



deep books ltd

February 2024

Spiritual Insight through Birds



Bird Vibes

Meditation Cards

CATHERINE C. BASTEDO

ART BY HEATHER BALE



advance information

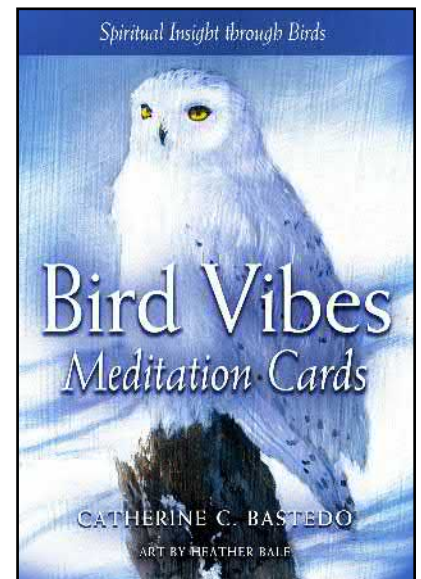
BIRD VIBES MEDITATION CARDS

February 2024

Spiritual Insight Through Birds
Catherine C. Bastedo, Art by Heather Bale

Have you ever celebrated the newest hatchling of a mated pair of Red-tailed Hawks, listened to the crooning of a Common Loon on a misty morning, or experienced the magic of a Snowy Owl's four-foot wingspan as it flies above your head? If you haven't already started to notice the kinds of birds around you, you will once you start using this deck.

BIRD VIBES MEDITATION CARDS is an inspired deck and booklet of fifty-four cards based on birds that may be seen in the cities, countryside, and forests of North America. Fifty birds are grouped by eight chakras according to the bird's colouring, habitat, or other characteristics, with an additional card for each season. Designed to be a simple addition to your daily practice, the short but poetic descriptions and bird facts in BIRD VIBES will help you seek meaning through the messages of birds, connect you to the energy around and within you, and shed light on your spiritual path. Whether you're interested in learning about birds, chakras, or meditation, these cards encourage a love for nature and instil gratitude for our feathered friends.



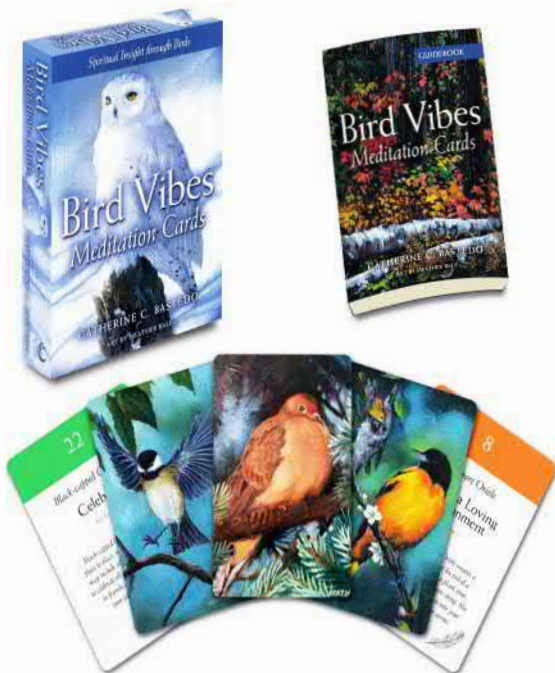
Book & Card Set

978-15827-09109

127 x 171

54 cards & 152pp guidebook

£26.00 inc VAT



deep books ltd ● unit 3 ● goose green trading estate ● 47 east dulwich road ● london ● se22 9bn
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BW

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The

MARIE LAVEAU VOODOO GRIMMOIRE

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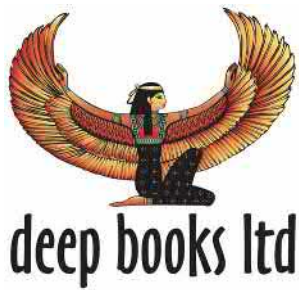
Rituals, recipes, and spells for healing, protection, beauty, love, and more



+

DENISE ALVARADO

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MARIE LAVEAU VOODOO GRIMOIRE

Rituals, Recipes, and Spells for Healing, Protection, Beauty, Love, and More

Denise Alvarado

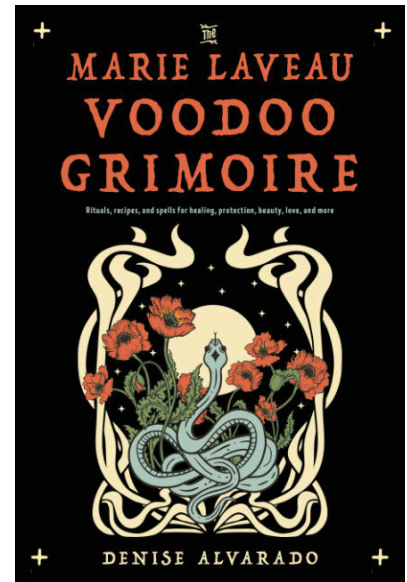
The first guide and spell book for modern witches on how to bring the renowned Marie Laveau's spiritual heritage to life.

THE MARIE LAVEAU VOODOO GRIMOIRE is a practical guide to New Orleans-style magic inspired by the life and traditions of Marie Laveau—the eternal and enduring Queen of New Orleans Voodoo. This is a working grimoire, or spell book, created for the modern witch and Conjure worker that provides formulas and recipes for solving the problems of daily living and enhancing quality of life using the Laveau Voodoo tradition. More than just a collection of spells, THE MARIE LAVEAU VOODOO GRIMOIRE contains tips and recommendations for improving one's spell-crafting skills and living a magical, spiritual life. The author draws upon her own Creole heritage to bring this unique and regional style of magic to the greater public in a clear and accessible way. Formulas include:

- Floor Wash for Business Success: A formula said to be used by Marie Laveau for washing the floors of a business to bring in spending customers.
- Controlling Powder: A simple recipe that can be made at a moment's notice to influence someone to act in your favour.
- Follow Me Boy Conjure Oil: According to oral tradition, this recipe was created by Marie Laveau. Originally designed for prostitutes, this recipe has money, love, and protection herbs incorporated in it. This blend is favoured for its power to attract, seduce, and enthrall.

Alvarado teaches readers everything from stone, root, and bone magick to ritual oils and spells for healing, protection, love, beauty, banishing, and much more.

February 2024



9781578638130

152 x 229

20 B&W photos

Magic

£15.99

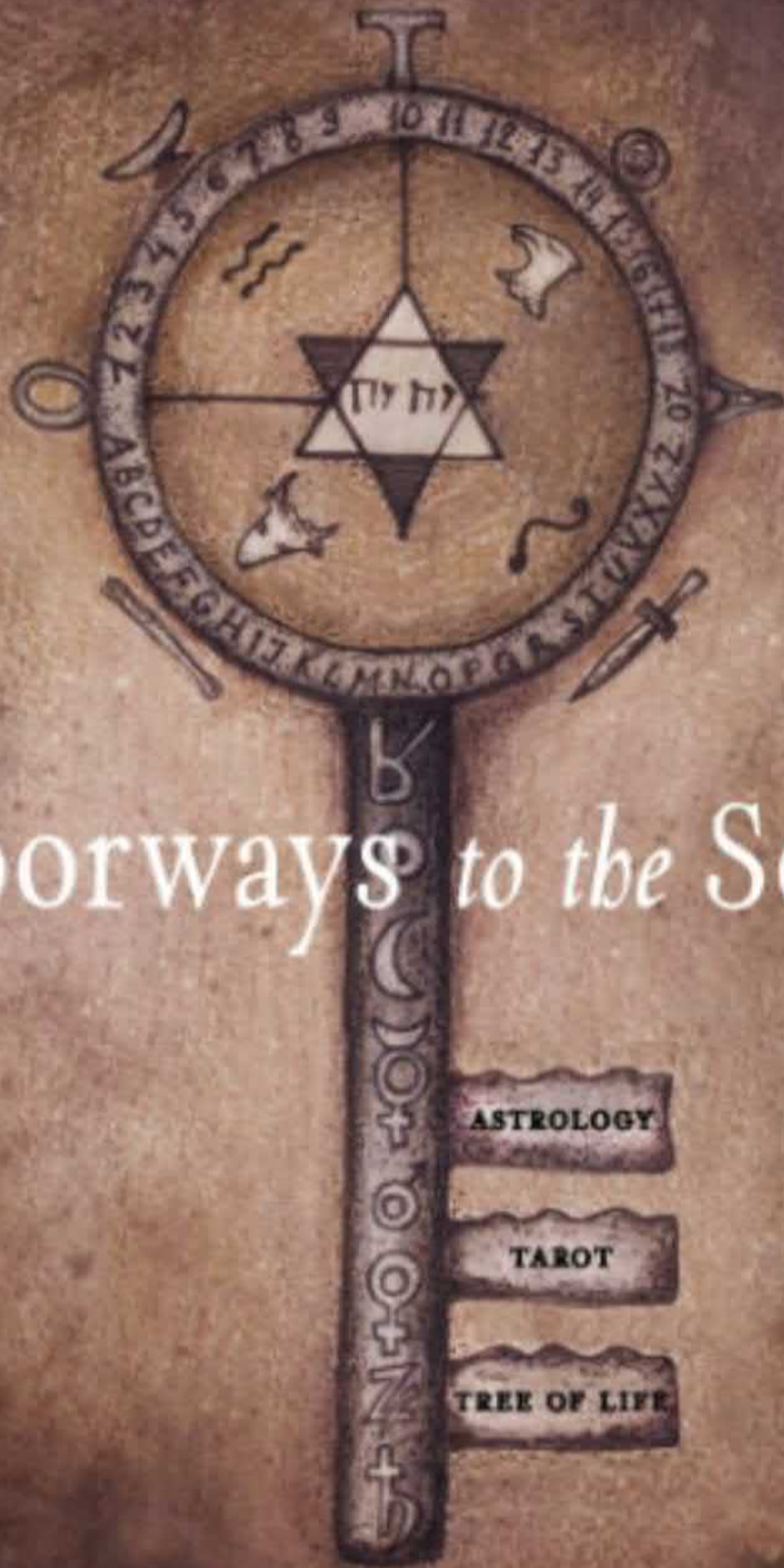
Pb
240pp

of related interest:

