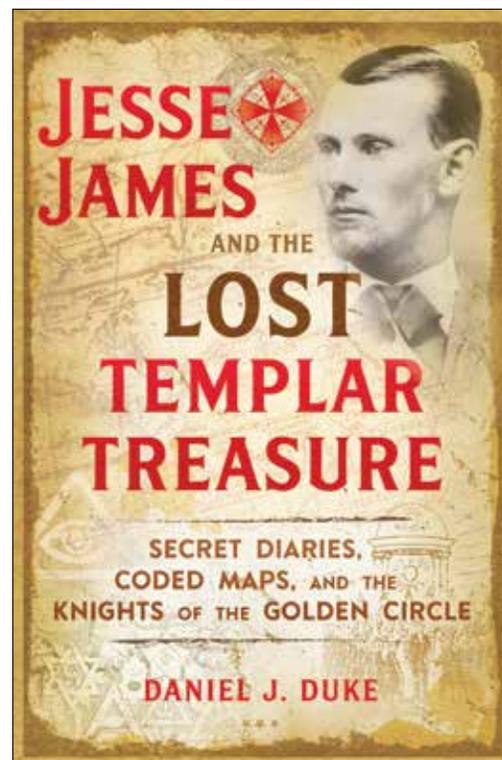
- Explains how Jesse James used techniques involving sacred geometry, gematria, and esoteric symbols to hide his treasures and encode maps
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- Shows how the encoding template confirms the existence of treasures on Oak Island and Victorio Peak and can be traced to a 16th-century book containing a secret map of the New World and the “hooked X” of the Knights Templar

Jesse James left behind secret diaries and coded treasure maps. Working to decrypt these maps, Daniel J. Duke—the great-great grandson of Jesse James—reveals hidden treasures yet to be recovered as well as connections between the infamous train robber and Freemasonry, the Knights Templar, the Founding Fathers, and Jewish mysticism.

The author explains how Jesse James faked his death and lived out his final years under the name James L. Courtney. He uncovers James’ affiliation with the Knights of the Golden Circle, a secret society that buried Confederate gold across the United States, and shows how the hidden treasures coded into James’ maps were not affiliated with the KGC but with the Freemasons, the Knights Templar, and the treasure of the Temple Mount. Using sacred geometry, gematria, and the Kabbalistic Tree of Life symbol, the author explains the encoded map technique used by the Freemasons to hide and later recover treasures, an esoteric template known as the “Veil”. He shows how the Veil template confirms the locations of Jesse James’ recovered treasures in Texas as well as other suspected treasure locations, such as the Oak Island Money Pit and Victorio Peak in New Mexico.

Tracing knowledge of the Veil template back through the centuries, the author reveals the Veil hidden on the cover of a 16th-century book that contains a secret map of the New World and the “hooked X” symbol of the Knights Templar. He shows how the template was used not only to hide treasures but also sacred knowledge and relics, such as within the Bruton Vault, which originally contained secrets tied to Francis Bacon, the Freemasons, the Rosicrucians, and the founding of the United States. Applying the Veil template alongside the esoteric secrets of Poussin’s famous painting, *Et In Arcadia Ego*, and Cassini’s Celestial Globe, Duke shows how the template reveals other Templar and Freemason treasure sites scattered throughout America and around the world.

Daniel Duke, the great-great grandson of Jesse James, grew up surrounded by stories of lost outlaw treasures. For more than two decades he has researched the mysteries involving his family, Freemasonry, and the Knights Templar. He lives in Texas.



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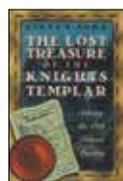
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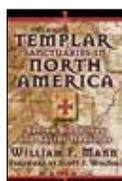
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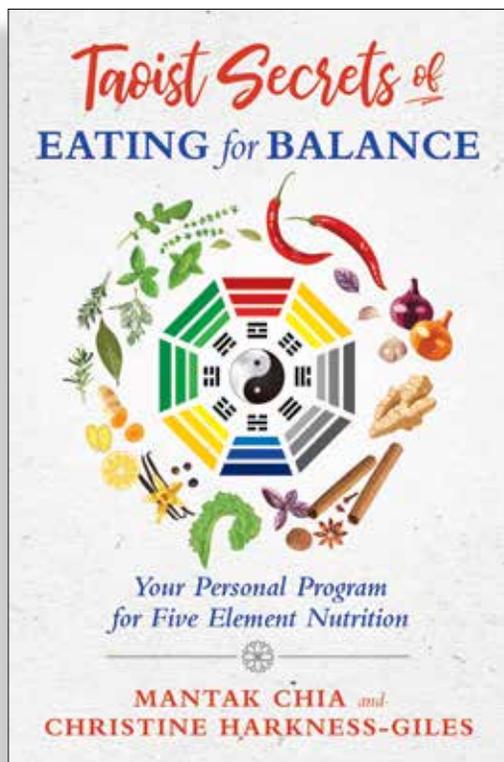
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- Shows how your Five Element energies outline your life and influence success in relationships and at work

We are each born with a unique combination of heavenly and earthly energies defined by the Five Elements and dictated by the Universe at the moment you take your first breath. This “birth chi” can be calculated using the year, month, day, and time of your birth, and it reveals your personal profile of health and emotional strengths and weaknesses as well as the energy cycles you will encounter throughout your life.

