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January 2024



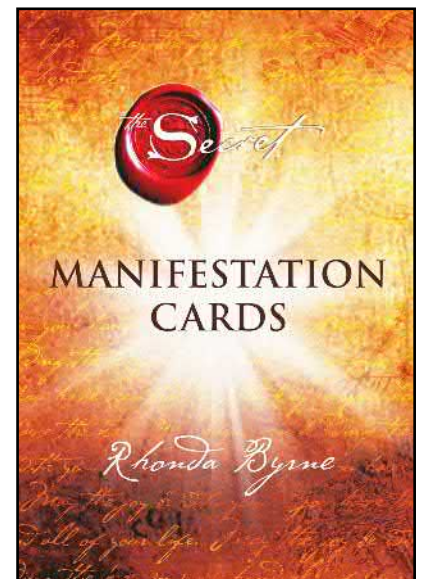
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THE SECRET - MANIFESTATION CARDS

January 2024

Rhonda Byrne

Every human being on this earth was born with a creative power within them - a power that enables us to create anything we want, no matter how big it is. Through this power, you can be, do, or have anything you want. We call this power The Secret.
THE SECRET MANIFESTATION CARDS are designed to keep you inspired, uplifted, and on track as you apply this life-changing knowledge to your own life. The sixty-five cards in the deck are full of The Secret's most important teachings on manifestation, as well as simple, powerful practices to ensure you create whatever you want - happiness, health, wealth, or anything you can dream of.
Rhonda Byrne is the creator behind The Secret, a documentary film that swept the world in 2006, changing millions of lives and igniting a global movement. The following year Rhonda's book of The Secret was released, which was translated into over fifty languages and remains one of the longest-running bestsellers of this century.



Book & Card Set

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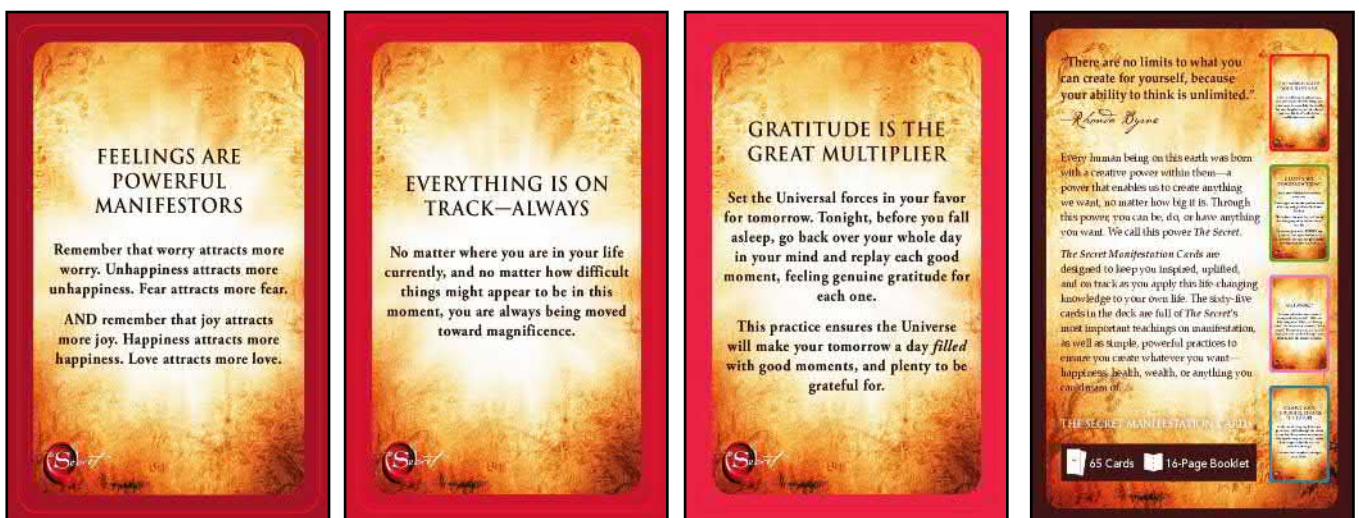
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MODERN MERLIN ORACLE

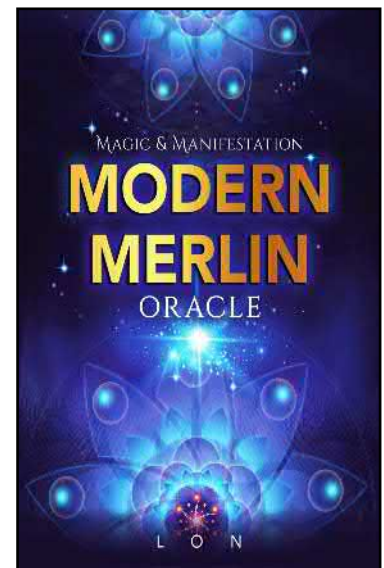
January 2024

Magic & Manifestation LON

In MODERN MERLIN ORACLE - which can be used as a companion to or independently from LON's Modern Merlin book - the sacred and distinctive geometrical patterns present in each of the forty-four cards speak directly to the subconscious and soul, bypassing the three-dimensional linear mind and thus activating the existential understanding of the language of spirit and the universe, taking you to 5D and beyond.

This new oracle deck from acclaimed artist LON is designed to encourage you to form a cohesive union with the heart and soul, transcend any perceived boundaries or limitations, and manifest your inner-most dreams by embracing the magical being you have always been. With the discovery that everything is made of energy - our physical bodies, our environments, even our thoughts, words, feelings, and beliefs - we are also learning that we can cocreate with the Universe, also known as the Source or God. This evolution is changing the current societal paradigm and belief systems from one of separation and polarization to one of inclusion and interconnectedness.

Unlock your true potential and your future by embracing your inner Modern Merlin!



Also Available:

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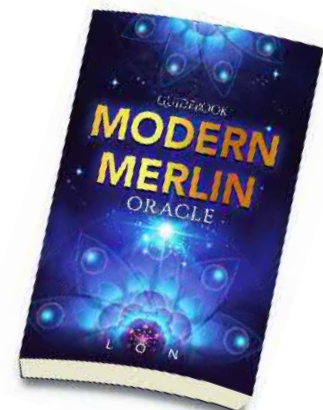
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EARTH MOTHERS ORACLE

January 2024

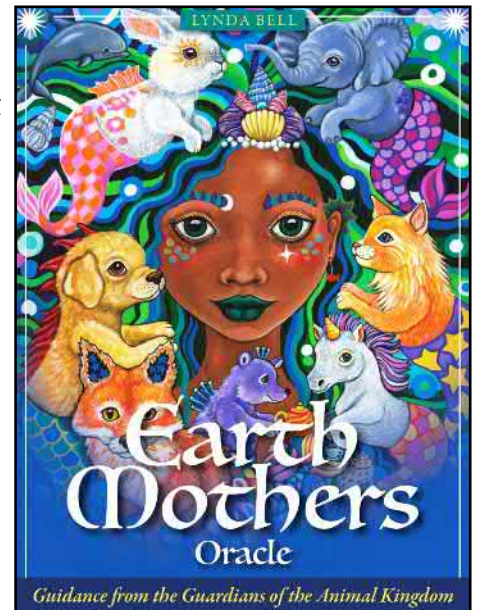
Guidance From the Guardians of the Animal Kingdom

Lynda Bell

The Earth Mothers are magical guardians who care for the animals in this world and beyond. The spirited beings they protect are here to provide you with intuitive wisdom and clarity. Lynda Bell's vibrant portrayals of 45 goddess protectors and their furry, feathered, scaled, finned and fantastic charges will speak directly to your wild and imaginative heart.

Through this authentic rekindling of love, kindness and compassion, you can explore significant life lessons, discover your courage, and find divine sustenance in the layers of strength, creativity and beauty within.

Welcome to a place where dreams are real and wisdom is woven through story, symbolism and connection.



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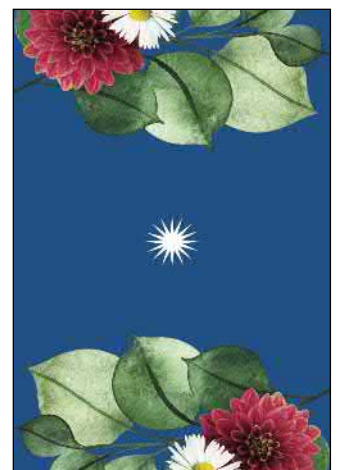
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GODDESS WITHIN ORACLE

January 2024

Healing with the Divine Feminine

Christabel Jessica

Artwork by Cecilia G.F. & Dannielle Jones

A barefoot maiden whispers of magic beneath the slender moon, a wizened crone prepares healing herbs in a woodland cottage, and elsewhere across time and place, an anointed priestess lights a candle to begin her temple ritual. The energy of the Goddess is with them all. Place your feet firmly on the earth, breathe into your bold and gracious heart, and feel her rise within you.

This oracle is dedicated to returning power to the feminine, unlocking her wild soul and honouring her in all aspects. The messages and imagery speak to everyone who wants to unite with their divinity, for we can all benefit from the profound healing available through the fierce and nurturing teachings of goddess nature. Activate the Divine Feminine with mythology, revealing card layouts and transformative insights to receive direct messages from Persephone, Durga, Lilith and other deities from around the world. Embrace and embody the Divine Feminine, and realise the love, support and guidance within you, now and forever.



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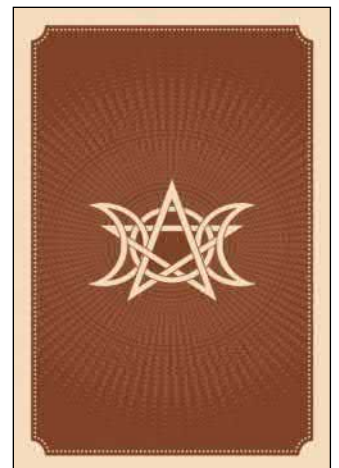
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LIGHTWORKER ORACLE - FIERCE LOVE 11.11 EDITION

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Humanity as One

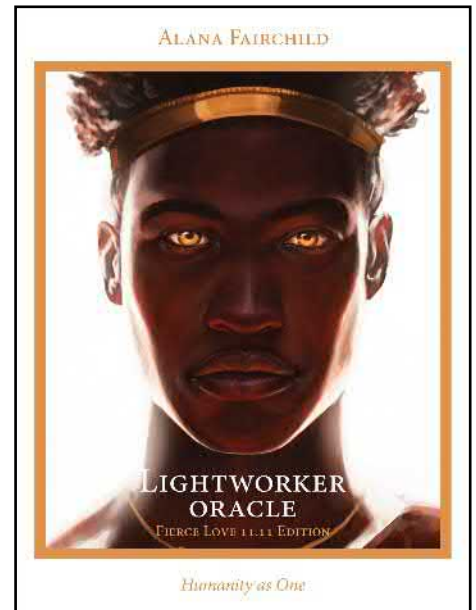
Alana Fairchild

Artwork by Mario Duguay and Hilary Wilson

Sacred consciousness is your divine birthright. With profound healing messages and spirit-infused imagery, this soothingly powerful special edition of Lightworker Oracle connects you with your heart. Be confident in claiming the unique beauty that resides within your soul. Whether you are an experienced lightworker or are taking the first steps on your awakening journey, these deeply nourishing and potent teachings will guide, inspire and align you with higher beings, innate intuitive abilities, grounding wisdom and uplifting vision.

