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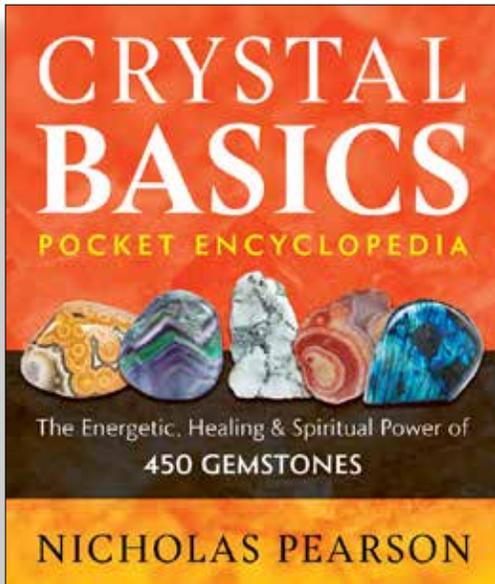
Findhorn Press



Earthdancer
Books



Sacred Planet
Books



Crystal Basics Pocket Encyclopedia

The Energetic, Healing, and Spiritual Power of 450 Gemstones

NICHOLAS PEARSON

A full-color pocket reference guide to the healing properties of crystals

- Presents an A-to-Z compendium of the physical, psychological, and spiritual healing properties of 450 crystals, rocks, minerals, and fossils
- Each entry features a color photo of the stone and defines its physical, emotional, and metaphysical properties and its corresponding chakra, element, planet, and zodiac sign
- Explores the basics of crystal healing, including how to select, charge, and program stones, safe and effective cleansing methods, and hands-on healing techniques and practices



March 2023

Destiny Books
ISBN 978-1-64411-503-9
\$19.99 (CAN \$24.99) Paper

Also available as an ebook

288 pages, 4½ x 5¼
Full-color throughout
Rights: World
Spirituality/Crystals

In this pocket reference, crystal healing teacher Nicholas Pearson offers a quick-start guide for working with crystals as well as a full-color A-to-Z compendium of the physical, psychological, and spiritual healing properties of 450 crystals, rocks, minerals, and fossils.

Covering the basics of crystal healing, the author explores why crystals work, how to select stones, safe and effective cleansing methods, and hands-on techniques and practices to harness the power of rocks and gems to transform your life. He also looks at how to charge crystals and program them for specific purposes, and he examines crystal correspondences with planetary, astrological, and elemental energies.

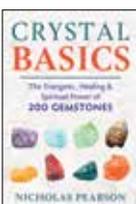
In the A-to-Z encyclopedia, Pearson looks at 450 crystals, including familiar ones like agate, calcite, rose quartz, and hematite as well as rarer and more unusual crystals, such as phenakite, cavansite, and yooperlite—some of which have never before appeared in print. Each entry features a beautiful color photo of the stone and defines its physical, emotional, and metaphysical healing properties and its corresponding chakra, element, planet, and zodiac sign. The author also looks at the geological nature of each stone, such as its hardness and crystal structure, enabling you to explore the connections between mineral science and the metaphysics of crystal healing.

Providing easy-to-follow crystal healing guidance alongside an easy-to-reference stone encyclopedia, this pocket guide will help you deepen your relationship with the mineral kingdom and enhance your crystal healing practice.

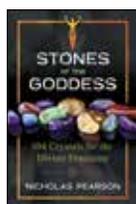
Nicholas Pearson has been immersed in the mineral kingdom for more than 20 years. He began teaching crystal workshops in high school, later studying mineral science at Stetson University while pursuing a degree in music. He worked for several years at the Gillespie Museum, home to the largest mineral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



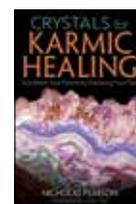
Also by Nicholas Pearson



Crystal Basics
Nicholas Pearson
Destiny Books
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Stones of the Goddess
Nicholas Pearson
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Crystals for Karmic Healing
Nicholas Pearson
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The Empowerment Solution

Six Keys to Unlocking Your Full Potential with the Subconscious Mind

FRIEDEMANN SCHAUB, M.D., Ph.D.

Break free from self-sabotaging survival patterns and transform your life

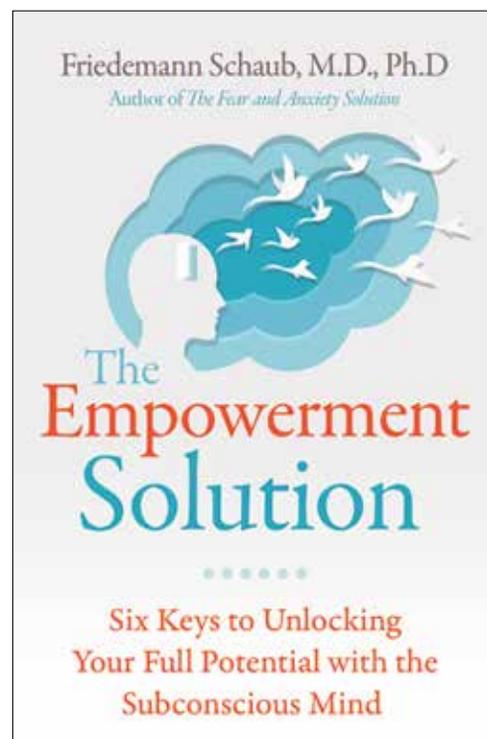
- Discover the six keys to empowerment and take ownership of your life
- Activate the healing power of your subconscious mind to accelerate change and growth and eliminate the root causes of chronic anxiety, depression, and other limiting mental and emotional challenges
- Learn effective brain-rewiring methods and practical tools based on neuro-linguistic programming and clinical hypnotherapy

When you're struggling with anxiety, depression, and low self-esteem, just keeping your emotions in check seems like a full-time job. Yet, what may hold you back in life even more are your survival patterns. Have you ever wondered why you make yourself invisible, procrastinate, or please others to get their approval? Our subconscious employs survival patterns like these to protect us from rejection, failure, and hurt. However, living in subconscious "survival mode" has significant downsides: when we live "just to survive," we become disconnected from our true selves and our innate ability to live an empowered life of purpose, fulfillment, and self-reliant confidence.

In this step-by-step guide, Friedemann Schaub, M.D., Ph.D., explores how to break free from the six most common survival patterns—the victim, the invisible, the procrastinator, the chameleon, the helper, and the lover—by engaging the part of the mind that created them in the first place: the subconscious. Providing research-backed insights and brain-rewiring methods based on his 20 years' experience, Dr. Friedemann details how, through activating the healing power of the subconscious, you can throw off the shackles of these self-sabotaging patterns and "flip" them into the six keys to self-empowerment, allowing you to take self-reliant ownership of your life.

Revealing how to work with the subconscious mind and become the leader of your life, the author details how to free yourself from living in survival mode, learn to love and accept yourself, and make authenticity and confidence your everyday way of being.

Friedemann Schaub, M.D., Ph.D., is a physician, researcher, personal development coach, and the author of the award-winning book *The Fear and Anxiety Solution*. His research and advice have been featured in many publications, including *Nature Medicine*, *Oprah Magazine*, *Huffington Post*, *Reader's Digest*, *Teen Vogue*, and *Shape*. He is the host of the "Empowerment Solutions" podcast and lives between Seattle, Washington, and the South of France.



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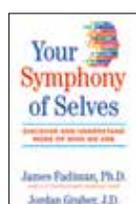
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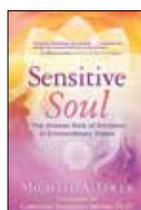


Author
Friedemann Schaub, M.D., Ph.D.

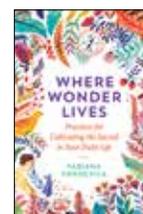
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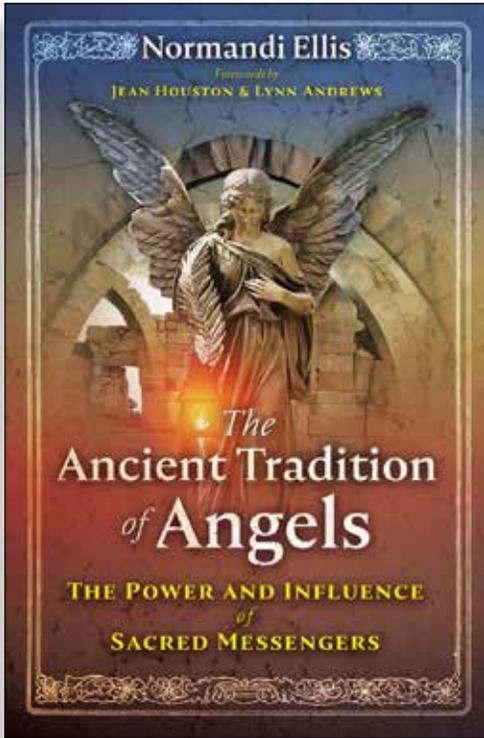
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The Ancient Tradition of Angels

The Power and Influence of Sacred Messengers

NORMANDI ELLIS

Forewords by Jean Houston and Lynn Andrews

An in-depth study into the mystery and purpose of angels

- Explains that angels are beings of light consciousness, here to help our individual and planetary cosmic evolution
- Explores angels from Judeo-Christian and Islamic faiths, Hinduism and Buddhism, the beliefs of ancient Egypt, Yezidism, and Zoroastrianism as well as what Theosophists, Kabbalists, Sufi masters, Eastern gurus, and modern mystics like Edgar Cayce have recounted about angels
- Examines contemporary angelic encounters, including the author's own interactions with angels, and also looks at the purpose of dark angels and fallen angels

From the divine messengers of Western traditions to the devas of Eastern traditions to the maleks and spirit beings found along the Silk Road, angels are one of the unifying themes of theology worldwide. But what is an angel, and why do they contact us, believers and non-believers alike?

In this in-depth study into the mystery and purpose of angels, Normandi Ellis looks at the angelic dimensions of spiritual traditions around the world from the ancient past to present day. She explores well-known angels from Judeo-Christian and Islamic faiths, the Hindu Devata and Buddhist spirit beings, the neteru of ancient Egypt, the Peacock Angel of Yezidism, and the yazatas of Zoroastrianism. She compares angelic visions from medieval Christians like Thomas Aquinas and John of Damascus with what Theosophists, Kabbalists, Sufi masters, Eastern gurus, and modern mystics like Edgar Cayce have recounted about angels. She looks at dark and fallen angels and their role in the grand cosmological plan. Quoting from sacred traditions, narrative myth, and contemporary angelic encounters, including her own personal interactions with angels, the author clarifies the divergent aspects of angelic beliefs but also reveals the common points shared by all traditions.

Ellis shows how, in whatever guise they appear, angels are messengers. Sharing a wealth of evidence from both Western and Eastern holy texts as well as modern accounts, she explains that angels are beings of light consciousness, part of the universal life force that connects all beings. And not only are angels actively helping in our planet's cosmic evolution, they also help us see our own place in the cosmic plan.

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

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ISBN 978-1-59143-439-9
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Also available as an ebook

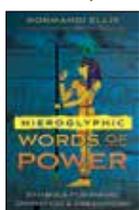
280 pages, 6 x 9
Includes 24-page color insert
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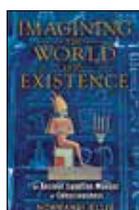
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Author
Normandi Ellis

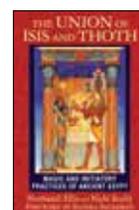
Also by Normandi Ellis



Hieroglyphic Words of Power
Normandi Ellis
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Imagining the World into Existence
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The Union of Isis and Thoth
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Heal Your Ancestral Roots

Release the Family Patterns That Hold You Back

ANURADHA DAYAL-GULATI, Ph.D.

A practical guide to releasing the burden of transgenerational legacies and reclaiming your power to create the life you want

- Explores the principles that govern your family energy field and the many ways this ancestral field can support you as well as how it can hold you captive
- Provides exercises and tools to help you recognize and release negative family patterns and heal ancestral trauma
- Discusses the importance of honoring your ancestors, sharing suggestions about altar creation, prayers, and the Vedic ritual of Tarpanam

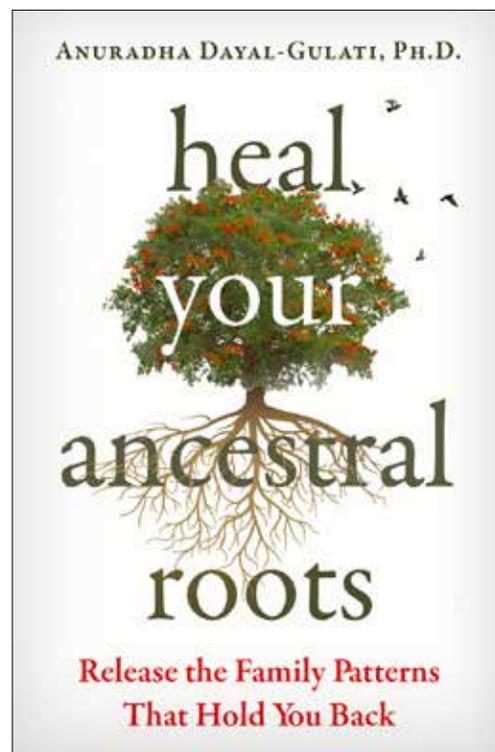
Many people find themselves feeling stuck, unable to reach their goals. The same problems keep showing up in jobs and relationships no matter how much they try to make changes and overcome obstacles. What if the patterns that repeat in your life and relationships didn't originate with you? The source of your challenges could be rooted in your family energy field—and the problematic patterns that arise in your life could be ancestral trauma calling out to be healed.

Presenting a guide to releasing the family patterns that hold you back, Anuradha Dayal-Gulati, an energy practitioner specializing in ancestral and emotional healing, explores the energetic principles that govern your family lineage and the many ways your ancestral field can support you as well as how it can hold you captive. She explains how the experiences and wounds of your parents or grandparents as well as more distant ancestors can affect you and how, sometimes, themes reappear in a family for several generations in a row—patterns of financial distress, sibling rivalry, divorce, or conversely long happy marriages, good health, and good humor.

The author provides exercises and tools—such as journal practices, visualizations, meditations, and mind mapping—that can help you recognize and release negative family patterns, explaining how you don't have to know anything about your ancestors to bring about healing. She shares her own healing journey and her experience with family constellation therapy and explores in depth the use of flower essences to transform emotions and release generational trauma. She discusses the importance of honoring your ancestors, sharing suggestions about altar creation, prayers, and the Vedic ritual of Tarpanam.

Teaching you how to recognize the patterns that manifest in your daily experiences, this guide shows how, by healing your ancestral roots, you can lift the unconscious, invisible barriers that keep you from creating the life you want.

Anuradha Dayal-Gulati is an energy practitioner and transformational coach with a Ph.D. in economics. After fifteen years in finance and academia, she began a new path of helping people release the past and reclaim their power. Trained in flower essence therapy and family constellation therapy, she lives in Boston, Massachusetts.



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Findhorn Press
 ISBN 978-1-64411-774-3
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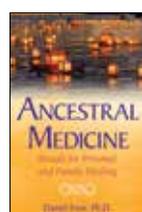
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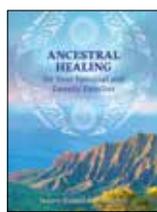
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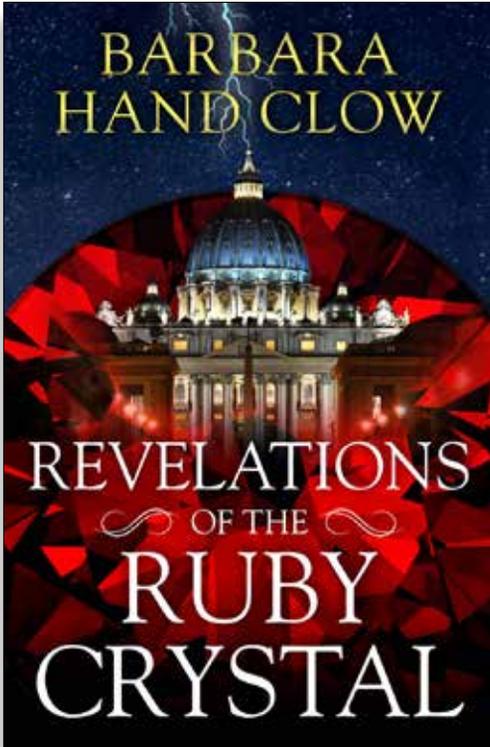
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Revelations of the Ruby Crystal

BARBARA HAND CLOW

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- An intricately layered erotic thriller that reveals esoteric teachings on power, ritual, and channeling
- Includes dramatic insights into the first Christian heretics, such as Marcion of Pontus, and secret power rituals at work in the Vatican

In this initiatic novel, bestselling author and acclaimed spiritual teacher Barbara Hand Clow weaves an erotically charged story of romance, deep earth forces, psychic powers, the aristocracy, and Vatican world control revealed by an ancient ruby that inspires mystical visions.

Set in Rome in 2012, the story follows Sarah Adamson, a beautiful young Catholic graduate student from Boston studying at the Vatican Library for her thesis on the first Christian heretic, Marcion of Pontus. She is being courted by two utterly different men: Simon Appel, a descendent of the kabbalist Isaac Luria who covers Vatican affairs for the *New York Times*, and Armando Pierleoni, the scion of an ancient Italian aristocratic family with strong ties to the Vatican. After a terrible encounter with the dark side at a castle in Tuscany, Sarah is given a ring set with a ruby crystal, a powerful stone that was once the third eye of an ancient Buddha statue in Nepal.

With the mystic ring on her finger, Sarah's visionary abilities are ignited. She remembers her past life as the Sibyl of Cumae, a Roman oracle whose powers are now being channeled by the Vatican to maintain world control. As Sarah's research and visions reveal the cause of evil in the Church and Simon's reporting exposes the depth of the sexual abuse scandals surrounding the Vatican, the two form an alliance with an ex-lover of both Simon and Armando, Claudia, who describes secret priestly power rituals going on in Vatican City.

As the heightened energies of the winter solstice of 2012 arrive and 2013 dawns, will Simon and Sarah be able to harness their divine powers for transformation? Will the Vatican seek new direction as it elects a new pope? Revealing the very nature of how evil gets into the world, this novel of romance, mystery, heresy, and spirituality uncovers the esoteric foundations for the emergence of a golden new age.

Barbara Hand Clow is an internationally acclaimed astrologer, ceremonial teacher, author, and Mayan Calendar researcher. Her numerous books include *Revelations of the Aquarian Age*, *Revelations from the Source*, *The Pleiadian Agenda*, *Alchemy of Nine Dimensions*, *Awakening the Planetary Mind*, and *The Mayan Code*.



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\$20.00 (CAN \$24.99) Paper

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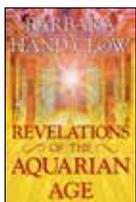
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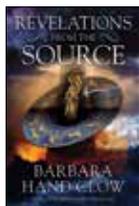


Author
Barbara Hand Clow

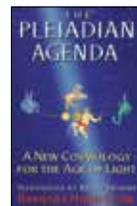
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Light Messages from the Pleiades

A New Matrix of Galactic Order

PAVLINA KLEMM

Pleiadian healing techniques to assist humanity in the ascension process

- Introduces the concept of the Cosmic Pharmacy available to anyone and accessible through meditation and exercises
- Explores Pleiadian healing techniques to regenerate our DNA with chakra healing, the cosmic sounds, and high-vibrational healing numbers
- Includes exercises, affirmations, and meditations, all charged by the Pleiadians with positive frequencies that activate remembering and healing

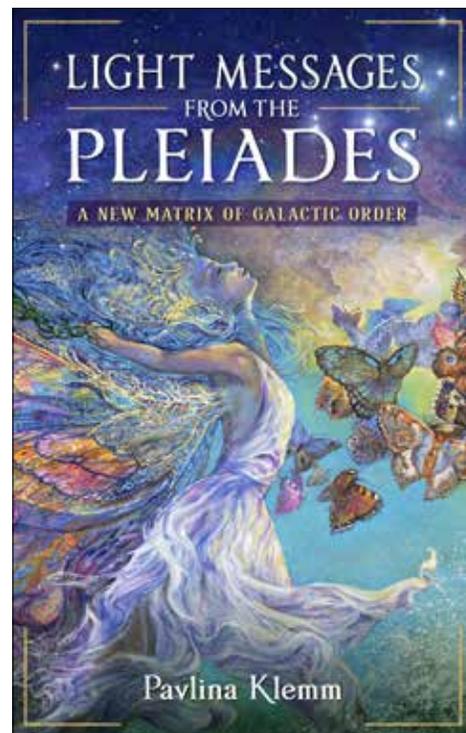
We are in the midst of a light-filled revolution. As healer and Pleiadian channel Pavlina Klemm explains, humanity is awakening from its sleep, and the Pleiadians are sending wisdom to support the ascension process on Earth.

In this high-vibration book, Pavlina shares the light messages she has received from the higher beings known as the Pleiadians on the Great Awakening that is taking place worldwide. The messages highlight the earthly path of liberation from dark forces and stress the importance of incarnation and reincarnation during these challenging years. They describe the oversoul of one's family, to which every person can connect, as well as how to support individuals, families, and children in the regeneration of DNA through Pleiadian healing techniques.

Through their messages, the Pleiadians connect us to the frequencies of cosmic freedom. They show how anyone can effortlessly tap into the Cosmic Pharmacy through meditations and exercises to support their own healing. They explain how to heal your chakras, including the light chakras, which go beyond the well-known 8-chakra system. The Pleiadians also provide us with cosmic healing sounds for remembering our pure essence and high-vibration healing numbers that are connected to specific morphogenetic fields and help to heal, purify, and regenerate.

Each message, exercise, and meditation in the book has been charged by the Pleiadians with high-vibration frequencies to help the soul of the reader not only heal and find health on multiple levels but also rediscover and quickly develop natural healing and intuitive abilities. Supporting you in the ascension process, this guide will help you fulfill your soul's mission in the cosmic revolution.

Pavlina Klemm is a healer, medium, and educator who has trained in quantum healing, Eric Pearl's reconnective healing, Körbler's New Homeopathy, and Russian healing methods. Born in the Czech Republic, she has been in contact with the spiritual world since childhood and since 2010 has been a channel for the Pleiadians. Pavlina lives and works near Munich, Germany.