In this Inner Alchemy Astrology nutrition guide, Master Mantak Chia and Christine Harkness-Giles explore how to strengthen your birth chi through your eating habits, revealing which foods will address imbalances in your Five Element organ energy profile. The authors explain which organs are connected with each Element—Wood, Fire, Earth, Metal, and Water—and provide detailed food lists based on ancient Taoist wisdom that reveal the Yin, Yang, hot, cold, and Five Element aspects of many common foods and superfoods. They emphasize the importance of local, seasonal, and fresh foods and of acid-alkaline balance for health. The authors illustrate the Five Elements’ characteristics through sample profiles for celebrities such as Paul McCartney and Meryl Streep, along with Taoist nutritional recommendations based on their charts. The authors also explore how your Inner Alchemy astrology profile determines your life and relationships and explain how inner alchemy practices and Five Element nutrition can improve all aspects of your life.

By eating in line with your personal Five Element energetic profile, as part of ancient Inner Alchemy techniques, you can improve health and longevity and strengthen connections with your loved ones and the energies of the cosmos.

Mantak Chia, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979 and has taught tens of thousands of students and trained instructors all over the world. The founder of the Tao Garden Health Spa and Resort in Thailand, he is the author of more than 60 books, including *Healing Light of the Tao*. Christine Harkness-Giles is a certified Universal Healing Tao instructor, feng shui consultant, and astrologer. Coauthor with Master Chia of *Inner Alchemy Astrology*, she leads Inner Alchemy Astrology classes and trainings in London, France, Berlin, and Hawaii.



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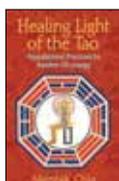


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Mantak Chia

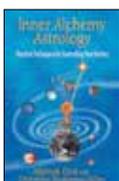


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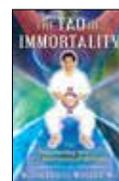
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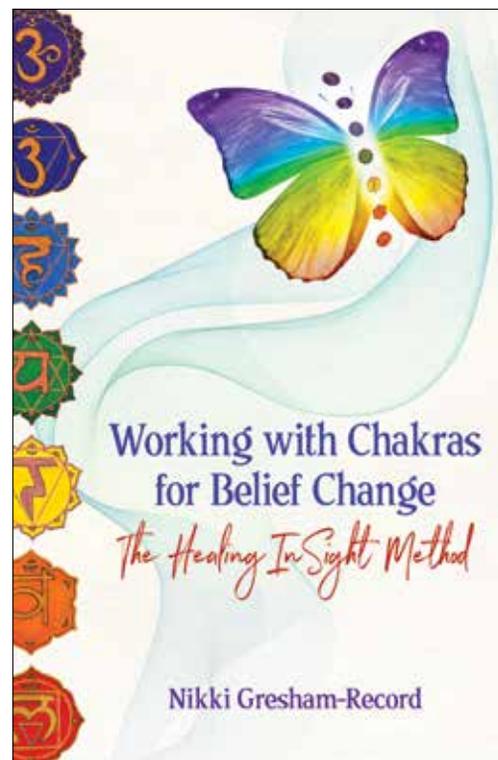
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Working with Chakras for Belief Change transforms people's unhelpful beliefs through clearing their chakras, raising their vibrations, and creating a fertile space for the New to come in. The Healing InSight Method presented in this practical full-color book is based on affirmations used together with individual chakra work and specific bodywork exercises, including techniques drawn from kinesiology, qigong, whole-brain integration, visualization, and infinity symbol exercises. Psychologist and energy therapist Nikki Gresham-Record channeled 196 common beliefs for each chakra, 1,036 total, which can be fully realigned using this transformational system of complete mind-body-spirit healing. The author organizes the beliefs around the chakra system and explains how unhealthy beliefs can take root within the chakras and the body. She shows how her belief realignment method is capable of changing beliefs and their associated vibrations in the subconscious mind and energy body, thus enabling any blocks to dissolve and your system to open up to the opportunity for change.

The 56 high-vibration chakra images included in this book can be used as a tool for therapeutic guidance as well as for positive manifestation. Each chakra is represented by a main chakra image along with 7 chakra aspect images, affirming potent qualities that we are all able to access when balanced and in harmony within ourselves. The artistry of the chakra images offers an immersion in the vibration of the empowering chakra-related beliefs and aids energetic resonance to help people feel good and begin healing. Also offering case studies and a life-review process to help the reader take stock of their situation before and after they begin the Healing InSight Method, *Working with Chakras for Belief Change* provides a gentle, energetic, yet potentially life-changing tool for personal growth and development.