MAGIC OF MARIE LAVEAU	9781578636730	£13.99
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WITCH QUEENS, VOODOO SPIRITS, AND HOODOO SAINTS	9781578636747	£13.99

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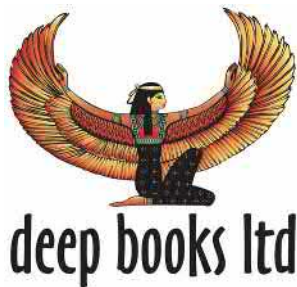
DEREK R. SEAGRIEF



Doorways to the Soul

VOLUME ONE

Foundations of Symbol Systems



advanced information

DOORWAYS TO THE SOUL, VOLUME ONE: FOUNDATIONS OF SYMBOL SYSTEMS

Astrology, Tarot, the Tree of Life

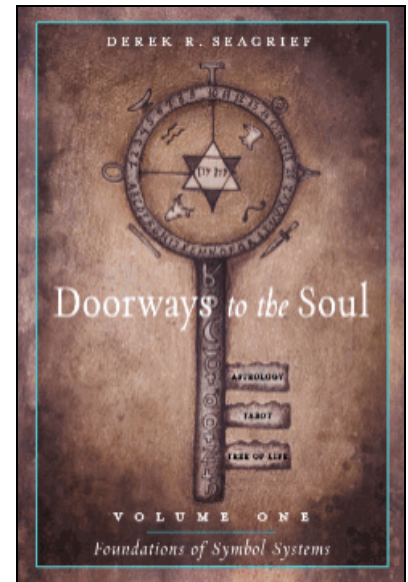
Derek R. Seagrif
Illustrated by Katja Mikklesen

An evolutionary journey of self-transformation and self-integration

An exploration of the incredible world of symbols and symbolism. Working with symbols unfolds one's intuitive sensitivities—they are the doorway to the Soul—the major focus of the purpose underlying this work. The author is exploring the symbol systems of Astrology, Tarot, and the Tree of Life, and combining them into a working whole, presenting an in-depth course of study. All three symbol systems present a model and a means for integration and self-realization, offering a map for the inner traveller to find the person one was always intended to be.

The main goal of Volume 1 is to introduce the reader to a new way of working with Astrology, by placing the horoscope upon the Kabbalistic Tree of Life, thus creating a personal Flow Chart or Mandala. Volumes 2 and 3 will add more focus on Tarot and Kabbalah respectively.

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9780892542253

152 x 229

Charts & diagrams
throughout
Astrology
£34.00

Pb
372pp

About the Author....

Derek R. Seagrif is an internationally recognized astrologer, teacher, lecturer, author, and astro-therapist, grounded in PsychoSynthesis. He and Katja Mikkelsen have been running The School of Living Kabbalah in Copenhagen for 20 years

of related interest:

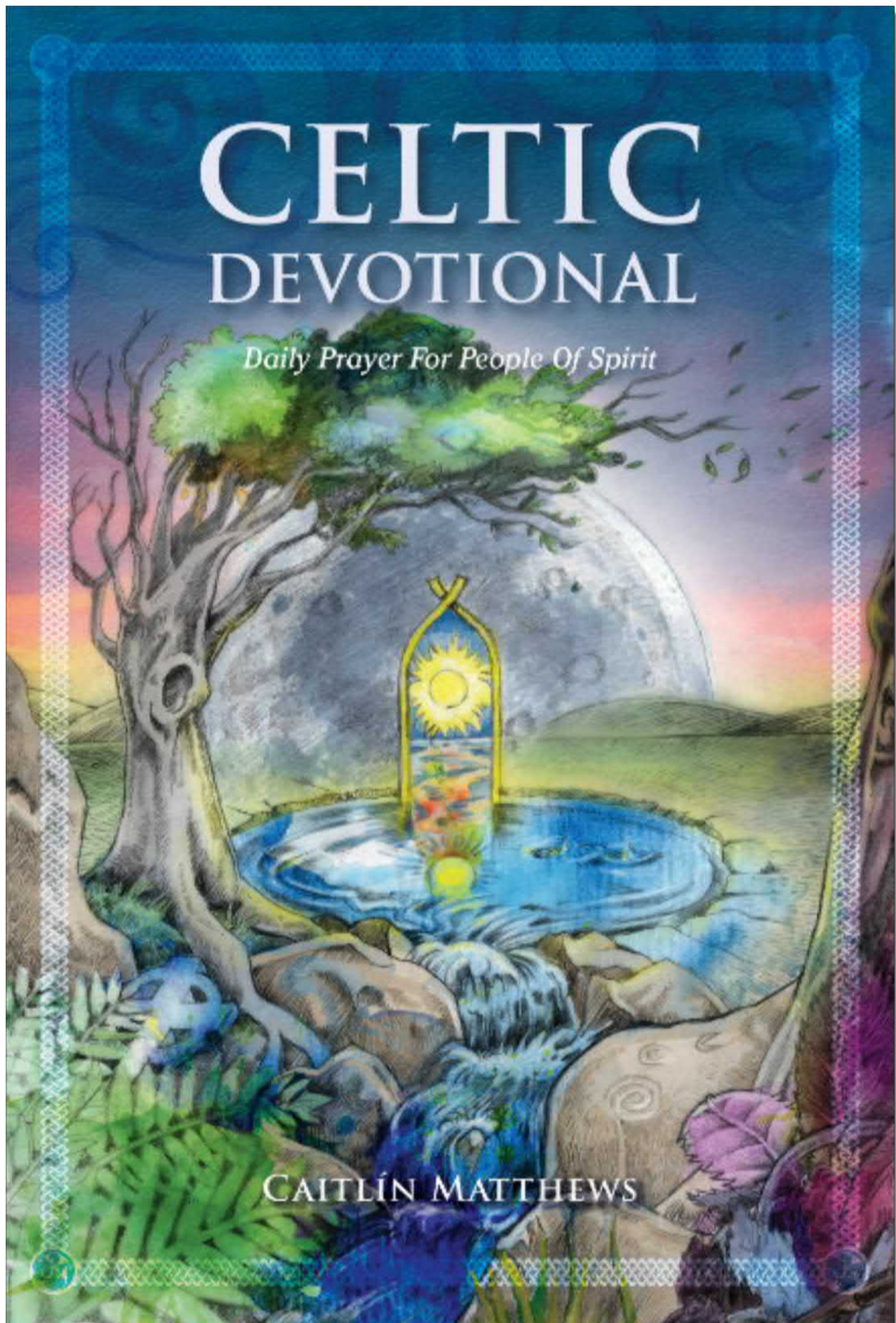
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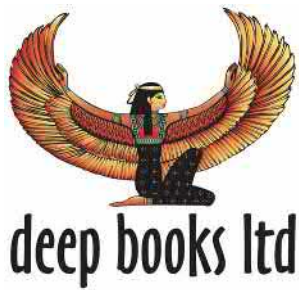
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CELTIC DEVOTIONAL

Daily Prayer For People Of Spirit

CAITLÍN MATTHEWS





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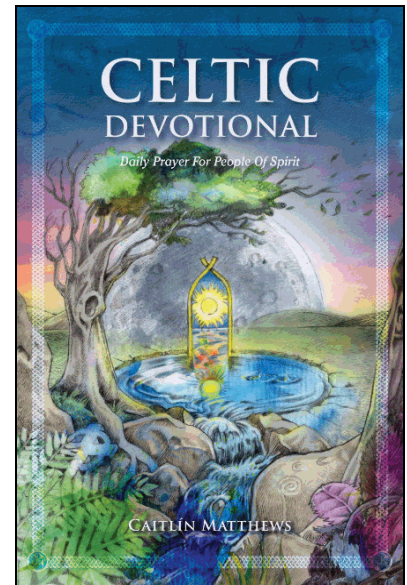
CELTIC DEVOTIONAL

Daily Prayer For People Of Spirit

Caitlin Matthews

February 2024

CELTIC DEVOTIONAL is for all who want to find and follow their spiritual pathway. Drawing on the inspiration of the seasonal unfolding of the year and on the ancestral environmental vision of the Celtic period, this devotional creates a framework for the daily rekindling and refreshment of the soul. A combination of existing and newly composed prayers, blessings and ceremonies for people of all traditions or none, this much-loved devotional returns to uplift and accompany the daily round through the seasons of the year.