March 2023

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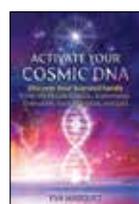
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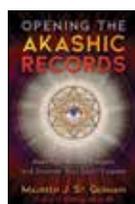
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Ozone Therapy for the Treatment of Viruses

The Science and the Promise of Healing with Ozone

Edited by MARC J. SEIFER, Ph.D.

Examines how ozone therapy disables viruses, fights inflammation and bacteria, and enhances the immune system

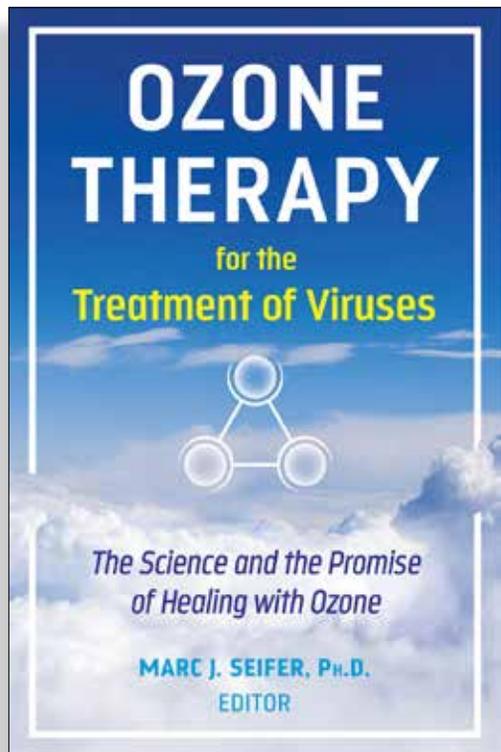
- Explores the science and history of ozone therapy as well as its success in the treatment of viruses and infections, such as Covid-19 and Lyme disease
- Presents articles from leading ozone therapy doctors and researchers, including Robert Rowen, M.D., Howard Robins, D.P.M., and Gerard Sunnen, M.D.
- Shares numerous case studies from more than a dozen doctors to show how Covid-19 patients have been treated successfully with ozone therapy

One of our immune system's key defenses is ozone, an oxygen molecule (O₃) naturally produced by our antibodies to fight germs, viruses, and other invaders. For more than a century, doctors have used ozone therapy to effectively and safely treat a wide variety of diseases, including Ebola, SARS, and, most recently, Covid-19.

Revealing ozone therapy's enormous potential to bring health to millions, Marc Seifer, Ph.D., explores its science and history as well as its success in the treatment of viruses such as Covid-19, pneumonia, tuberculosis, Lyme disease, and the flu. He examines research performed by scientists and medical doctors going back more than 200 years that conclusively shows that ozone is a powerful disinfectant with antibacterial and antiviral properties. He shares articles from leading ozone therapy doctors and researchers, including Robert Rowen, M.D., and Howard Robins, D.P.M., who traveled to West Africa in 2014 to combat the Ebola outbreak with ozone therapy, and Gerard Sunnen, M.D., who has been researching the beneficial effects of ozone therapy on coronaviruses. Explaining how ozone therapy works, the author examines its therapeutic benefits, including how it inhibits inflammation, activates antioxidant defenses, and optimizes the ability of the body's tissue to use oxygen. He also shares numerous case studies from more than a dozen doctors in six different countries to show how Covid-19 patients have been treated successfully with ozone therapy.

Unmasking the suppression of this revolutionary therapy by the FDA, Seifer shows not only how ozone therapy is effective against current viruses such as Covid-19 and Ebola but also how it can help the immune system learn to protect itself against emerging future viruses.

Marc J. Seifer, Ph.D., is the author of more than 100 articles and a dozen books, including the acclaimed *Wizard: The Life & Times of Nikola Tesla*. He has been featured in *The Washington Post*, *Scientific American*, *MIT's Technology Review*, *New York Times*, *The Economist*, *Nature*, and *New Scientist* and has appeared on the BBC, History Channel, and NPR. He lives in Saunderstown, Rhode Island.



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Healing Arts Press

ISBN 978-1-64411-691-3

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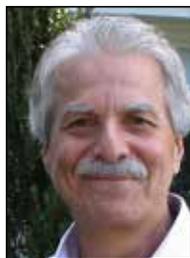
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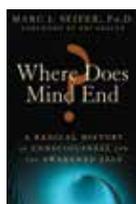
Alternative Health



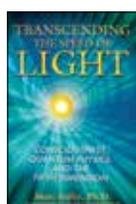
Editor

Marc J. Seifer, Ph.D.

Also by Marc Seifer, Ph.D.

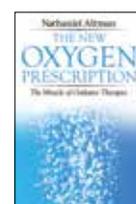


Where Does Mind End?
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Of Related Interest



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Healing Therapies for Long Covid

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

VIR McCOY

Develop your own unique healing protocol for Long Covid

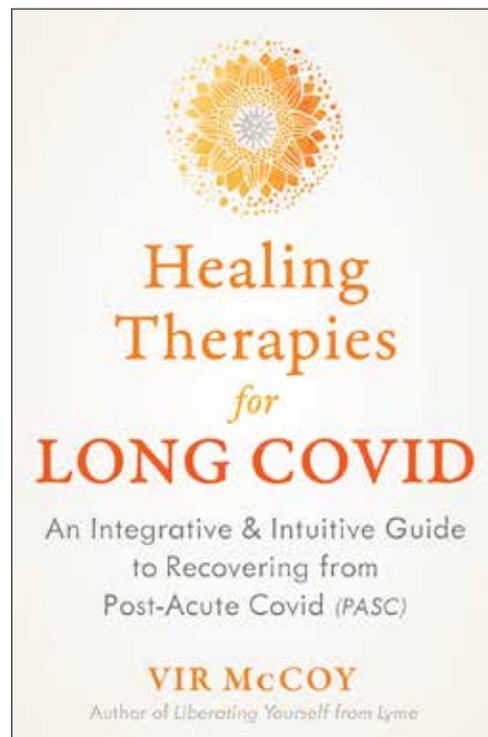
- Discusses how to deal with the symptoms of Long Covid, from brain fog and headaches to hormonal dysregulation, immune malfunction, and limbic system dysfunction, to histamine intolerance to certain foods and more
- Presents medicines and methods ranging from pharmaceutical, herbal, and homeopathic remedies to breathwork practices, detox therapies, lymph drainage exercises, shamanic techniques, and neuroplasticity retraining
- Explores techniques for accessing one's own intuition for remedies and how to combine them with modern medicine

In December of 2020, Vir McCoy contracted Covid-19, which then developed into Post-Acute Sequelae Covid (PASC), commonly known as Long Covid or Long-Haul Covid. Drawing on his journey to heal his chronic Lyme disease years earlier, McCoy began collecting intuitive information, as a medical intuitive, and scientific information, as a scientist, about the nature of Long-Haul Covid. Integrating his intuitive impressions with extensive scientific and medical research, as well as other protocols and support group success stories, he developed a comprehensive healing guide for a successful recovery from Long Covid.

The author discusses the primary symptoms and predispositions of Long Covid and outlines the basic steps for dealing with each of them, including brain fog, tinnitus, loss of smell and hair, debilitating headaches, hormonal dysregulation, immune malfunction, limbic system dysfunction, gut issues, mental instability, sleeplessness, and intolerance to certain foods. Backed up by more than 350 scientific references, he presents medicines and methods for healing Long Covid, ranging from pharmaceutical, herbal, and homeopathic remedies to breathwork practices, detox therapies, lymph drainage exercises, gut biome restoration, neuroplasticity retraining, immune modulation, and shamanic techniques, as well as meditations and mantras for calming the limbic system and the PTSD that can accompany chronic illness.

Detailing the art of "intuitive access," the author teaches how to discover your own unique remedies and presents a guide for incorporating these intuitive therapies with modern medical treatments and other healing strategies. He also explores the deeper significance of disease and how the "disease" may be teaching us something greater: a way to reclaim our power.

Vir McCoy is a teacher, healer, musician, and ecologist. The author of *Liberating Yourself from Lyme*, he lives with his wife and daughter in Los Angeles, California.



April 2023

Healing Arts Press
ISBN 978-1-64411-778-1
\$18.99 (CAN \$23.99) Paper



Also available as an ebook

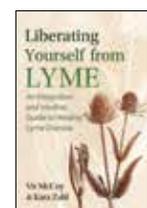
240 pages, 6 x 9
1 black-and-white illustration
Rights: World
Holistic Health



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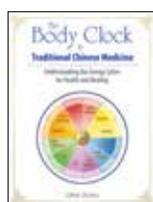
Author
Vir McCoy

Also by Vir McCoy

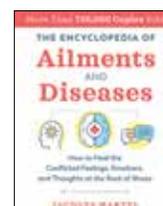


Liberating Yourself from Lyme
Vir McCoy and Kara Zahl
Healing Arts Press
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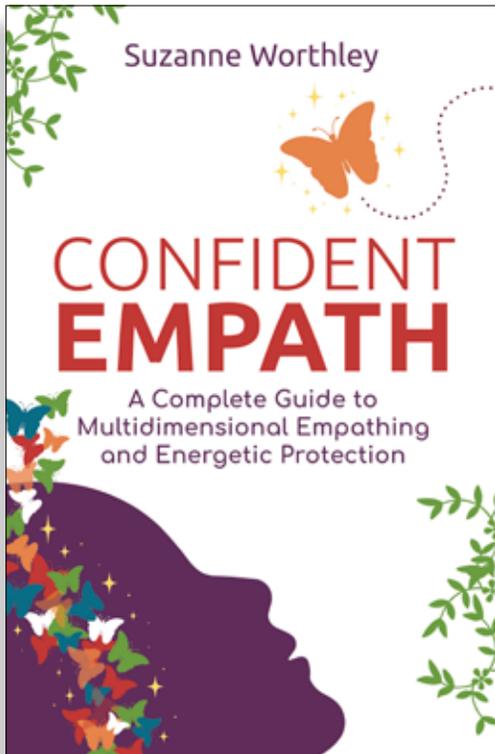
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288 pages, 6 x 9
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Self-Help/Energy Medicine



PHOTO BY NICOLLE DANÚS

Author
Suzanne Worthley

Confident Empath

A Complete Guide to Multidimensional Empathing and Energetic Protection

SUZANNE WORTHLEY

Practices for empaths to protect themselves, heal energetically, and discover self-empowerment

- Explores different types of empaths and empathing, including sensitive empaths, psychic empaths, and quantum and paranormal empathing
- Offers advanced strategies for energetically protecting yourself and your loved ones
- Looks at the connection between limiting beliefs and empathic behaviors, including how to release limiting beliefs and how empathic behaviors are connected to the health of your energy field

In this comprehensive guide to empathing and energetic protection, energy worker and psychic empath Suzanne Worthley explores all of the ways one can feel and perceive energies from human energy fields, places, paranormal situations, and across dimensions as well as how to energetically protect yourself and your loved ones. She looks at the different types of empaths and empathing, including sensitive empaths, psychic empaths, quantum empathing, and multidimensional empathing.

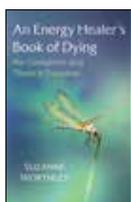
Explaining how multidimensional energy works, Suzanne reveals how it affects each of us, including through our chakras and the auric field. She discusses how learned and programmed beliefs trigger empathic behavior and explores how to identify and release different types of limiting beliefs to evolve from fear-based empathing to love-based empathy. She examines the differences between empathy and sympathy—and why one is truly helpful and the other, limiting. She shows how to identify energy fields that may be risky alongside advanced strategies for protecting yourself, including how to prevent unwanted energy transference. She also details the Four Discernment Practices, techniques that demonstrate how our empathic behaviors are connected to the health of our energy field.

Sharing extraordinary client case studies from her professional energy healing and psychic empath work, Suzanne explores the practices of quantum empathing, paranormal empathing, and empathing places and the natural world. She also looks at soul contracts, the Akashic Records, the energetic stages of dying, and healing people, places, and objects in the present, the past, and the subtle energetic dimensions.

Teaching empathic readers how to understand their abilities and energetically protect themselves, this guide shows how empaths can live an empowered life and contribute in a responsible and meaningful way to creating a more positive, life-affirming reality.

Suzanne Worthley has been an energy healing practitioner, intuitive, and psychic empath for more than two decades. She teaches about consciousness studies and energy work and offers spiritual tours in Peru and Sedona, Arizona. She is the author of *An Energy Healer's Book of Dying* and lives in White Bear Lake, Minnesota.

Also by Suzanne Worthley

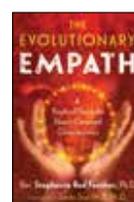


An Energy Healer's Book of Dying
Suzanne Worthley
Findhorn Press
ISBN 978-1-64411-032-4
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Empowering Practices for the Highly Sensitive
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A Sacred Planet Book

Spirit Speaker

A Medium's Guide to Death and Dying

SALICROW

A compassionate and straightforward guide to the spiritual process of death and spirit communication

- Answers the most common questions asked by the author's clients over her decades of work as a spirit speaker and psychic medium
- Presents simple techniques for helping loved ones cross over and shares practices to honor our beloved dead and connect with ancestral spirits
- Shares thought-provoking stories of spirit contact and synchronicities that occurred for those who had a loved one in the dying process

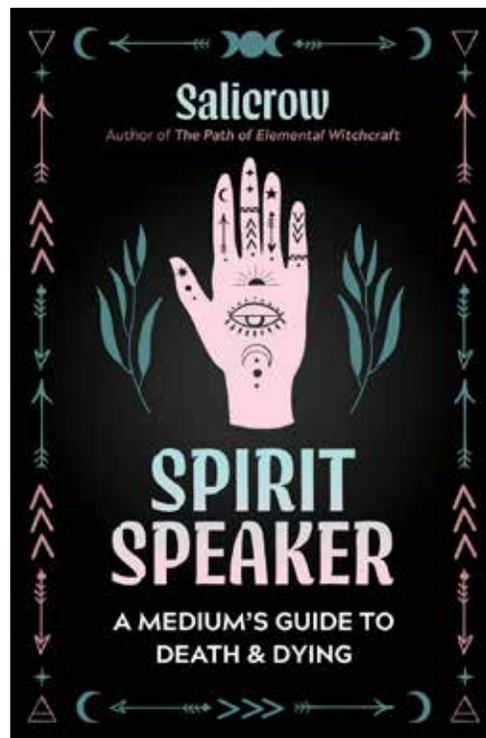
We are all curious about the mystery of death. Whether facing our own, assisting a loved one in their last days, or grieving the loss of someone dear to us, we all have questions about dying and what happens to our soul after we depart physical form.

In this compassionate and straightforward guide to the spiritual process of dying and what happens after death, psychic medium Salicrow answers the most common questions asked by her clients over her decades of work as a spirit speaker. Seeking to normalize the spiritual aspects of end-of-life care, she explains how active dying exists outside of normal reality, in a state in which the dying person and their caregivers often experience a heightened state of consciousness. Describing how the spirit is separate from the body and continues to exist after death, she shares thought-provoking stories of spirit contact and synchronicities that occurred for those actively involved in the dying process. She reveals how these encounters are common and act as guideposts along the journey into death, helping to ease the transition. She offers simple techniques for helping loved ones who are stuck or struggling to cross over and shares practices designed to help honor our beloved dead and develop living relationships with our ancestral spirits.

Presenting an outline of what may be experienced during the dying process and beyond, Salicrow explores the time when a soul is actively dying or recently departed. She explains the multiple ways spirits reach out to communicate with us and provides a deep understanding of the signs, symbols, and sensations that spirits use to contact us as well as ways to strengthen that connection. She also explores challenging situations such as suicide, murder, and healing unresolved issues with the dead.

Crafted through years of spirit communication sessions, this guide details how the spirit world works while revealing the beauty, healing, and love that exist in death.

Salicrow is a natural psychic medium who weaves the traditions of her Irish Traveler and Blackfoot heritage with modern magical techniques. For more than 30 years she has worked as a spirit channel, seer, and intuitive healer, offering readings and teaching workshops throughout the United States and internationally. The author of *The Path of Elemental Witchcraft*, she lives in the Northeast Kingdom of Vermont.



April 2023

Destiny Books
ISBN 978-1-64411-728-6
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Also available as an ebook

128 pages, 6 x 9
9 black-and-white illustrations
Rights: World
Spirituality/Death & Dying



Author
Salicrow

Also by Salicrow

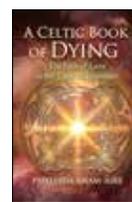


The Path of Elemental Witchcraft
Salicrow
Destiny Books
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May 2022 release

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An Energy Healer's Book of Dying
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Yoga of Sound

The Life and Teachings of the Celestial Songman, Swami Nada Brahmananda

MICHAEL GROSSO

A guide to harnessing the vibration that created the universe for healing and spiritual awakening

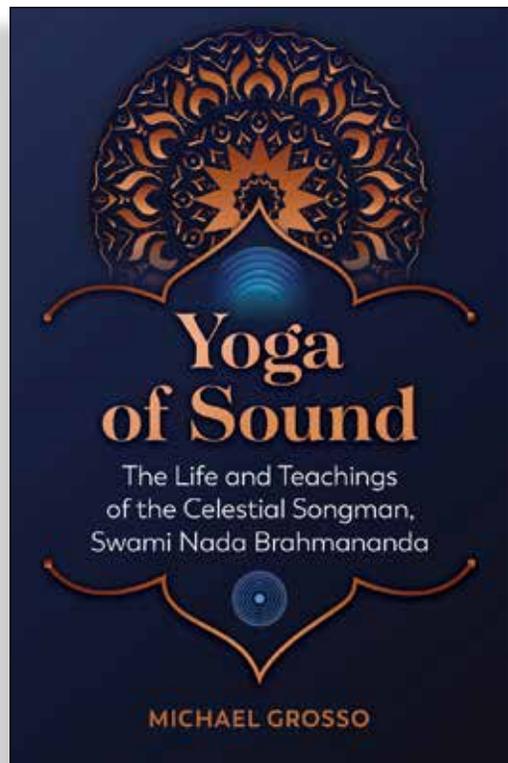
- Shares profound lessons from Swami Nada Brahmananda, a master of the yoga of sound and vibration
- Centers on three life-enhancing themes: controlling the mind, diet and practices conducive to healing and perfect health, and how music can be used to transform consciousness and enrich our spiritual life
- Also paints a vivid portrait of New York City in the 1970s and its underground arts and music scene

Not long after obtaining his Ph.D. in philosophy from Columbia University in 1971, Michael Grosso had an extraordinary experience in Greenwich Village, New York, that led him to realize he needed to balance his overly intellectual life with music. He met Swami Nada Brahmananda, a former court musician for the King of Mysore, famous throughout India for being a master of Taan music and sound yoga, as well as for his supernatural control of his body. Grosso began studying with Swami Nada and found his life profoundly changed.

Sharing the lessons of Swami Nada Brahmananda, as well as painting a vivid portrait of New York City in the 1970s—and its vibrant and chaotic underground arts and music scene—Grosso explores Swami Nada’s Indian yoga of sacred sound in depth. He reveals how the tradition centers on the sound or vibration that created the universe, its personal cultivation, and its power to heal, enlighten, and offer insight about how to live in the Kali Yuga, the Age of Conflict. Grosso also examines the siddhis, or extraordinary powers, that can arise from this work, detailing the otherworldly abilities of his master. The lessons that Grosso shares center on three life-enhancing themes: controlling the mind, which provides the very essence of a happy life; diet and practices conducive to healing and perfect health—Swami Nada himself never knew a day of sickness in all of his 97 years; and how music in all its forms can be used to transform consciousness and enrich our spiritual life.

Revealing Swami Nada Brahmananda as the very embodiment of a Celestial Songman, Grosso shows how, by practicing the yoga of sound, we can embody Swami Nada’s greatest lesson of all: that we can all learn to make music from the discordant notes of our lives and sing our way out of the Kali Yuga.

Michael Grosso earned his doctorate in philosophy from Columbia University. He has taught at City University of New York, Kennedy University in California, and City University of New Jersey. The author of several books, including most recently *Smile of the Universe*, he lives in Charlottesville, Virginia.



April 2023



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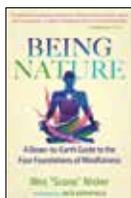


Swami Nada
Brahmananda



Author
Michael Grosso

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The Art of Mastery

Principles of Effective Interaction

PETER RALSTON

A detailed guide to what it takes to master anything

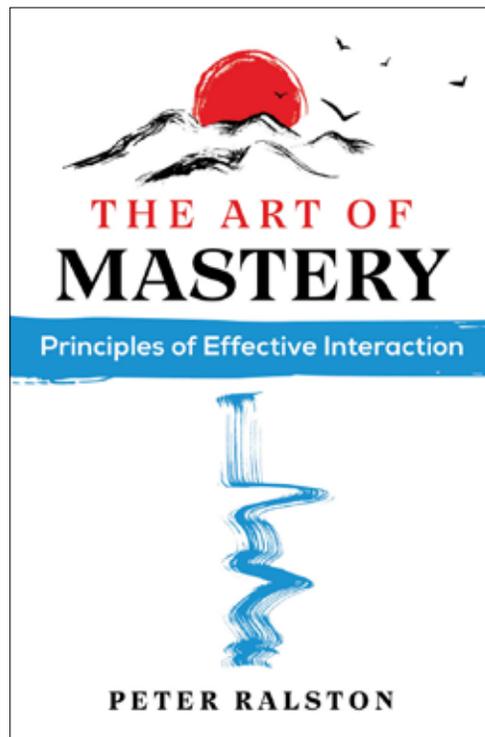
- Explores in depth the foundational skills and operating principles that empower mastery, including accurate perceptive awareness and effective interaction
- Looks at how to control your mind and transform your perceptive experience so what you are experiencing aligns with what's actually occurring
- Presents a step-by-step breakdown of the principle of effective interaction and explains how to overcome the major obstacles to mastery

Becoming a master in a particular area is not tied solely to innate ability or talent, nor to years of rote practice. As martial arts master and consciousness explorer Peter Ralston explains, the secret to mastery lies in accurate perceptive awareness and effective interaction.