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



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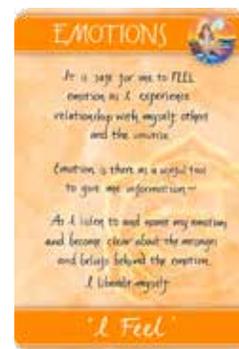
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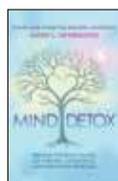
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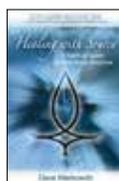


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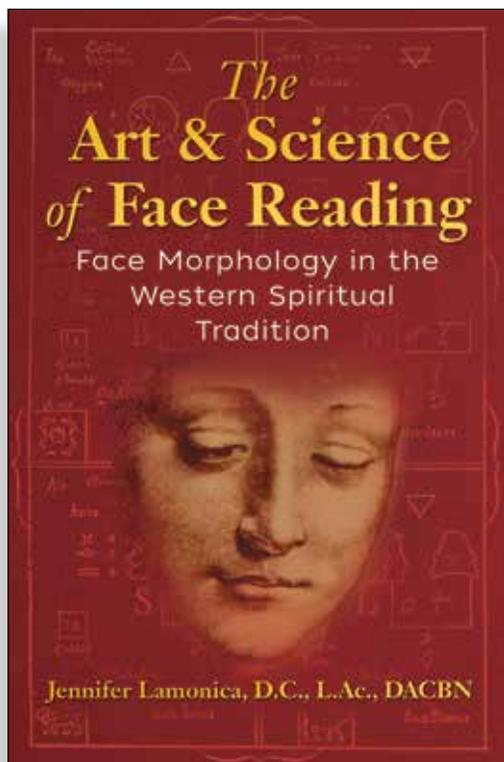
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The Art and Science of Face Reading

Face Morphology in the Western Spiritual Tradition

JENNIFER LAMONICA, D.C., L.Ac., DACBN

A complete, illustrated guide to the ancient tradition of reading the face to gain insight into health, personality, relationships, and career

- Details how to read the profile, front face, features, and musculature of the face to reveal temperament, personality traits, health predispositions, and mental state
- Explores the history and development of face morphology from its origins in Israel and Egypt more than 4,500 years ago to its modern use in French medical schools
- Examines the Foursquare diagram, developed by French occultist Papus, for highly accurate and detailed facial readings

The face is a unique reflection of our genetic, inherited inclinations as well as the effects that life, nature, and relationships have had upon us. By looking at a person's face, you can gain valuable insight into their personality, health, and how they navigate in the world.

In this illustrated guide, Jennifer Lamonica reveals the sacred tradition of face morphology, an esoteric system that has been passed quietly from rabbi to student as an unbroken oral tradition for more than 4,500 years. She explores the history and development of this ancient art from its origins in Israel and Egypt to its use as the major diagnostic system in Europe until the Enlightenment and its current applications in French medical schools. Sharing the techniques of master face readers, the author details how to read the angles of the profile, as well as palm color and nose shape, to determine a person's temperament, providing health and career insight into each of the four temperaments, including nutritional needs, digestive issues, sleep patterns, health predispositions, and ideal occupational paths. Exploring the Foursquare diagram, developed by French occultist Papus, for highly accurate and detailed facial readings, she explains how to read the front face in combination with planetary shapes, which reveal a person's character; the major facial features, such as eyebrows, which reveal personal inclinations; and the musculature of the face, including expressions, which reveals a person's current mental state. Providing case studies, she examines how to apply face morphology in relationships and in parenting.

Exploring the meaning of each facial variation, while also honoring the intuitive impression received at first glance, Lamonica reveals how the ancient science of face reading allows you to compassionately help your loved ones, students, or clients, as well as overcome personal obstacles and better know yourself.

Jennifer Lamonica, D.C., L.Ac., DACBN, a student in the lineage of Colette Aboulker-Muscat, is a doctor of chiropractic, licensed acupuncturist, certified nutritionist, certified imagery therapist, and a face morphologist in the Western spiritual tradition. Also a certified medical technologist, she has taught at New York Chiropractic College, at the New York College of Traditional Chinese Medicine, and for the New York State Chiropractic Association. In private practice since 1984, she lives in Mineola, New York.