9780645673968

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Pb
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Celtic
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of related interest:

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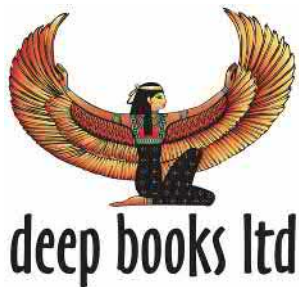
ADP

PAUL FENTON-SMITH

ACTIVATE YOUR PSYCHIC ABILITY



THE POWER OF INTUITION REVEALED



advanced information

ACTIVATE YOUR PSYCHIC ABILITY

The Power of Intuition Revealed

Paul Fenton-Smith

The smallest of choices can change the course of your life.

Your psychic senses are your keys to creating your best path forward. When you learn to look ahead, your insight will save time, energy and heartache — steering you towards worthwhile goals and deeper purpose. Activate your natural psychic ability to build faith in your instincts and be true to the outcomes of your choosing. This thorough and practical how-to includes approaches, strategies, exercises, activities, quizzes, anecdotes and expert advice.

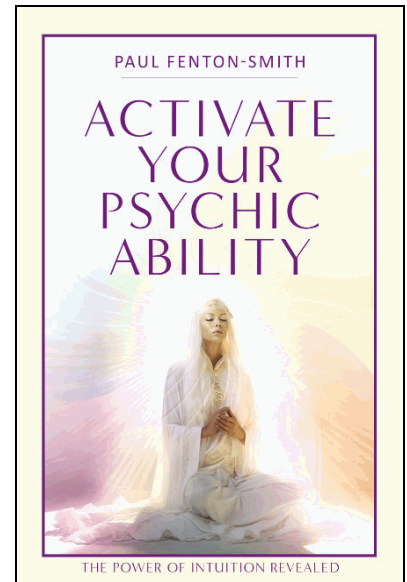
- Identify your psychic strengths and connect with your internal guidance.
- Measure the accuracy of your intuitive impressions.
- Know which questions to ask for the most revealing answers.
- Enhance your relationships with people and animals in the physical and spiritual realms.
- Become aware of potential opportunities and discover how to harness them.

Gain awareness of where the choices, connections and actions of today will take you so you can greet every pivotal moment of your life with greater wisdom, calm, confidence and clarity. Why leave your destiny to chance?

of related interest:
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February 2024



9781922573919

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Pb
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Psychic Awareness
£15.99

About the Author.....

When asked how he became a clairvoyant, Paul Fenton-Smith admits he didn't see it coming. He began his intuitive exploration in 1978 at age 17 when a friend enrolled him in a palmistry course. His initial scepticism faded in lesson three when the teacher described his nature clearly, based on the shape and flexibility of his thumbs. In the decades since, Paul has studied tarot card reading, astrology, psychic development, clinical hypnotherapy and counselling,

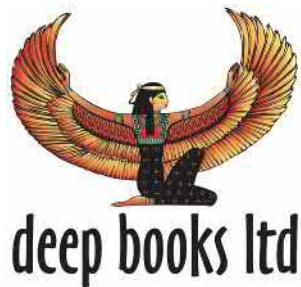
BA

SAMAEL AUN WEOR

KUNDALINI

THE SACRED FIRE
OF ALL RELIGIONS





advanced information

KUNDALINI

The Sacred Fire of All Religions

Samael Aun Weor

Second edition of this seminal text that reveals the sacred mysteries of kundalini

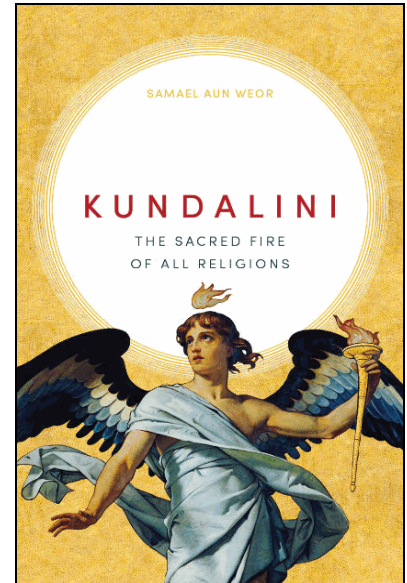
"You will find terrific secrets within this book, secrets that never in the history of life were published." —Samael Aun Weor

Although the term Kundalini is associated with Indian mysticism, tantra, and yoga, the word refers to a living element in nature and is thus known in all religions by different names. In Judaism and Kabbalah, it is called Shekinah. In Christianity, it is the fire of the Pentacost that illuminated the apostles. In Buddhism it is known by many names, such as Candali.

For thousands of years, many have wondered at the tales of that mysterious force, yet the method to attain this power has been hidden, misunderstood, or sometimes, intentionally sabotaged. Now, like a refreshing spring breeze, Samael Aun Weor wipes away the dust and reveals the sacred mysteries of our most ancient and holy science. With a firm foundation in scripture and practical knowledge, the method to awaken and develop the root energy of life is made clear and accessible to all. It is no longer necessary to theorize or debate: through the practice of the techniques in this book, one can know.

"Kundalini is the cosmic power in individual bodies. It is not a material force like electricity, magnetism, centripetal or centrifugal force. It is a spiritual potential Sakti or cosmic power. In reality it has no form." —Swami Sivananda

February 2024



9781943358205

152 x 229

Pb

236pp

Spirituality and
Inspirational
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About the Author.....

His name is Hebrew and is pronounced "sam-ayel on vay-or." You may not have heard of him, but Samael Aun Weor changed the world. In 1950, in his first two books, he became the first person to reveal the esoteric secret about sex that was hidden in all the world's great religions, and for that, accused of "healing the ill," he was put in prison. Nevertheless, he did not stop. Between 1950 and 1977 he wrote sixty books, and inspired millions of people.

GP



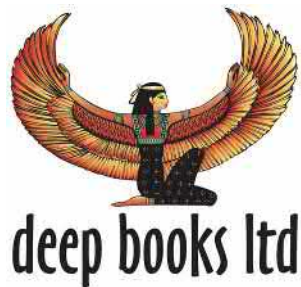
THE POWER THAT CREATES GALAXIES,
WORLDS, BEASTS, AND AWAKENED PEOPLE

"THE SEXUAL ENERGY CAN TRANSFORM ANY
PERSON INTO AN ANGEL OR INTO A BEAST."

LIGHT

FROM DARKNESS

SAMAEL AUN WEOR



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LIGHT FROM DARKNESS

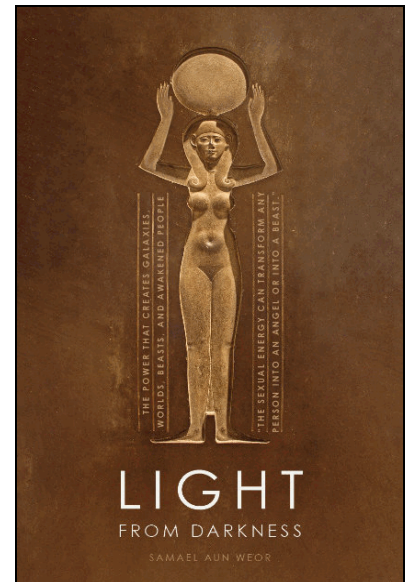
The Sacred Power that Creates Galaxies, Worlds, Atoms, and Awakened People

Samael Aun Weor

Harness the fundamental energies to reach your full, luminous potential

Everything in existence functions because of laws of nature. Knowledge of those laws is what allows us to accomplish anything in life. Our spiritual and religious life is no different. Spiritual awakening is managed by laws in nature. On every level of existence, there are basic facts that manage creation, development, decay, and death. Our consciousness or soul is no exception to these facts, and by knowing about them, we can achieve our complete development as a human being. Samael Aun Weor explains the fundamental laws and energies that we need to consciously harness in order to reach our full potential. These are the same energies that fuel the creation of any organism, from the smallest atom to the most expansive universe. The human being is called to be a luminous king or queen of nature, and to reach that level, one must know how.

February 2023



9781943358199
152 x 229

Pb
180pp

Spirituality and
Inspirational
£15.99

About the Author....

His name is Hebrew שַׁמְאֵל אֲוֵן עֹרִי אָאָאָ, and is pronounced "sam-ayel on vay-or." You may not have heard of him, but Samael Aun Weor changed the world. In 1950, in his first two books, he became the first person to reveal the esoteric secret about sex that was hidden in all the world's great religions, and for that, accused of "healing the ill," he was put in prison. Nevertheless, he did not stop. Between 1950 and 1977 he wrote sixty books, and inspired millions of people.

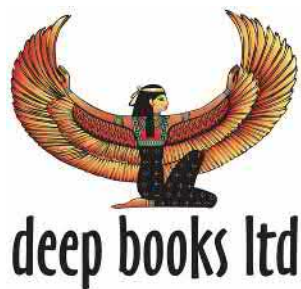
GP



LEESA RENÉE HALL

INNER *Field* TRIP

30 DAYS OF PERSONAL EXPLORATION,
COLLECTIVE LIBERATION, AND
GENERATIONAL HEALING



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INNER FIELD TRIP

30 Days of Personal Exploration, Collective Liberation, and Generational Healing

Leesa Renée Hall

A powerful 30-day workbook journey intended to help the reader lovingly confront their inner oppressor and come to terms with their own internalized biases.

Based on mental wellness advocate and writer Leesa Renee Hall's longstanding work, INNER FIELD TRIP provides a user-friendly, non-judgmental, and introspective template for exploring our inner biases about race and other forms of inequity. The cornerstone of Hall's model involves confronting one's "Inner Oppressor."