In this detailed guide to what it takes to master something, Ralston examines the powerful dynamics behind the art of mastery. He explores in depth the foundational skills and operating principles that empower mastery, including the principle of effective interaction, the mind-body alignment principle, and creative intelligence. Examining “reaction” versus “response,” he looks at how to control your mind and transform your perceptive awareness so what you are experiencing aligns with what's actually occurring, the first step toward reaching your objectives and taking the appropriate actions to produce your desired results. Sharing methods to overcome the major obstacles to mastery, he presents a step-by-step breakdown of the principle of effective interaction and explains how to adapt when the people or objects you're interacting with are not aligned with your objectives or when they are working contrary to your goals, including in sports, business, warfare, politics, or any arena in which you've committed to pursuing mastery.

Revealing the elements that lead to masterful interactive skills, this guide shows how to do the work of personal transformation necessary to access mastery as a real, functional experience, as well as providing an opportunity for deeper insights into yourself and life.

Peter Ralston is a founder of the consciousness movement and the creator of the Art of Effortless Power, an internal martial art based on effortlessly effective interaction. Born in San Francisco but raised primarily in Asia, he began studying martial arts at the age of 9 in Singapore. By the age of 28 he had black belts or expertise in almost every martial art there is and was developing his own Art of Effortless Power. In 1978 he became the first non-Asian ever to win the World Championship full-contact martial arts tournament held in the Republic of China. He is the founder of The Cheng Hsin Center outside of San Antonio, Texas. The author of several books, including *The Book of Not Knowing*, he lives in Pipe Creek, Texas.

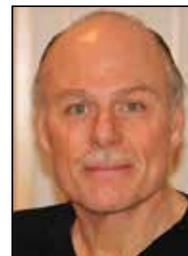


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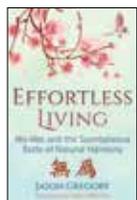
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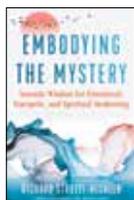


Author
Peter Ralston

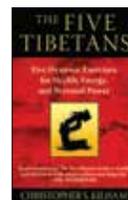
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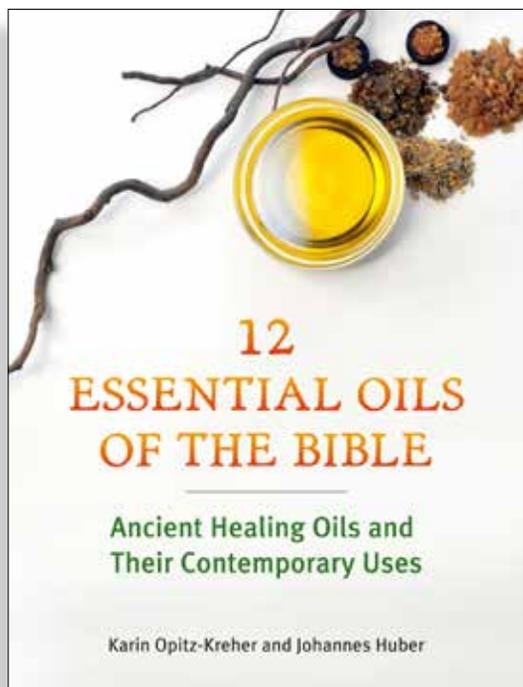
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Christopher S. Kilham
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Twelve Essential Oils of the Bible

Ancient Healing Oils and Their Contemporary Uses

KARIN OPITZ-KREHER and JOHANNES HUBER

A full-color guide to the healing power of the 12 most important essential oils mentioned in the Bible

- Explores 12 essential oils: cassia, galbanum, myrrh, myrtle, spikenard, onycha, sandalwood, frankincense, hyssop, cedar, cistus, and cypress
- Details, for each oil, its Bible verses, historical information, botanical and chemical components, uses in folk medicine, and modern uses for healing and well-being, including simple recipes and daily practices
- Explains how essential oils and herbal medicine played a role in biblical times and in general history

Plants and their essential oils have been used for healing since ancient times. Oils were used to anoint newborns and kings, care for the body, and treat the sick. In the Bible at least 33 different essential oils are specifically mentioned, and aromatic herbs, resins, and incense are referred to more than 1,000 times. Distilling the most significant of this healing wisdom, Karin Opitz-Kreher and Johannes Huber examine the ancient uses of essential oils, both in ritual and for health, and present an in-depth look at the 12 most important oils mentioned in the Bible, including how to use them for healing and well-being today.

The essential oils featured in this full-color guide are: cassia, galbanum, myrrh, myrtle, spikenard, onycha, sandalwood, frankincense, hyssop, cedar, cistus, and cypress. Each oil is explored in depth, beginning with the Bible verses that refer to it, followed by historical information about the oil, its botanical and chemical composition, its uses in folk medicine, and its modern uses for healing and well-being, including simple recipes and daily exercises. The book also discusses two alternative oils that can be used in place of rare or endangered essential oils.

After looking at each essential oil individually, the authors describe how to create a blend of all 12 biblical oils, which promotes a high level of both physical and mental energy. The authors also examine other ancient references to essential oils, from Egyptian papyri to Ayurvedic tradition, showing how the sophisticated art of extracting plant essences has evolved over thousands of years.

Karin Opitz-Kreher runs her own wellness practice. Trained in Aura-Soma, Aura-Soma Bodywork, and foot reflexology, since 2013 she has also incorporated traditional knowledge of essential oils in her practice and teaches about them in workshops. The coauthor of *Essential Oils for Dental Health*, she lives in Germany. **Johannes Huber** is an alternative practitioner specializing in aromatherapy, spagyrics, bioresonance, craniosacral therapy, and pain and trauma therapy. He lives in Germany.



April 2023

Earthdancer Books

ISBN 978-1-64411-765-1

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96 pages, 5¼ x 7½

Full-color throughout

Rights: World English

Health/Aromatherapy & Essential Oils

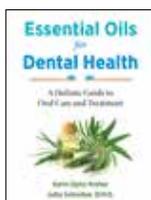


Author
Karin Opitz-Kreher



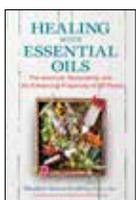
Author
Johannes Huber

Also by Karin Opitz-Kreher

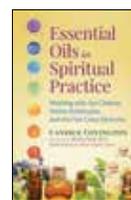


Essential Oils for Dental Health
Karin Opitz-Kreher and
Jutta Schreiber, D.M.D.
Earthdancer Books
ISBN 978-1-64411-578-7
\$15.99 (CAN \$21.50) pb
September 2022 release

Of Related Interest



Healing with Essential Oils
Heather Dawn Godfrey, PGCE, BSc
Healing Arts Press
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August 2022 release



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Shilajit

The Ayurvedic Adaptogen for Anti-Aging and Immune Power

WOLFGANG WINDMANN, Ph.D.

A full-color guide to the healing uses of the natural substance Shilajit

- Explores how to use Shilajit for a strong immune system, enhanced cognitive performance, protection from toxic stress, healing inflammation, and anti-aging benefits
- Presents a scientific analysis of the many cell-protecting, antioxidant, and vitalizing compounds found in Shilajit
- Looks at its different forms and dosages and how to combine it with other health supplements to enhance its extraordinary benefits

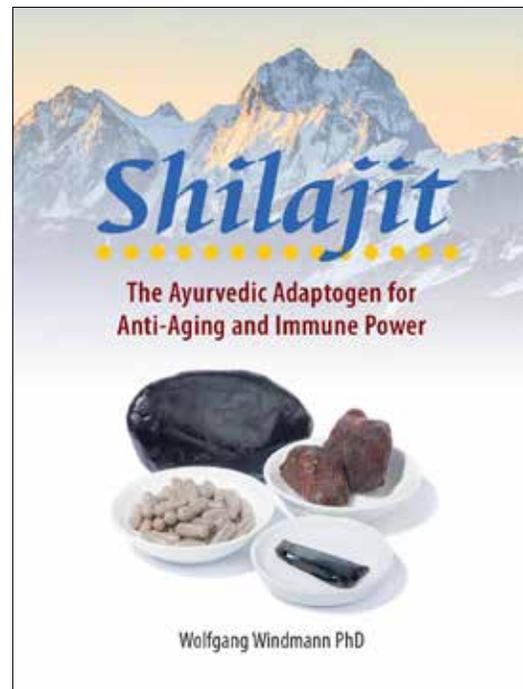
Known as the “black gold of the Himalayas,” Shilajit, or mumijo, is a brownish-black substance found in the mountains of central Asia with a peculiar, smoky-aromatic smell, reminiscent of the oils of various juniper plants. Taken internally in the form of capsules, tablets, or powder, Shilajit is a traditional Ayurvedic remedy with remarkable healing benefits that are only just beginning to be studied by Western doctors and scientists.

In this full-color practical guide, Wolfgang Windmann, Ph.D., explores Shilajit’s many physical and mental benefits, from stimulating the immune system and combating inflammation to protection from toxic stress and improving cognitive performance. He looks at Shilajit’s anti-aging benefits and the protection it can offer for a sensitive stomach and gut. He explores its history as a therapeutic treatment in different healing traditions throughout Asia, including its use in Ayurveda, Chinese medicine, and Russian folk medicine, and how it is now readily available around the world.

Offering a scientific analysis of the compounds found in Shilajit, the author explains how it is formed and extracted and how it is composed of many cell-protecting, antioxidant, and vitalizing substances, including many minerals and amino acids. He explores how Shilajit can be used for prevention and specific treatment, including for bone fractures, osteoporosis, stomach and gut diseases, mineral deficiencies, impotence, allergies, and dementia, as well as to improve mental focus and performance.

Detailing how to use Shilajit for self-care and self-healing, this guide also looks at its different forms and dosages and how to combine it with other health supplements to enhance its extraordinary benefits for the immune system and for counteracting the harmful effects of modern lifestyles.

Wolfgang Windmann, Ph.D., holds a degree in pharmacy and a doctorate in natural sciences from the University of Würzburg. He has been working with Shilajit since 1994 and has twice traveled to Central Asia to study its formation and extraction. He runs a pharmaceutical company with a focus on natural products and lives near Leer in East Frisia, Germany.



April 2023

Earthdancer Books
ISBN 978-1-64411-763-7
\$16.99 (CAN \$21.50) Paper



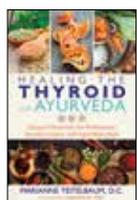
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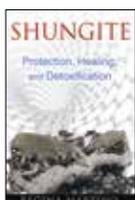


Author
Wolfgang Windmann, Ph.D.

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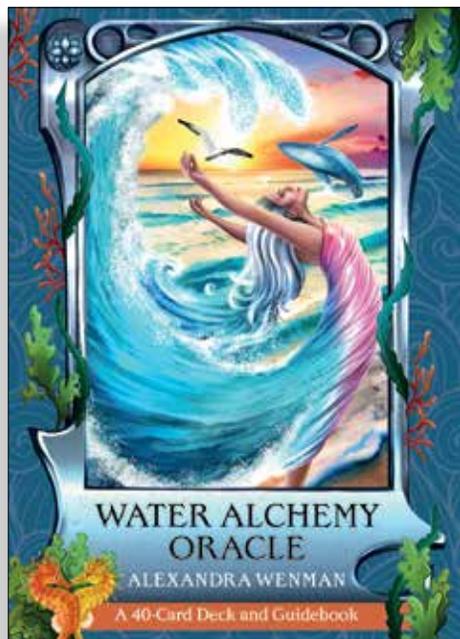
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- Provides engaging exercises, practical rituals, and manifesting techniques to explore the spiritual practice of Sacred Water Alchemy

Water is the most sacred element on our planet. It is everywhere, within us and around us, and without it there can be no life. As a spiritual element, water is closely linked with our emotional world and the powers of intuition as well as being aligned with divine feminine wisdom. By working with the energies of water, we can discover healing, transformation, guidance, miracles, and the manifestation of our dreams.

In this healing and divinatory oracle, Alexandra Wenman takes you on an alchemical journey to work with the healing wisdom of water to enhance your intuition, bring more fluidity and flexibility into your daily life, and offer personal healing energies to the polluted and damaged waterways of our world. The 40 high-vibration full-color cards focus on water elements from nature, such as waterfalls, lakes, mist, ice, and sacred water sites, each beautifully illustrated with a water scene featuring magical beings, such as nymphs, mermaids, undines, goddesses, devas, and other deities. The accompanying guidebook offers a detailed interpretation of each card, explaining the healing and cleansing properties of each sacred body of water along with a channeled message and guidance from the water beings, Guardians, Angels, and Councils of Light. It also provides engaging exercises, practical rituals, and manifesting techniques to explore the powerful practice of Sacred Water Alchemy, a spiritual process to help you understand the depth and range of your emotions, purify your lower self, reunite with your divine self, reveal your spiritual gifts, and create miracles.

As you dive deeper into the mystery of the sacred waters with this oracle, you will travel deeper into yourself to gain clarity, uncover hidden treasures, heal unresolved issues, and find the courage to move forward and flow with the rhythm of life.

Alexandra Wenman is a gifted angel communicator, spiritual alchemist, channel, healer, poet, and presenter. The author of *Archangel Fire Oracle* and *Archangel Alchemy Healing*, she is the creator of *The Alexandra Wenman Show* on YouTube. Alexandra lives in London.



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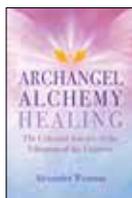


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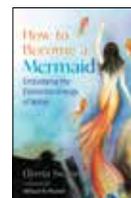
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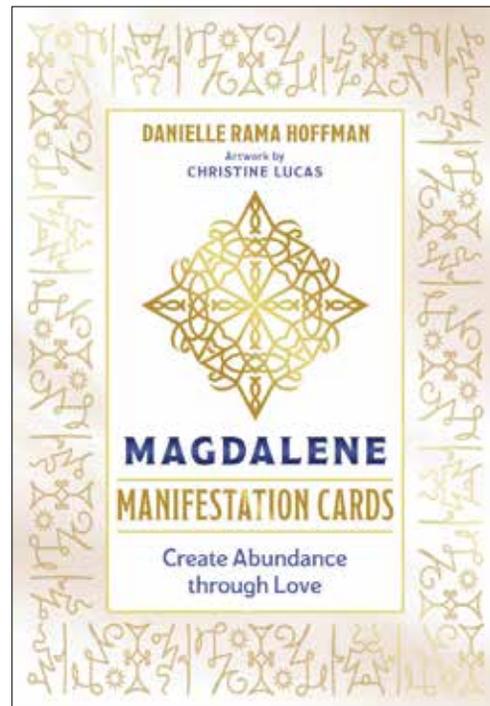
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As Danielle Rama Hoffman reveals, each one of us has the ability to receive more, to manifest abundance in all areas of life, without sacrificing and without doing more and more and more. It is time to cast aside lack-based consciousness—and the energy of overworking, overdoing, and overthinking that goes with it—and embrace the art of feminine manifestation based on love, receptivity, and grace.

In this full-color deck and guidebook set, Hoffman presents hands-on tools and highly effective manifestation practices channeled from the Magdalene Midwives, a higher dimensional collective intelligence devoted to assisting ascension efforts on Earth. Each of the 44 cards features a Magdalene Code of Love to empower you, open your ability to receive, and awaken your natural tendencies toward prosperity and multidimensional abundance. In the guidebook, the author explains each Magdalene Code, how to co-create with them, and how they provide innovative energies of abundance that deeply nourish your love body and soul. She shows how to use the cards to create energy vortexes and Love Conception altars that harness the power of your multidimensionality to expedite manifestation, attracting money, radiant health, intimate connections with Source, nourishing relationships, or success in your thriving mission-career-business—anything which matters to you and you are aligned with.

Building on the Magdalene Code manifestation techniques, Hoffman explains how to expand your energy field and love body to contribute to your evolution in consciousness with the energy of surplus and abundance. She also shows how the Codes can help remedy lightworker burnout and allow you to harness the co-creational power of the higher realms, enabling you to manifest even while you sleep.

Danielle Rama Hoffman is a channel, founder of the Ascended Mastery Lineage of Thoth, legacy-work coach, and a leader of the evolution in consciousness. The author of *The Temples of Light*, *The Council of Light*, and *The Tablets of Light*, she helps lightworkers fulfill their highest mission and channel their legacy-work (book, program, or modality). Originally from Seattle, Washington, she lives in southern France.



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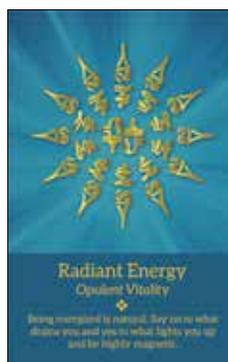
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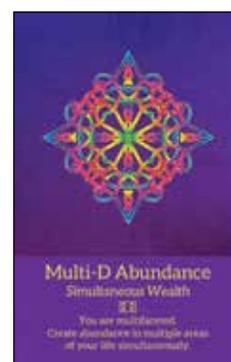
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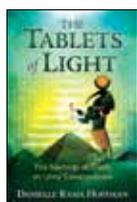


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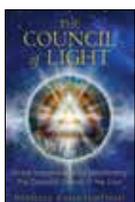


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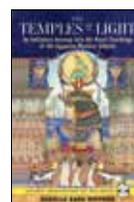
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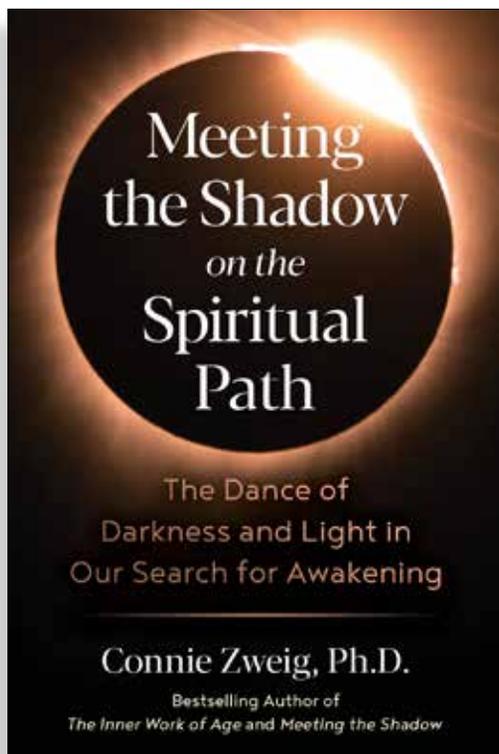
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Meeting the Shadow on the Spiritual Path

The Dance of Darkness and Light in Our Search for Awakening

CONNIE ZWEIG, Ph.D.

A guide to rekindling spiritual inspiration after betrayal and disillusionment

- Explains why an encounter with the shadow is a painful but inevitable stage in spiritual development
- Explores how to recover from spiritual abuse or betrayal by a teacher or group, including breaking free of denial, projection, and dependency using psychology and shadow-work
- Tells the stories of many contemporary clergy and spiritual leaders who acted out their shadows in destructive ways, leaving their followers traumatized and lost

Within each of us is a spiritual longing that prompts us to unite with something greater than ourselves, to awaken to our unity with all of life. Yet, no matter the spiritual path we choose, we inevitably encounter our own shadow, those unconscious aspects of ourselves that we suppress or deny, or the shadows of our teachers and their secret desires about money, sex, and power. Meeting the shadow can derail the journey but, according to Connie Zweig, Ph.D., we can recover from loss of faith and move from spiritual naiveté to spiritual maturity.

Zweig examines the yearning that sets us on the path, showing how it can lead to ecstatic, transcendent experiences or to terrible suffering by projecting it onto an authoritarian teacher, priest, or guru who abuses power. She tells the stories of renowned teachers—Sufi poet Rumi, Hindu master Ramakrishna, and Christian saint Catherine of Siena—whose lives unfolded as they followed their spiritual yearning. And she tells the cautionary tales of contemporary teachers of Buddhism, Hinduism, and Catholicism, who acted out their shadows in devastating ways, leaving their followers traumatized and lost. She explains how meeting the shadow is a painful but inevitable stage on the path to a more mature spirituality. She describes how to use shadow-work to separate from abusive teachers, reclaim spiritual authority, and heal from betrayal.

With guidance for both inspired seekers and disillusioned seekers, the author explores how to navigate the narrow path through the darkness toward the light, rekindle the flame of longing, and once again engage spiritual practice.

Connie Zweig, Ph.D., a retired psychotherapist and former executive editor at Jeremy P. Tarcher Publishing, is co-author of *Meeting the Shadow* and *Romancing the Shadow* and author of the bestseller *The Inner Work of Age: Shifting from Role to Soul*. She has been practicing and teaching meditation for more than 50 years. She lives in Marina Del Rey, California.



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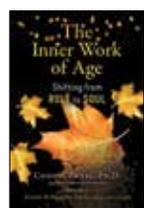
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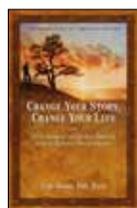
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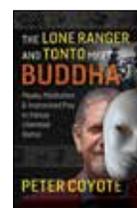


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A Sacred Planet Book

Undreaming Wetiko

Breaking the Spell of the Nightmare Mind-Virus

PAUL LEVY

Transform wetiko into its own antidote

- Learn how ancestral trauma is at the root of wetiko and how the wounded healer/shaman archetype can help bring both individual and collective healing
- Meet the inner guide—a daemon/angel that lives within us as an ally in our encounters with the daemonic energy of wetiko
- Cultivate “symbolic awareness” as a path to creating meaning and transmute the poison of wetiko into medicine for healing

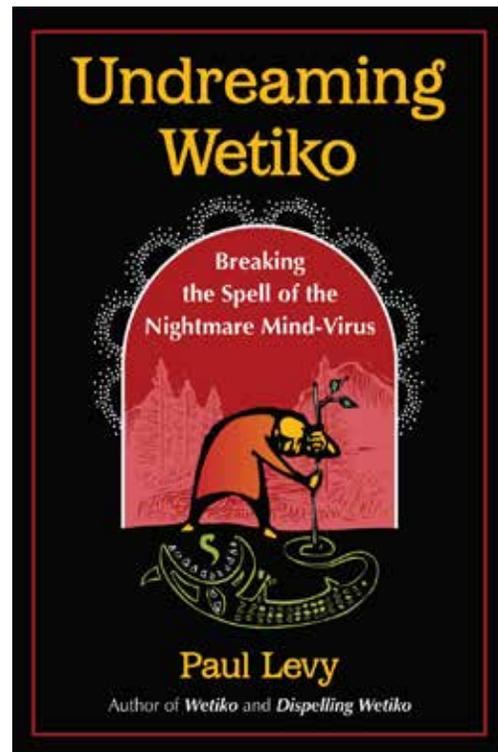
The profound and radical Native American idea of “wetiko,” a virus of the mind, underlies the collective insanity and evil that is destructively playing out around the world. Yet, as Paul Levy reveals in depth, encoded within wetiko itself lies the very medicine needed to combat the mind-virus and heal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

Levy begins by investigating how the process of becoming triggered, wounded, or falling into suffering can help us better understand the workings of wetiko in a way that transforms our struggles into opportunities for awakening. He reveals the source of wetiko: unhealed multi-generational ancestral trauma, which gets acted out, passed down, and propagated through the family lineage via our relationships. He highlights one of the primary archetypes currently activated in the collective unconscious of humanity—the wounded healer/shaman—and shows how recognizing this archetype can help us as we navigate a collective descent into the underworld of the unconscious, a true bardo realm between our past and future worlds.