August 2019



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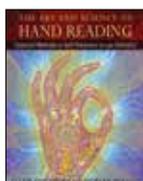
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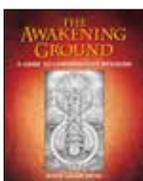


Author
Jennifer Lamonica,
D.C., L.Ac., DACBN

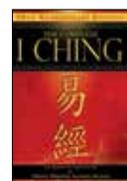
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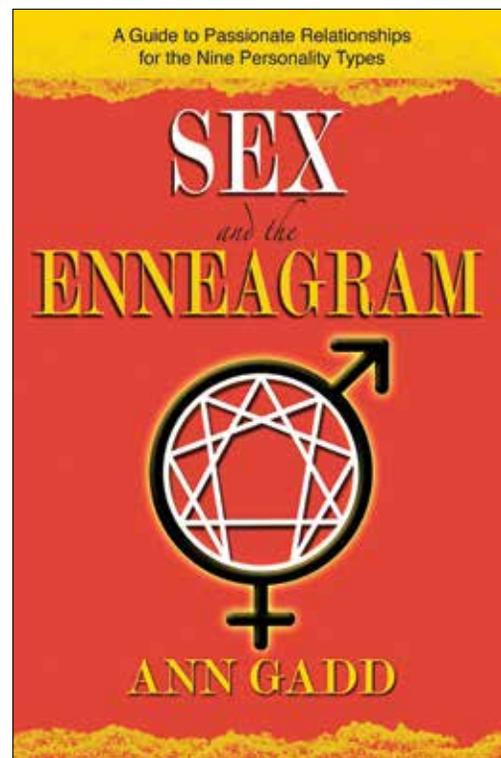
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- Looks at each type's fantasies and investigates how our behavior in relationships alters according to how emotionally integrated or disintegrated we are
- Explores the three types of love and their countertypes; each type's Enneagram Passions and Virtues in relation to intimacy; how to engage with each type; and whether some types make better lovers

Sex can take us from the sacred sublime to the darkest aspects of humanity. It can carry us on the wings of pure pleasure, or crush and potentially destroy us. No act in the human experience, barring the essential survival needs of food and water, can have more of an effect on us.

In *Sex and the Enneagram*, Ann Gadd explores relationships and sex through the lens of the Enneagram, its nine personality types, and the subtypes of the wings and Instinctual Triads. The author introduces the Enneagram system and provides a full chapter devoted to each type. She examines each type's approach to sex, their fantasies, and levels of integration in relation to love and sex, as well as each type's approach to issues such as pornography, sexual problems, and dating sites and whether some types make better lovers. The author explains the Enneagram Passions and Virtues of each type in relation to sex, divorce, wing influences, and gender and explains how the 27 Sub or Instinctual types and the Hornevia Triads of the Enneagram system affect our sexuality. Most importantly, Gadd looks at how we can heal ourselves sexually so we can create more fulfilling, transforming intimacy for ourselves and our partners.

Through understanding ourselves and our partners sexually, with the help of the Enneagram, Gadd hopes to bring us to deeper levels of compassion and understanding for each other. Sex then can be an expression enhancing our love for each other, rather than simply a physical act. By understanding your own and your lover's Enneagram type, intimate giving and receiving can be an empowering process to embody our love for ourselves and others.

Ann Gadd is an accredited Enneagram practitioner (iEQ9 certified), author, holistic therapist, artist, workshop facilitator, and journalist. An avid, long-term student of the Enneagram, she offers Enneagram workshops for beginners and advanced students. The author of 21 books, including *The Enneagram of Eating*, *The Girl Who Bites Her Nails*, and *Finding Your Feet*, she lives in Cape Town, South Africa.



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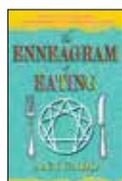
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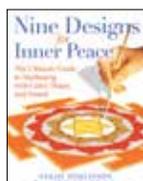
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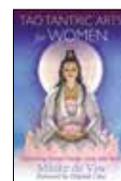


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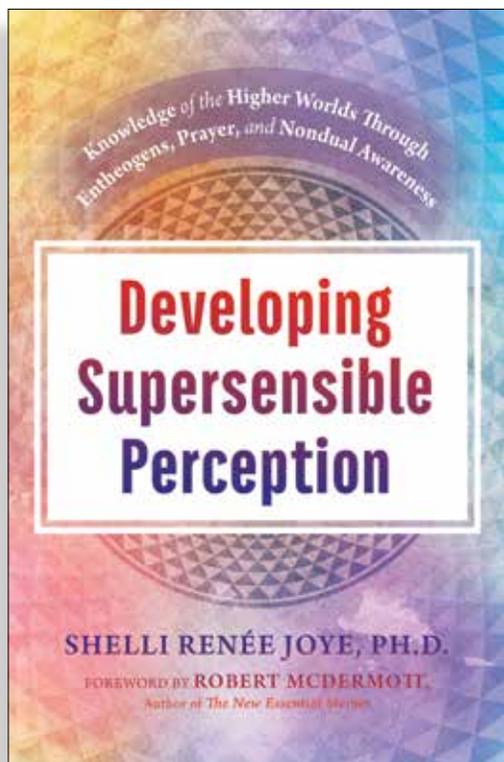
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Developing Supersensible Perception

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SHELLI RENÉE JOYE, Ph.D.