Your path is sacred and meaningful. With fierce love and the 11.11 frequency, you are evolving into the fullness of all you were born to be. Trust your inner freedom and divine connection, shine bright and increase love's light on Earth. 44 gold-edged cards, 240-page full-colour guidebook, card stand with gold-foil sigil and gold-foil accents on covers.

Please note: This special new edition will be available in addition to the original edition of Lightworker Oracle.



Book & Card Set

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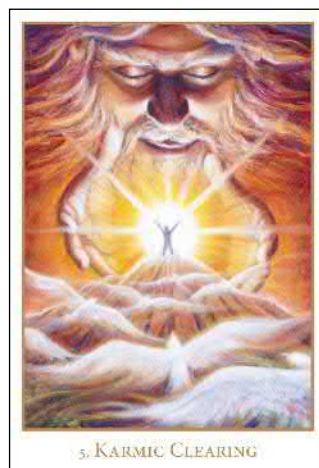
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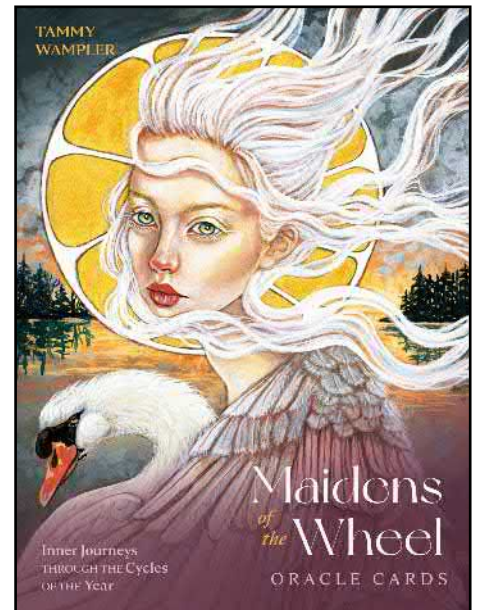
MAIDENS OF THE WHEEL ORACLE CARDS Inner Journeys through the Cycles of the Year

January 2024

Tammy Wampler

The Maidens of the Wheel have been known in many places and by many names throughout history. They dance through the cosmos, embodying inspiration and whispering guidance. They are here to empower and align you with sacred rhythms and lost traditions. Work with these elemental beings to discover harmony within the cycles of your life and embrace your true, unshakable centre.

“When we are unaware of the energies and cycles at play, they can feel chaotic. By reorienting with them, they can become inspiring, empowering, grounding, and profoundly healing. The loving strength of Goddess Earth will open you to connection, realization, direction, and manifestation as never before.”



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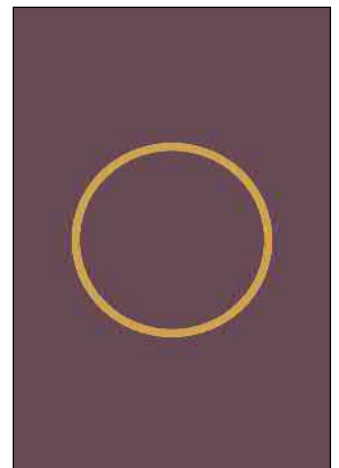
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NORSE GODDESS RUNE ORACLE

January 2024

Divine Feminine Perspectives on the Elder Futhark

Rebecca Joy Stark

Artwork by Sharon McLeod

Drawing from an ancient well of women's wisdom, this symbol-enriched oracle brings the power of the Norse Goddesses into the light and makes the mysterious art of rune divination accessible for all.

The imagery and messaging of this exquisitely crafted set are infused with Old Norse concepts, deities, sagas, iconography and lore. Each card holds its own rune spirit, is empowered by a Goddess and has red edges to help activate its magick.

A beautiful journey through the archaeological, mythical and esoteric wonders of the Elder Futhark for relatable, supportive guidance that speaks to the core of your questioning and delivers immediate, practical answers of fate and fortune.



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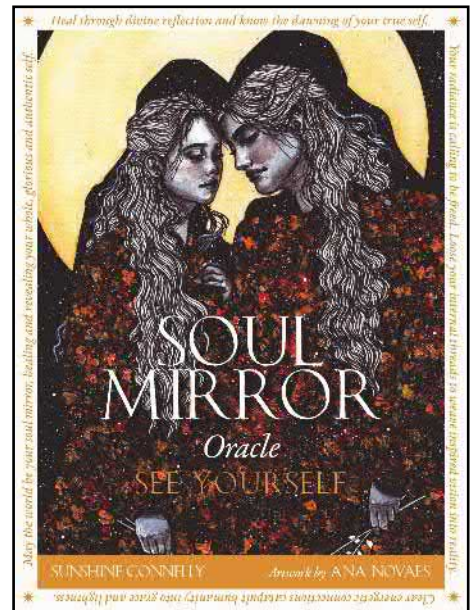
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SOUL MIRROR ORACLE

January 2024

See Yourself
Sunshine Connelly
Artwork by Ana Novaes

Self-reflection is an active, ongoing, revealing and illuminating process. Within its light, you are freed into the understanding that we are all divine, all creators, all connected. Gaze into this oracle to transform fear, amplify love and welcome potent, tangible change for yourself and all the intertwining threads and consciousness of your world. Know and see yourself through the mirror of your soul — your evolving destiny awaits.



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SOUL'S JOURNEY ORACLE

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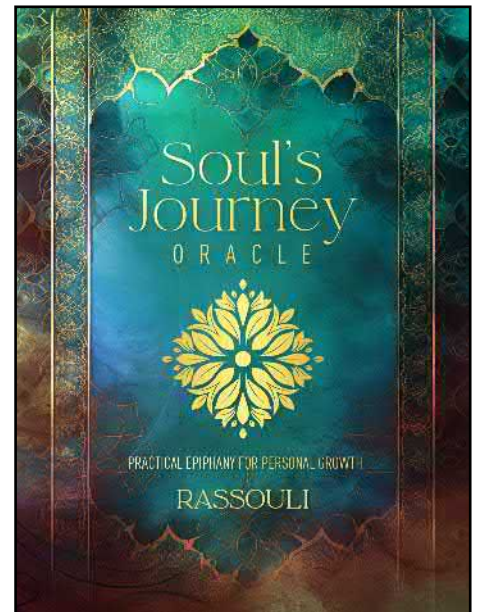
Practical Epiphany for Personal Growth

Rassouli

Open your heart to the mysterious beauty of this oracle to seed and grow radiant contentment as you realize your unique destiny. Rassouli's enchanted messages, mantras, and artwork are interlaced with love, wisdom, and inspiration to nurture, guide, and uplift your soul. Turn to the wonders of divine creativity and practical epiphany to light up the dreams, treasures, secrets, and possibilities of your Soul's Journey.

“Oracles speak to us through metaphor and magic. We connect with them through our imaginations. In creating this deck, I surrendered to my inner calling to allow divine wisdom to speak directly to every open heart.”

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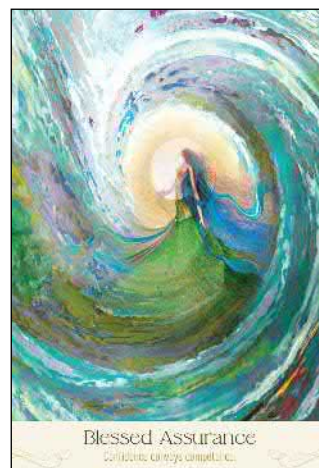
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WILD DREAMS ANIMAL ORACLE

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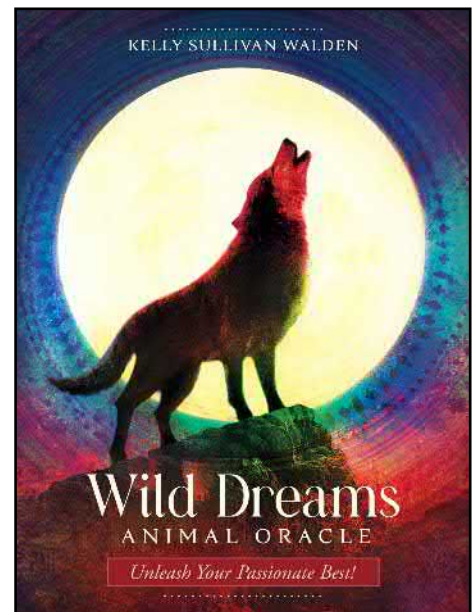
Unleash Your Passionate Best!

Kelly Sullivan Walden

Artwork by Lisa Desimini

How do you survive the wilderness? Become the wilderness! —Kelly Sullivan Walden

The enigmatic beings of this vibrant oracle are here to reveal the parts of you that yearn to howl, soar, roam, and weave an inspired life. Engage with their teachings and let your instinctual wisdom release your intuition, confidence, and sense of purpose. By delving into your inner wildness and embracing the marvellous creatures of your dreams, you will awaken your courage, connect to higher guidance, and come to realise your true, untamed potential.



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PATH OF LIGHT ORACLE

January 2024

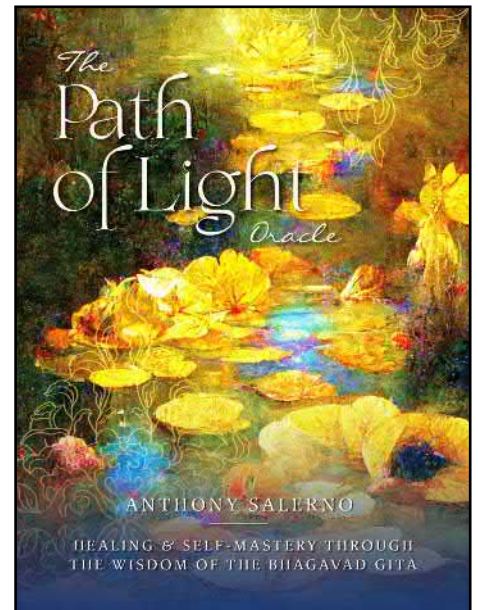
Healing & Self-Mastery through the Wisdom of the Bhagavad Gita

Anthony Salerno

Artwork by Toni Carmine Salerno

Immerse yourself within a fusion of timeless teachings, spirited illuminations, transformative imagery, and loving intention to deepen your soul connections and discover wisdom, inspiration and clarity. With in-depth messages and practical exercises inspired by the Bhagavad Gita, this enlightening oracle is invaluable for anyone seeking daily revelation or the joys of a more meaningful life.