Drawing on the work of C. G. Jung, Rudolf Steiner, Henry Corbin, Wilhelm Reich, and Nicolas Berdyaev, the author introduces the inner guide—a daemon/angel that lives within us as an ally in our encounters with the daemonic energy of wetiko. He explores how to cultivate “symbolic awareness” (interpreting events in our lives symbolically—like a dream) as a path to creating meaning, which alchemically transmutes the poison of wetiko into medicine for healing the psyche.

Examining the nature of synchronicity, Levy reveals how wetiko can only be seen when we recognize that—like a dream—our inner and outer worlds reflect each other. He also explores the quantum nature of wetiko, showing how this helps us comprehend the elusive trickster nature of this mind-virus and sheds light on the quantum nature of both the world and ourselves. Ultimately, the author reveals that the best protection and medicine for wetiko is to connect with the light of our true nature by becoming who we truly are.

Paul Levy is a creative artist, a pioneer in the field of spiritual emergence, and a Tibetan Buddhist practitioner for more than 35 years. He is the founder of the Awaken in the Dream Community and the author of several books, including *Wetiko* and *Dispelling Wetiko*. He lives in Portland, Oregon.



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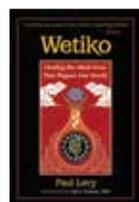
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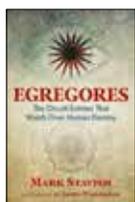
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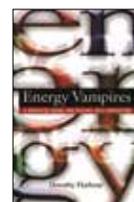


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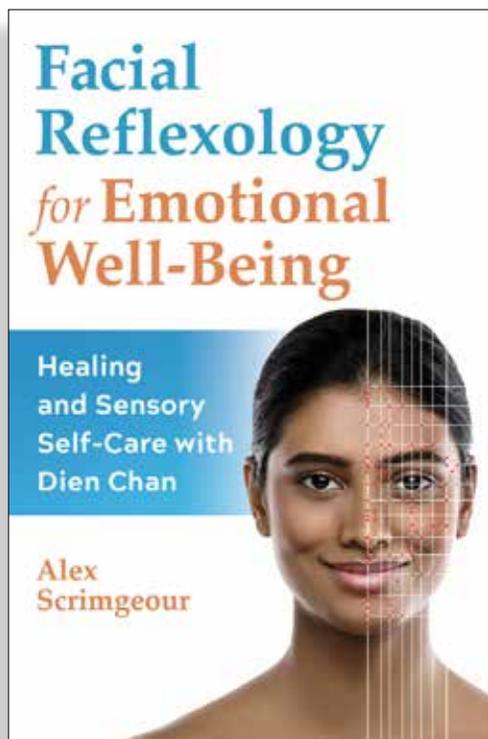
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- Explains how to use Dien Chan for spiritual self-development and self-inquiry

The Vietnamese facial reflexology practice of Dien Chan offers simple touch and massage techniques that engage the reflexology points of the face to help you tap into the innate healing and regenerative powers of the body. Taking the practice further, master practitioner Alex Scrimgeour shows how to integrate Dien Chan with Qigong and Chinese medicine as well as recent developments in neuroscience and cognitive science to treat a variety of emotional issues, from anxiety, addiction, and stress to trauma, dissociation, and PTSD.

In this practical guide, Scrimgeour details easy facial reflexology self-care techniques to soothe the nervous system, calm your emotions, diminish stress and anxiety, obtain mental clarity, and bring a sense of safety and relaxation to your body-mind. He shows how the techniques often generate immediate effects and how the ability to feel safe, peaceful, and content within your body can in turn transform your perception and experience of the world. Sharing clear diagrams, the author presents the major Dien Chan facial maps and protocols for working with different emotional states. He explores the energetic dynamic between the face and the body through the lens of neurophysiology and Qigong as well as looking at the connections between Qigong self-massage and the vagus nerve, revealing how self-massage techniques can effect change in the body-mind nexus. He explains how to use Dien Chan for spiritual self-development and self-inquiry, providing nine meditations that combine Dien Chan with Qigong and traditional Eastern meditation practices.

Revealing the holistic connections between the face and both physical and emotional health, this in-depth guide shows how simple facial reflexology practices can bring vibrant health and deep healing.

Alex Scrimgeour is a licensed acupuncturist and massage therapist, with degrees in acupuncture and Tui-Na massage from the College of Integrated Chinese Medicine. He has studied Dien Chan (Vietnamese facial reflexology) extensively with Trần Dũng Thắng, Bùi Minh Trí, and other master clinicians at the Việt Y Đạo Center in Vietnam. Regularly invited to give treatments at wellness centers around the globe, he lives in London.



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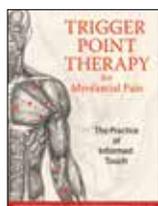
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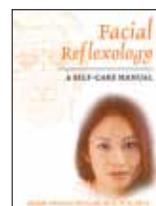
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Super-Powered Immunity

Natural Remedies for 21st Century Viruses and Superbugs

MICHELLE SCHOFFRO COOK, Ph.D., DNM

A practical guide to building the ultimate immune system naturally

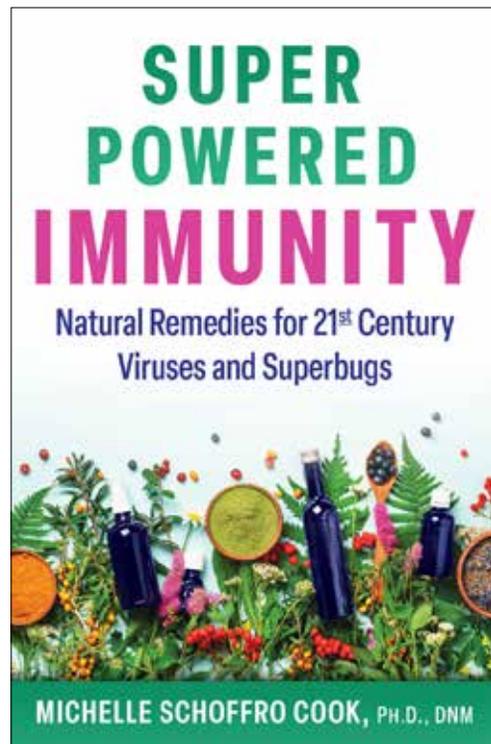
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Viruses and superbugs have become a part of day-to-day living, but that doesn't mean you have to live in fear of catching one. Your immune system, when armed with nature's best weapons, can be a formidable rival against a wide range of viruses and bacteria, from antibiotic-resistant *E. coli* to Covid-19 and other new and emergent infections.

In this easy-to-follow guide, Dr. Michelle Schoffro Cook reveals the most valuable natural remedies against viruses and superbugs and how to harness their powerful healing abilities for supercharged immunity. She explains how, because of their complex chemistry and synergistic effects, many natural remedies are superior to pharmaceutical drugs, which are chemically simplistic and thus easy for viruses to outsmart. Looking at the role of the digestive system and the microbiome in a healthy immune system, she discusses probiotics and specific foods that boost immunity, as well as foods common in the modern diet that can temporarily put the immune system out of commission. She explores specific immune-boosting essential oils in depth, revealing their multilayered effectiveness in supporting health. The author examines herbs and mushrooms that strengthen the body's defense systems and explains how many natural products and supplements need to be taken with other specific herbs, minerals, or supplements in order to reach full efficacy. For example, Vitamin D doesn't work properly without sufficient magnesium. Dr. Cook also explores behaviors that can sabotage your efforts to rebuild your immune system as well as the best habits for maintaining super-powered immunity for life.

Detailing how to build the ultimate immune system, this practical guide reveals how you can prepare yourself as the Post-Antibiotic Age becomes a reality.

Michelle Schoffro Cook, Ph.D., DNM, is a board-certified doctor of natural medicine, doctor of acupuncture, registered nutritionist, certified herbalist, and aromatherapist with over 25 years of experience. A popular natural health blogger, she is a regular featured health expert in magazines such as *Women's World*. The award-winning author of 25 books, including *60 Seconds to Slim* and *The Ultimate pH Solution*, she lives in Ottawa, Ontario.



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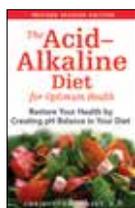
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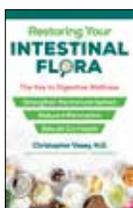


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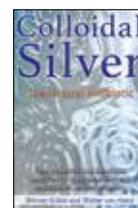
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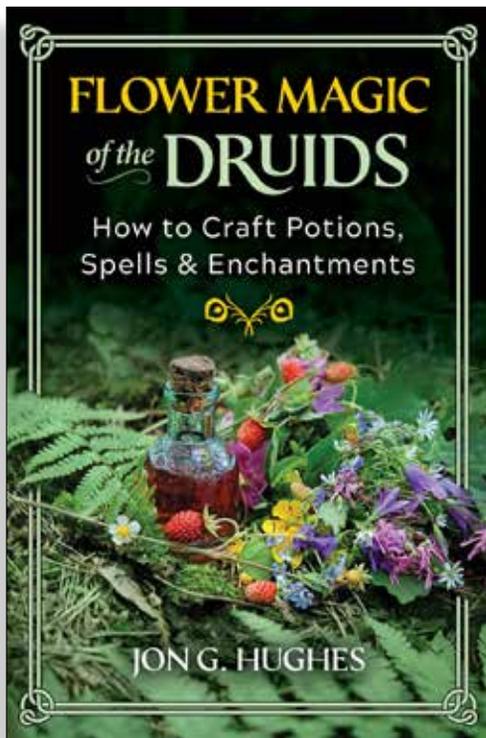
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Flower Magic of the Druids

How to Craft Potions, Spells, and Enchantments

JON G. HUGHES

A practical guide to using flowers in magical practice

- Provides detailed instruction on every stage of the harvesting, crafting, and practical use of flower magic potions, including a comprehensive herbarium of all the flowers that may be used
- Discusses what type of flower and form of flower magic is best for specific enchantments and rituals in the areas of love and sex magic, healing and focusing, and protection
- Looks at the physical and spiritual gifts of bees and the importance of bee culture in Druidic flower magic

Flowers are found in magic traditions around the world, from ancient Egypt, China, and India to the Norse and Native Americans. Yet many of today's well-established flower traditions—like bridal bouquets—originated in the Druidic magical lore of Wales, Ireland, and Scotland.

As fifth-generation Druid Jon G. Hughes explains, flowers hold a preeminent position in Druidic folk magic with their own special branch of magical workings. In this practical guide, Hughes details how to use flowers in magical practice, focusing on flowering plants with a long history of magical use going back to Druidic times yet many of which are commonly found throughout the world such as buttercup, blackberry, and dog rose. He discusses what type of flower and form of flower magic is best for specific enchantments and rituals in the areas of love and sex magic, healing and focusing, and protection. He looks at the magical use of fresh flowers and provides detailed instruction on every stage of the harvesting, crafting, and practical use of flower magic potions, including a comprehensive herbarium of all the flowers that may be used.

Examining the complex relationship between flowers and bees, the author looks at the physical and spiritual gifts of bees, such as honey, propolis, and bee's wax, and the importance of bee culture in Druidic flower magic, including the tradition of the honeymoon, the significance of the hexagram, and medieval beekeeper lore. Inviting you into the gentle yet powerful realm of Druidic flower magic, the author also details how to plan, plant, and take care of your own magical flower garden with all the botanicals you will need to pursue the path of flower magic.

Jon G. Hughes is part of a lineage of Druids that has been practicing for five generations in a remote area of Wales. He teaches the tradition in Ireland and gives workshops and seminars throughout Europe. He is the director of the Irish Centre for Druidic Practices and the author of several books, including *A Druid's Handbook to the Spiritual Power of Plants* and *The Druidic Art of Divination*. He lives in Killarney, County Kerry, Ireland.

Also by Jon G. Hughes



A Druid's Handbook to the Spiritual Power of Plants

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Maximize Your Healing Power

Shamanic Healing Techniques to Overcome Your Health Challenges

SHARON E. MARTIN, M.D., Ph.D.

Foreword by Carl Greer, Ph.D., Psy.D.

Bridging the mystical and the scientific for Maximum Medicine

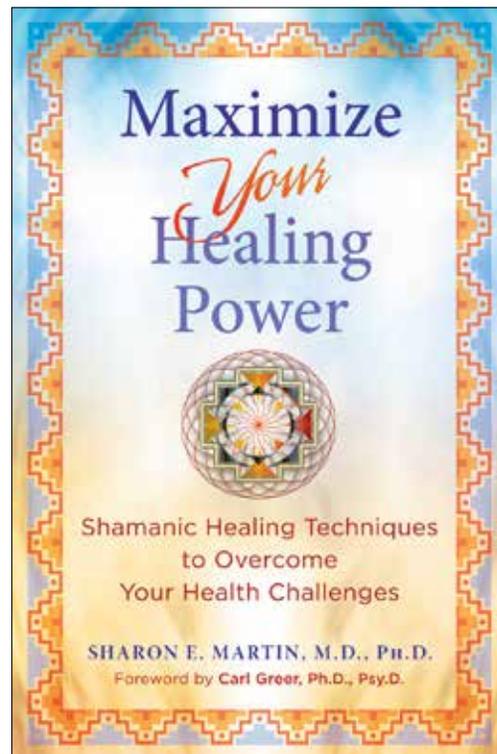
- Shows how applying shamanic and energy medicine techniques alongside allopathic medicine can shift your health and allow you to increase your life force
- Reveals how to sense the energy body in order to understand imbalances and develop greater control over your health
- Looks at new ways of viewing health challenges and visualizing the potential for healing using symbolic medicine wheels and the Andean symbol of the Chacana

For more than 20 years, Dr. Sharon Martin has been blending allopathic medicine with ancient shamanic and energy techniques to help her patients not only heal but also increase their vitality. In this practical guide to her program of Maximum Medicine, Dr. Martin shows how understanding the energetics behind health imbalances and applying shamanic and energy medicine techniques can shift our health, change the course of illness, and allow us to increase our life force. Explaining how the basis of true healing is through awareness of and access to the energy body, she reveals how to sense the energy body in order to develop greater control over our health.

Bridging the mystical and the scientific, Dr. Martin looks at new ways of seeing illness and visualizing the potential for healing using symbolic medicine wheels based on the elements, the compass directions, the four perspectives (literal, emotional, spiritual, and energetic), and the inner tasks of intuitive exploration, amplification, intention setting, and ritual. She describes how to view your organ systems and health challenges through the Andean symbol of the Chacana, which can help you understand your challenges and the journey to overcome them. She examines the process of the Four As (aware, allow, act, affirm), the actions one takes in order to enact change and healing. The author also explores how to amplify your mindfulness using a new Mindfulness Matrix, which in turn leads to a greater ability to self-reflect and bring about healing.

Presenting a straightforward, stepwise approach to attaining mastery of your health as well as simple practices and methods to gain control over illness, Dr. Martin shows how anyone can support their own healing and experience being more fully alive.

Sharon E. Martin, M.D., Ph.D., graduated from Johns Hopkins School of Medicine and is a board-certified physician of Internal Medicine with a doctorate in physiology. She is a graduate of the Healing the Light Body curriculum of the Four Winds Society and the host of two radio shows, *Maximum Medicine* and *Sacred Magic*, aired on the Transformation Talk Radio network. A doctor at a rural health clinic, she lives in Hustontown, Pennsylvania.



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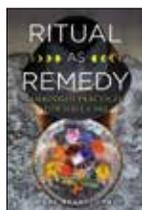
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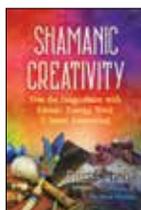


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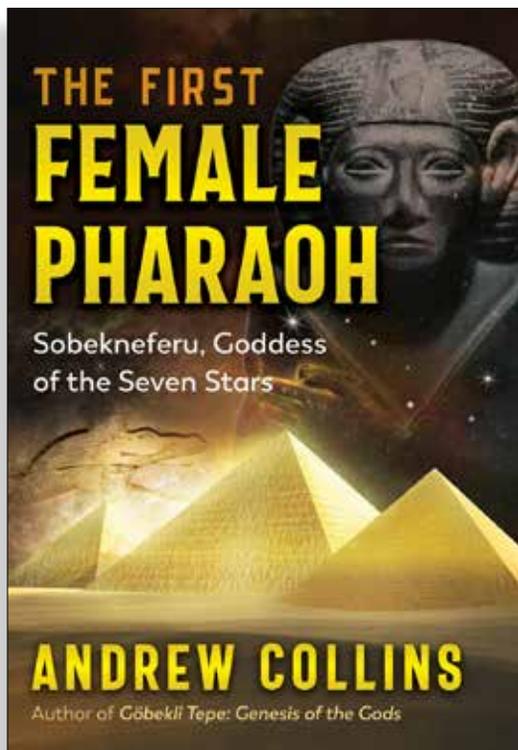
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The First Female Pharaoh

Sobekneferu, Goddess of the Seven Stars

ANDREW COLLINS

The cult, magic, reign, and resurrection of the first female ruler in Egypt

- Reveals the achievements of Sobekneferu, the political and religious issues of her age, the temples and ruins associated with her, and her continuing impact on ancient Egypt after her reign
- Discusses Sobekneferu's magical beliefs and practices centered on the crocodile god Sobek, the hippo goddess Neith, and their representation as constellations
- Examines the modern-day resurrection of Sobekneferu among mystics and occultists of Victorian London, including her role in Bram Stoker's shocking gothic novel, *The Jewel of the Seven Stars*

Cleopatra. Nefertiti. Hatshepsut. All of them are ancient Egyptian female rulers who rose above their predominantly patriarchal societies to become controllers of a great empire. Missing from this list, however, is Sobekneferu, ancient Egypt's first female ruler. Why was the reign of this powerful woman all but forgotten?

Piecing together the lost history of the first female pharaoh, Andrew Collins presents the first comprehensive biography of Sobekneferu. Using every text and monument that concerns Sobekneferu and her time in power, he examines her achievements as ruler, the political and religious issues of her age, the temples and ruins associated with her, and her continuing impact on ancient Egypt after her reign. He explores her relationship with her brother Amenemhet IV, her sister Neferuptah, and their father Amenemhet III, regarded as one of the most beloved pharaohs of the Middle Kingdom. He examines Sobekneferu's untimely end, the fate of her body, and the cult that developed in her name.

Discussing Sobekneferu's magical beliefs and practices, Collins shows how they centered on the crocodile god Sobek, the hippo goddess Neith, and the circumpolar stars of the night sky in which they were personified. He also reveals how the setting of the Crocodile Star (Eltanin), the brightest star in the constellation of Draco, aligns with Sobekneferu's suspected pyramid. Examining the modern-day resurrection of Sobekneferu among the occultists and mystics of Victorian London, Collins shows how she is the true inspiration behind every ancient Egyptian female queen who comes back to life after her tomb is found—as featured first in Bram Stoker's shocking 1903 novel *The Jewel of the Seven Stars* and later in several modern blockbuster movies.

Revealing how Sobekneferu has left a lasting impact on culture and occulture through the ages despite being nearly erased from history, Collins shows how her continuing legacy is perhaps, ultimately, her true resurrection.

Andrew Collins is a science and history writer who investigates advanced civilizations in prehistory. He is the co-discoverer of a massive cave complex beneath the Giza plateau, now known as “Collins’ Cave.” He is the author of several books, including *Origins of the Gods* and *Göbekli Tepe: Genesis of the Gods*. He lives in Essex, England.



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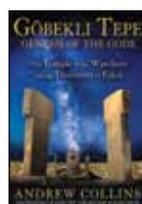
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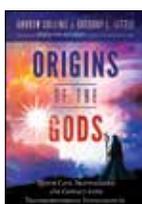


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Catching the Ascension Wave

Everything You Need to Know about the Coming Great Awakening

BOB FRISSELL

A guide to thriving during the ascension into higher consciousness

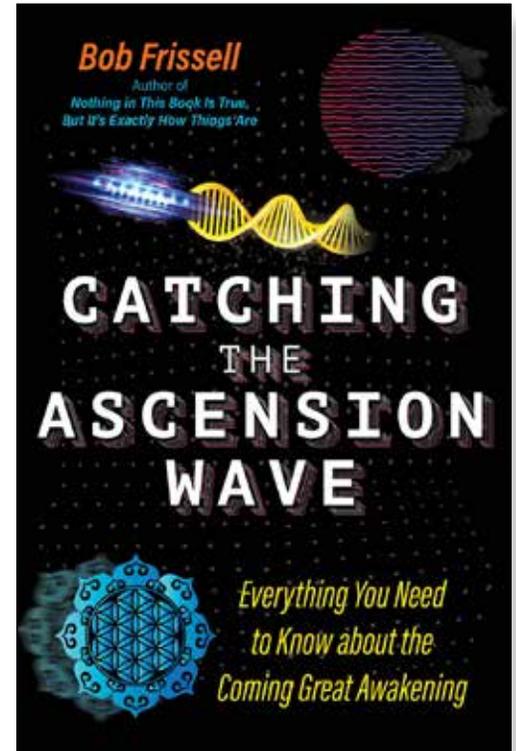
- Explores how the infusion of higher dimensional energy is impacting planet Earth and each of us
- Details the forces working to advance our conscious evolution as well as those seeking to block it
- Shares exercises, tools, and techniques to transmute the energies blocking access to your Higher Self and help you participate in the Great Awakening

Right now, there is an enormous infusion of higher dimensional energy—a “Galactic Super Wave”—that is dramatically raising the vibratory rate of our planet and everyone on it. As Bob Frissell explains, in order to catch this wave of ascension and survive and thrive during the coming Great Awakening, we must undergo a personal transformation to raise our vibration and align with the Higher Self within each of us.