Foreword by ROBERT McDERMOTT,
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A detailed guide to awakening your powers of supersensory perception

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- Includes a map of consciousness based on the work of neuroscientist Karl Pribram and physicist David Bohm

According to philosopher Rudolf Steiner (1861–1925), there exists within every human being the potential for developing supersensory powers and, with these powers activated, the ability to awaken the higher self and attain knowledge of non-physical higher worlds. Steiner himself worked diligently throughout his life to develop his faculties of “supersensible perception” and, scattered throughout his many works, he describes methods by which to activate and operate these supersensory-cognitive systems.

Distilling techniques from Steiner's more than 400 published volumes, Shelli Renée Joye, Ph.D., presents a practical, modern approach to acquiring, cultivating, and maintaining supersensible perception and developing higher consciousness. The five approaches she studies include acquisition by birth (genetic), entheogens, mantra and prayer, effort and exercise, and Samadhi—equated by many with nondual awareness. Adding another dimension to Steiner's methods, the author shows how these steps are powerfully aligned with 4th-century South Indian sage Patañjali's teachings in the *Yoga Sutra*.

The author explores how to develop what you have acquired through imaginative, active, or intuitive thinking, as well as how to learn through inner guidance and how to transform knowledge gained from books into spiritual advancement. She also shares her own extraordinary experiences of supersensory networks of consciousness.

Connecting Steiner's ideas to modern advances in quantum physics, psychedelic science, and consciousness studies, Dr. Joye shows how each of us is capable of developing supersensible perception and expanding our awareness to connect with cosmic consciousness.

Shelli Renée Joye, Ph.D., attended Rice University on a physics scholarship and graduated with a degree in Electrical Engineering. After graduation, she worked with John Lilly on interspecies communication and pursued contemplative practice with Chögyam Trungpa Rinpoche. She completed her doctorate in Philosophy, Cosmology, and Consciousness at the California Institute of Integral Studies. The author of several books, including *Tuning the Mind*, she lives in Viola, California.

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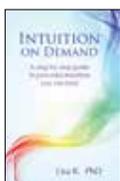


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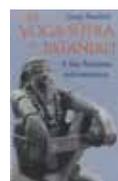
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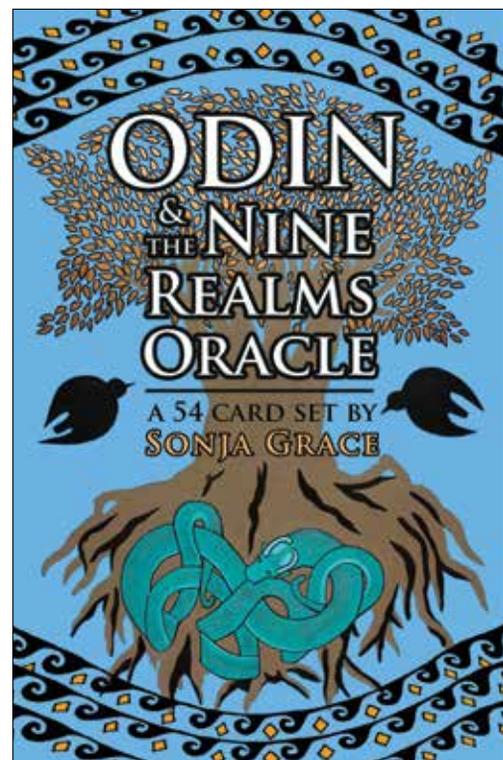
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Norse mythology is rich with meaning and symbolism carried down through the ages. Diving deep into the profound wisdom of the Nordic traditions, *Odin and the Nine Realms Oracle* presents a unique divination tool created by mystic and healer Sonja Grace. Inspired by Sonja's ability to communicate with the Norse gods and spirit travel back in time, this deck of 54 cards features the famed Norse gods Odin, Thor, Loki, and goddess Freyja alongside some of the lesser known but equally powerful deities such as Frigg, Rán, Tyr, and Baldr. The cards evoke the mysteries of the Nine Realms of Asgard, Midgard, Vanaheim, Jotunheim, Niflheim, Muspelheim, Alfheim, Svartalfheim, and Hel. These nine worlds are held in the branches and roots of the great tree of Yggdrasil, the World Tree located at the very center of the Universe. Also depicted in these oracle cards are 24 runes, among them *Gebo* (gift), *Naudiz* (need), and *Wunjo* (joy), each one with a meaning and purpose that can stand singularly and in combination with other cards drawn from the deck.