Your true Self is unchanging and resides in a space of peace, love, and wisdom. Tune in with your true Self, today.



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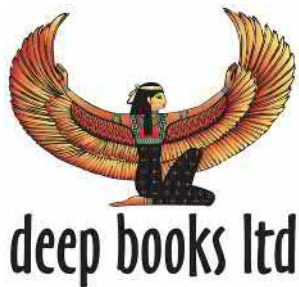
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TAROT FOR THE HARD WORK

An Archetypal Journey to Confront Racism and Inspire Collective Healing

Maria Minnis

Foreword by Rashunda Tramble

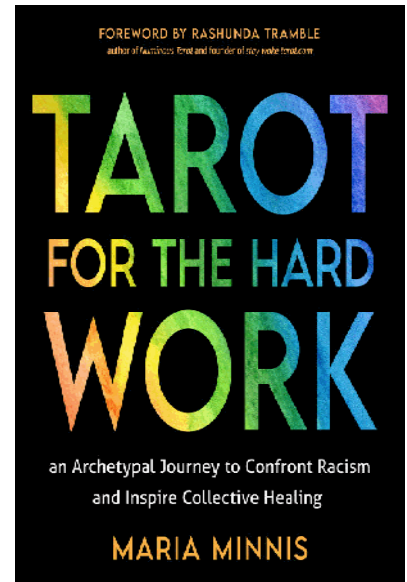
A provocative exploration of the 22 Major Arcana that re-envision these archetypes as beacons that illuminate the various ways racism takes root both in ourselves and in the world

Tarot has always been a powerful tool for introspection and inner work. So what better tool to use when we're ready to do the really hard work? Author Maria Minnis takes a radical new look at the Major Arcana in this tarot workbook that provides readers a unique, personal understanding of systemic racism—and what steps we can take to begin to dismantle it. This is a book for anyone that has been overwhelmed or outraged or frustrated and has asked “But what can I do?” It is a book for anyone ready to do the inner work to address what can be done to demolish everyday racism. This book says Tarot can be tool for action, a tool that may offer great satisfaction as well as great difficulty. It is a tool to push you out of your comfort zone. This is Tarot for the hard work.

You'll explore the Major Arcana to uncover how each archetype can help cultivate a freer, anti-racist world. The book highlights some of the reversed, shadow aspects of each Major Arcana card in relation to the different ways that racism shows up in our lives. The book will consider the upright, or benevolent, aspects of each card and how readers can use those themes to dismantle internalized racism, racism in our relationships, and racism in our communities. As you move from the Fool to the World card, you'll discover that everything we do ripples beyond us, and that there are practical ways to change our actions and perspectives. You'll find possibilities for liberation work within yourself, your relationships, and your community.

This is a book that speaks to both white and BIPOC audiences—for BIPOC, how the shadow aspects and card energy have affected or shown up or manifested in the internal and external life, and for white people, how those same aspects can become an education process to help identify how they've been part of the problem and can be part of the solution. The author addresses the human community as a whole, and how racism affects our relationships to each other, to our communities, and to our institutions. For all readers, this book addresses how the energy can be turned around into self-awareness, self-love, and positive action.

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Tarot Books

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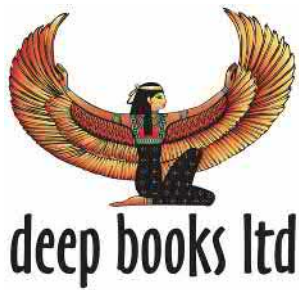
About the Author.....

Maria Minnis is a queer, black writer, artist, and psychic tarot reader of over 20 years who teaches about everyday magic and holographic thinking. Her Antiracism with the Tarot blog series is read by thousands each week and she is beloved for her accessible, creative, and loving approach to integrating the esoteric into daily life.

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CAULDRON AND THE DRUM

A Journey into Celtic Shamanism

Rhonda McCrimmon

Foreword by HeatherAsh Amara

Explains the origin and practices of Celtic shamanism, and teaches readers about the three energetic cauldrons and how to work with them.

Celtic shamanism (aka European shamanism) is an ancient spiritual tradition whose origin predates the arrival of Christianity in northern Europe. One of the central beliefs of Celtic shamanism is that the spirituality you seek is inside you. In this groundbreaking book, Rhonda McCrimmon explains the origin and practices of Celtic shamanism, and teaches readers about the three energetic cauldrons and how to work with them.

According to over a thousand years of Celtic tradition, the root of a person's physical, spiritual and emotional health comes from the three Cauldron Power Centres found in the energetic body. The Celts believed a person must activate, nurture, and maintain all three cauldrons to live a whole, connected, meaningful life.

The Cauldron of Warming contains the innate knowledge which is our birthright. Childhood trauma can cause this cauldron to drain, leaving us feeling anxious and fearful.

The Cauldron of Motion is on its side at birth and fills when we experience deep grief or joy. A filled Cauldron of Motion helps us to love and nurture, while an empty one can foster boundary issues and allow us to be easily drained by the emotions of others.

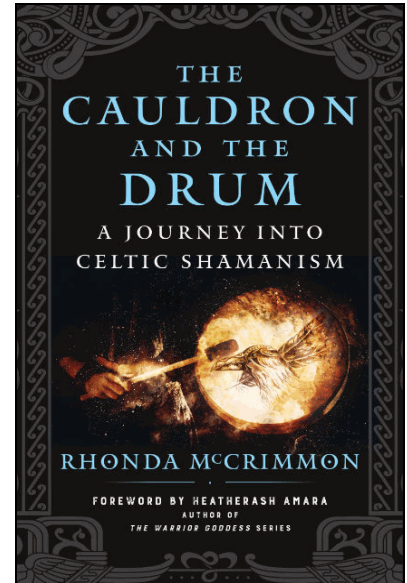
The Cauldron of Wisdom is upside down at birth and is righted when we develop our spiritual gifts and connect with nature. As we right this cauldron, we receive the divine knowledge of the ancient Celts.

In this book you will learn how to bring your energetic cauldrons into balance, in addition to exploring the tradition of Celtic fire festivals and the sacred practice of saining. Regardless of your ancestral roots, Celtic Shaman Rhonda McCrimmon invites you to partake of this ancient wisdom and begin your journey down the shaman's path.

of related interest:

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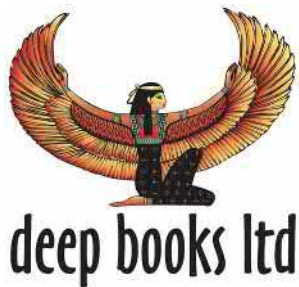
Shamanism

£16.99

About the Author....

Rhonda McCrimmon is a Celtic Shaman committed to creating shamanic pathways for those who have been disconnected from their animist lineage and heritage. Walking a shamanic path for nearly a decade, Rhonda follows her calling with single-minded determination, making shamanic practices accessible for all within an ethical, loving spiritual tribe

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SORCERY OF SOLOMON

A Guide to the 44 Planetary pentacles of the Magician King

Sara L. Mastro

A user's guide to working with the 44 magical pentacles, or magical symbols, found in "The Key of Solomon," the renowned occult grimoire ("spellbook").

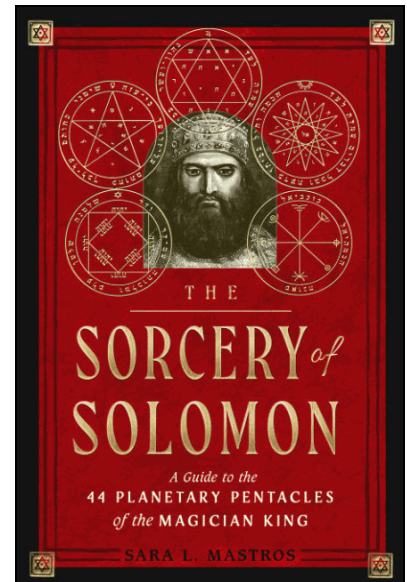
The fifteenth century occult text Clavicula Salomonis ("Key of Solomon") is a classic grimoire most notably as translated by S. L. Mathers in 1889. The Clavicula Salomonis presents Solomon's famed 44 planetary pentacles but offers very little guidance for how to work with these spells. Sara Mastro, a leading teacher and practitioner of magic, translates and interprets each of the 44 pentacles, or seals, and presents a practical method for working with their magical powers.

In THE SORCERY OF SOLOMON author Sara Mastro:

- places the Key of Solomon in a historical and folkloric context
- presents a complete, fresh translation of all 44 pentacles
- guides the reader through the process of working with Solomon pentacles

Primarily intended for intermediate level magicians who already have basic knowledge of spellcraft but is also appropriate for relative beginners who are willing to do a bit of extra "homework."

January 2024



9781578637867

152 x 229

44 pentacles, charts

Magic

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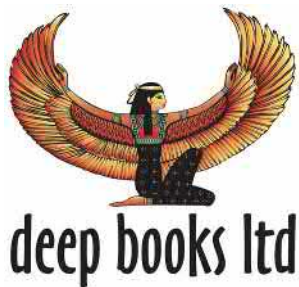
About the Author.....

Sara L. Mastro is the co-owner of Mastro & Zealot, where she offers courses on practical magic and divination. She has from many years been making and selling magical incense online and at pagan and occult festivals all over the East Coast. She has been a contributor to Witches & Pagans, Cartomancer, and other magazines.

of related interest:

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CRYSTALS, MOTHER EARTH AND THE FORCES OF LIVING NATURE

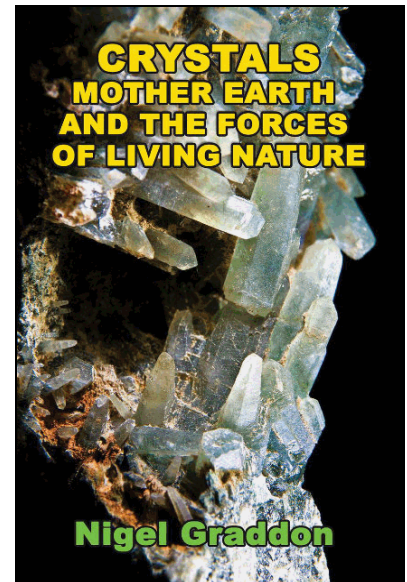
January 2024

Nigel Graddon

Nigel Graddon explores the science of crystals and mother earth's divine power

The theme of this new book from Nigel Graddon is Mother Earth and her magnificent powers, both visible and invisible. In extolling Mother Earth's virtues in the face of humanity's increasing assaults upon nature, Graddon presents a three-part narrative through the medium of crystal, "solidified light," according to the ancients.