Frissell explores the forces working to advance our planetary ascent into higher consciousness—as well as those seeking to block it. Going back over 500,000 years of Earth history, he looks at the role of the ancient Builder Race from Venus and other ET races, such as the Greys and the Anshars, in our evolutionary development and rapid technological advancements. He exposes government cover-ups of alien encounters as well as the startling details of our Secret Space Program, the New World Order, and the Depopulation Agenda. He explains how the Precession of the Equinoxes is directly influencing Earth’s awakening and how the dance between the “forces of darkness” and the “forces of light” actually allows consciousness to evolve.

Sharing exercises, tools, and techniques to transmute the energies blocking access to your Higher Self, Frissell explores how the infusion of higher dimensional energy is impacting planet Earth and each of us. He shows how reconnecting with your Higher Self enables you to harness the ability to create great abundance and recognize our intimate connection to all life and to the Infinite Creator. Unveiling the incoming new energetic configuration for the Earth, Frissell details how the Great Awakening is nothing less than the birth of a new humanity and how, by raising your vibration, you help in the co-creation of Heaven on Earth.

Bob Frissell is the founder of the Breath Alchemy Technique and has been a teacher of breathwork for more than thirty-five years. A senior student of Leonard Orr in rebirthing and Drunvalo Melchizedek in the Flower of Life, he is the author of several books, including the bestseller *Nothing in This Book Is True, But It’s Exactly How Things Are*. He lives in Sonoma, California.



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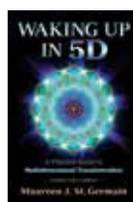
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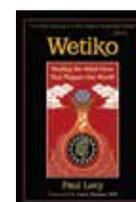
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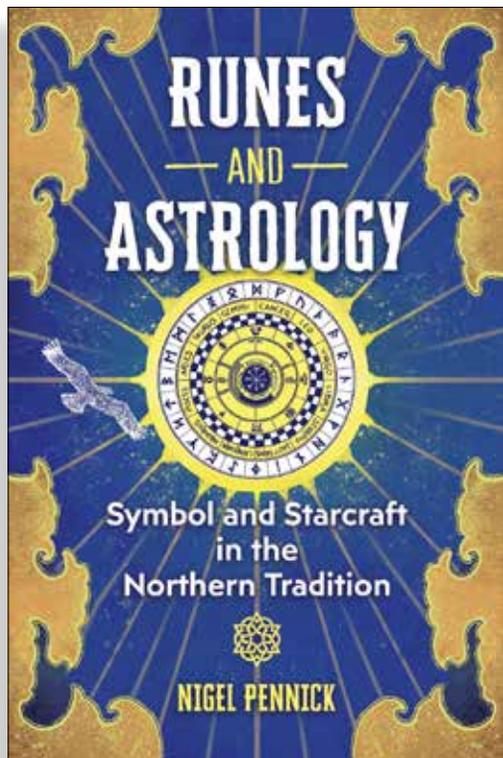
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Runes and Astrology

Symbol and Starcraft in the Northern Tradition

NIGEL PENNICK

Explores how runes relate to the cycles of time

- Looks at the meanings and temporal qualities of the 24 runes of the Elder Futhark and their rapport with ancient timekeeping and star-reading methods
- Examines the runes' relationships with the planets, the stars, the seasons, and the precessional year
- Provides charts and calculations to discern which rune is the primary influence on a particular day, week, month, season, or year, as well as methods for calculating runic birth charts and runic horoscopes

Detailing the significance of natural time cycles in the Northern Tradition, Nigel Pennick explores how the stars, planets, seasons, months, and the precessional year relate to the runes.

The author explains how the runes are more than just an ancient European alphabet—they encapsulate particular spiritual and symbolic meanings to individually and collectively express deep eternal truths. Discussing the pagan wheel of the year, whose eightfold path later served the Church as the basis for the eight holy celebrations of its religious calendar, he looks at the meanings and temporal qualities of the 24 runes of the Elder Futhark and their rapport with ancient timekeeping and star-reading methods. He offers charts and calculations to discern which rune is the primary influence on a particular day, week, month, season, or year. He also examines runic elemental and color associations and their esoteric spatial roles, where they represent the four directions, the eight airts, and other cycles critical to understanding the sacred nature of the material world.

Exploring runic astrology, Pennick looks at the runes as they relate to the planets and their cycles. He then presents ways to use this knowledge for calculating runic birth charts and runic horoscopes. Revealing the importance of the patterns and cycles of time operating in our world, the author provides a means for reconnecting with these primal principles—which underlie our existence as beings in time—through the ancient wisdom of runes.

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 60 books, including *The Pagan Book of Days*. The founder of the Institute of Geomantic Research, he lives near Cambridge, England.



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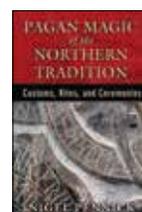
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Pagan Magic of the Northern Tradition

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A New Science of the Afterlife

Space, Time, and the Consciousness Code

DANIEL DRASIN

Reveals how the continuity of consciousness beyond the physical body can be objectively demonstrated

- Explores 15 promising avenues of post-materialist scientific investigation currently underway
- Provides a succinct account of the experience of transition to the “next life” and what one might expect when one arrives there
- Explains how materialism has prevented us from realizing a deeper understanding of the nature of space, time, life, death, and consciousness

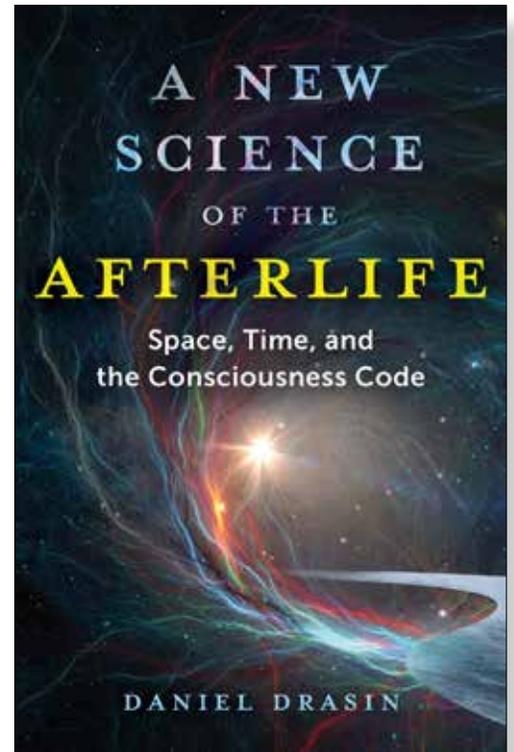
Sharing his more than three decades of research into the afterlife and paranormal phenomena, award-winning documentary filmmaker Daniel Drasin shows that the continuity of human consciousness beyond the physical body and after death constitutes a legitimate area of scientific inquiry and that it can be objectively demonstrated.

Drasin begins by revealing how our belief in materialism—through its effects on our social norms, taboos, and even language—has deeply constrained our civilization’s understanding of the nature of space, time, life, death, and consciousness. However, as Drasin explains, our deeply ingrained cultural habits tied to materialism have begun to change. He explores 15 promising post-materialist scientific investigations currently underway, focusing in depth on three examples that offer the most objectively irrefutable evidence for the survival of consciousness, including electronic audio and visual communications from the other side, the ground-breaking five-year Scole Experiment in physical mediumship, and the profoundly evidential reincarnation case of James Leininger.

Looking at how language frames our perceptions and our ways of thinking about life and death, the author presents thought-experiments and simple exercises to help us see through materialist ideology and perceive a broader landscape of reality. He provides a succinct account of the experience of transition to the “next life” and explores what the afterlife is made of, where it’s located, how it works, and what it’s for.

Drasin shows how, by thinking and speaking about death and the survival of consciousness in new ways, we can not only explore their expanses more thoroughly but also facilitate a clearer, more relaxed, comfortable, and rational conversation about what awaits us all sooner or later on the other side of life.

Daniel Drasin is an award-winning documentary filmmaker and has been a photographer and media producer for more than six decades. Since the early 1990s, as featured in his documentary *Calling Earth*, Drasin has been actively investigating the field of afterlife communication through traditional mental and physical mediumship as well as modern electronics. He lives in the San Francisco Bay Area.



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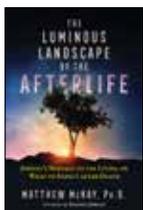
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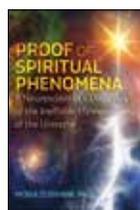


Author
Daniel Drasin

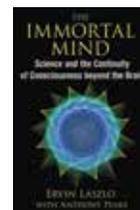
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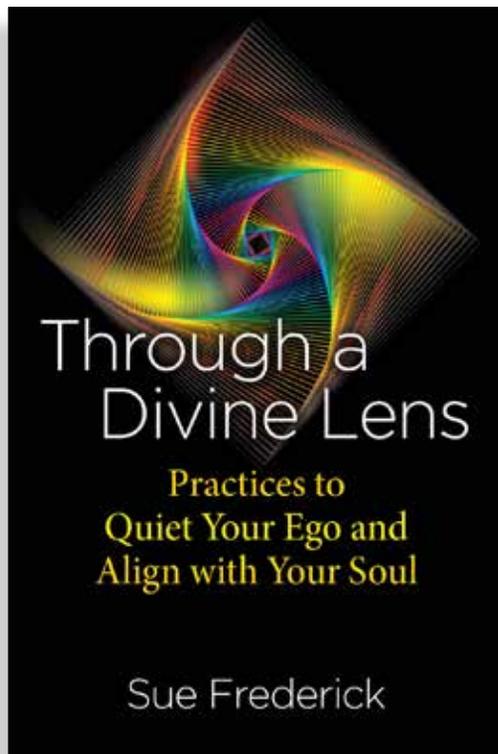
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Through a Divine Lens

Practices to Quiet Your Ego and Align with Your Soul

SUE FREDERICK

How to see the hidden wisdom in the painful moments we encounter

- Presents sacred practices to align with the soul's wisdom, quiet the ego, shift energy from fear to love, and release grief, anger, sadness, anxiety, and self-doubt
- Explains how to use your pain as inspiring fuel for moving fearlessly through life's trials and reaching your true self's full potential
- Shares practical action steps you can take during difficult moments to shift into the Divine lens view of your soul and experience immediate benefits

Every day we have an inner battle going on between two parts of ourselves: our ego and our soul. When we view the world through our ego lens, life can seem tragic, random, meaningless, and painful. When viewed from our soul's perspective, we find Divine order and soul agreements in every event of our lives.

In this guide to aligning with your soul and seeing life through a Divine lens, Sue Frederick presents mindful practices and spiritual tools to shift your perspective and step into your power. She explains how each of us arrived in this life with a soul intention to live up to our greatest potential and do great work that helps others—but often we hit bumps in the road that disconnect us from our soul's wisdom and allow the ego lens to take over and destroy our confidence. Yet, as she reveals in detail, each crisis is an awakening, an opportunity to shift from feeling like a victim to feeling that your soul came here to experience these exact challenges in order to evolve in just the way it needs.

Sharing sacred practices to align with the soul's wisdom, shift energy from fear to love, and release grief, anger, sadness, anxiety, and self-doubt, the author explores how to see the hidden beauty of each painful moment we encounter. She presents powerful examples of healing and insight from clients who have successfully reconnected with their soul's perspective, even after great loss. She shows how to use your intuition, affirmations, and your own pain as inspiring fuel for moving fearlessly through life's trials and reaching your true self's full potential. She also shares practical action steps you can take during difficult moments to shift into the Divine lens view of your soul and experience immediate benefits.

Each of us has the power to uplift and inspire, to feel love and compassion, no matter how tragic our experiences may be. By viewing the world through your Divine lens, you can reawaken to the wisdom and potential of your soul, see the opportunities behind suffering, and help in the collective evolution of soul consciousness.

Sue Frederick is a spiritual coach, lifelong intuitive, master numerologist, certified Soul Regression therapist, and an ordained Unity Minister. Her work has been featured in the *New York Times*, on CNN.com, and in *Real Simple*, *Yoga Journal*, *Natural Health*, and *Complete Woman* magazines. The author of *I See Your Dream Job*, *I See Your Soul Mate*, and *Bridges to Heaven*, she lives in Scottsdale, Arizona.

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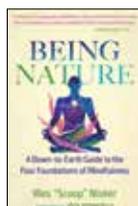


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A Sacred Planet Book

Ecosomatics

Embodiment Practices for a World in Search of Healing

CHERYL PALLANT

How to develop the body's innate intelligence for individual and planetary transformation

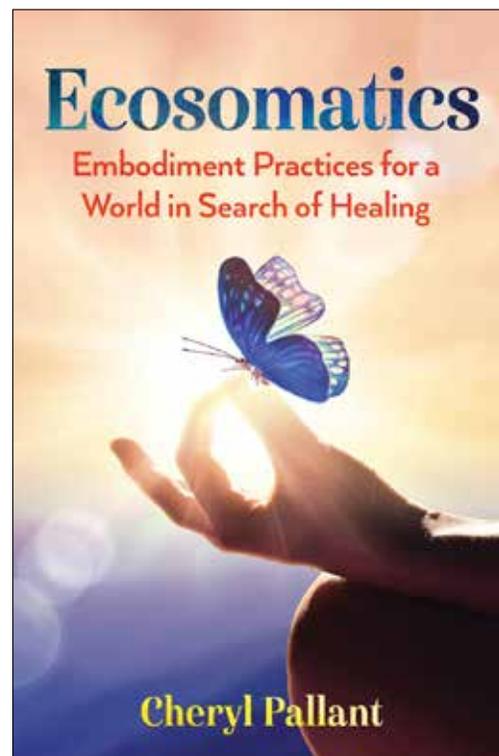
- Explains how healing ourselves and enacting inner change can also contribute to healing of the planet
- Shows how ecosomatics—embodiment work for personal and planetary health—can help us shift our consciousness, heal individual and collective wounds, and uncover latent energetic, somatic, and psychic abilities
- Shares ecosomatic and embodiment exercises to help you expand perception, develop somatic intelligence, let go of limiting beliefs, lessen fear and anxiety, and open to new levels of awareness

The inner world of self and body is inextricably linked to the outer world of biosphere and biome. As experienced somatic and energy medicine practitioner Cheryl Pallant reveals in vivid depth, by expanding our sensory perceptions and becoming intimately in touch with the rhythms of the body, we can contribute not only to our own healing and transformation but also that of the planet.

In this practical guide, Pallant explains how ecosomatics—embodiment work for personal and planetary health—can help us shift our consciousness through expanded listening with all our senses and embracing the interconnections between our inner and outer worlds. Blending research with personal experience in somatic and contemplative practices, the author explores how a broadened appreciation of conscious and unconscious bodily events and perceptions leads to vitally needed, improved stewardship with ourselves and the planet. She shows how the current health, social, and environmental crises are a chance for an evolution in consciousness, pushing us to heal the divisions within personal identity, between self and others, and with the environment. Throughout the book, the author offers ecosomatic and embodiment exercises to help you expand perception, develop somatic intelligence, let go of limiting beliefs, lessen fear, anxiety, and alienation, and open to levels of awareness that allow you to tune in to a greater vision of what is humanly possible.

Revealing how to incorporate embodiment into everyday life, this guide shows how the body is a process that is part of nature, not separate from it, and that by embarking on the transformative inner journey, we can bring healing to the world around us.

Cheryl Pallant, Ph.D., is an award-winning writer and poet, Reiki and Healing Touch practitioner, somatic coach, dancer, meditator, and teacher. She has published more than 200 articles on dance, writing, healing, somatics, and spirituality and is the author of several books, including *Writing and the Body in Motion* and *Contact Improvisation*. She teaches at University of Richmond and leads workshops in the U.S. and internationally. She lives in Richmond, Virginia.



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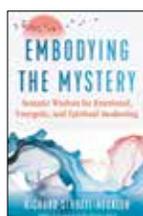
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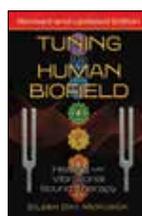


Author
Cheryl Pallant, Ph.D.

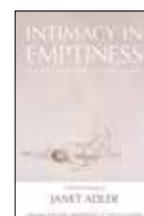
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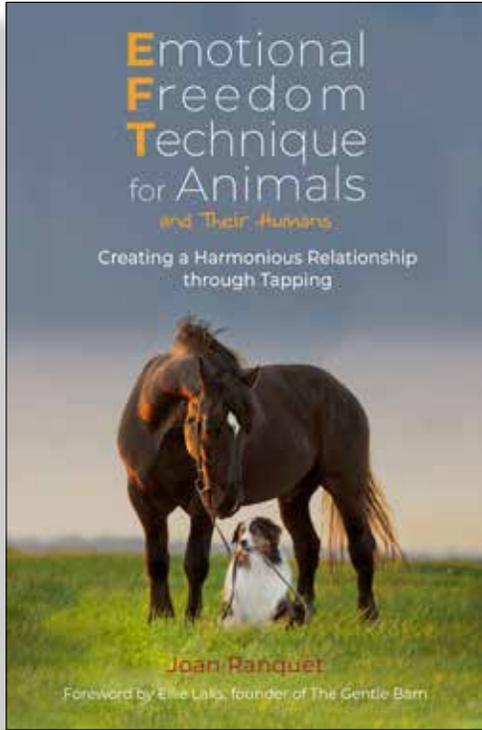
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Emotional Freedom Technique for Animals and Their Humans

Creating a Harmonious Relationship through Tapping

JOAN RANQUET

Foreword by Ellie Laks, founder of The Gentle Barn

Energetically reprogram your animal's behavioral, emotional, and health patterns with EFT

- Explains the fundamentals of Emotional Freedom Technique (EFT) and how to apply it to animals
- Illustrates the tapping points for dogs, cats, and horses on separate maps
- Includes EFT tapping sequences for dogs, cats, and horses for emotional and behavioral challenges, relationship enhancement, wellness, and end-of-life care

Well known for its effectiveness with humans, Emotional Freedom Technique (EFT) also provides an excellent hands-on method for treating behavioral, emotional, and health challenges in animals through simple point-tapping practices and focused intention. In this guide, animal communicator Joan Ranquet explores how to apply the energetic bodywork method of EFT on animals such as dogs, cats, and horses.

The author explains the fundamentals of EFT, showing how, as you tap on certain acupressure points with a specific intention in mind, the animal will experience energetic release on the levels of mind, body, emotions, and spirit. Exploring the emotional life of animals, she looks at what can create challenges for them as well as how to help animals recover and heal. The author presents maps to illustrate the specific EFT acupressure points on dogs, cats, and horses and provides sample point sequences and intention “scripts” geared to specific ailments, conditions, and behavioral challenges, as well as end-of-life care. Targeted to work with and relieve difficult emotions, the points used in EFT sequences each have a “feel-good” aspect to them, either a calming or releasing effect, and the scripts work to help break up old behavioral or emotional patterning.

Presenting a way to cut straight to the energetic source of the problems animals experience and provide relief even if you don't know the cause of their pain, this guide will help you not only become closer to your animal companions but also improve their well-being as well as your own.

Joan Ranquet is an animal communicator, energy healer, TEDx speaker, author, and founder of Communication with All Life University, a certification program for animal communication and energy healing. She lives with her 3 horses, 3 dogs, and 4 cats in Santa Clarita, California.



June 2023

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10 black-and-white illustrations

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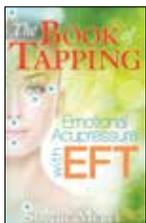
Pet Care/Energy Healing



PHOTO BY DAN FRENKEL

Author
Joan Ranquet

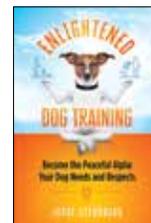
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Tina Stümpfig
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Communicating with Plants

Heart-Based Practices for Connecting with Plant Spirits

JEN FREY

Foreword by Pam Montgomery

A step-by-step guide to Plant communication

- Explains the synergistic process of communicating with a Plant and how the Plants help us overcome anxiety, grief, fears, and limiting beliefs and teach us to trust, forgive, and embrace self-love
- Shares teachings from a variety of Plants such as Yarrow, Mugwort, Maple, Dandelion, Poison Ivy, and Japanese Hops
- Presents step-by-step activities and practices that allow you to actualize each Plant's teaching in an immediate way

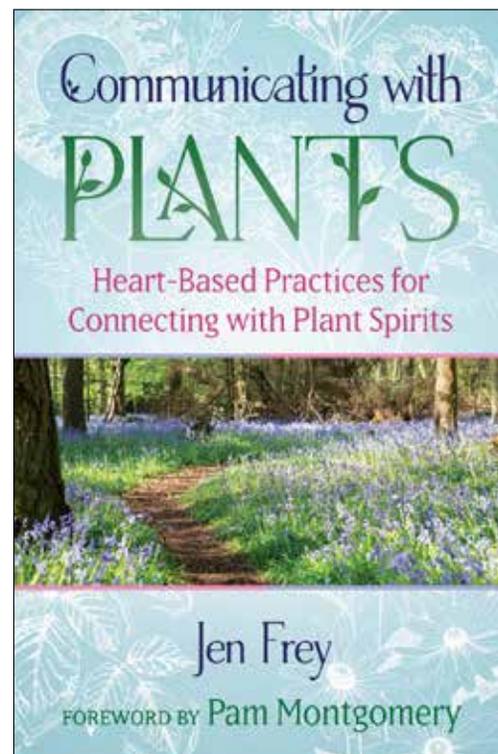
Everyone has an innate ability to consciously communicate with Plants. As Jen Frey reveals in depth, if we are willing to listen, we can hear the Plants speaking to our Hearts and teaching us how to heal. With the support of our Plant allies, we can be our truest selves and remember our intrinsic wholeness.

Presenting a step-by-step guide, Frey shows how to awaken your ability to directly receive the unique wisdom and healing gifts that the Plants want to offer you. Exploring how communicating with Plants is more like a communion than an exchange of words, she describes how the primary language we share with Plants is through the Heart, and she shows how Plant communication brings an expansion of Heart intelligence and emotional growth. She explains the synergistic process of moving into intimacy with a Plant Spirit and shares how the Plants help us overcome anxiety, grief, fears, and limiting beliefs and teach us to trust, forgive, embrace self-love, and enjoy the sweetness of life.