The cards touch on universal themes such as love, fear, purpose, power, medicine, and energy, revealing new insight into and understanding of the enigma of life. Each card's illustration is based on a hand-drawn original by Sonja Grace, representing everything from the sacred waters of the Norse, to the dwarves, elves, giants, runes, and gods. The cards' powerful imagery allows you to deepen your connection to spirit and discover the hidden meanings of both direct and reverse placements of the cards. The included book shows you how to work with a range of different spreads, giving clearer insight and divine guidance on single questions as well as on more complex issues relating to past, present, and future.

Imbued with the knowledge and the power of a strong tradition, *Odin and the Nine Realms Oracle* can help clarify your path and provide guidance for your life's unfolding.

Sonja Grace is a highly sought after mystic, healer, artist, and storyteller with both Norwegian and Native American heritage. As an intuitive healer, she has been counseling an international roster of clients for over thirty years. The award-winning author of *Dancing with Raven and Bear*, *Spirit Traveler*, and *Become an Earth Angel*, she has appeared multiple times on Gaia TV and on *Beyond Belief* with George Noory and Coast to Coast AM. She lives in Arizona with her husband.



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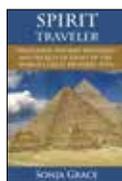
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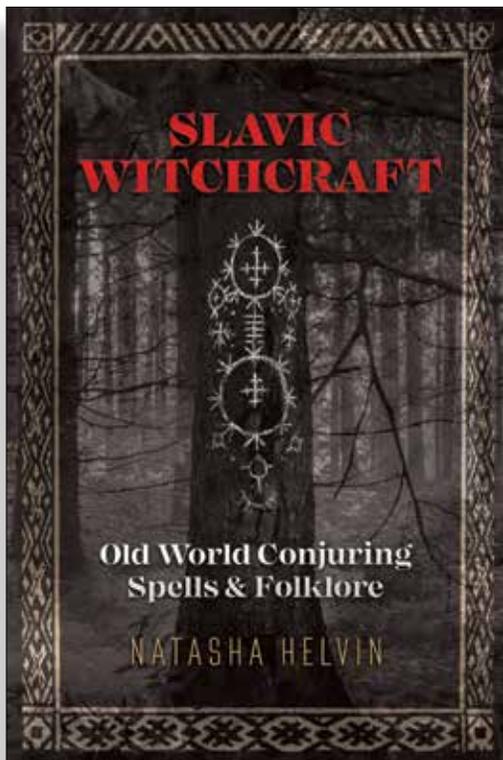
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- Explores the folk history of this ancient magical tradition, including how the pagan gods gained new life as Eastern Orthodox saints, and shares folktales of magical beings, including sorceresses shapeshifting into animals and household objects

Passed down through generations, the Slavic practice of magic, witchcraft, and sorcery is still alive and well in Russia, the Ukraine, and Belarus, as well as the Balkans and the Baltic states. There are still witches who whisper upon tied knots to curse or heal, sorceresses who shapeshift into animals or household objects, magicians who cast spells for love or good fortune, and common folk who seek their aid for daily problems big and small.

Sharing the extensive knowledge she inherited from her mother and grandmother, including spells of the “Old Believers” previously unknown to outsiders, Natasha Helvin explores in detail the folk history and practice of Russian sorcery and Eastern Slavic magical rites, offering a rich compendium of over 100 spells, incantations, charms, and practical rituals for love, relationships, career success, protection, healing, divination, averting the evil eye, communicating with spirits and ancestors, and a host of other life challenges and daily situations, with complete step-by-step instructions to ensure your magical goals are realized. She explains how this tradition has only a thin Christian veneer over its pagan origins and how the Slavic pagan gods and goddesses acquired new lives as the saints of the Eastern Orthodox Church. She details how the magical energy for these spells and rituals is drawn from the forces of nature, revealing specific places of power in the natural world as well as the profound power of graveyards and churches for casting spells. She explores the creation of amulets and talismans, the importance of icons, and the proper recital of magical language and actions during spells, as well as how one becomes a witch or sorceress.

Offering a close examination of these two-thousand-year-old occult practices, Helvin also includes Slavic folk advice, adapted for the modern era. Revealing what it means to be a Slavic witch or sorceress, and how this vocation pervades all aspects of life, she shows that each of us has magic within that we can use to take control of our own destiny.