Part 1, Physical Crystal, describes the origins of the Universe and our Earth, and the gradual evolution of the mineral kingdom in its diverse forms, which find their highest vibrational power in the mysterious world of crystal. Part 2, Amazing Crystal, examines mind-blowing uses of crystal in the past and present, and in its future potential. Among its highlights are in the past the Great Pyramids original crystal tip, the amazing legend of the Rose Queen Goddess of Languedoc, Dr. Dee's scrying mirror and amethyst pendant, and the Black Stone and the Goddess; present day applications in science, technology and health; and exotic future applications such as Time Crystals and Quasicrystals. An extensive Part 3, Living Crystal, observes that Goddess worship as a symbol of humanity's love for Mother Nature prevailed until relatively recently in our very long history upon Earth. Graddon examines this phenomenon in the context of the forces of living nature that maintain and nourish the physical experience. Special focus is put on the history of Goddess worship and its mysterious initiation rites. This is followed by an analysis of Mother Earth's living forces, including the legendary Crystal Skulls of Mesoamerica; the true nature and origins of crop circles and UFOs; the work of the Elementals (the caretakers and pulse of Nature) in planet maintenance; Man, Nature and the Ancient Wisdoms; the role of the classical Four Elements in determining man's metaphysical make-up; the challenges involved in going beyond the Subconscious Mind towards a more unified and balanced experience in living life on this beautiful planet in partnership with Mother Earth and not as adversaries; an investigation of the invisible crystal structure of the Earth and its connectivity with human crystalline DNA; the power of crystals in health and healing, including colour, especially as it relates to the human aura. The book concludes with an account of a San Franciscan resident's amazing journey back in time to the heart of a mysterious crystal skull community in Chile's Andean mountains. The book is populated throughout by scores of illustrations and images.



9781948803632

152 x 229

100 B&W images

Crystals &
Gemstones

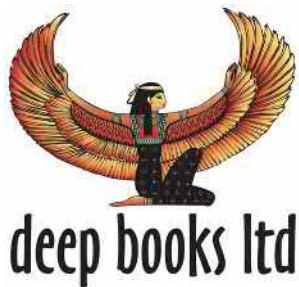
£22.00

Pb
284pp

About the Author.....

Nigel Graddon, a retired Civil Servant, lives by the sea in South Wales. Graddon's passion is esoteric history, having been a student of the western metaphysical tradition since the late sixties.

AUP



advanced information

WORKING WITH MIDPOINTS

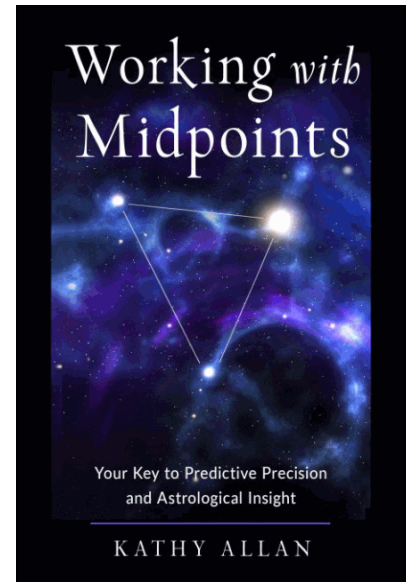
Your Key to Predictive Precision and Astrological Insight

Kathy Allan

The information that midpoints provide is astonishing; they can mirror what is going on in the world, in many cases providing the missing link that explains what is really happening when traditional astrology fails.

Veteran astrologer and author Kathy Allan has crafted a new manual that will teach readers to hone their basic chart reading and predictive skills through working with midpoints, long considered a specialized topic in the field of astrology. Initially inspired by the astrology classic *Working with Astrology* by Charles Harvey and Mike Harding, Allan wanted to create a more user-friendly textbook. Exercises are included at the end of each chapter. After explaining what midpoints are and how to find them, Allan uses in-depth case studies that examine the lives and horoscopes of such cultural icons as Carl Jung, Evangeline Adams, and Stephen King, demonstrating midpoints in action. Allan shows us how to delineate transiting and solar arc midpoints as an aid to understanding events. Adding midpoints to ingress, eclipse, and return charts adds detailed information that enables us to more accurately anticipate coming events. Readers will learn all about occupied and unoccupied midpoints, planetary axes, the 360 and 90 degree dials, plus how to contemplate and forecast future trends. At last, here is a systematic and engaging approach to – working with midpoints.

January 2024



9780892542307

152 x 229

146 Charts
Astrology
£25.00

Pb
320pp

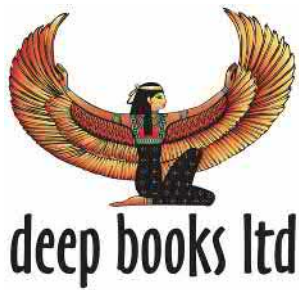
About the Author....

Kathy Allan is an accomplished astrologer and teacher with a scientific background that includes a Ph.D. in Molecular Toxicology and post graduate research in Infectious Disease.

of related interest:

ALAN OKENS COMPLETE ASTROLOGY	9780892541256	£29.00
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IB



advanced information

HEALING PLUTO PROBLEMS New Edition

An Astrological Guide
Weiser Classics

Donna Cunningham
Foreword by Lisa Stardust

An in-depth but highly readable account of Pluto in the natal chart and how Pluto aspects can affect childhood, adulthood, and life in general.

Pluto's energy is extremely potent and powerful. Within Astrology, it is considered to be a "generational planet" as it influences both individuals and entire generations. The planet governs our compulsive behaviour, all those things we know we shouldn't do but feel compelled to do anyway. It also represents the hidden dimension of our emotional lives, all the parts of ourselves that we'd rather bury in our subconscious and not reveal to others.

In HEALING PLUTO PROBLEMS, Donna Cunningham explains how Pluto functions in the birth chart and shows how Plutonian problems can manifest. Cunningham presents her material with warmth and compassion, without avoiding the tough lessons that Pluto has to offer.

Cunningham addresses such topics as:

- Guilt, resentment, and fear
- Emotional secrets and their contribution to self-isolation
- Incest, abuse, and domestic violence
- Pluto and the need for power and control
- The psychology of being a victim
- Death and transformation
- The consequences of avoiding grief

Interested not only in diagnosing Pluto problems, Cunningham also gives us tools for healing those problems—affirmations, flower remedies, exercises for working with the chakras—and shows us how to use Pluto transits for growth.

of related interest:

HOW TO READ YOUR ASTROLOGICAL CHART	9781578631148	£17.99
SATURN New Edition	9781578637355	£17.99

January 2024

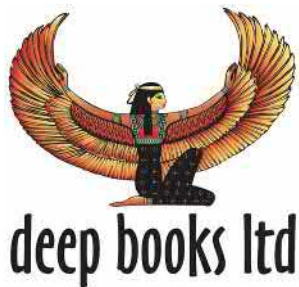


9781578638154 Pb
146 x 229 256pp
21 astrology charts
Astrology
£22.00

About the Author.....

Donna Cunningham (1942-2017) was an internationally respected American astrologer, writer, lecturer, and counselor. She had a Master's in social work from Columbia University and over seventeen years of counseling experience working with abused children and women and people suffering from addiction. She is the author of several books including Moon Signs and How to Read your Astrological Chart

WB



advanced information

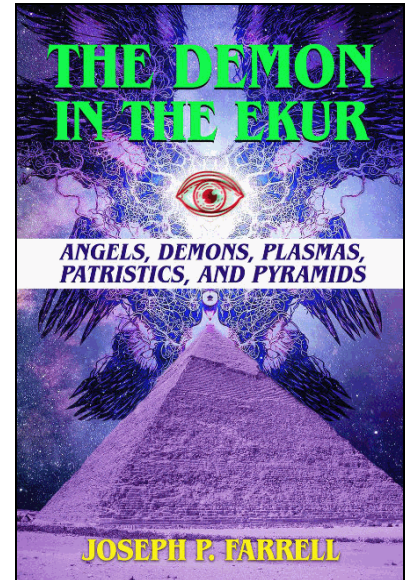
DEMON IN THE EKUR

Angels, Demons, Plasmas, Patristics, and Pyramids

Joseph P. Farrell

January 2024

Join revisionist author Joseph P. Farrell for a final look at the Giza Death Star. This time he looks at the Demon in the Ekur and the Great Pyramid Weapon Hypothesis. He also looks at "Plasma Cosmotheology" and the Plasma Life Hypothesis. Chapters include Saints Dionysius and John of Damascus on Angels; Dionysius' Celestial Hierarchies; John of Damascus' Angelology; The "Immaterial Materiality" of Angels; Their Ability to Penetrate Ordinary Matter and "Unlimited" Nature; Their Ability to Shapeshift; The Everlasting Temporality, or "Sempiternity," of Angels; Their Free Will and Motion; The "Mental" Place, or Non-Local Position, of Angels; Both Circumscribed and Not; Guardians of Regions and Boundaries; Man the Microcosm or Common Surface; The Position of Lucifer as Guardian of the Earth; The "Angelic Uncertainty Principle"; Their Ability to Communicate without Words or Sound: Entanglement; Sitchin and the Demon in the Ekur; Sitchin's Translation vis-à-vis His Approach to Mesopotamian Texts; "Plasma Cosmotheology"; Ekurs, Pyramids, and Demons: Mexico; Richard Hoagland: Stars, Egyptian Religion, and Dante Alighieri; Aether Plasmaniferous: The Plasma-Life Hypothesis; Plasma Physicist David Bohm's Observation and the Beginning of the Plasma Life Hypothesis; A Few Basics of Plasmas: Bounded Extension in Time and Space; Some Intriguing Pictures of Nuclear Detonations and the Hyper-Dimensional Transduction Hypothesis; The Physics of the One Percent and the Ninety-Nine Percent; Characteristics of Life; Filaments, Plasma Pinches, and Helices: Information and Observation, Memory, Communications, Consumption, and Evacuation; Sheaths, Membranes, Regions, Organs, Voids, Cells, and Crystals; "Food", "Breathing", and Great Balls of Fire; Ball Lightning, Plasma Drones, Intelligence, and Artificial Intelligence; Leidenfrost Layers, Ambiplasmas, or Plasmas with Regions of Matter and Antimatter; When Plasmas Intersect with Plasmas: Bioplasma Bodies, Biophotons, Kirlian Photography, and the Astral or Spiritual Body; A Summary of Characteristics of Plasmas Paralleling those of Intelligent Life; An Extreme Speculation Concerning Giza, the "Demon in the Ekur", and the Governance of the World; Aspects of the Weapon Hypothesis Modified by the Plasma Life Hypothesis; Crystals: Tuners and Transducers; The Planetary Associations of Angels: Their Occult Sigils and Seals, "Circuits", and Crop Circles; The Planetary Associations of Crystals with Angels: more.