Sharing teachings she has received from a variety of Plants such as Yarrow, Mugwort, Maple, Dandelion, Poison Ivy, and Japanese Hops, Frey follows each Plant ally's wisdom with a step-by-step activity or practice that allows you to actualize the teaching in an immediate way. She includes both native and invasive Plants because the concept of "invasive" is alien in the context of Plant Spirits and each of them has valuable lessons to share. She concludes with Tulsi, showing how this Plant is essential to helping us recover our sacred nature, especially in a time of great Earth changes.

Through the skills taught in this guide, we each can connect our Hearts with the wisdom of Plant Spirits, have support and guidance whenever we need it, and learn new ways of living in a co-creative partnership with Nature.

Jen Frey is a healer and mentor with with more than 20 years of experience with Plant essences, energy work, and herbal practices. The founder of Brigid's Way and co-steward of Heart Springs Sanctuary, she has dedicated her life to the spiritual path of Plant work. She lives in Pennsylvania.



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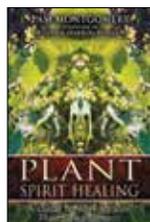
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Jen Frey

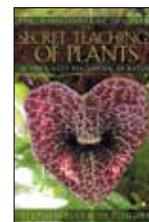
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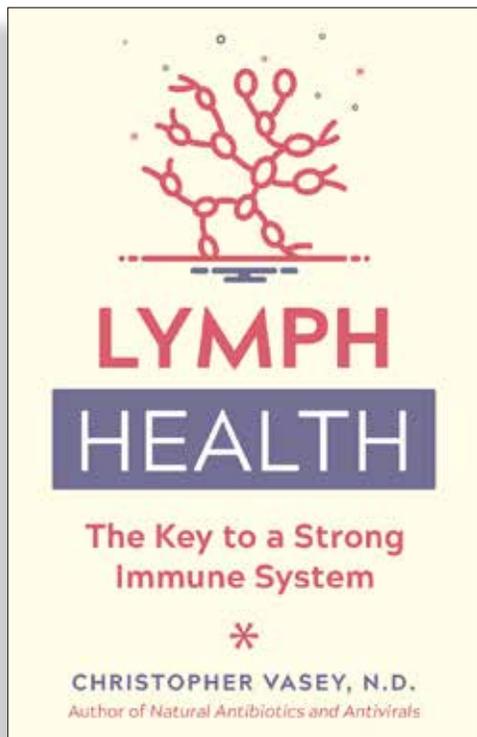
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Lymph Health

The Key to a Strong Immune System

CHRISTOPHER VASEY, N.D.

A practical guide to supporting your lymphatic system naturally

- Explores the essential role played by the lymphatic system in the body's detoxification processes, the immune system, and your overall health
- Details 12 natural therapies for strengthening and maintaining lymph health, including lymph drainage therapies, detox methods, simple dietary changes, herbal remedies, compression therapies, breathing practices, and physical exercises

In this practical guide to supporting your lymph health naturally, Christopher Vasey explores the essential role played by the lymphatic system in your overall health and offers self-care methods for strengthening and maintaining this important part of your body's immune system.

The author explains how the lymphatic system not only consists of the lymph circulating through your lymph nodes and lymphatic vessels, which helps drain toxins and flush cellular wastes, but also includes your bone marrow and several organs, such as the spleen and thymus, which produce lymphocytes to defend and protect your body against infections. He reveals the causes for a weakened or poorly functioning lymphatic system as well as the diseases and conditions that can arise if you suffer from reduced lymph health.

Explaining how to improve the function of your lymphatic system, the author details 12 natural therapies to support your lymph health and accelerate removal of toxins from the cellular terrain. He looks at simple dietary changes and explains how food toxins are a principle cause for sluggish circulation or obstruction of lymph. He examines lymph drainage techniques, including compression therapies, breathing practices, and physical exercises that stimulate the lymphatic vessels to improve circulation of lymph, blood, and other bodily fluids. He explores hydration, herbal remedies, detox therapies, "dry" cures, and reflexology massage. He also looks at trampoline techniques for restoring full circulation and removing blockages from the lymphatic system.

Showing how lymph health is the key to a strong immune system, this guide enables you to improve your lymphatic function, boost your body's natural detoxification abilities, and enhance your overall health and well-being.

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*, *Natural Remedies for Inflammation*, *Natural Antibiotics and Antivirals*, and *Restoring Your Intestinal Flora*. He lives near Montreux, Switzerland.



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176 pages, 5³/₈ x 8¹/₄

11 black-and-white illustrations

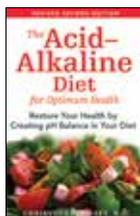
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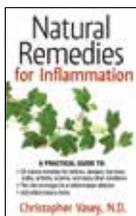


Author
Christopher Vasey, N.D.

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The Secret of Resilience

Healing Personal and Planetary Trauma
through Morphogenesis

STEPHANIE MINES, Ph.D.

Foreword by Cherionna Menzam-Sills, Ph.D.

Restore resilience at its developmental source through energy medicine

- Shares the author's journey of learning the healing art of Jin Shin, discovering the embryological roots of resilience, and healing her own trauma
- Explores how the Jin Shin sites correlate with the Chinese Extraordinary Meridians and with specific embryological events
- Shows how subtle touch in combination with trauma resolution amplifies neuroresilience, enhances creativity, restores motivation, and heals the fragmentation and disconnection associated with trauma and shock

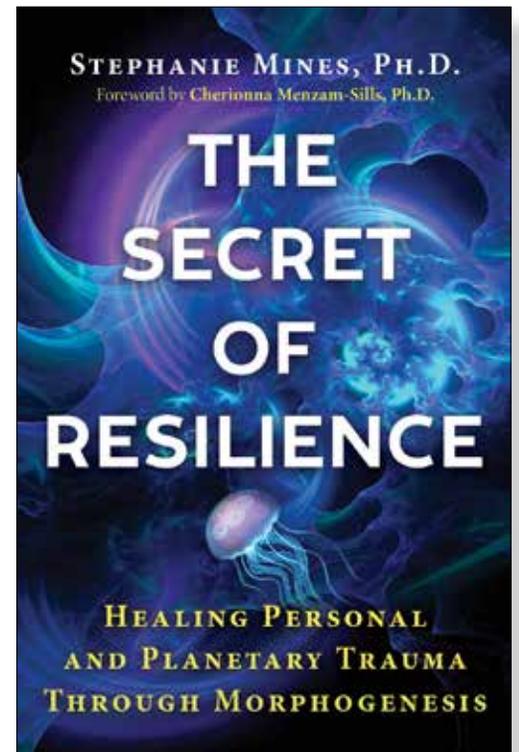
When neuroscientist Stephanie Mines started practicing the hands-on healing art of Jin Shin, she began to unravel the mystery of trauma and the secret to resilience.

As a survivor of early childhood abuse, police brutality as a social justice activist, and a series of dysfunctional and abusive relationships, Mines was profoundly curious about how the human nervous system finds resilience despite the cumulative burden of chronic stress and traumatic life events. While earning her doctorate in neuropsychology, she met Mary Iino Burmeister, master of the art of Jin Shin, through one of Mary's first American students, Pamela Markarian Smith, founder of the Jin Shin Institute. Jin Shin consists of non-invasive touch, using the fingertips, on sites of the body that are similar to acupuncture points.

After Jin Shin helped Mines resolve her own trauma and awaken her innate resilience, she began to incorporate it into her clinical research. She discovered that the Jin Shin sites correlate with the Chinese Extraordinary Meridians or Rivers of Splendor, which develop prenatally. She then began investigating our earliest neurodevelopmental processes and was able to correlate the Jin Shin sites with specific embryological events. She found that subtle touch on these sites in combination with trauma resolution amplifies neuroresilience, enhances creativity, restores motivation, and heals the fragmentation and disconnection associated with trauma and shock.

Sharing her personal journey as a wounded healer, Mines reveals not only how to unlock the secrets of resilience for individual healing but also how embodied resilience will help us heal our wounded planet.

Stephanie Mines, Ph.D., earned her doctorate in neuropsychology at the Union Institute. She is the founder of The TARA Approach, a nonprofit dedicated to providing sustainable health options to individuals and communities, and the founder of Climate Change and Consciousness (CCC), a global network to accelerate regenerative responses to the climate crisis. The author of 5 books, including *We Are All in Shock*, she lives in Gresham, Oregon.



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Energy Medicine

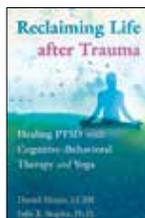


Author
Stephanie Mines, Ph.D.

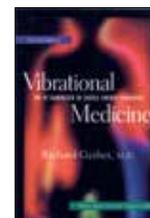
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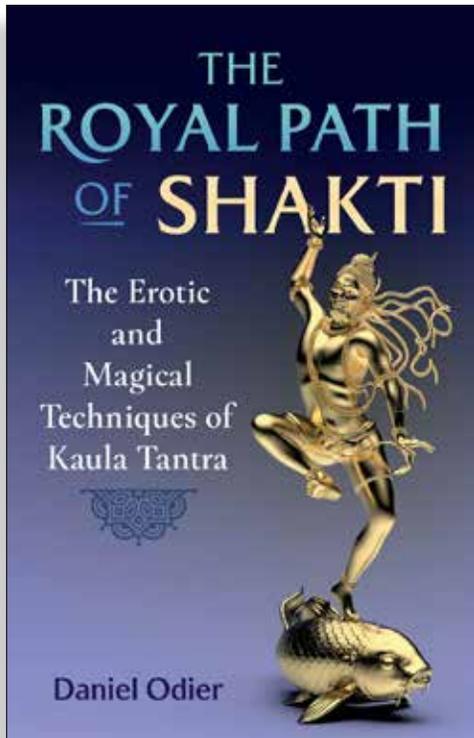
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Daniel Mintie, LCSW
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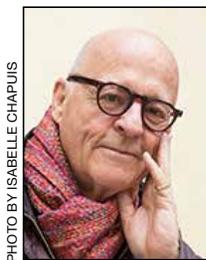
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Author
Daniel Odier

The Royal Path of Shakti

The Erotic and Magical Techniques of Kaula Tantra

DANIEL ODIER

The first step-by-step guide to the techniques of Kaula Tantra, the practical yogini path to enlightenment

- Details the erotic and magical practices of Kaula Tantra as well as the arcane principles to activate each technique
- Includes a complete translation of the Kaulajnananirnyaya Tantra from Sanskrit
- Explores Kaula techniques for acquiring siddhis—magical powers—as well as sacred protection and black magic practices

Written in the 8th century by the sage Matsyendranatha, the Kaulajnananirnyaya Tantra records the secret erotic and magical practices of the Yogini Kaula tradition, a tradition focused on practical methods for attaining enlightenment. Although the text contains roughly 60 practices, it was written in a “twilight language” that obscures the secret principles that make the techniques work. It is the role of a master to awaken the initiate to the esoteric meaning of the practices within the text.

Revealing the practices and secret principles of Kaula Tantra with permission from his Himalayan tantric yogini master Lalita Devi, Daniel Odier explains each erotic and magical technique of Kaula in depth. Providing a complete translation of the Kaulajnananirnyaya Tantra from Sanskrit, he connects each practice to the text by Matsyendranatha and offers vivid stories of his initiation into the practices. He explores techniques from the complete mystical method that the yogini have been transmitting directly for millennia, such as how to open the nadis, the body’s energy channels. He details Kaula techniques for acquiring siddhis—magical powers such as the ability to hear far away things or appear in several places at once—as well as sacred protection and black magic practices.

The author explains how the Kaula practices are related to the 8 Red Goddesses, who can each be found within the 8 chakras and each represent a different aspect of the Royal Path of Shakti. He shares a system of illuminating visualizations to integrate the body of the practitioner with vibration (*spanda*) and consciousness until there is no difference between the inner world and the cosmos.

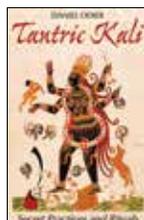
Presenting the first step-by-step guide to the techniques of Kaula Tantra, Odier details the practical yogini path to enlightenment and offers a direct transmission through the liberating power of the written word.

Recognized as a leading Tantra master of the West, **Daniel Odier** received a mystical initiation from the tantric yogini Lalita Devi. He also studied with Kalu Rinpoche and received dharma transmission from Chan Master Jing Hui. He founded the Tantra/Chan center in Paris, has taught courses on Eastern spiritual traditions at the University of California, and gives workshops worldwide. His books include *Tantric Quest*, *Tantric Kali*, and *Crazy Wisdom of the Yogini*. He lives in Switzerland.

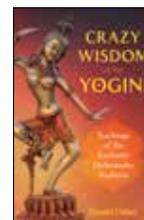
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Daniel Odier
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Crazy Wisdom of the Yogini
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The Gentle Art of Spiritual Discernment

A Guide to Discovering Your Personal Path

PIERRE PRADERVAND

Foreword by Jonathan Ellerby, Ph.D.

Support for those embarking on an authentic spiritual search

- Focuses in depth on helping you answer three fundamental questions: “Who am I deep down?”, “What am I really looking for in my spiritual quest?”, and “What is the deep motivation of my search?”
- Shows how integrity, perseverance, generosity, and discernment are essential components of any lasting spiritual path
- Reveals the author’s own spiritual difficulties and how he reoriented his spiritual quest in a straightforward, less dogmatic way

Throughout his decades as a social activist and self-transformation teacher, as well as through his spiritual work with death row inmates, Pierre Pradervand noticed more and more people moving away from organized religion. He also realized that many were still seeking a spiritual dimension in their lives. Yet, with so many options available, especially so many “spiritual fast food” options, selecting the right spiritual path can be difficult.

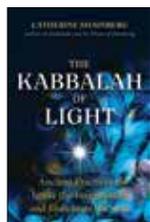
In this guide, Pierre offers support for those embarking on an authentic spiritual search. He explores how to discover the practices that best correspond to your unique spiritual expectations. He focuses in depth on helping you answer three fundamental questions: “Who am I deep down?”, “What am I really looking for in my spiritual quest?”, and “What is the deep motivation of my search?” He shows how integrity, generosity, and discernment are essential components of any lasting spiritual path.

Revealing his own difficulties on the spiritual path, the author shares his journey to rediscover his spiritual power after losing it all. He explains how he reoriented his spiritual quest in a straightforward, less dogmatic way—which led him to discover the gentle art of blessing and the simple path to becoming an embodiment of divine love.

Showing how to cultivate your inner voice and intuition to become your own empowered spiritual authority, this guide reveals how to see more clearly, avoid pitfalls, open your spiritual horizons, and move toward your own unique spiritual path founded on discernment, perseverance, and divine love.

Pierre Pradervand studied at the University of Geneva, the University of Bern, and the University of Michigan, Ann Arbor before receiving a doctorate in sociology from Sorbonne University in Paris. A true world citizen, Pierre has labored most of his life for social justice. Active as a writer, speaker, and workshop facilitator, he is the author of numerous books, including *The Gentle Art of Blessing*. He lives in Geneva, Switzerland.

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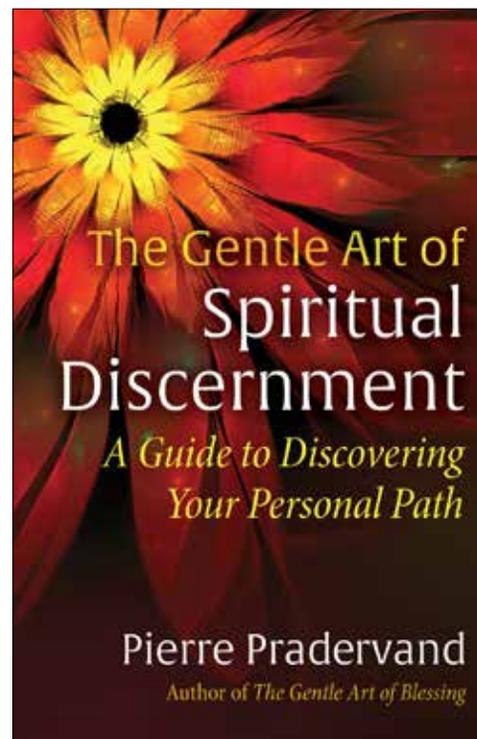
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Catherine Shainberg
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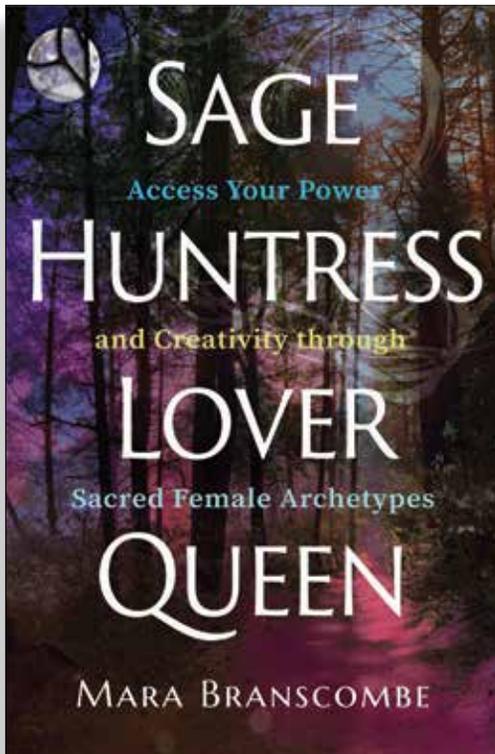
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Author
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Sage, Huntress, Lover, Queen

Access Your Power and Creativity through Sacred Female Archetypes

MARA BRANSCOMBE

Journey through the seven feminine archetypes to rediscover your essential self

- Discover the seven feminine archetypes that prevail in the modern psyche—Maiden, Mother, Sage, Huntress, Lover, Mystic, and Queen—and how each influences us
- Explores each archetype's beneficial qualities, its connections to the physical-emotional-mental body, and its shadow aspects
- Engage in step-by-step creative practices, guided visualizations, mind-body rituals, and soulful poetry to help you embody each archetype and activate a life of fulfillment and happiness

Journey through the archetypal wisdom of the divine feminine to gain a better understanding of your psyche, reclaim your essential self, and activate the life you desire.

Guiding you to awaken the wisdom of your feminine soul, Mara Branscombe presents an inspiring look at the seven feminine archetypes that prevail in the modern psyche—Maiden, Mother, Sage, Huntress, Lover, Mystic, and Queen. She explains the continuing arc of influence these feminine archetypes have throughout different stages of life, sometimes dormant, sometimes prominent. Revealing the positive impact the archetypes can have if we embrace them and live them consciously, Mara explores each archetype's beneficial qualities, its connections to the physical-emotional-mental body, and its shadow aspects. She shares step-by-step creative practices, guided visualizations, mind-body rituals, and soulful poetry to help you embody each archetype, including inviting in the light aspects and integrating the shadow. She also shares embodiment techniques to help you shift your consciousness and untangle from the habitual and unconscious patterns that dim your vital spark.

Encouraging you to stay open to all archetypes, rather than concentrating solely on the archetype you are living right now, this guide shows how to weave the fine strands of the different archetypes together in a divine feminine way to help you reclaim your wholeness. By viewing yourself and the world through the lens of the seven feminine archetypes, you will discover how each cycle and experience in life are part of the unfolding of your own living ceremony.

Mara Branscombe is a yoga and meditation teacher, artist, ceremonialist, and spiritual coach, who finds great joy in leading others along the path of self-transformation. The author of *Ritual as Remedy*, Mara lives in Vancouver, Canada.



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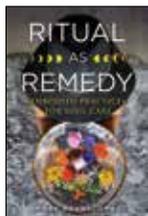
256 pages, 6 x 9
15 black-and-white illustrations
Rights: World
Spirituality/Self-Transformation



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Angel Abundance

Revelations on True Wealth from the 12 Archangels

BELINDA J. WOMACK

Attract wealth and healing with the guidance of the 12 Archangels

- Shares 63 healing visualizations to transform fear, resolve debt, and become receptive to the infinite bounty of the Universe
- Learn how to tap in to the singing colors of the Central Sun that are mirrored in your chakras and raise your vibration to attract wealth—not only financial wealth, but anything you need to receive from Source to feel safe, happy, healthy, and free
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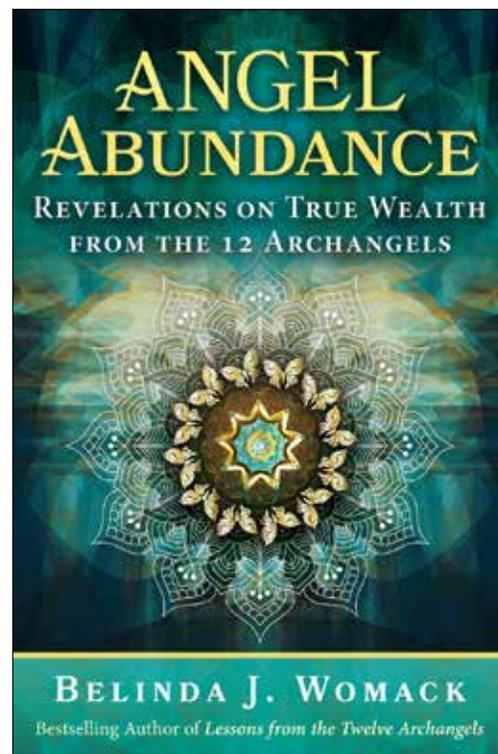
You are personally invited by the 12 Archangels to receive all that you desire from Source, especially the true happiness that often seems out of reach. Your Soul has the clear guidance and tools to help you move from lack to abundance and attract wealth and healing and the Archangels will show you how.

Speaking through Belinda Womack, who has been a channel for the 12 Archangels for more than 30 years, the Angels explain the root issue behind our lack of abundance is the fear of not enough. Sharing 63 healing visualizations, the Angels guide you to dissolve the deep subconscious layers of guilt and shame that keep you stuck in a fear-induced lack of wealth and become receptive to the infinite bounty of the Universe. Reading the visualizations from the 12 Archangels, with intention, helps you tap in to the singing colors and undiluted love of the Central Sun mirrored in your chakras. The visualizations raise the vibration of your thoughts, feelings, and beliefs to attract wealth—not only financial gain, but all that you need to receive from Source to feel safe, happy, healthy, and free.