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



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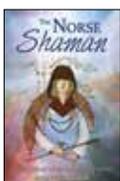


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The Sacred Herbs of Samhain

Plants to Contact the Spirits of the Dead

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Foreword by ANDREW THEITIC, editor of *The Witches' Almanac*

A practical guide to using the sacred herbs of Samhain for healing, divination, purification, protection, magic, and as tools for contacting the Spirits

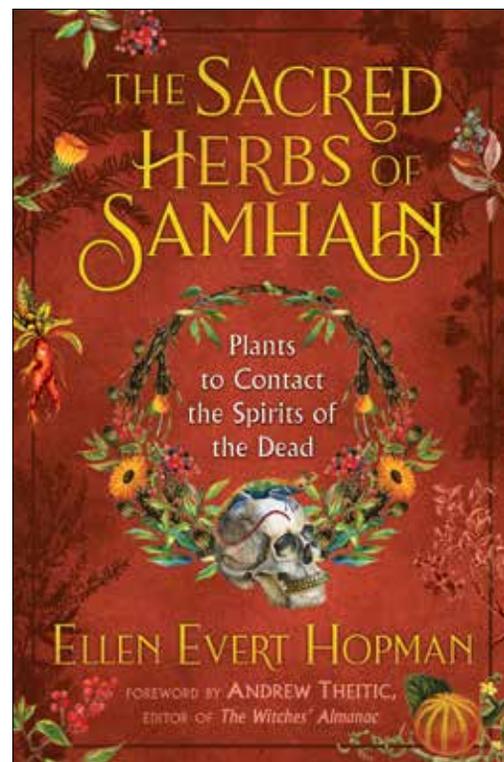
- Explores the identification, harvest, and safe practical and ritual use of more than 70 plants and trees sacred to the Celtic festival of Samhain, the origin of Halloween
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- Provides instructions and suggestions for a traditional Dumb Supper, offerings to the Land Spirits, Samhain rites, and recipes for the sacred foods of Samhain

The ancient Celts separated the year into two halves, the light half and the dark half, summer and winter. The festival of Samhain, from which the modern holiday of Halloween originates, marks the transition from summer to winter, the end of the Celtic year, a time when the barriers between the physical and spiritual world are at their most transparent. The herbs most characteristic of this time have specific magical and healing properties that echo the darker aspect of the year and offer potent opportunities for divination, contact with ancestors and Land Spirits, and journeys in the Otherworld.

Presenting a practical guide to the sacred herbs and trees of Samhain, Ellen Evert Hopman details the identification, harvest, and use of more than 70 plants and trees in healing, divination, purification, magic, and as tools for contacting the Spirits wandering the landscape at this liminal time of year. She explores the most effective plants for protection from the mischief of the "Good Neighbors," the Sidhe or Fairies, as well as herbs for releasing the Dead when they are trapped on this plane. Identifying visionary plants used to induce ecstatic trance, Hopman explores how herbs have been used for millennia to aid in psychic travel and shamanic work and shows how one might safely use plants to take a voyage to the Otherworld. Drawing on her knowledge as a master herbalist, she also includes cautions to prevent harm and misidentification, along with advice on basic etiquette and common sense approaches to herb magic.

Detailing the history, rites, and traditions of Samhain, Hopman explains how to make an offering to the Land Spirits and provides instructions for the traditional Samhain ritual of the Dumb Supper, complete with recipes for the sacred foods of Samhain, such as Soul Cakes, Colcannon, Boxy bread, and dandelion wine. Woven throughout with mystical tales of folk, Fairy, and sacred herbs, this guide offers each of us practical and magical ways to connect with Nature, the plant kingdom, the Spirits that surround us, and the turning of the year.

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



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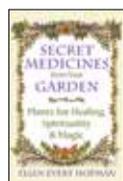
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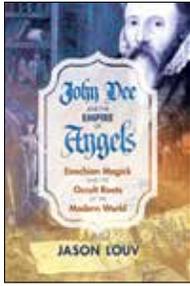
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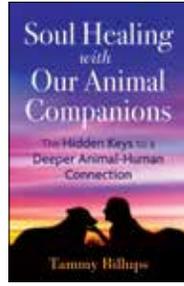