9781948803649

152 x 229

50 B&W images

Myths & Legends

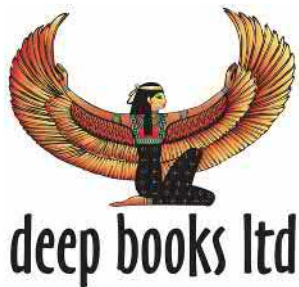
£18.99

Pb
160pp

About the Author.....

Joseph Farrell is an Oxford-educated historian who specializes in alternative history, World War II and secret technologies.

AUP



advanced information

RIGHT MEDITATION HB

Five Steps to Reality

Barry Long

A complete guide to meditation as the art of spiritual life, presented in five essential steps by a modern master.

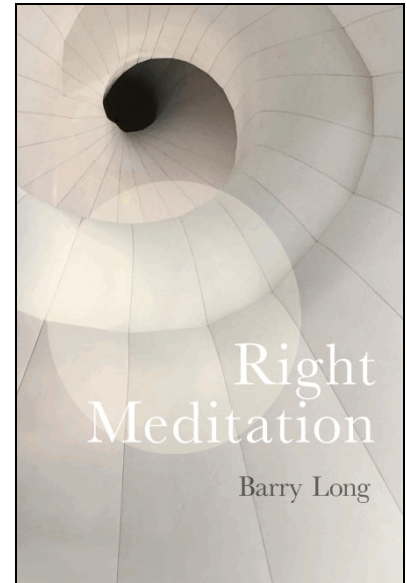
Barry Long's RIGHT MEDITATION is a five-step guide to the art of spiritual life. It's the product of the author's vast knowledge and his own practice during more than forty years as a spiritual teacher. In his plain-spoken, accessible way, he takes us through the five essential steps that lead away from emotional pain into the sensation of the body, towards fulfilment and freedom and finally to a reality beyond life and death.

These teachings are about no longer being a slave to your emotional self. They are about your reality as an individual, being alive with sensation and accelerating your intelligence, until finally you overcome your attachment to existence and the fear of death.

RIGHT MEDITATION was written just before he died in 2003 and concluded his life's work.

"This whole meditation is about you, your deeper reality."

January 2024



9781899324507

124 x 183

Hb
108pp

Self-Help
£20.00

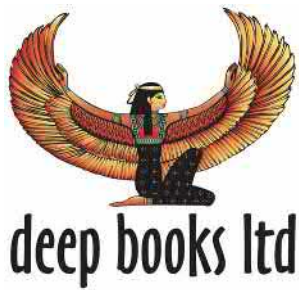
About the Author....

Barry Long was the most radical and pioneering spiritual teacher of the twentieth century, though his contribution to contemporary spirituality is often overlooked. He was the first to introduce to the western world a teaching of practical self-knowledge and immense wisdom without reference to eastern or occult traditions.

of related interest:

LIVING LOVE	9781899324255	£12.99
MEDITATION* A FOUNDATION COURSE	9781899324002	£7.99
ONLY FEAR DIES New Edition	9781899324392	£8.99

BL



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ART OF MERCY

New and Selected Poems

Robert L. Penick

100 poems reflect on the long and quiet career as a poet

Robert L. Penick's short, masterful poems have been showing up in small press magazines since the early 1990s. THE ART OF MERCY, his first full-length collection, contains excerpts from four chapbooks, as well as fifty-seven new and previously uncollected poems.

A native of Louisville, Kentucky, Penick is a true man of the streets, chronicling with clear-eyed sensitivity the ordinary lives of marginalized people, the elderly, the forgotten, the blue-collar workplace, the seductions of alcohol, and the heartbreak of failed relationships..

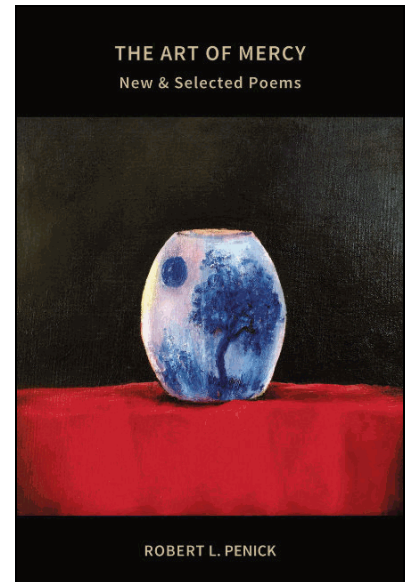
Written in a straightforward narrative style, with deft use of metaphor, these poems sneak up on you with understated dignity.

The 100 poems collected in THE ART OF MERCY represent the best of a long, quiet career in the poetry trenches.

In Penick's own words:

"This book took forty years of staring out of windows, finding release in booze and borrowed women, and scraping away at an indistinct idea of kindness and deliverance, the way a would-be prison escapee would work on a cement seam, hoping someday to see the daylight on the other side of the wall. Along the way, I've acquired a good command of cliché-less narrative. My major accomplishment: Stamina."

January 2024



9781942493907

152 x 229

Pb
128pp

Poetry
£21.00

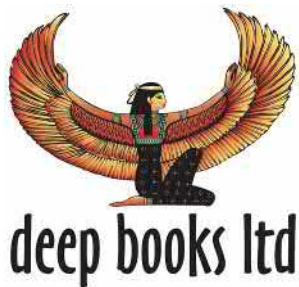
About the Author.....

The poetry and prose of Robert L. Penick have appeared in nearly 200 different literary journals, including The Hudson Review, North American Review, Plainsongs, and Oxford Magazine. He has been chronicling the world and our interactions for more than forty years, from the vantage point of jailhouses, coffeehouses, and taverns, looking for humanity in every shard of glass and rusted bottle cap. More of his work can be found at theartofmercy.net

of related interest:

DEATH POEMS	9781938875045	£16.99
HAFIZ'S LITTLE BOOK OF LIFE	9781642970463	£12.99
RUMI'S LITTLE BOOK OF LIFE	9781571746894	£12.99

HoP



advanced information

BRAVE, GENEROUS, & UNDEFENDED

Heart Teachings on the 37 Bodhisattva Practices

Barbara Du Bois

Foreword by His Eminence Garchen Triptrul Rinpoche

37 Bodhisattva practices for turning self-absorption inside out to reveal the radical compassion within

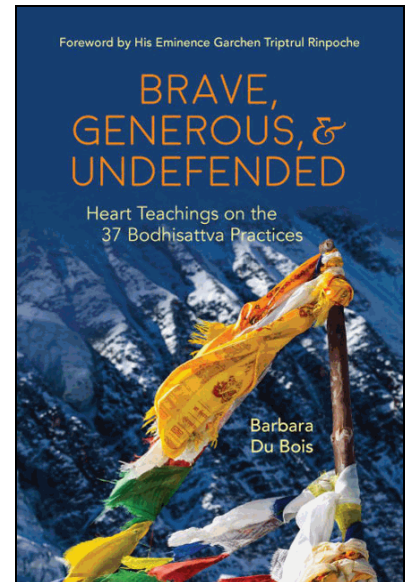
BRAVE, GENEROUS, & UNDEFENDED is for all who desire freedom from confusion, self-absorption, and suffering. Rich with insight, humour, and fearless love, Barbara Du Bois's fresh, direct heart-teachings on the timeless 37 Bodhisattva Practices encourage and guide seekers and practitioners at all levels, in any spiritual tradition.

Composed in the 14th century by Tibetan teacher Tokme Zangpo, the 37 Bodhisattva Practices show clearly and definitely how to cultivate the expansive, freeing compassion and love that cut the tree of suffering at its root, for the benefit of others and ourselves. This is the way of the bodhisattva - one dedicated to the well-being, happiness, and liberation of all - and BRAVE, GENEROUS, & UNDEFENDED is a profound teaching on living forth in ordinary life this highest of callings.

The author, Barbara DuBois, a contemporary Western Dharma teacher, brings her energetic, penetrating wisdom from the heart to Tokme Zangpo's classic text. The bodhisattva training contained in this book turn one's self-absorption inside out, revealing the good heart that seeks ultimate freedom—for all. As a long-time practitioner, familiar with the tricks of conditioned mind and what it is hiding from, Du Bois includes and embraces us as participants in these intimate, dynamic discussions that vividly demonstrate the transformational power of the bodhisattva intention. Readers may find that arrows of love and truth pierce their illusions of self and separation, showing how, in the ever-present union of absolute and relative, we already are what we aspire to become: embodiments of truth and love.

This profound yet practical book will inspire, support, guide, and invigorate beginning seekers and advanced practitioners in every tradition, as well as those without a formal spiritual focus or path. The author's Dharma training and wisdom, together with her psychological, phenomenological, and sociological perspectives, are uniquely angled to illumine our most evident and our most hidden dilemmas and confusions—as well as the gifts we bring to the path of awakening and to all our companions on the way. Her invitation to each of us: "...take what speaks to you and test it for yourself, contemplate and practice on it until you attain confidence, and then continue, for the benefit of all."

January 2024



9781942493884

152 x 229

Pb

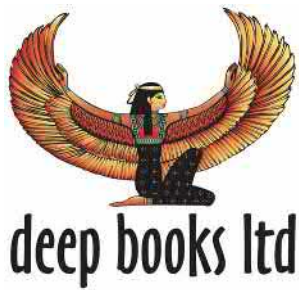
256pp

Buddhism
£19.99

About the Author.....

Barbara Du Bois, Ph.D. (Harvard University), is a Lopön (Master Dharma Teacher) and lama in the Tibetan Buddhist tradition. With clarity, humour and fearless love, she shines a frank Western light on the path. Her principal gurus are H.H. Dudjom Rinpoche and H.E. Garchen Rinpoche. A long life of service includes work with disarmament, refugees, and initiating a women's peace movement in an active African warzone. She has taught at undergraduate and graduate

HoP



advanced information

WHERE I BELONG HB

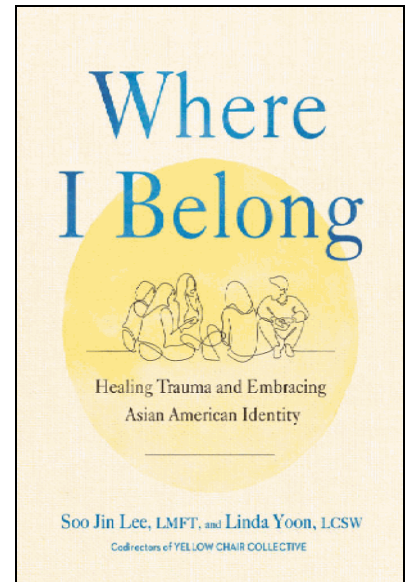
Healing Trauma and Embracing Asian American Identity

Soo Jin Lee and Linda Yoon

An essential resource that addresses the unique experiences of trauma, healing, and mental health in Asian and Asian American communities.