The Inner Oppressor is a manifestation of internalized cultural messages that drive us to judge others but also works to sabotage our own needs. This 30-day program in workbook form takes readers - who become active participants in the experience - on a deep dive from which they will emerge changed.

February 2024



9781955905299

178 x 229

Pb
208pp

Self-Help
£24.00

About the Author.....

Leesa Renée Hall is a mental health advocate and founder of Inner Field Trip®, a community helping Highly Sensitive, Highly Perceptive, Deep Feeling and Neurodivergent people explore unconscious biases so they protect their energy, be on the side of justice, and become better ancestors. Her advice has been featured in The Guardian and American Express OPEN, along with television, radio and podcast appearances.

of related interest:

HUMANITY ARCHIVE HB

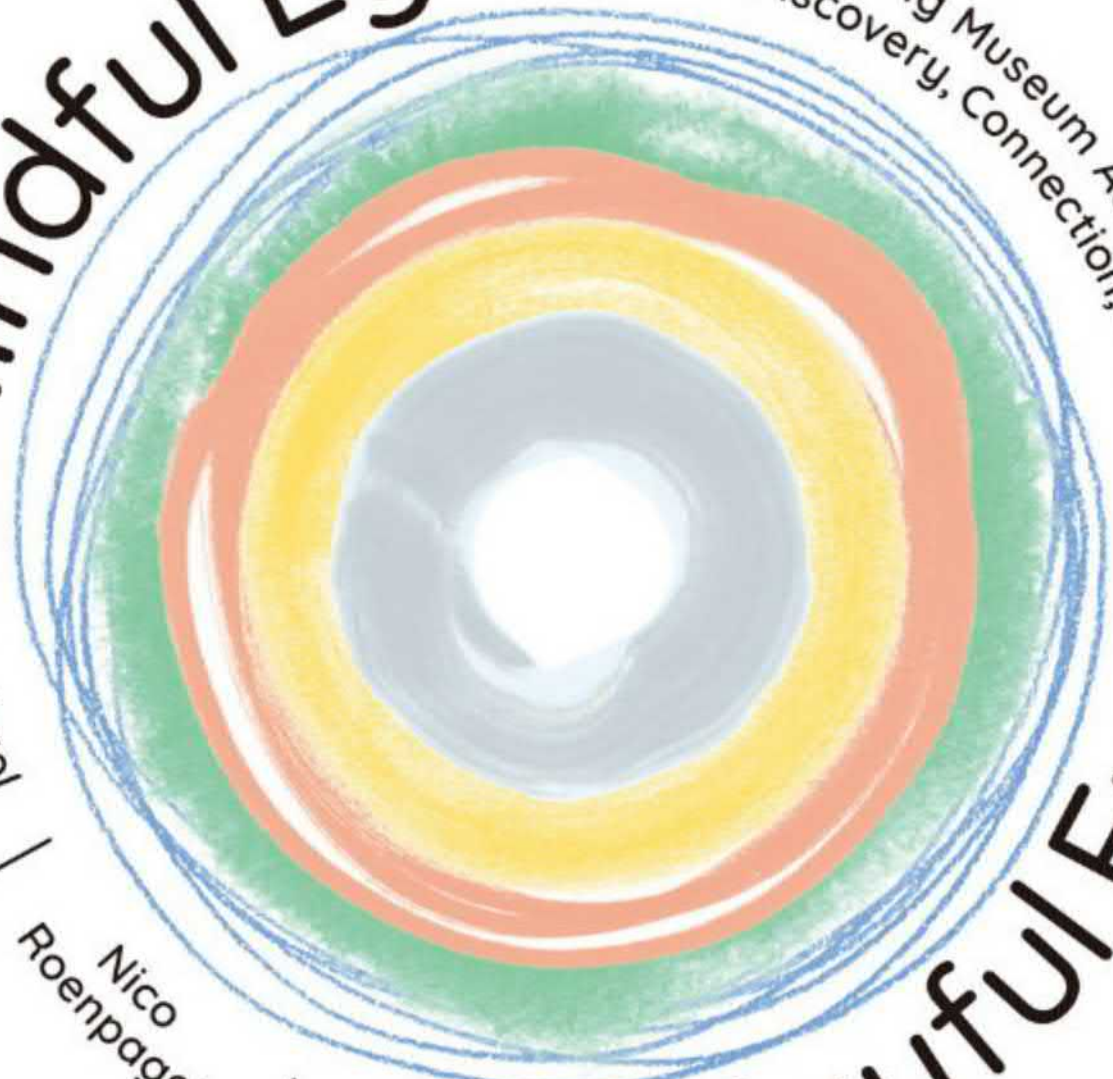
9781955905145

£28.00

RHP

Mindful Eye 101

Amazing Museum Activities for
Discovery, Connection, and Insight

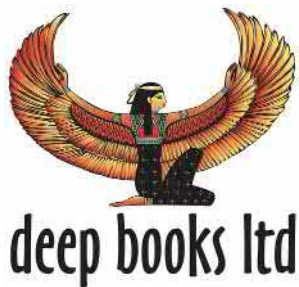


Michael
Garbutt

Nico
Roenpagel

Frank
Feltens

Playful Eye



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MINDFUL EYE, PLAYFUL EYE

101 Amazing Museum Activities for Discovery, Connection, and Insight

Michael Garbutt, Nico Roenpagel and Frank Feltens

Experience art and design as you've never experienced them before with 101 imaginative, mindfulness-based practices that will engage your senses, open your mind, and transform your next museum visit

Switch off your phone, take a deep breath, and prepare for adventure. MINDFUL EYE, PLAYFUL EYE invites readers on a thoughtful journey through museums, with 101 practices designed to nurture the development of attention, creativity, and compassion. This book encourages a playful and reflective approach to the museum experience of viewing art, sculptures, fossils, jewellery, aircraft, and more, including suggestions to:

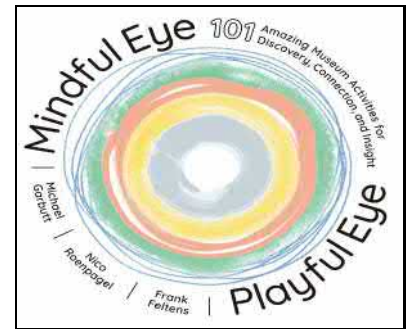
- Imagine an object features prominently in a film or novel. What role does it play in a love story, thriller, and sci-fi?
- Pose to mirror a piece and consider the sensations that arise.
- Encounter as many objects as you can while holding your breath.
- Switch between scientific and empathic modes of viewing an object.

Activities include instructions for both individual and partnered exploration. Whether frequenting a favourite museum or exploring an unfamiliar one, this book will enrich solo trips and add a unique element of connection to romantic or friend dates. Practices are divided into 5 categories:

- **Body:** explores how your body responds to museum objects.
- **Vision:** challenges established visual habits and encourages experimentation.
- **Mind:** focuses on thoughts and feelings that animate your inner world.
- **Imagination:** encourages you to imagine new ways of being.
- **Action:** transforms you into an art maker and performance artist.

The practices can be performed in any museum in the world. MINDFUL EYE, PLAYFUL EYE empowers museumgoers to encounter museum collections, themselves, and each other with heightened awareness, centeredness, and a sense of unabashed joy.

February 2024



9781588347626

191 x 191

full colour throughout

History

£14.99

Pb

160pp

About the Author....

Michael Garbutt is a senior lecturer in the School of Art & Design at UNSW Sydney where he teaches spatial experience design and researches the embodied visual behaviours of art museum visitors. Nico Roenpagel is a meditation teacher and expert on mindful leadership whose research highlighted the role of spirituality in art museum education. Frank Feltens is curator of Japanese Art at the Smithsonian's National Museum of Asian Art and author of Hokusai's Brush

SMB

AFRO FUTURISM

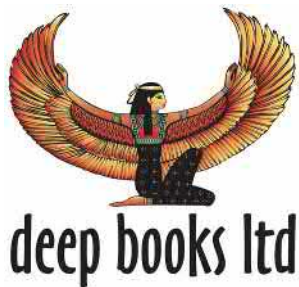
*A HISTORY
OF BLACK
FUTURES*

Edited by
Kevin M. Strait and
Kinshasha Holman Conwill

 NATIONAL MUSEUM
of AFRICAN AMERICAN
HISTORY & CULTURE

 Smithsonian





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AFROFUTURISM

A History of Black Futures

Kevin M. Strait and Kinshasha Holman Conwill

This timely and gorgeously illustrated companion book to an upcoming Smithsonian exhibition explores the power of Afrofuturism to reclaim the past and reimagine Black futures

AFROFUTURISM explores the evolving and exhilarating concept of Afrofuturism, a lens used to imagine a more empowering future for the Black community through music, art, and speculative fiction. Sumptuous, beautifully designed spreads feature 100 gorgeous illustrations of objects and images that reflect Black identity, agency, creativity, and hope, including: T'Challa's suit from Black Panther, Octavia Butler's typewriter, Uhura's outfit from Star Trek, Sun Ra's space harp, costumes from Broadway's The Wiz, handwritten lyrics by Jimi Hendrix, and Janelle Monae's ArchAndroid dress. Chapters include essays from a diverse group of scholars who reflect on themes such as legacy, alienation, and activism, with profiles on influential people and objects:

Foreword & Introduction: Provides background on Afrofuturism

Chapter 1 - Space is the Place: Reflects on space and its defining connection to Afrofuturism and its African cultural legacy