The 12 Archangels share lessons on the relationship between money and Divine Law, how to cultivate your garden of intuition and creativity, and how to resolve financial debt with understanding and love. They offer nighttime practices that support your transformation into a vessel to receive the full blessings of Source. They also offer advanced practices on harnessing your innate power to transform suffering.

Helping you connect with the boundless care and “deep pockets” of your Soul to transform financial struggles and eliminate self-doubt, the 12 Archangels show that life keeps improving when you make room for the vast flow of creative genius and abundance coming from the Universe through the Divine Feminine.

Belinda J. Womack has been a clear messenger for the 12 Archangels for more than 30 years. She offers a multitude of online courses, advanced trainings, and consultations on the teachings of the 12 Archangels of the Central Sun through her website, BelindaWomack.com. The author of the bestselling book *Lessons from the 12 Archangels*, she lives in Kalispell, Montana.



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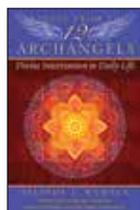
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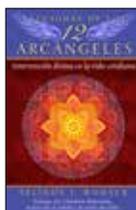


Author
Belinda J. Womack

Also by Belinda J. Womack



Lessons from the 12 Archangels
Belinda J. Womack
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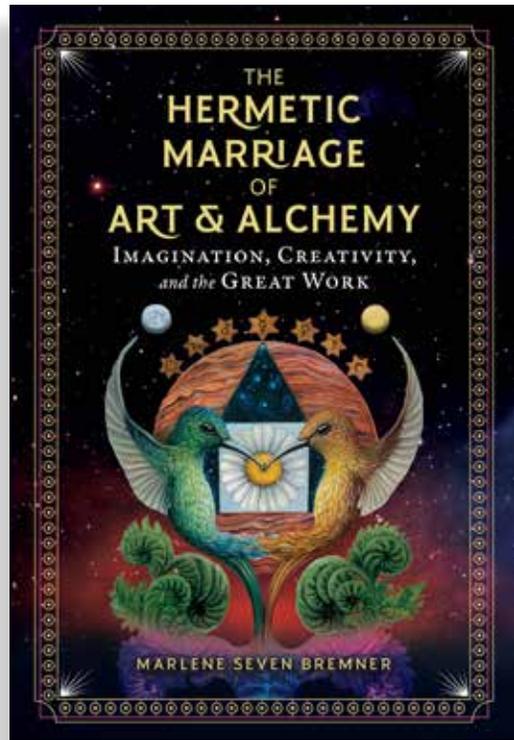


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The Hermetic Marriage of Art and Alchemy

Imagination, Creativity, and the Great Work

MARLENE SEVEN BREMNER

An initiatory and practical guide to creative alchemy

- Shares hermetic and alchemical techniques for liberating creative expression and looks at the zodiacal and planetary timing of creative operations
- Explains how to work with and transmute alchemical energies for increased levels of insight, intuition, and imaginative expression
- Explores the connections between Surrealism and alchemy, as well as the rich and complicated symbolism of alchemical art

In this initiatory guide to the hermetic art of alchemy, artist Marlene Seven Bremner reveals how the alchemical opus, the Great Work, offers a practical means for liberating the authentic creator within and attaining *gnosis*, or true self-knowledge.

Exploring the connections between Surrealism and alchemy, as well as the rich and complicated symbolism of alchemical art, Bremner elucidates how both Surrealism and alchemy seek to unfetter the imagination and dissolve the boundaries between dream and reality, thus reconciling the conscious and unconscious minds. She details how the three principles (salt, sulfur, and mercury), the four elements, and the seven planets interact together and within the self in creative alchemy, and she explains how to work with and transmute these energies for increased levels of insight, intuition, and imaginative expression. The author shares practical hermetic and alchemical techniques for liberating creative expression and clearing energetic obstructions that prevent us from reaching our higher potential. She also looks at the zodiacal and planetary timing of creative operations.

Revealing how the stages of alchemical transmutation are relevant to the creative process, the author shows how the initiate comes to experience for themselves the relationship between consciousness and matter, which is the essence of alchemical teachings. By creating, one transmutes spiritual energies through matter for greater self-knowledge and awakening.

Allowing you to truly realize your own creative power, this in-depth guide to creative alchemy shows how the alchemical path attunes the Self to the rhythms of the spheres, so that one is naturally creating in time with the seasons and zodiac signs and in harmony with elemental forces and planetary influences.

Marlene Seven Bremner is a self-taught oil painter, writer, and teacher who has spent more than 20 years exploring esoteric and spiritual traditions. The author of *Hermetic Philosophy and Creative Alchemy*, she developed her career as an artist in the Pacific Northwest and now spends her time painting and writing in the New Mexico desert.



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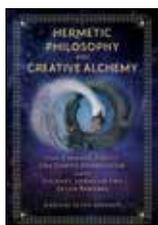
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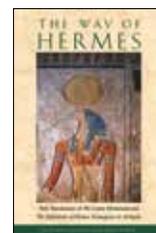
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The Way of Hermes

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The Mystery of Doggerland

Atlantis in the North Sea

GRAHAM PHILLIPS

A scientific exploration of the advanced ancient civilization known as Doggerland or Fairland that disappeared 5,000 years ago

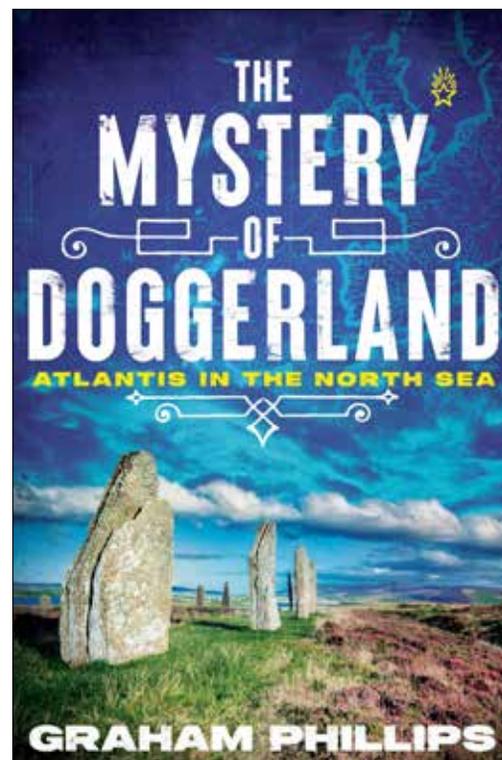
- Looks at the latest archaeological and scientific evidence preserved beneath the North Sea and on the tiny island of Fair Isle
- Examines Doggerland's sophisticated technology, including how its people were able to melt solid rock to create vitrified structures far stronger than concrete
- Shows how the survivors of the destruction of Doggerland sailed to the British Isles and established the megalithic culture that built Stonehenge

New marine archaeological evidence has revealed the remains of a large land mass to the north of Britain that hosted an advanced civilization 1,000 years before the recognized "first" civilizations of ancient Egypt, Mesopotamia, or India. Remembered in Celtic legends as Tu-lay, and referred to by geologists as Doggerland or Fairland, this civilization began at least as early as 4000 BC but was ultimately destroyed by rising sea levels, huge tsunamis, and a terrible viral epidemic released from melting permafrost during a cataclysmic period of global warming.

Exploring the latest archaeological findings and recent scientific analysis of Doggerland's underwater remains, Graham Phillips shows that this ancient culture had sophisticated technology and advanced medical knowledge. He looks at evidence detected with remote sensing and seismic profiling of many artificial structures, complex settlements, gigantic earthworks, epic monoliths, and huge stone circles dated to more than 5,500 years ago, preserved beneath the ground and on the ocean floor. He examines evidence of Doggerland's high-temperature technology, showing how its people were able to melt solid rock to create vitrified structures far stronger than concrete, a technique that modern science cannot replicate. He looks at the small part of the Fairland land mass that still exists: Fair Isle, a tiny island some 45 miles north of the Orkney Islands of Scotland. Phillips shows how, when Fairland sank beneath the waves around 3100 BC, its last survivors traveled by boat to settle in the British Isles, where they established the megalithic culture that built Stonehenge.

Revealing the vast archaeological evidence in support of the existence of Doggerland, as well as its threads of influence in early cultures around the world, Phillips also shows how the fate of this sophisticated ancient culture is a warning from history: the cataclysmic events that happened to the first civilizations could happen again as the world heats up.

A former radio journalist and broadcaster for the BBC, **Graham Phillips** is a historical investigator and author of 15 books, including *Wisdomkeepers of Stonehenge*, *The Lost Tomb of King Arthur*, and *The End of Eden*. He lives in England.



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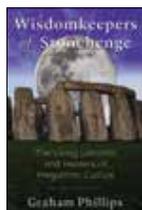
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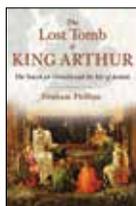


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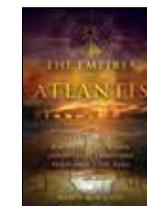
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Wisdomkeepers of Stonehenge
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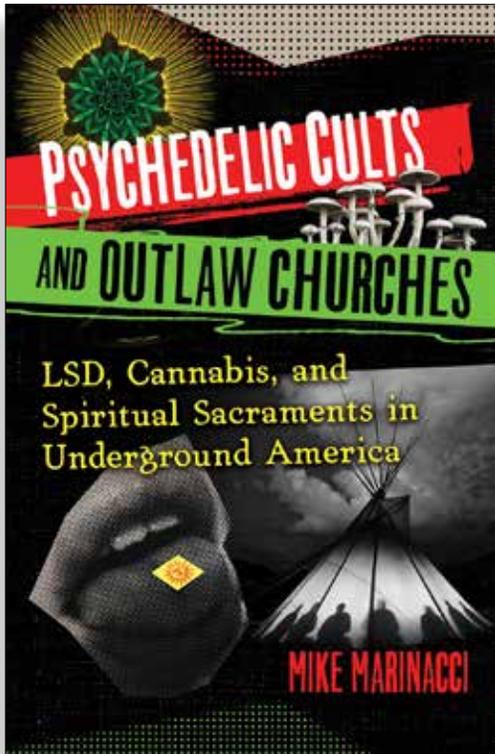


The Lost Tomb of King Arthur
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The Empires of Atlantis
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Of Related Interest



Psychedelic Cults and Outlaw Churches

LSD, Cannabis, and Spiritual Sacraments in Underground America

MIKE MARINACCI

A comprehensive tour of North American spiritual groups that use psychoactive drugs in the search for higher consciousness

- Explores prominent psychedelic churches and sects in depth, including the Native American Church and their peyote rituals, the cannabis-sex temple known as the Psychedelic Venus Church, and the Church of Naturalism, an LSD-therapy cult that came to a murderous end
- Presents an encyclopedic survey of dozens of minor organizations—many of which have never before been documented in an authoritative source
- Shares personal interviews and anecdotes about the strange, outrageous adventures of religious psychonauts, alongside rare photos and illustrations

For thousands of years, human beings around the world have used hallucinogenic plants and fungi to alter consciousness and connect with the Divine. Although such practices faded with the rise of organized religion, the last century has seen a revival of entheogen-based spirituality in North America.

From LSD-powered guru Timothy Leary to cannabis-sex cults to psychedelic outlaw churches, Mike Marinacci presents a comprehensive tour of North American religious sects and spiritual groups that use entheogens and psychoactive drugs in the search for higher consciousness, mystical insight, and spiritual enlightenment. Exploring prominent churches and cults in depth, he examines the lives of their colorful leaders, the origins of their unorthodox beliefs, the controversial practices of their congregants, and their many conflicts with both law enforcement and public opinion. He looks at the Native American Church and their legal battle over their peyote rituals, the cannabis-sex temple known as the Psychedelic Venus Church, the murderous end of the LSD-therapy cult known as the Church of Naturalism, and several other major groups and temples of psychedelic spirituality. He then offers an encyclopedic survey of dozens of minor organizations, many of which have never been documented in an authoritative source before.

Sharing personal interviews and anecdotes about the strange, outrageous adventures of religious psychonauts alongside rare photos and illustrations, this extensively researched study of underground psychedelic religious groups in the United States reveals their spiritual and cultural influence from the 1960s to the present day.

Mike Marinacci is an independent expert on psychedelic spiritual groups and nontraditional American religious sects. He is the author of *California Jesus* and *Mysterious California* and coauthor of the bestselling *Weird California*. He lives in the San Francisco Bay Area.

July 2023

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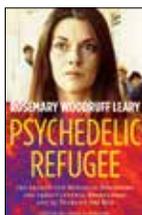


Author
Mike Marinacci

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The Alchemical Search for the Unified Field

Pythagorean, Hermetic, and Shamanic Journeys into Invisible and Ethereal Realms

R. E. KRETZ

An in-depth guide to attaining the enlightenment of the Philosopher's Stone

- Explores the alchemical mechanics of the Philosopher's Stone
- Illustrates the sacred geometry behind the creation of the Philosopher's Stone
- Explains how the Philosopher's Stone relates to the Third Eye and how to balance its energies to attain enlightenment

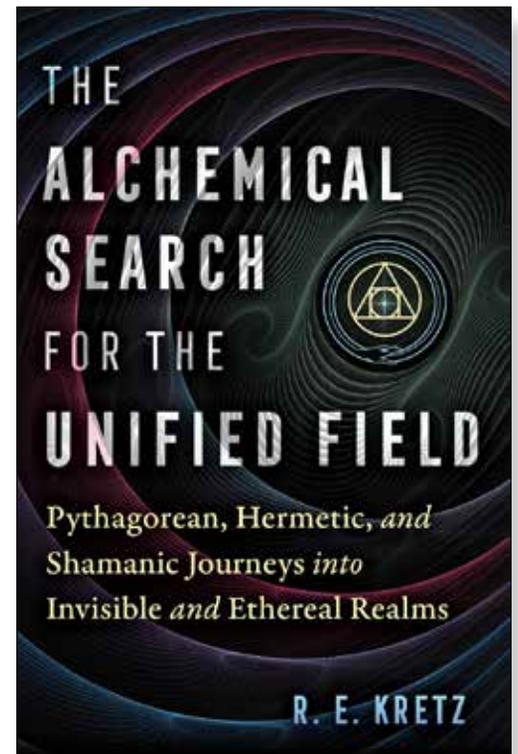
Inspired by alchemists of the past, R. E. Kretz explores the mechanics of the Philosopher's Stone, the Pythagorean transmigration of the soul, and the alchemical path for attaining enlightenment.

After offering a brief historical overview of alchemy and historical etiologies of the three alchemical states of primal matter, the author details an illustrative geometric approach for the creation of the Philosopher's Stone using an "oblong square" (created by three overlapping circles with the center circle squared), the same shape described in Freemasonry as the form of a Masonic Lodge. He compares this diagram to depictions of the Stone in Mesopotamian, Egyptian, and Hindu cultures as well as floor-plans for European cathedrals. He shows how the form of the oblong square contains Masonic working tools and how its sacred geometry elucidates Man as mind, body, and spirit encapsulating a soul.

Describing the relationship between the alchemical oblong square diagram and the electrical circuit of the brain, the author then details the operative process of the Philosopher's Stone, likening it to the "servomechanism" of the Third Eye—comprised of the thalamus, pineal gland, and pituitary gland located between the twin pillars of the cerebral hemispheres. He explores how to navigate the twin pillars of the brain to find equilibrium, the third pillar. The author explains that we attain enlightenment when the energies of our Third Eye are balanced (in equilibrium), enabling it to resonate as a harmonic waveform generator. He shows how this can be achieved through meditation and the synchronizing vibration of vocal mantras.

Drawing on Rosicrucianism, Freemasonry, Hermeticism, sacred geometry, and Native American shamanism, this book presents an allegorical quest for the Philosopher's Stone and a practical path for attaining it.

R. E. Kretz has worked in the telecommunications and IT industries. In the 1970s he studied transcendental meditation under Maharishi Mahesh Yogi and later spent three years with a Native American shaman. He was raised to the degree of a Master Mason and has served as Master of a Lodge as well as holding many leadership roles within the Knights Templar. He lives in Church Hill, Tennessee.



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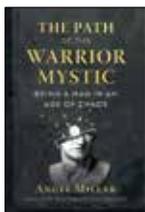
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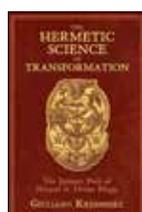


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R. E. Kretz

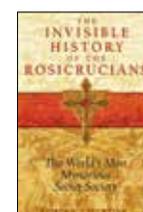
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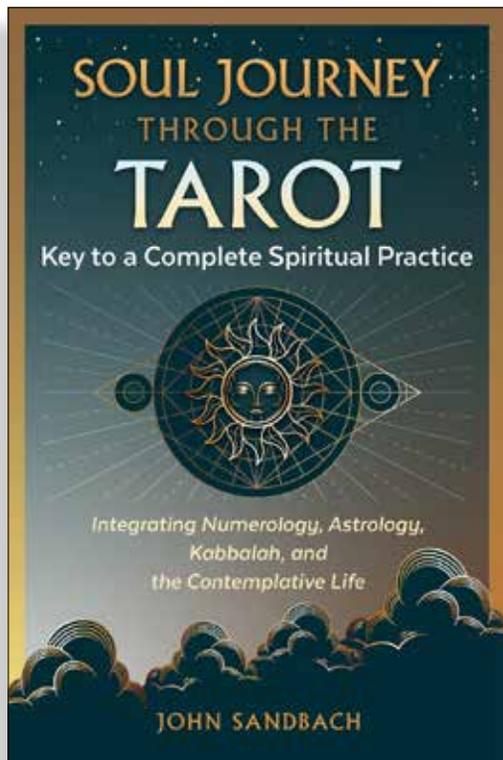
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Soul Journey through the Tarot

Key to a Complete Spiritual Practice

JOHN SANDBACH

Integrating numerology, astrology, Kabbalah, and the contemplative life

- Connects the traditional, symbolic, psychological, alchemical, astrological, and numerological meanings of each of the 78 cards of the Tarot to its deepest meaning, the one closest to its spiritual core
- Reveals how the Tarot offers a hands-on way to learn multiple spiritual practices and metaphysical systems, including numerology, astrology, psychology, and Kabbalistic wisdom
- Details how to use the Tarot to calculate the numerological value of names, words, and dates, including birthdays, to reveal their metaphysical significance

As John Sandbach illuminates in depth, the Tarot is a portal to realms of wisdom. It not only can provide deep insight through traditional readings but also offers a hands-on way to learn multiple spiritual practices and metaphysical systems, each interrelated through numbers and the ways the systems are worked with to reveal cosmic truths.

In this guide, Sandbach explores the deep interconnected meanings of each of the 78 cards of the Tarot and explains how to work with the cards for spiritual healing and growth as well as to synergistically learn other methods of spiritual insight, in particular numerology and astrology. Connecting the traditional, symbolic, psychological, alchemical, astrological, and numerological meanings of each card to its deepest meaning, the one closest to its spiritual core, he shows how exploring the interconnected meanings of the cards allows you to understand the Tarot as an integrated whole and enables you to provide insightful and deeply intuitive readings. He explains how every card is connected to the Tree of Life, an ancient Kabbalistic diagram of the universe, and details how to use the Tarot to calculate the numerological value of names, words, and dates, including birthdays, to reveal their metaphysical significance. He explores the connections between alternative rulerships for the cards and how they allow you to understand astrology at a deeper level. He also demonstrates several types of card layouts that can be used to perform readings for yourself or others, and he provides instructions for Tarot Contemplations to access deeper meanings of the cards.

By journeying through the nexus of wisdom connections within each card, you not only are simultaneously learning the ancient wisdom of numerology and astrology, but also opening access to your own inner wisdom.

John Sandbach is a highly respected astrology and Tarot researcher who has been working professionally in these fields for more than 50 years. He is the visionary behind the Chandra Symbols of the 360 degrees of the zodiac system, and he offers private astrology and Tarot readings online. The author of several books, including *The Circular Temple* and *Astrology, Alchemy, and the Tarot*, he lives in Kansas City, Missouri.



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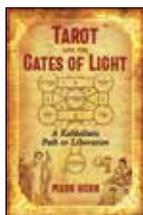
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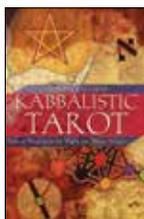
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The Madonna Secret

SOPHIE STRAND

Mary Magdalene's confessions reveal a sensual world of love and betrayal, magic and mystery, hidden within the Gospels

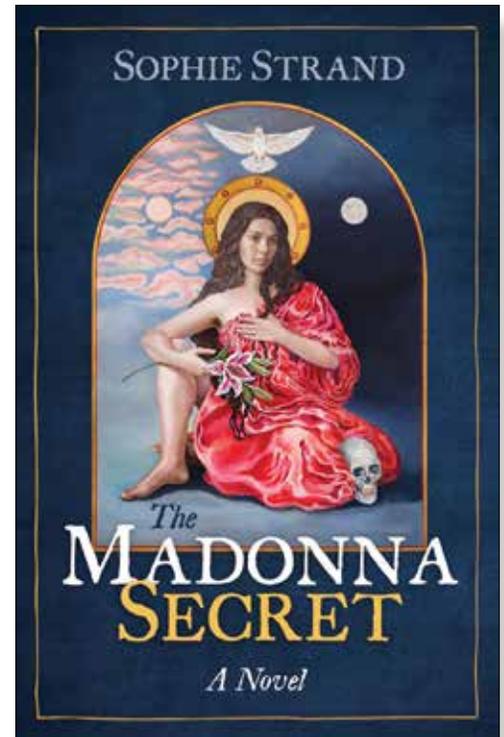
- Reroots Mary Magdalene and Jesus in the lush ecology and complex spiritual culture of Second Temple Period Judea and Galilee under Roman rule
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- Retells a familiar narrative informed by extensive research in botany and ecology, scriptural analysis, feminist studies, and the mythic traditions of the Mediterranean

When Leukas, a Christian convert, ventures into the wilds of Gaul to receive the hidden teachings from Mary Magdalene before she dies, he discovers that hidden within the Gospels he thinks he knows is an epic love story—between an educated Jewish woman overwhelmed by her mysterious spiritual powers and a sensual magician devoted to the wisdom of the earth. The secrets she will reveal are both more shocking and more tragic than anything readers have encountered before.