Coauthors Soo Jin Lee and Linda Yoon are professional therapists who witnessed firsthand how mental health issues often went unaddressed not only in their own immigrant families, but in Asian and Asian American communities. WHERE I BELONG shows us how the cycle of trauma can play out in our relationships, placing Asian American experiences front and centre to help us process and heal from racial and intergenerational trauma. This book validates our experiences and helps us understand how they fit into the broader context of our family history and the trauma experienced by previous generations. Lee and Yoon draw on their own stories, as well as those of a diverse segment of the Asian diaspora, to help us feel seen and connected to our wider community. They provide essential therapeutic tools, reflection questions, journal prompts, and grounding exercises to empower readers to identify their strengths and resilience across generations and to embrace the beauty and fullness of their own identity and culture.

January 2024



9780593543337

152 x 203

Hb
320pp

Psychology
£28.00

TAP



advanced information

REFLECTING, REFRACTING, AND RESITUATING DABROWSKI'S THEORY OF PERSONALITY

January 2024

Salvatore Mendaglio

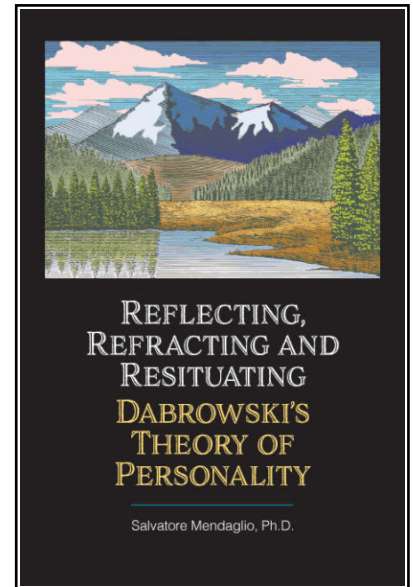
An influential theory of personality development made accessible for parents and educators

REFLECTING, REFRACTING, AND RESITUATING DABROWSKI'S THEORY OF PERSONALITY aims to accomplish three objectives: to make a complex theory more accessible to readers, to situate the theory in its proper academic home, and to comply with Dabrowski's request to refine his creation. To accomplish the first objective, the book describes clearly Dabrowskian concepts and illustrates them using tables and figures. The author's description of his personal experiences with Dabrowski's ideas contributes to the ease of readers' understanding the theory. To accomplish the second objective, the meanings of the concepts in the theory of positive disintegration are compared and contrasted to their definitions in traditional psychology. To accomplish the third objective recommendations for refinement of the theory are made, where appropriate, as requested in Dabrowski's written invitation for interested parties to build on the theory of positive disintegration.

The book contains four parts. Part I, The Theory and Me, addresses fundamental issues of the theory. Chapter 1 presents various perceptions of the theory. Chapter 2 includes the set of selected constructs with which this book is concerned. Chapter 3 contrasts psychological constructs, integral to the author's scholarly and psychotherapeutic work, with their depictions in the theory of positive disintegration. Chapter 4 explains a central proposition in D'abrowski's theory: that negative emotions, under certain conditions, are signs of personal growth.

Part II, Dabrowskian Development, deals with the conceptualization of development in the theory. Chapter 5 discusses Dabrowski's five levels of development, describing the progression from primitive to exemplary human functioning. Chapters 6 and 7 examine dynamisms that are the forces of development and their emergence in daily living. Chapter 6 discusses disintegrating dynamisms, responsible for the destruction of primitive, self-centered modes of living. Chapter 7 presents the developmental dynamisms, signifying advanced, morally-driven modes of living.

Part III, D'abrowskian Constructs in Context, examines some central constructs of the theory in a broader psychological context. Chapter 8 contrasts D'abrowski's conception of self with self-concept. Chapter 9 contrasts established theories of intelligence with D'abrowski's view of intelligence. Chapter 10 compares Dabrowski's hierarchy of values, a concept equated with advanced development, with a social psychological theory of values. Chapter 11 compares D'abrowski's view of mental health with prevalent current conceptions.



9781953360281

152 x 229

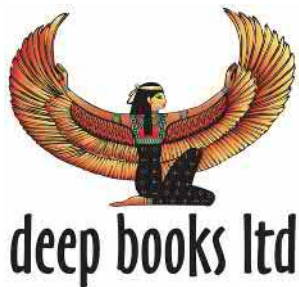
Pb
212pp

Psychology
£32.00

About the Author.....

Salvatore Mendaglio, Ph.D., is a professor in the Werklund School of Education, University of Calgary, and Calgary, Alberta Canada. Sal's primary scholarly interests are the theory of positive disintegration, psychology of giftedness, and parenting gifted children. He is a licensed psychologist with many years' experience counselling gifted individuals

Part IV offers concluding reflections on the theory of positive disintegration. Chapter 12 is a consolidation of commentary appearing in previous chapters, culminating with several suggestions for modification and elaboration of the theory.



advanced information

FARM ANIMAL MOVEMENT

Effective Altruism, Venture Philanthropy, and the Fight to end Factory Farming in America

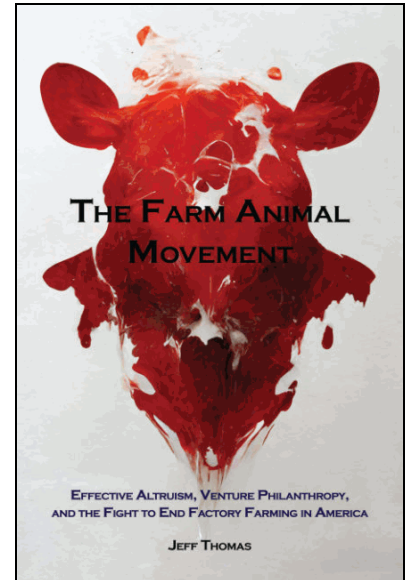
Jeff Thomas

America is undergoing an ethical revolution involving the industrial treatment of farm animals. This is a roadmap for people who want to work to end factory farming.

Behind you stand the ghosts of three hundred farm animals killed for every year you have lived. Given the numbers involved, the most significant action you can take to mitigate suffering is to work to improve farm animal welfare. But this book is not about death and suffering. This book is about life and hope.

In less than a decade, farm animal compassion has moved from a niche cause into the pantheon of established social movements. America is undergoing an unheralded ethical revolution involving the industrial treatment of farm animals. As the movement's workforce has quintupled, the funding dedicated to farm animal welfare has increased geometrically. For the first time in history, many Americans are answering the moral question of what to do with their time on Earth by dedicating their lives to helping farm animals. A constellation of activists, capitalists, farmers, lawyers, philanthropists, politicians, professors, scientists, and writers are using different tactics with the same motives and goals to address what they see as the world's most pressing and tractable problem. Collective actions previously impossible have become self-reinforcing as millions of Americans are speaking loudly and clearly about their priorities with their careers, investments, purchases, and votes. This book tells the stories of this revolution from midwestern slaughterhouses to the halls of Capitol Hill to Ivy League universities and Silicon Valley laboratories. What was once the province of itinerant activists has opened so it is now possible for you—yes, you—to dedicate your life's work to helping end the world's largest source of suffering. This book is a roadmap for people who want to learn how to use their career, freedom, and resources to end factory farming in America.

January 2024



9781590567180

152 x 229

11 colour images & charts

Animal Rights

£18.99

Pb
180pp

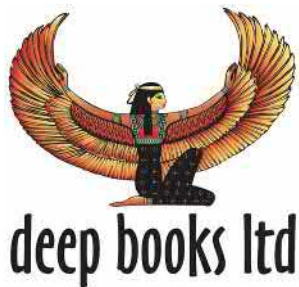
About the Author.....

Jeff Thomas has longtime professional experience in the farm animal movement and political campaigns

of related interest:

CLEAN PET FOOD REVOLUTION	9781590566022	£27.00
GROWL	9781590563960	£18.99
WHY WE LOVE DOGS, EAT PIGS AND WEAR COWS - New Edition	9781590035016	£15.99

LTB



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DWELL TIME HB

A Memoir of Art, Exile, and Repair

Rosa Lowinger

An illuminating debut memoir by one of the few prominent Latinas in the field of art and architectural conservation and a moving portrait of a Cuban Jewish family's intergenerational trauma

Dwell Time is a term that measures the amount of time something takes to happen – immigrants waiting at a border, human eyes on a website, the minutes people wait in an airport, and, in art conservation, the time it takes for a chemical to react with a material.

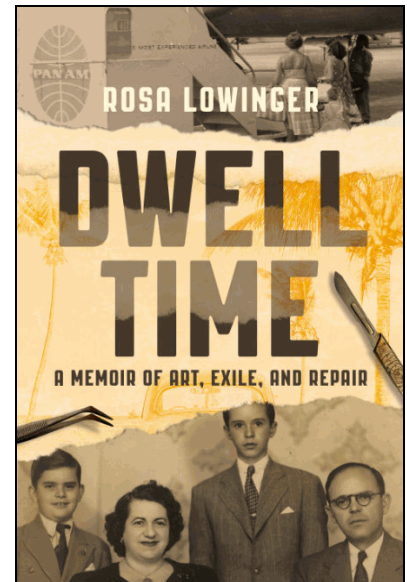
Renowned art conservator Rosa Lowinger spent a difficult childhood in Miami among people whose losses in the Cuban revolution, and earlier by the decimation of family in the Holocaust, clouded all family life. After moving away to escape the “cloying exile's nostalgia,” Lowinger discovered the unique field of art conservation, which led her to work in Tel Aviv, Philadelphia, Rome, Los Angeles, Honolulu, Charleston, Marfa, South Dakota, and Port-Au-Prince. Eventually returning to Havana for work, Lowinger suddenly finds herself embarking on a remarkable journey of family repair that begins, as it does in conservation, with an understanding of the origins of damage.

Inspired by and structured similarly to Primo Levi's *The Periodic Table*, this first memoir by a working art conservator is organized by chapters based on the materials Lowinger handles in her thriving private practice – Marble, Limestone, Bronze, Ceramics, Concrete, Silver, Wood, Mosaic, Paint, Aluminium, Terrazzo, Steel, Glass and Plastics. Lowinger offers insider accounts of conservation that form the backbone of her immigrant family's story of healing that beautifully juxtaposes repair of the material with repair of the personal. Through Lowinger's relentless clear-eyed efforts to be the best practitioner possible while squarely facing her fraught personal and work relationships, she comes to terms with her identity as Cuban and Jewish, American and Latinx.