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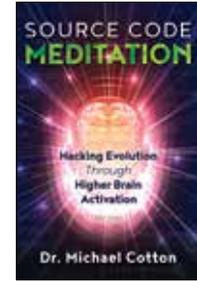
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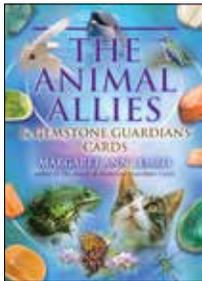
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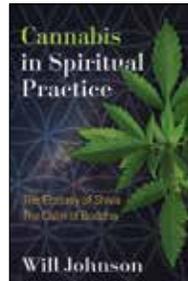
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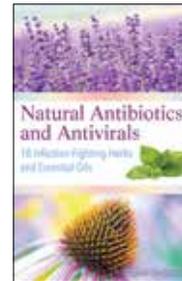
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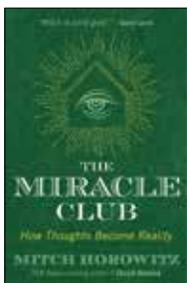
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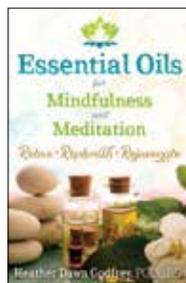
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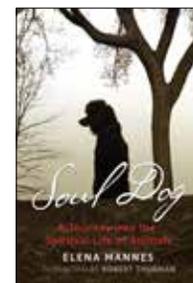
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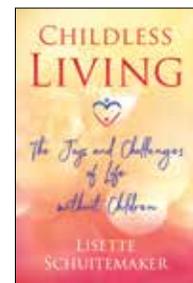
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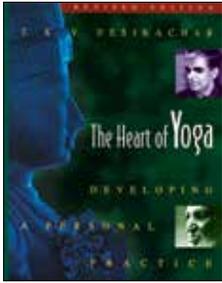
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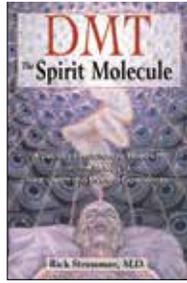
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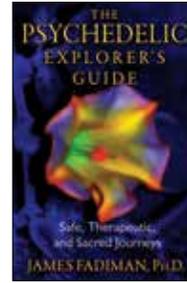
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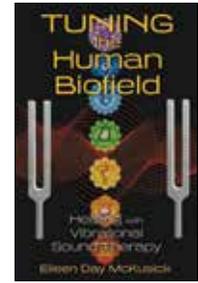
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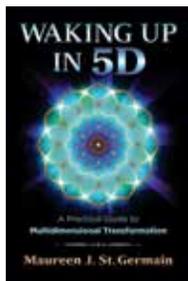
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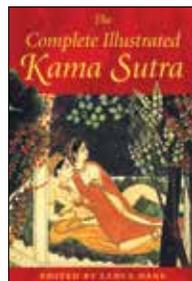
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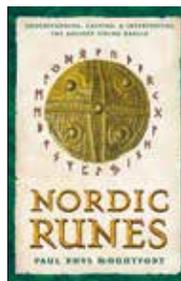
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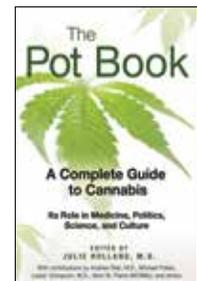
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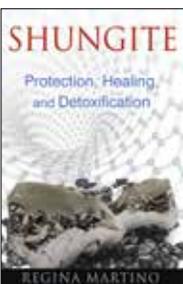
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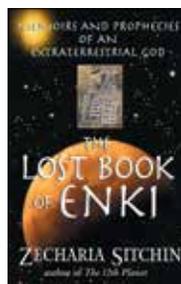
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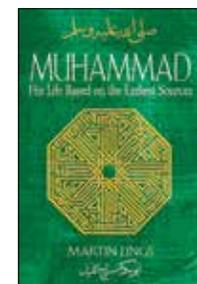
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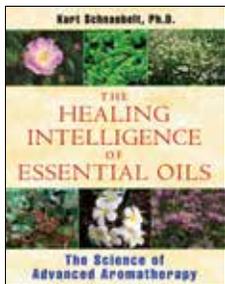
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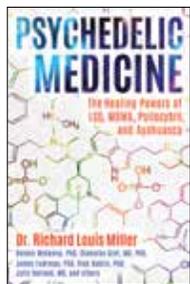
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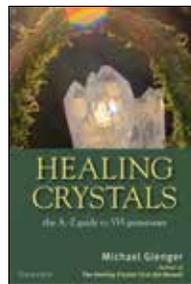
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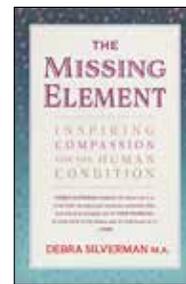
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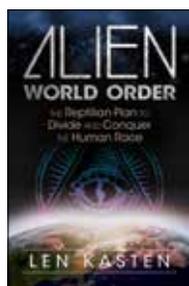
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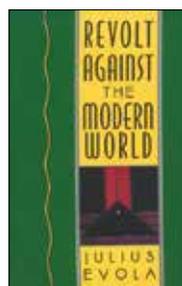
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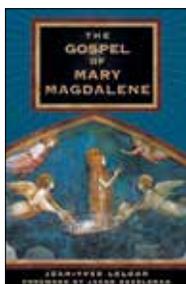
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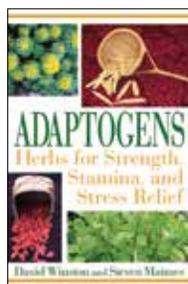
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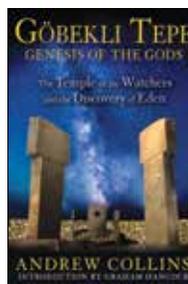
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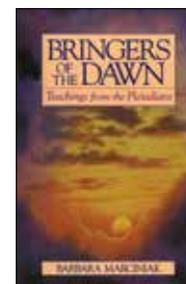
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