Chapter 2 - Re-Animation and Re-Invention: Explores short stories, Black speculative fiction and sci-fi, comics, and Black superheroes as bastions of Afrofuturist expression

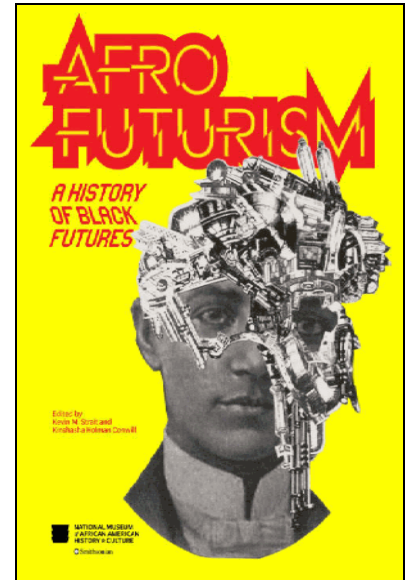
Chapter 3 - Visualizing Afrofuturism: Analyzes the vast visual culture of Afrofuturism

Chapter 4 - Sonic Architects: Explores Afrofuturism and music

Chapter 5 - Infinite Possibilities: Investigates Afrofuturism in the present and future, and how it connects with the activist goals of Black youth culture

AFROFUTURISM offers a framework of radical potential to envision Black liberation and alternatives to oppressive structures like white supremacy. Afrofuturism comes at a time of increasing visibility for the concept, both in scholarship and in pop culture, and is a compelling ode to the revolutionary power of Black imagination.

February 2024



9781588347718

210 x 279

135 colour photos

History

£29.00

Pb

216pp

About the Author....

Kevin Strait is a museum curator who has worked on the permanent exhibitions "Musical Crossroads" and the "Power of Place," as well as leading the Afrofuturism exhibition. Kinshasha Holman Conwill is deputy director of the Smithsonian's National Museum of African American History and Culture.

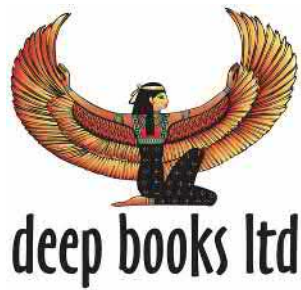
SMB

Womb Medicine Journal

YOUR GUIDE TO MANIFESTING WITH THE MOON
AND YOUR MENSTRUAL CYCLE



Sali McIntyre



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WOMB MEDICINE JOURNAL

Your Guide to Manifesting with the Moon and Your Menstrual Cycle

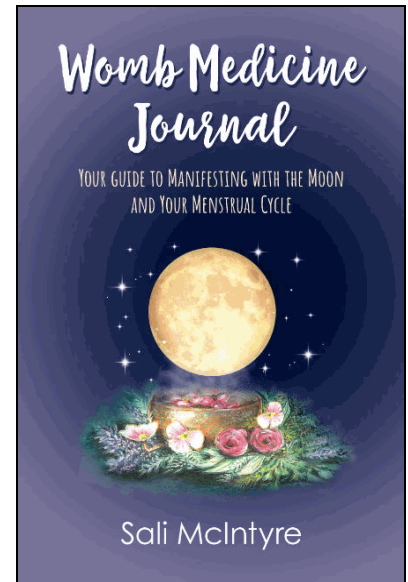
Sali McIntyre

The WOMB MEDICINE JOURNAL is a unique blend of a diary, journal, and menstrual tracker. The perpetual calendar offers an opportunity to tune into your mind, womb, and your cycle.

Record your thoughts and feelings as well as your ideas, dreams, visions and intentions for the month to come. Track your menstrual cycle, and observe your physical and emotional changes, ponder your moods, energy levels, productivity and food cravings, and then look back and notice how these patterns may repeat themselves as you ebb and flow as a woman.

Observe the phases of the moon and its effects and recognise and honour both your cyclical nature and your connection with the Earth Mother. Start at Day 1, Week 1, or start at any time. There are no dates to limit your journey.

February 2024



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140 x 210

125 col illustrations

Journals and

Notebooks

£19.99 inc VAT

Pb

296pp

of related interest:

WOMB MEDICINE

9780648650881

£13.99

WOMB MEDICINE HEALING CARDS

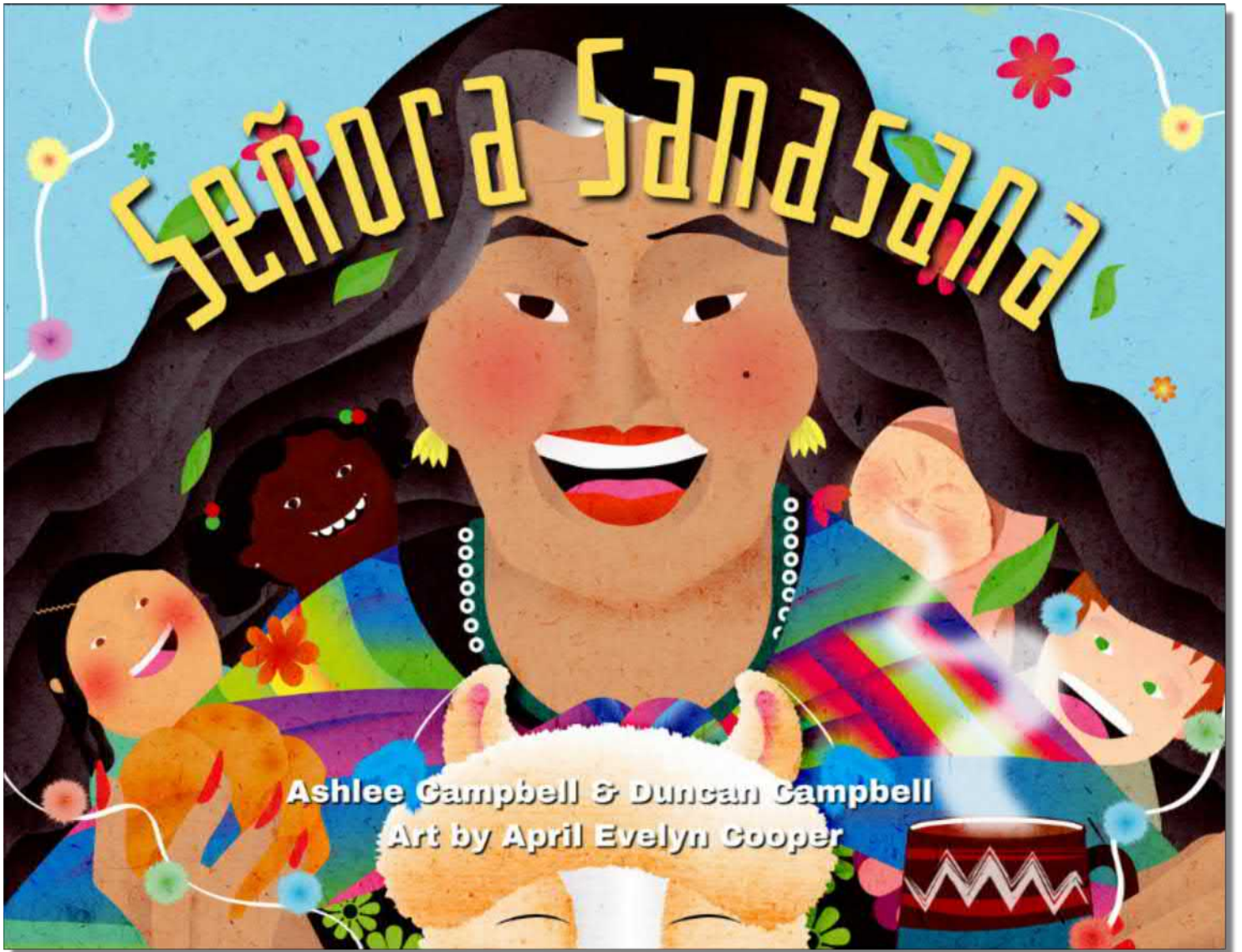
9780645017991

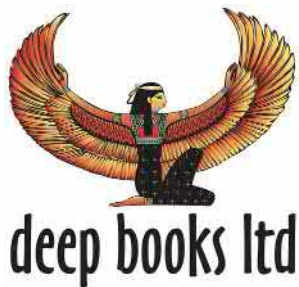
£18.99 inc VAT

ADP

Señora SanaSana

Ashlee Campbell & Duncan Campbell
Art by April Evelyn Cooper





advanced information

SEÑORA SANASANA HB

February 2024

Ashlee Campbell & Duncan Campbell
Art by April Evelyn Cooper

Written in English-Spanish (with a glossary included), this charming and nostalgic book will transport readers back to their childhoods, evoking fond memories of a beloved Spanish-language nursery rhyme.

This delightful tale is sure to resonate with Spanish speakers from all corners of the Americas, who grew up hearing this familiar tune.

SEÑORA SANASANA offers a new lively character to the children's canon of beloved magical nannies and caregivers: a fashionable and kind Peruvian elder who is as fantastical as her llama companion, Llamita, and who is a cunning friend to the multicultural children and families of her high-rise apartment building.