DWELL TIME is an immigrant's story seen through an entirely new lens, that which connects the material to the personal and helps us see what is possible when one opens one's heart to another person's wounds.

From the book: “How, I wondered, was it possible that no one in my family had ever told me that Havana, the place where we were from, was so closely aligned to my work? More importantly, how had I managed to reencounter this ornately decorated, sagging city at the precise moment when I was beginning to see a link between restoration of the material world and personal healing?”

January 2024



9781955905275

140 x 210

Colour and B&W

photos

Biography

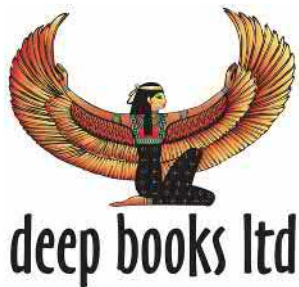
£27.00

Hb
280pp

About the Author....

Rosa Lowinger is a Cuban-born American writer and art conservator. She is the founder and current vice-president of RLA Conservation, LLC, one of the U.S.'s largest woman-owned art and architectural conservation firms. A Fellow of the American Institute for Conservation, the Association for Preservation Technology, and the American Academy in Rome, Rosa writes regularly for popular and academic media about conservation, historic preservation, the visual

RHP



advanced information

SOCIAL SKILLS AND ME...GROWING TOGETHER!

An Activity Book

Charts and Tips to Help You Teach Social Skills to Children and Reward Their Good Behaviour

Stan Graeve

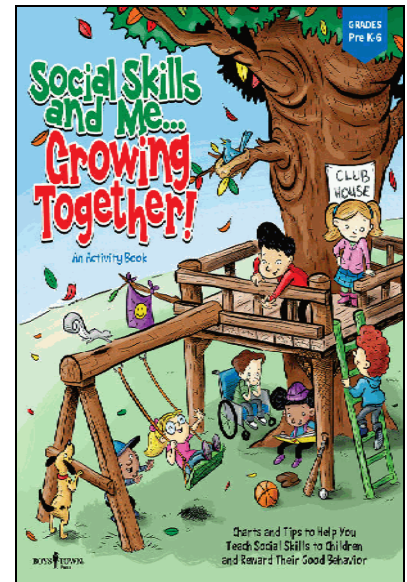
January 2024

A playful workbook to chart the growth and development of a child's social skills!

SOCIAL SKILLS AND ME... GROWING TOGETHER! is a fresh, updated version of Getting Along with Others, the popular activity book used by educators and families to chart and reward young children's positive behaviours.

Featuring twenty-four social skill charts and four fill-in-the-blank charts, young children can track their progress and celebrate their successes as they learn the fundamental skills needed to get along, play nicely, and work cooperatively with their classmates, siblings, parents, and anyone they meet. Each skill is broken down into easily understood behaviours that can be learned in a step-by-step fashion. When a child uses a skill correctly, they colour in a symbol on the skill page. When some or all of the symbols have been coloured in, the child earns a reward. Charting their progress allows kids to see how well they are doing and how much they are learning. In the process, teachers and parents will see the child's confidence and self-esteem blossom.

Tips for teaching the skills and setting up rewards for learning and mastering a skill are included, as well as a special download code so the charts can be quickly and conveniently reprinted whenever more are needed. Some of the skills featured in the activity book include: Using a Proper Voice Tone, Following Instructions, Sharing Your Feelings, Saying You're Sorry, Picking Up After Yourself, Sharing Things with Others, and more.



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18 B&W illustrations

Childrens

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Pb

3pp

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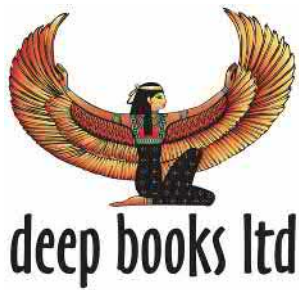
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A Stoic's Guide to Contentment and Tranquility

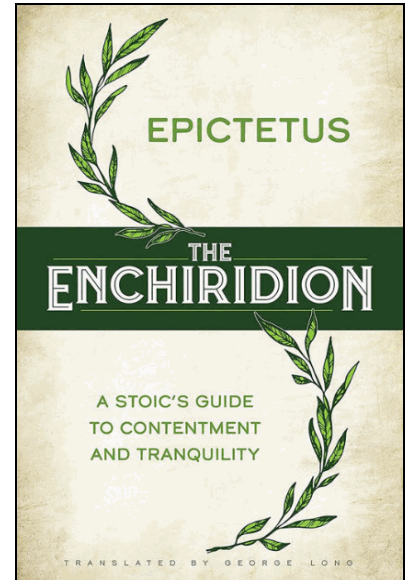
Epictetus

Translated by George Long

This lovely hardcover keepsake offers the timeless precepts of one of the most important Greek Stoic philosophers.

Epictetus (ca. 50–ca. 130 CE) was born into slavery and had a permanent physical disability. After attaining his freedom, Epictetus spent his career teaching philosophy and advising a daily regimen of self-examination. His pupil Arrian later collected and published the master's lecture notes as *The Enchiridion*, or *Manual*. Full of practical advice, this volume offers guidance for those seeking contentment, happiness, and tranquillity in the modern world. Through the principles found in *The Enchiridion*, we learn that true freedom can be achieved by taking control of our thoughts and actions through self-awareness rather than trying to change events beyond our power. This enduring counsel on how to live follows maxims that have set generations of readers on the path to happiness and makes a wonderful gift for any occasion.

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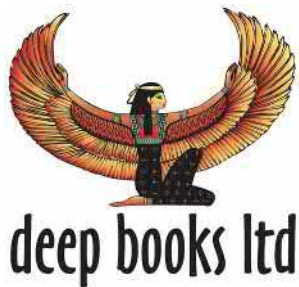
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PRACTICE OF THE PRESENCE OF GOD

And the Spiritual Maxims

Brother Lawrence

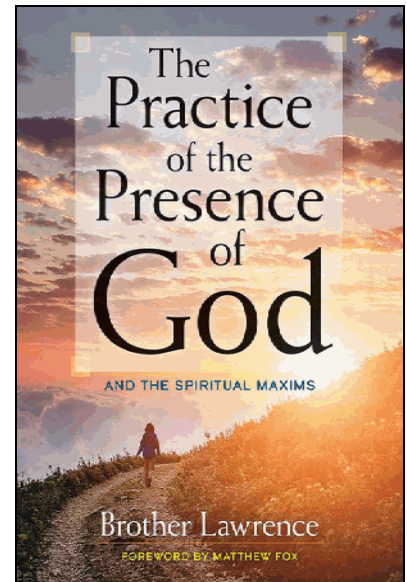
Foreword by Matthew Fox

This devotional classic is a compilation of Brother Lawrence's letters and recorded conversations from the seventeenth century.

Brother Lawrence was a simple French Carmelite lay brother who was able to achieve profound intimacy with God through the most mundane activities. He taught that the highest communion with God is not reserved for extraordinary moments but permeates the very core of our most ordinary days. He spent much of his time in the kitchen of a Paris monastery. He learned that our daily activities and thoughts could be acts of worship, engaging in opportunities to "practice the presence of God" by thinking about and loving God. Also included is Brother Lawrence's "Spiritual Maxims," a collection of aphorisms and sayings that summarize his teachings. This timeless spiritual treasure has illuminated the hearts of many who yearn for the awe-inspiring knowledge of the divine presence in a hectic modern world.

Features a foreword by Matthew Fox, author of Sheer Joy.

January 2024



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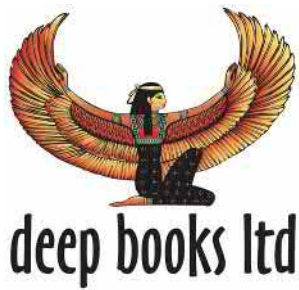
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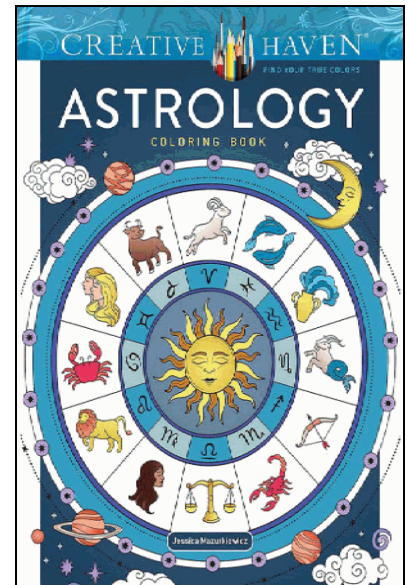
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ASTROLOGY COLORING BOOK

January 2024

Jessica Mazurkiewicz

Practice relaxation and mindfulness with a little help from the stars! These 31 out-of-this-world illustrations feature the 12 zodiac signs, beautifully styled suns and moons, and other mystical designs, many with striking black backgrounds. Each astrological sign is faithfully represented with its traditional symbol, flower, and constellation. Informative text printed on the reverse side describes each sign's amazing attributes and compatible colour palettes so that you can add your own unique artistry for super stellar results. Images are printed on one side only, and pages are perforated for easy removal.



9780486851730
210 x 276

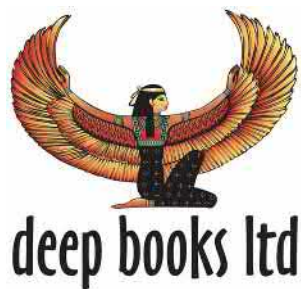
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MAGDALENE FREQUENCY

Become the Love You Are, Not the Love You Seek

Adele Venneri

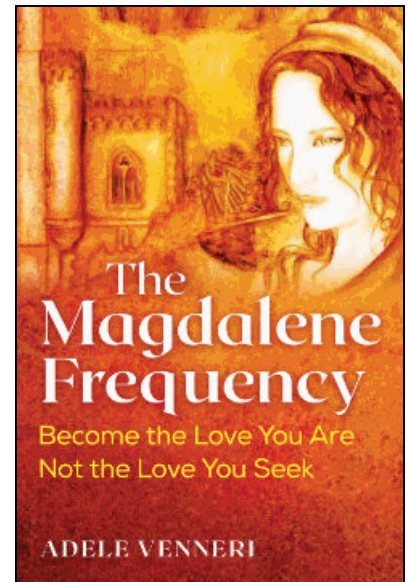
An initiatory journey to unite the Feminine and Masculine within your soul and discover the Divine Love within.