Beginning with Miriam's childhood as a wealthy Jew outside Bethany, we see her struggles as a young woman with spiritual curiosity and intellectual aspirations that drive her to combat the violence of Empire and the sexism of her own culture. Propelled by mystic visions, Miriam is finally drawn into the wilds of Galilee, where her destiny collides with a mischievous rabbi who will change her and the world forever. Trapped in a mythic story unfolding in events around them, the lovers strive not to repeat a tragedy older than the pyramids.

In *The Madonna Secret*, Sophie Strand resurrects a richly textured world where complex characters reveal the lived reality of scripture and open familiar sayings to radical new meanings and possibilities.

Sophie Strand is a poet and writer with a focus on the intersection of spirituality, storytelling, and ecology. Her poems and essays have appeared in numerous projects and publications, including *Unearthed*, *Braided Way*, *Art PAPERS*, and *Entropy*. The author of *The Flowering Wand*, she lives in the Hudson Valley of New York.



August 2023

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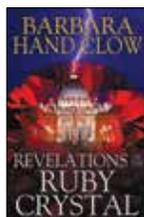
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The Visionary Art of Nicholas Roerich

A Messenger of Beauty

JACQUELINE DECTER, Ph.D.

Foreword by Gary Lachman

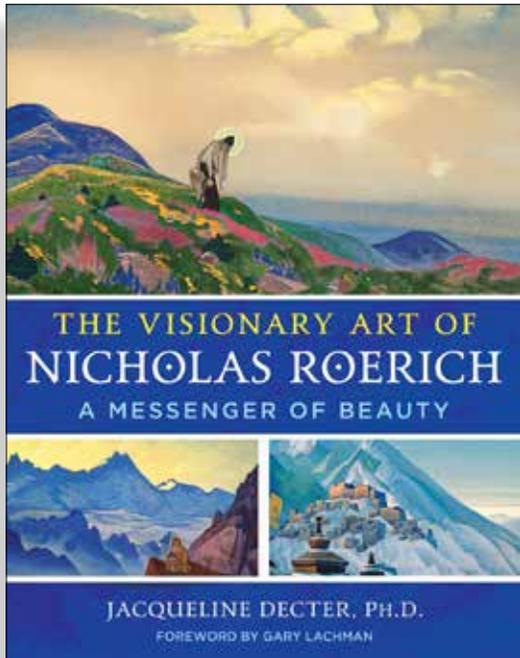
A fully illustrated biography of mystic, artist, and explorer Nicholas Roerich

- Includes 88 color plates showcasing the variety of Roerich's artistic talent, from breathtaking Himalayan landscapes to set and costume designs, most notably for Stravinsky's *The Rite of Spring*
- Examines Roerich's profound love for folk traditions of Russia, India, and Tibet and his spiritual quests across the Himalayan Mountains in search of beauty and the lost paradise of Shambala
- Reveals how Roerich's life and work significantly influenced the development of modern art and culture

Nicholas Roerich (1874–1947) was a Russian artist, writer, archaeologist, explorer, mystic, theosophist, and peacemaker who left a rich legacy of nearly 7,000 visionary paintings and 30 books on the mystic East. Twice nominated for the Nobel Peace Prize due to the Roerich Peace Pact—a remarkable treaty signed by President Roosevelt that sought to preserve cultural monuments during times of war—Roerich had a profound love for folk traditions of Russia, India, and Tibet, especially legends of lost cities and paradise. Together with his wife and two sons, from the 1890s into the 1950s, Roerich embarked on a number of spiritual quests through India, the Gobi Desert, the Altai and Kunlun Mountains, Mongolia, and Tibet, crisscrossing the Himalayan Mountains many times before settling in Kullu, India in the shadows of the great mountain range. Through his explorations throughout the world and the immersive art he created during those travels, he was seeking the grains of spiritual truth behind the legends of paradise lost, including during his pilgrimages in search of Shambala.

Revealing the mystical world of Nicholas Roerich in stunning full color, Jacqueline Decter invites us to witness Roerich's far-reaching vision and dedication to beauty across the full scope of his inspiring life and artistic career. This new hardcover edition features Decter's translations of many Russian texts into English as well as 88 color plates showcasing the variety of Roerich's artistic talent, from breathtaking Himalayan landscapes and spiritual themes to set and costume designs, most notably for Stravinsky's *The Rite of Spring*. A celebration of Roerich as both visionary artist and visionary explorer, this fully illustrated biography illuminates a man whose life and work significantly influenced the development of modern art and culture.

Jacqueline Decter, Ph.D., is a scholar of Russian literature with a doctorate in Slavic languages from the University of Michigan. A former editor-in-chief at Doubleday Entertainment, she lives in New York City.



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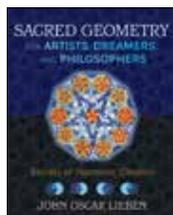
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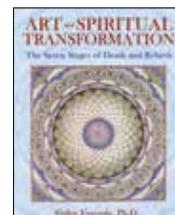
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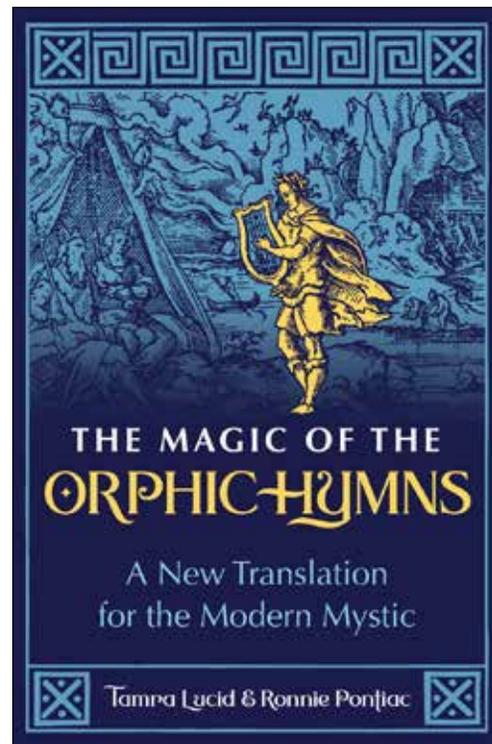
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Tamra Lucid is a former writer and editor for *Newtopia Magazine* and the principal interviewer for the original Reality Sandwich. She has produced documentary films and is the author of *Making the Ordinary Extraordinary*. **Ronnie Pontiac** worked as Manly P. Hall’s research assistant, screener, and designated substitute lecturer for seven years. The author of *American Metaphysical Religion*, he has produced documentaries and written for several esoteric journals. Founding members of the experimental rock band Lucid Nation, the authors live in Los Angeles.



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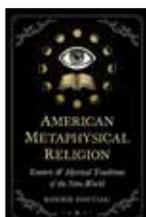


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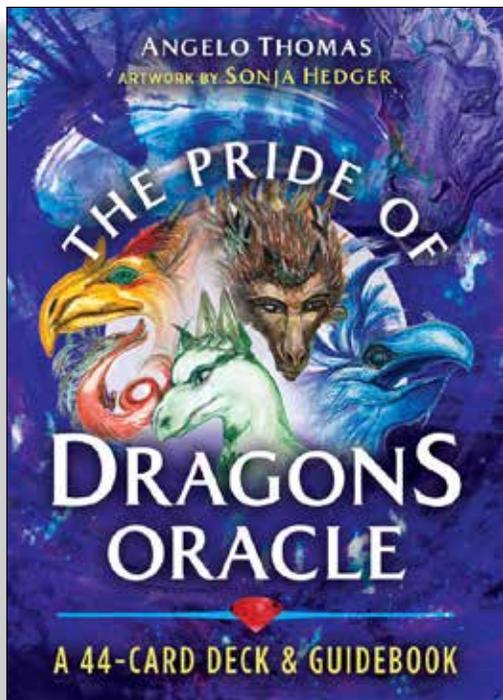
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Angelo Thomas is a spirit medium and Earth-Angel incarnate who works daily with spiritual beings from the Angelic Realms, including Archangels, Dragons, and Unicorns, as well as the Ascended Masters, Galactic Star Beings, and the Fae. He facilitates spiritual development events and podcasts internationally. He lives in Brisbane, Australia. **Sonja Hedger** is an artist who offers spiritual consulting and intuitive commission-based art and writing through her business Iridium Soul. The creator of the oracle deck *The Elementools*, she lives in Darwin, Australia.



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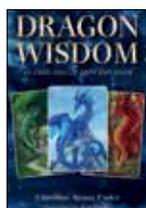
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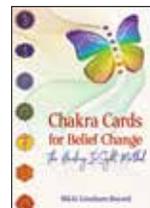
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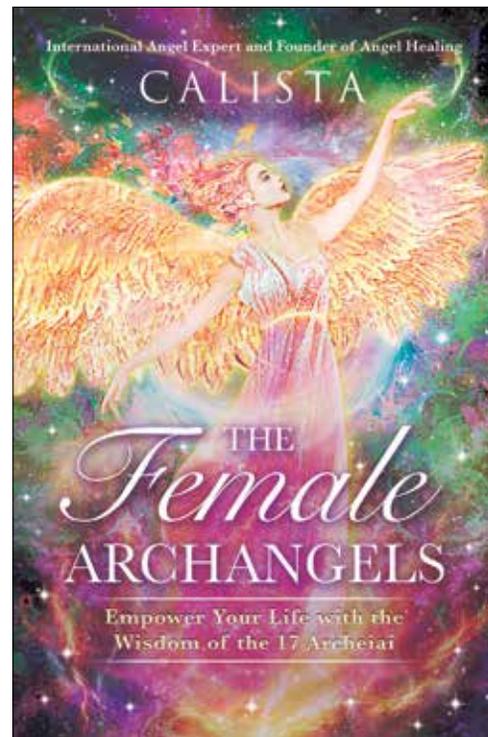
For centuries, Angels have been depicted as masculine or androgynous beings. With the rise of Divine Feminine energy on Earth, the feminine aspects of these Angelic beings are now being revealed. The female Archangels, the Archeiai, are here to help you harness your Angelic power and create your own Heaven on Earth.

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For each of the 17 Archeiai in the book, Calista shares their direct loving guidance and wisdom centered on their specific Divine and Angelic qualities as well as how they connect to the color rays, their fellow Archangels, and the crystal realm. Each Angelic chapter also offers an Angel ritual, an attunement, affirmations, and a reflective “Rise like an Angel” exercise and blessing to help you embody Angel consciousness. In addition, the book includes the Angel Healing® A–Z Prescription Guide, which allows you to discover the energetic causes of dis-ease states.

Discover the messages the Archeiai have for you as they escort you on a return journey to bliss and balance through the energies of the Divine Feminine. Let yourself be healed and empowered as your dreams manifest, your vibration expands, and your heart fills with Love.

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



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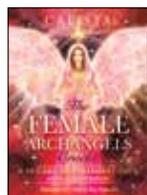
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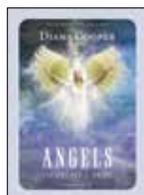
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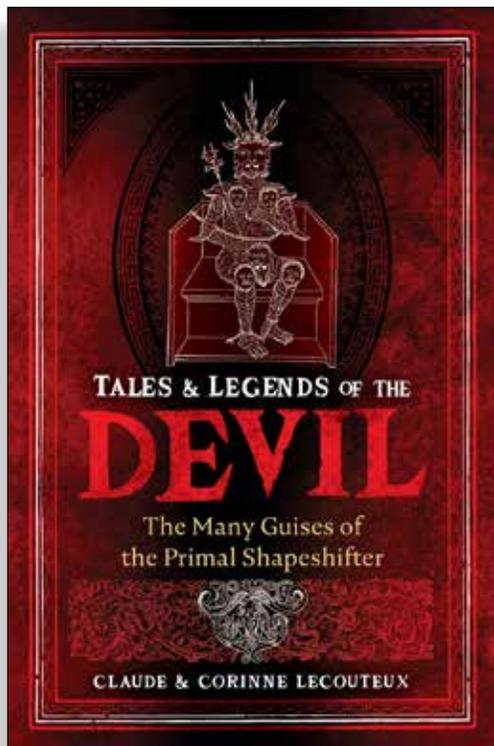
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Tales and Legends of the Devil

The Many Guises of the Primal Shapeshifter

CLAUDE and CORINNE LECOUTEUX

Explores the many forms and abilities of the devil in stories from around the world

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- Traces the devil's shapeshifting powers back to their Vedic origins in ancient India and looks at his connections with witches and storm magic
- Reveals how many of the qualities and magical powers attributed to the devil were once those belonging to pagan gods

The devil has many more guises than the cliché red boogeyman named Lucifer or Satan who haunts Christianity. In some traditions the devil is sinister and cunning, while others portray him as an oaf who can easily be conned and evaded by anyone with an ounce of cleverness. In other tales and legends, he is the primal shapeshifter, and the Roma, also known as the gypsies, claimed his talents of metamorphosis were so strong he could even assume the appearance of a priest.

Drawing on folk traditions from all over Europe, including Transylvanian Romania, Bulgaria, Albania, Switzerland, Italy, France, Scandinavia, Moravia, Bohemia, Lapland, and the Baltic countries, Claude and Corinne Lecouteux explore the many forms and abilities of the devil in stories, tales, and legends throughout the ages. They trace the devil's shapeshifting powers back to their Vedic origins in ancient India and look at his connections with witches, storm magic, and other magical events. They examine the symbolic implications of the appearance of the devil in these tales, such as how he is often either limping or disfigured with the legs or feet of a goat or other animal traditionally linked to the lower powers or passions. They explain how the devil's limp or his goat-like feet reflect the prevalence in world mythology of the sacred nature of crippling injuries.

Peeling back the Christian veneer embedded in many tales and legends about the so-called Evil One, the authors ultimately reveal how many of the qualities and magical powers attributed to the devil were once those belonging to pagan gods, like the Lithuanian thunder god Perkūnas or the Titan Chronos, as well as to playful woodland spirits and the sometimes helpful, sometimes fearful fauns and satyrs of Greco-Roman mythology.

Claude Lecouteux is a professor emeritus of medieval literature and civilization at the Sorbonne. He is the author of numerous books on medieval beliefs and magic, including *Tales of Witchcraft and Wonder*. **Corinne Lecouteux** is a translator specializing in tales and legends. The authors live in Paris.



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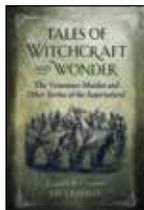
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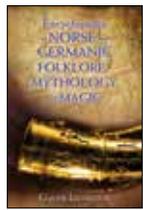


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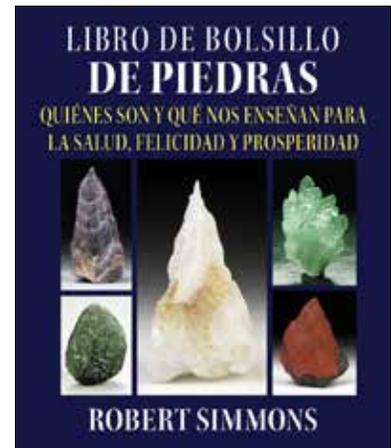
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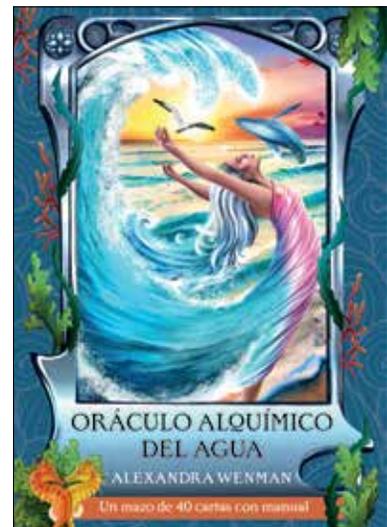
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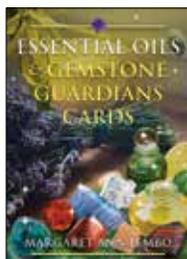
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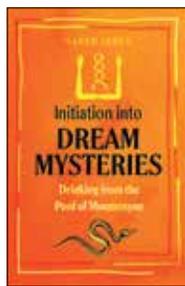
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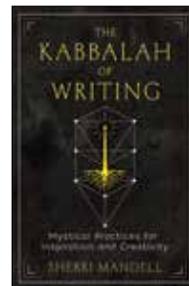
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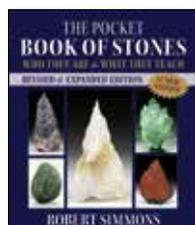


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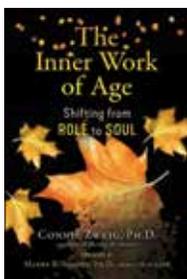


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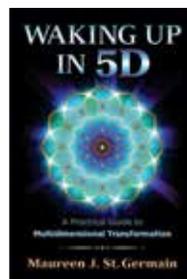
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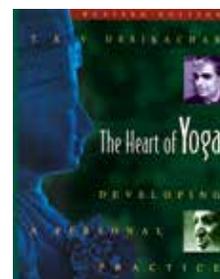
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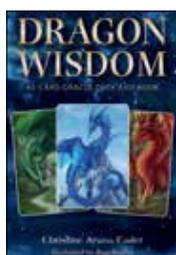
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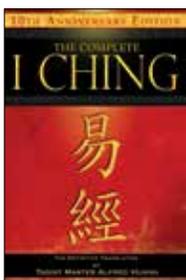
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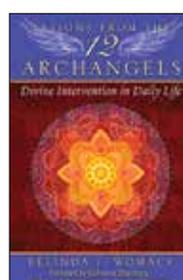
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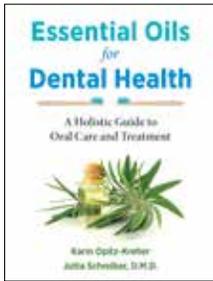


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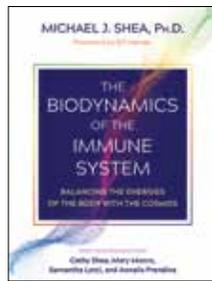


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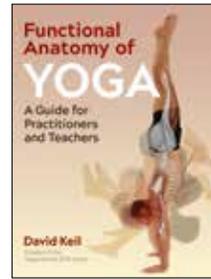
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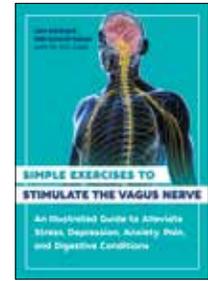
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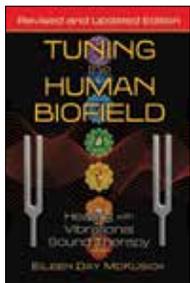


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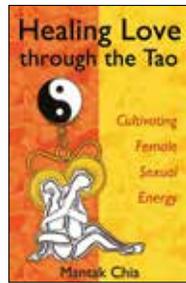


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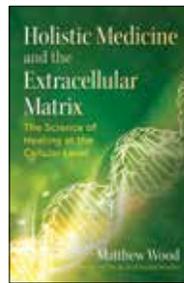
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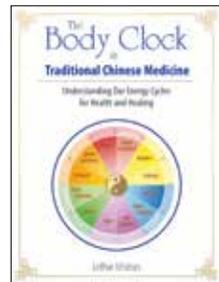
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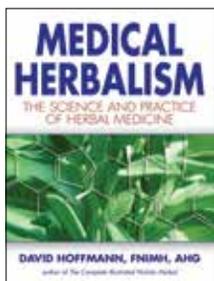
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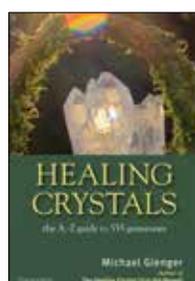
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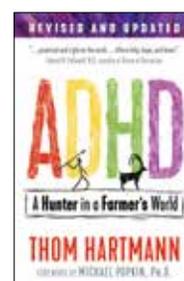
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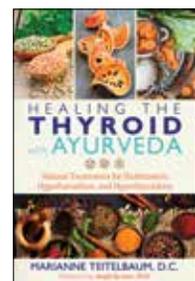
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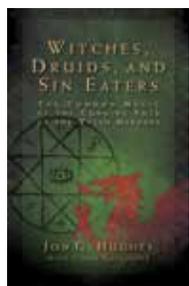


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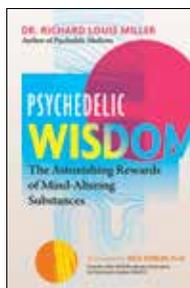


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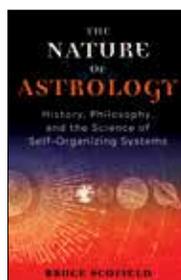
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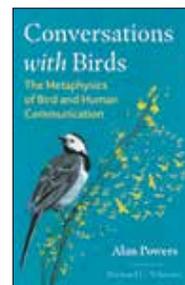
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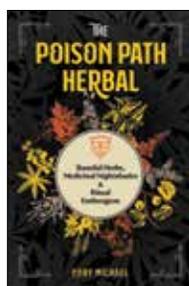


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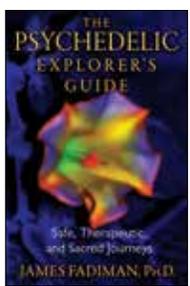


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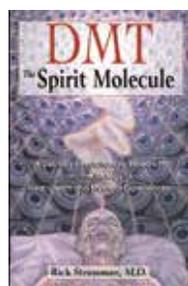
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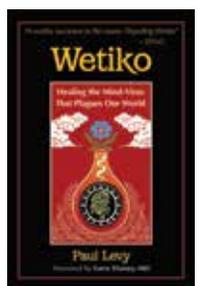
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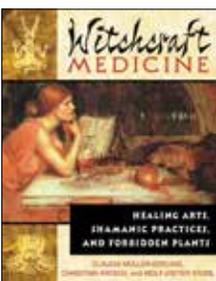
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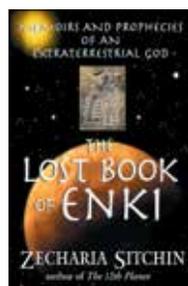
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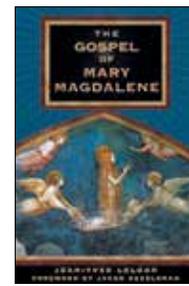
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