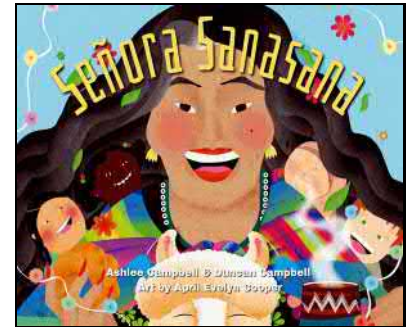
Señora Sanasana guides her neighbours through the ups and downs of childhood, and her magical apartment is a safe place for her community to play and learn. Along the way, readers will be introduced to a host of colourful characters, each with their own unique problems and ailments that Señora Sanasana helps to cure.

As the story unfolds, readers will find themselves caught up in the rhythm and flow of the language, which is expertly crafted to evoke the musicality of the original nursery rhyme.

The story, co-authored by father-daughter duo Ashlee Campbell and Duncan Campbell, and colourfully illustrated by April Evelyn Cooper, is written in up-tempo verse and sprinkled with Spanish words and Peruvian references that reflect the authors' family heritage.

From the catchy refrain of "Sanasana colita de rana" to the lilting verses that describe Señora Sanasana's healing magic, this book is a true celebration of the Spanish language and its many rich traditions.

Whether you are a native Spanish speaker or simply love the beauty and poetry of the language, SEÑORA SANASANA is a must-read book that will leave you feeling uplifted, inspired, and nostalgic for the simple joys of childhood.



9798986827308

179 x 216

Full colour throughout

Childrens

£16.99

Hb
32pp

of related interest:

DANNY'S DAY IN HEAVEN HB

9781582708935

£17.99

MAGICAL STARFRUIT TREE

9781582708911

£9.99

RHP

Would You Rather?



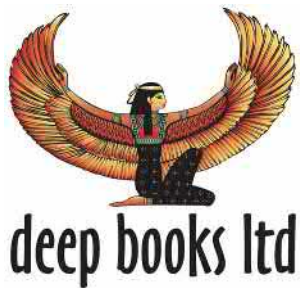
**FAMILY
CARD
GAME**



**FUN QUESTIONS, HILARIOUS ANSWERS,
LIVELY CONVERSATIONS!**

Lindsey Daly

Would You Rather?
FAMILY CARD GAME



advanced information

WOULD YOU RATHER? FAMILY CARD GAME

Fun Questions, Hilarious Answers, Lively Conversations

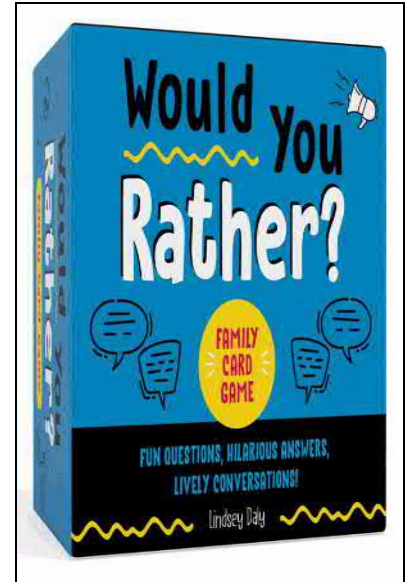
Lindsey Daly

Converse and compete with this exciting card game for families!

Start a competition and spirited conversations with these thought-provoking "Would You Rather?" questions. Are you the funniest, most creative, or most logical member of your family? Out-think and outsmart others with your best answers to these exciting brainteasers!

- 200 uproarious questions for kids, teens, parents, grandparents, and anyone who enjoys a hilarious game night!
- Different ways to play this exciting game to fit everyone's needs
- Screen-free entertainment and thought-provoking conversation starters for all ages
- Compact size to play on the go: perfect for road trips, waiting at restaurants, holiday get-togethers, camping, and more
- Lots of laughs! The questions are funny; players can make the answers even funnier
- Cool categories ranging from entertainment and sports to history and nature
- The perfect gift for your favourite friends and family

February 2024



9780593690192
64 x 89

Cards
205pp

Childrens
£17.99 inc VAT

of related interest:

WOULD YOU RATHER? Family Challenge! Edition	9780593435465	£7.99
WOULD YOU RATHER? Made You Think! Edition	9780593196793	£7.99
WOULD YOU RATHER? Teen Challenge Edition	9780593435670	£7.99

ZG



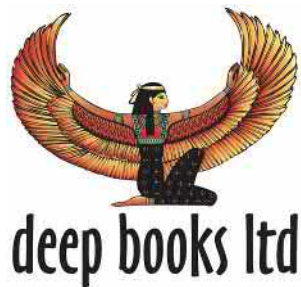
deep books ltd

distributed lines

A detailed mosaic of the face of Jesus Christ, showing a beard and a halo, set against a background of gold and blue mosaic tiles.

THE IMITATION OF
CHRIST

Thomas à Kempis



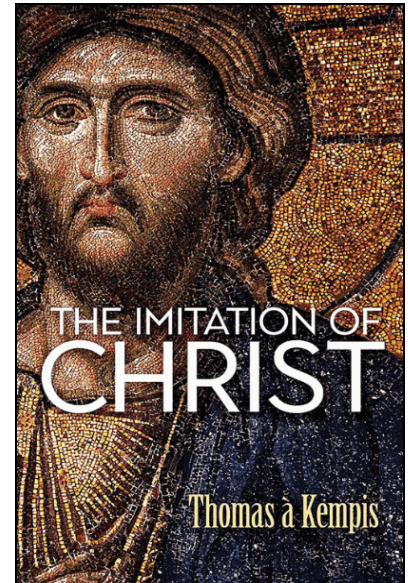
advanced information

IMITATION OF CHRIST

February 2024

Thomas à Kempis

Written by the pious monk Thomas à Kempis, this timeless masterpiece offers wisdom and hope by providing precepts we can use to draw nearer to God and learn how best to grow in holiness through obedience and love. In the realm of Christian devotional literature, this religious classic has illuminated countless souls over the ages, transcending the boundaries of denominations, beliefs, and the confines of time. Within these pages, a spiritual journey unfolds intimately in heartfelt prose, providing guidance in the resistance of worldly desires, the significance of mental recollection as a precursor to meditative prayer, and finding gratitude and strength in the soothing embrace of divine consolation and the sacred rite of Eucharistic communion. One of the most influential works in Christian literature, the book is an excellent resource for historians, mystics, and those seeking private devotion.



9780486852287
127 x 203

Pb
256pp

Religion
£12.49

EDI/DP

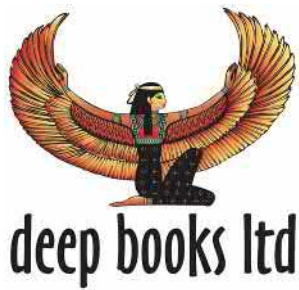
AMBROSIA
HAWTHORN

Zodiac Magic

Astrological Wisdom for
Love, Work and Family

Illustrations by
Silvia Vanni





advanced information

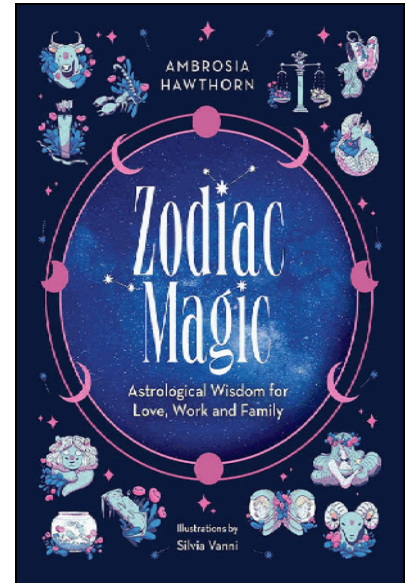
ZODIAC MAGIC

Astrological Wisdom for Love, Work and Family

Ambrosia Hawthorn
Illustrated by Silvia Vanni

February 2024

Unlock your life's potential with astrological magic. Bestselling author, astrologer, and shaman Ambrosia Hawthorn helps readers demystify and deepen their understanding of astrology to better understand themselves; their work, family, and romantic relationships; and the world around them. Based on the twelve signs of the zodiac, astrology has been used for centuries as a powerful system of guidance, knowledge, and insight. With its in-depth study of celestial bodies and cosmic movements that influence our lives, it is a popular tool for spiritual self-discovery. You'll learn to create your own birth charts and explore astrological magic for each sign using tarot cards, spells, herbs, and crystals. Featuring beautiful full-colour illustrations, this book is your guide to empowering and enriching your daily life.



9780486851754
165 x 216
full colour illustrations
throughout
Astrology
£16.99

Pb
208pp

of related interest:

ALAN OKENS COMPLETE ASTROLOGY	9780892541256	£29.00
ASTROLOGY ALMANAC 2024 HB	9780711286344	£15.00

EDI/DP

THE MINDFUL FREAK-OUT



A rescue manual for
being at your best
when life is at its worst

ERIC GOODMAN Ph.D.



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MINDFUL FREAK-OUT

A rescue manual for being at your best when life is at its worst

Eric Goodman

Learn how to freak out mindfully so you can face highly distressing moments with flexibility, strength and wisdom.

THE MINDFUL FREAK-OUT is written for people who are suffering during emotionally painful moments, such as when:

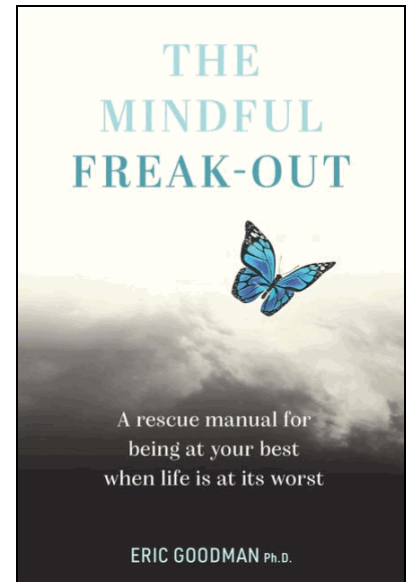
- You are facing anxiety or panic that seems to take over your life.
- The ferocity of anger that you are feeling threatens to damage relationships.
- Your life feels overwhelming, like you just can't take it anymore.

When life serves you up an intensely distressing moment (and life will find a way), you are in a competition with your inner 'threat system' for control over you. Your threat system will try to take over and make you react impulsively. When this happens, you not only suffer from the painful emotion, but are left with distressing consequences.

THE MINDFUL FREAK-OUT presents strategies from Acceptance and Commitment Therapy (ACT) and Compassion Focused Therapy (CFT) to give you the evidence-based tools you need to face highly distressing moments. The goal of these strategies is to soothe your suffering while giving you the inner strength, wisdom, and commitment needed to face the emotional pain in a flexible way that you feel good about (rather than deeply regretting your words or actions later on).

Loaded with practical advice, exercises, and information, this book will help you harness the power of mindfulness and compassion to live your best life, even when intensely painful emotions show up.

February 2024



9781922539366

152 x 229

Pb
240pp

Self-Help
£14.99

About the Author.....

Eric Goodman, Ph.D., is a clinical psychologist and anxiety disorders and OCD specialist. His private practice is in San Luis Obispo, California and he is a lecturer at Cal Poly State University.

EDI/EXP

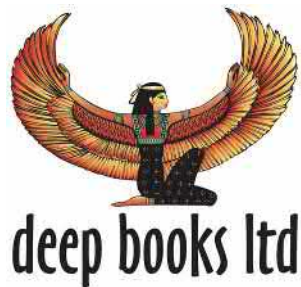
The background of the book cover is a light-colored, textured surface, possibly parchment or paper, decorated with various autumnal items. In the top left, there is a cluster of orange berries. In the top center, a dark, carved wooden object with several holes is visible. In the top right, another cluster of orange berries is shown. On the left side, a branch with dark blue berries runs vertically. In the bottom right, a bundle of sticks tied with twine is shown, with some sticks having a blueish-grey coating. The title is printed in a stylized, distressed font.

**LIVING
WANDS
OF THE
DRUIDS**

HARVESTING, CRAFTING, AND
CASTING WITH MAGICAL TOOLS

JON G. HUGHES

Author of
Flower Magic of the Druids



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LIVING WANDS OF THE DRUIDS

Harvesting, Crafting, and Casting with Magical Tools

Jon G. Hughes

A practical guide to the creation of natural wands for magical work.

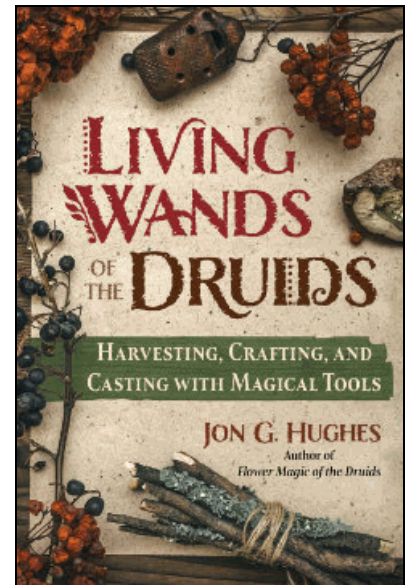
From Moses to Merlin to the power of the royal scepter, the wand has been a key magical device found in nearly every civilization and esoteric tradition throughout history. The fundamental purpose of a wand is to act as a spiritual conduit, harnessing the power of the adept's intention and channeling it into manifestation.

Exploring the history, lore, and creation of living wands—those crafted from local natural materials—fifth-generation Druid Jon G. Hughes presents a practical guide to the harvesting, crafting, and potentializing of living wands, as well as rods and staffs. He offers detailed harvesting advice, explaining the magical actions and meditations specific to each tree that should accompany crafting work as well as important influences such as the phases of the moon and the seasons. He looks in depth at woodlore, explaining the variety of woods and other botanicals that may be used to craft wands, their magical and hermetic attributes and virtues, and how these influence the adept's intention and magical workings. Trees and botanicals examined include oak, hawthorn, hazel, birch, apple, ash, mistletoe, holly, and ivy.

The author explores various types of wands, such as rood, entwined, thorn, and compound, detailing how each differs in its use and intended outcome. He offers step-by-step instructions on how to use wands for magical workings and explains other aspects of wand practice, including cleansing, intention, potentializing, and how to properly return a wand to nature after its purpose has been fulfilled.

Presenting a complete guide to crafting and using living wands as well as the history and lore behind this traditional form of Druidic natural magic, this book allows you to harness the magical essence of the living natural resources that surround you, helping you elevate your manifestations from the mundane to the higher spiritual planes.

February 2024



9781644118030

152 x 229

Includes 8-page colour
insert and 37 b&w
illustrations

Spirituality and
Inspirational

Pb
232pp

About the Author.....

Jon G. Hughes, author of *Celtic Sex Magic*, is part of a lineage of druids that has been practicing for five generations in a remote area of Wales. He is now teaching the tradition at his home in western Ireland and gives workshops and seminars throughout Europe under his Welsh name of Cynon. He is the director of the Irish Centre for Druidic Practices.

EDI/ITI



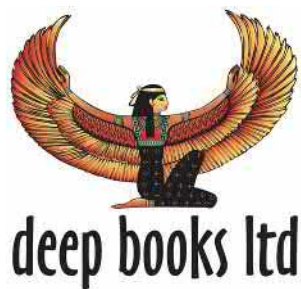
Nicolette Miele

RUNES
— for the —
Green Witch



AN HERBAL
GRIMOIRE





advanced information

RUNES FOR THE GREEN WITCH

An Herbal Grimoire

Nicolette Miele

A magickal guide to working with runes and plant allies for manifestation, healing, and spellwork.

Runes and plants both contain the dynamic and raw energies of Mother Earth and can be used to heal, manifest, protect, and elevate magick. Both support and deepen the nature-human connection that is vital to mind, body, and spirit. And while both can provide us with many benefits on their own, when merged in magickal union, their combined powers are multiplied exponentially.

In this magickal grimoire, herbalist witch Nicolette Miele immerses readers in the wisdom and folklore of the 24 Elder Futhark runes as well as their correspondences with deities, astrology, tarot, crystals, and plants. Each chapter begins by discussing the etymology, meanings, mythology, divination, correspondences, and magick of a particular rune and culminates with profiles of several herbs and plants that possess similar magickal energies. Each plant profile delves into the magickal, metaphysical, traditional, and medicinal applications as well as how to work with these incredible plant allies. These profiles also provide examples and tips on how the runes and plants may be combined within spells and ritual for manifesting, protecting, healing, banishing, and more.

For example, the author connects Fehu, the rune of wealth and value, with the practice of altar-building, making offerings, and with alfalfa, cedar, dandelion, and other plants traditionally used in abundance and prosperity magick. In the chapter on Kenaz, the rune of heat and illumination, the nature connection is nurtured through the element of fire and a step-by-step bindrune candle ritual. The plants connected with Kenaz are those that embody the characteristics of fire—such as passion, ferocity, and sexuality—and include clove, damiana, and kava kava.

Guiding the green witch through the benefits and strengths of synergistic magick, this book helps eclectic magickal practitioners advance their craft through folk magick and medicine, rituals, meditations, spells, and the soulful process of rewilding and connecting with Mother Nature.

February 2024



9781644118665

152 x 229

27 b&w illustrations

Runes

£17.99

Pb

288pp

About the Author....

Nicolette Miele is a pagan, writer, rune worker, and herbalist. She has practiced witchcraft for over 20 years with focuses on Norse runes, folk herbalism, alchemy, and trance meditation. She is the owner and operator of Handfuls of Dust Apothecary LLC, offering rune readings and handmade ritual products.

EDI/ITI

The background of the entire cover is an abstract, vibrant composition of colors. It features swirling, smoke-like or ink-like patterns in shades of red, orange, yellow, green, and blue, set against a dark, almost black background. The colors are most intense in the center and fade towards the edges, creating a sense of movement and energy.

DIANA RICHARDSON
MICHAEL RICHARDSON

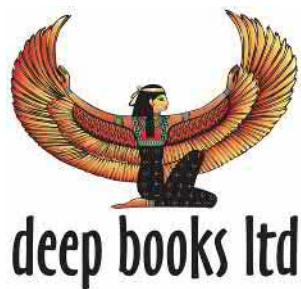
TANTRIC SEX FOR LOVERS

– *Contains* –

TANTRIC ORGASM FOR WOMEN

—
SLOW SEX

TANTRIC SEX FOR MEN



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TANTRIC SEX FOR LOVERS Boxed Set

March 2024

3-volume boxed set

Diana Richardson and Michael Richardson

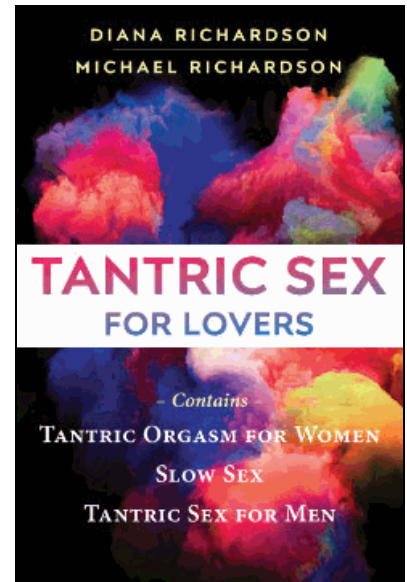
A complete guide to tantric sex in a 3-volume boxed set.

In this three-volume boxed set, tantric sex teachers Diana and Michael Richardson present practices to help couples enrich their sex life with the spiritual, healing power of sex.

In *Tantric Orgasm for Women*, Diana explores Tantra from the female perspective, sharing her more than 20 years of research and revealing how relaxation is the key to achieving deep orgasmic states. She looks at how receptive feminine energy influences the male-female exchange, provides ancient tantric meditations and breathing exercises for increased sensitivity and awareness, and explores the role of the clitoris, breasts, and vagina in achieving orgasm. In *Tantric Sex for Men*, Diana and Michael show men how to move beyond goal-oriented sex and relax into sex as a meditative union of complementary energies. They include foreplay approaches and diagrams of sexual position sequences, explore the relationship-strengthening benefits of deep sustained penetration, and explain how to perform soft penetration and avoid premature ejaculation.

In *Slow Sex*, Diana provides a step-by-step guide for committed couples to explore the healing, spiritual power of slow sex and awaken the body's innate mechanism for ecstasy and pleasure. She explains how slow sex increases sensitivity and sexual vitality as well as creating and restoring love. Providing illustrations of different positions for eye contact, deep sustained penetration, and soft penetration, she shows how the practice of slow sex provides couples a way to reach a shared meditative state and use it as a vehicle to achieve higher consciousness.

Enabling committed couples to develop a personal tantric sex practice, the authors reveal how to keep your sex life sustainable, fulfilling, and enjoyable for many decades to come as well as how to harness the power of sex to access extraordinary realms of sensitivity, sensuality, and higher consciousness.



9781644119563

152 x 229

68 b&w illustrations

Sexuality

£35.00

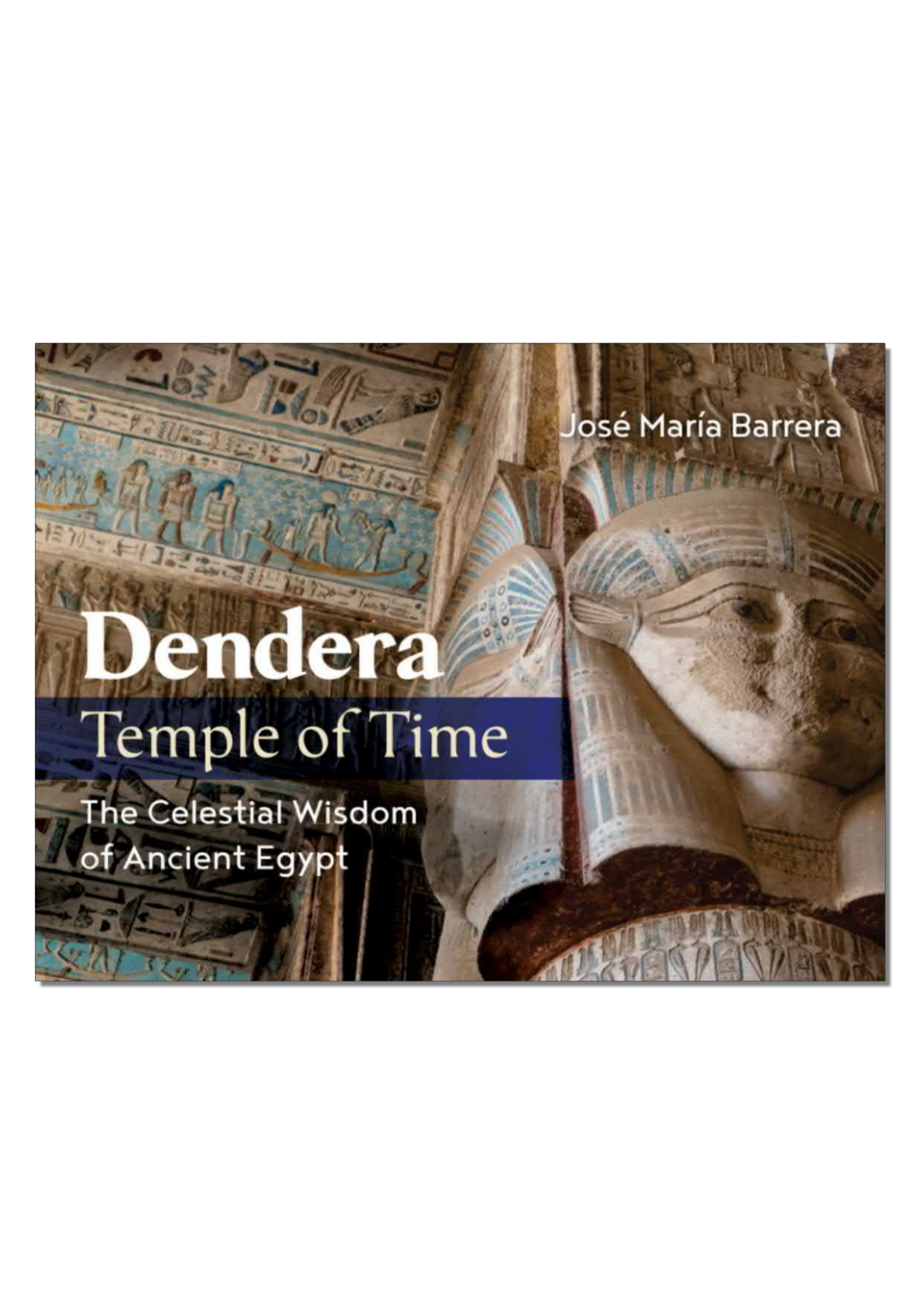
Pb

576pp

About the Author.....

Diana Richardson is the author of *Tantric Sex for Men*, *The Heart of Tantric Sex* and *Tantric Orgasm for Women* and is a teacher and practitioner of holistic body therapies. Born in South Africa, she became the disciple of tantric Master Osho in India in 1979. She is now based in Europe and travels extensively with her partner, hosting weeklong retreats for couples in tantric lovemaking.

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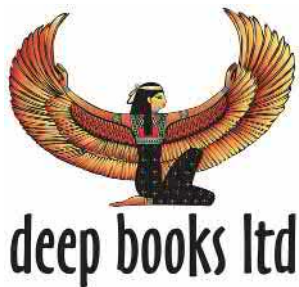


José María Barrera

Dendera

Temple of Time

The Celestial Wisdom
of Ancient Egypt



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DENDERA, TEMPLE OF TIME The Celestial Wisdom of Ancient Egypt

José María Barrera
Foreword by Bob Brier

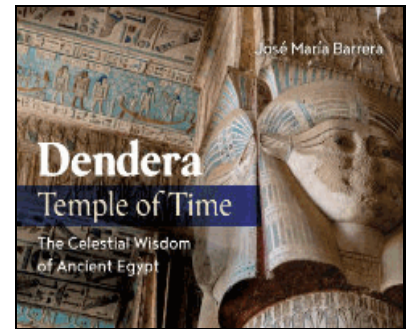
A full-colour exploration of the encoded ceiling at the Temple of Dendera.

Egypt is famous for its pyramids, the Sphinx, the temples at Luxor, and the Valley of the Kings, but 40 miles north of Luxor lies the best-preserved temple complex in all of Egypt: The Temple of Dendera, known for the famous "Zodiac of Dendera" now housed in the Louvre Museum. Within the portico leading into the Hathor temple at Dendera is a little-known outstanding achievement of humanity: an extensive colored bas-relief—larger than the ceiling of the Sistine Chapel—meticulously encoded with the sophisticated astronomical knowledge of ancient Egypt.

Drawing on more than 5,000 high-resolution photographs he has taken at the Temple of Dendera, photographer and computer scientist José María Barrera presents a complete full-colour photographic reconstruction of the ceiling of the pronaos at Dendera and reveals in detail how each panel represents celestial cycles of time from the Precession of the Equinoxes to the annual cycles of life found along the Nile. He explains the meaning of the layout of the ceiling as it relates to the present, the past, eternity, the hours of the day, the phases of the moon, the constellations used in ancient Egyptian astronomy, and the Great Solar Year. The author provides detailed analysis of each panel, including close-up photos, and explains each panel's astronomical and spiritual significance from the ancient Egyptian perspective as well as examining the myths, gods, and goddesses depicted. He also includes an appendix exploring the meaning and symbology of ancient Egyptian iconography.

Allowing you to experience the vivid details of this ancient work of art and science, this photographic exploration also recreates the sense of spiritual awe and power the Temple of Dendera radiates to its visitors, whether today or millennia ago.

February 2024



9781644118344
229 x 305

Hb
208pp

full colour throughout
Egyptian
£40.00

About the Author....

José María Barrera is a software engineer and application architect, specializing in data representation and languages, who has been fascinated by alchemy and Egyptian culture for more than 20 years. An avid photographer, his work has been exhibited in galleries in Chicago and New York City and sold at Sotheby's Auctions. Born in Colombia, he holds a master's degree in computer science. He lives in New York City.

EDI/ITI