Many of us are feeling incompleteness at the soul level and experiencing the urgent need to restore the feminine part of our souls. But this missing part cannot be found by looking outside the self, by seeking love from another, whether, romantic, familial, or spiritual. Nor can it be found by replacing masculine energy with feminine. The lack we feel can only be healed by rediscovering Divine Love, the union of Feminine and Masculine, within each of us and activating our memories of who we truly are.

Leading you on a step-by-step initiatory journey, Adele Venneri reveals how Mary Magdalene, or Myriam, is not a biblical myth, but an ancient frequency of the soul. She explains how she awakened to Myriam and was transformed from seeking outward love, which only led to suffering, to realizing that true love, true self, comes from within. Through ancestral knowledge, embedded with the frequency of Myriam, the author shows you how to stop judging and forgive yourself, reunite your feminine and your masculine, merge your light body into the physical body, and rediscover your complete soul by embodying the Magdalene frequency. She reveals new Akashic rooms where you can become aware of your multidimensionality, learn to create your own reality, and connect with Myriam and feminine and masculine archetypes.

Revealing how to become the love you are rather than the love you seek, how to take on the responsibility for being the Creator of your own life, this alchemical text will transform you through the Magdalene Frequency and teach you at the soul level that you are worthy, you are joy, you are what you have always sought.

January 2024



9781591435006

152 x 229

2 b&w illustrations

Self-Help

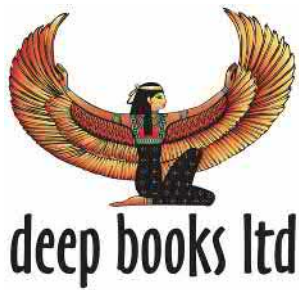
£16.99

Pb
192pp

About the Author....

Adele Venneri is an Italian writer, researcher, professional counsellor, and expert in esoteric psychology and the expansion of consciousness. One of the first to offer experiential retreats at high-vibrational places such as Rennes-le-Château in France, she lives in Barcelona, Spain.

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NEW SIRIAN REVELATIONS

Galactic Prophecies from the Sixth Dimension

Patricia Cori

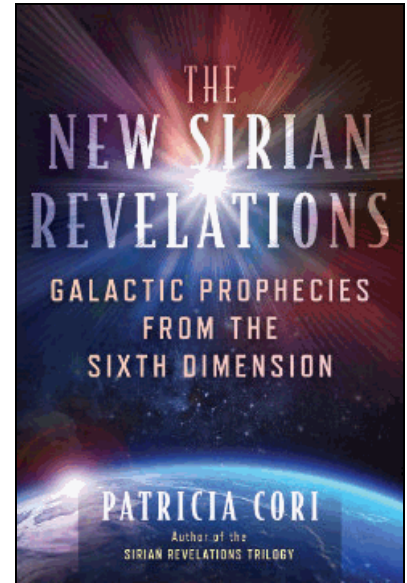
Teachings from the Sirian High Council to help humanity as we merge into the 4th dimension.

In 1996, while visiting the Julia Set crop circle in England, Patricia Cori experienced a galactic out-of-body journey—a transformational awakening that attuned her to a group of interdimensional light beings known to her as the Sirian High Council. Serving as their scribe now for more than 25 years, she shares the insights and teachings of these six-dimensional Sirian Light Emissaries to help humanity as we merge into the fourth dimension and face our collective karma—the source of so much of the dramatic events now unfolding around the world.

Sharing new revelations that affirm the veracity of past prophecies as well as transmitting new visions for the human race, Cori's messages from higher realms empower readers to peer fearlessly into the darkness, to understand it, and to focus on the light for all humankind and the earth. She explains how the Sirians hold us to our responsibility as guardians of this planet, with sound direction and advice for how to survive our imminent collective ascension and global awakening to new levels of conscious awareness. The Sirians' discussions explain what we are undergoing right now and delve into many of the most crucial issues of our time, including the rush to merge the human mind with artificial intelligence, ET disclosure, cloning, the slipping of time, and the dark forces that are losing their grip on our planet and humanity.

As the struggle between darkness and light is being fought at every level, Cori reminds us to take comfort in the fact that the Sirian High Council foresaw and told us how this time of immense upheaval would be the last phase of our passage out of the darkness and into illuminated states of consciousness and the light of planetary renewal.

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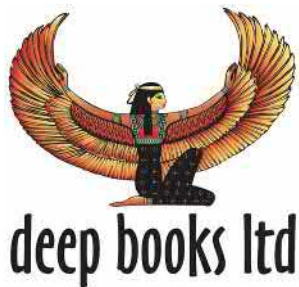
About the Author....

For more than 25 years, Patricia Cori has channeled a group of discarnate beings known as the Sirian High Council. An internationally acclaimed author and thought leader, she is a frequent guest on radio and TV programs, including CNN and Coast to Coast AM. She and her expert guests discuss thought-provoking topics on her program, Beyond the Matrix, available on her YouTube channel. She is the author of more than a dozen books, including The Cosmos

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WHY CAN'T WE BE MORE LIKE TREES?

The Ancient Masters of Cooperation, Kindness, and Healing

Judith Bluestone Polich

Reveals how we can learn from the intelligent communities of trees and plants.

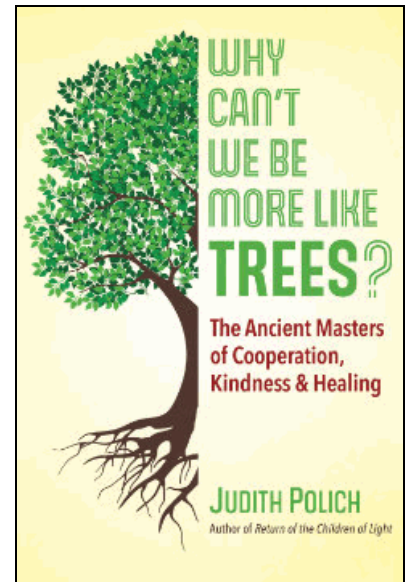
Breakthrough research is not only revealing a brilliant green world with amazing attributes like dispersed intelligence but also that humanity, like the tree and plant kingdom, thrives on innate cooperation, sharing, altruism, and community.

Exploring the latest cutting-edge environmental and ecological studies, climate adviser and environmental advocate Judith Polich explains how we can now see how tree and plant communities function, revealing a holistic, interconnected, communal, and seemingly sentient new world. She explains how trees communicate, how they share resources, and other ways in which they express holistic and cooperative behaviours.

Looking at the new scientific understanding of the evolutionary basis of altruism, cooperation, and community—and how these behaviours are genetically coded in our beings—the author examines the attributes we share with trees and other plant communities. She explores the healing powers offered by the plant kingdom, not just as medicines but through shared sentience that can help heal our sense of dissociation and disenchantment. Revealing how to see, think, imagine, and live with holistic eco-centric awareness, the author discusses how the stories we tell ourselves and our spiritual belief systems are becoming greener, including a resurgence of beliefs that originated with plant teachers. She also explores how to overcome our current cognitive biases through greater interaction with plant intelligence.

By viewing the world through a greener lens, not only can we reframe and unravel the deeper causes of the climate crisis, but we can also help co-create a new more conscious world with our plant allies.

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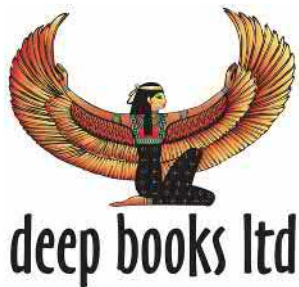
Pb
192pp

Native American
£14.00

About the Author....

Judith Polich is a former lawyer, environmentalist, and wetlands advocate. She holds a master of science degree in environmental studies and environmental education from the University of Wisconsin. The author of a climate change column for the Albuquerque Journal and a book, Return of the Children of Light, she lives in Santa Fe, New Mexico.

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GIZA: THE TESLA CONNECTION

Acoustical Science and the Harvesting of Clean Energy

Christopher Dunn

Reveals how the pyramids of Egypt were sophisticated generators of clean energy.

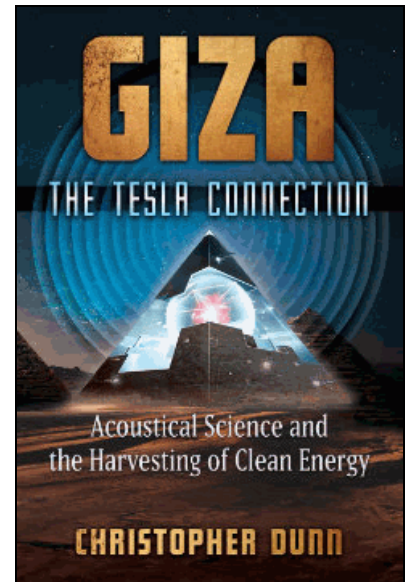
Sharing extensive new evidence and cutting-edge research that the Great Pyramid at Giza was built as an energy-harvesting machine, Christopher Dunn details how the ancient Egyptians were generating clean power for their civilization and reveals how the pyramid builders and the great inventor Nikola Tesla were drawing from the same universal knowledge.

Looking at each part of the Great Pyramid, from the internal chambers to its massive stone blocks to the pyramidion on top, Dunn reveals how the pyramids in Egypt served to stimulate the release and collection of electrons in the Earth's crust by harmonizing seismic energy while also attenuating the accumulating stresses. Drawing on exhaustive ongoing research by NASA scientists into the phenomenon known as "earthquake lights," the author shows how the pyramid builders were inspired by this phenomenon and learned to stress igneous rocks similar to tectonic plate movement in order to harvest the resulting electron flow, which also enabled the pyramids to mitigate any impending earthquakes. He looks in depth at recent research that supports the pyramid energy theory, including new explorations of the shafts of the Queen's Chamber, Russian research on how the Great Pyramid can concentrate electromagnetic energy, and analysis of the scorch marks on the ceiling of the Grand Gallery, which supports the King's Chamber explosion hypothesis. He also examines the stunning significance of the large void above the Grand Gallery discovered in 2017.

Analyzing the results of extensive acoustic testing and measurements related to specific frequencies within the Great Pyramid, Dunn looks at the vibration and frequency rates found at ancient sacred sites and shows how the pyramids were tuned to the Earth's frequency. He also includes multiple technical appendices written by experts.

While the pyramids' sophisticated energy-harvesting abilities are now in disarray and disuse, some remnants of their technologies are still there, waiting to be rediscovered and provide our civilization with an abundance of non-polluting power.

January 2024



9781591434610

152 x 229

Includes 8-page colour
insert and 91 b&w
illustrations

Spirituality and
Inspirational

Pb
360pp

About the Author.....

Christopher Dunn is a manufacturing engineer with 50 years of experience. He has worked primarily in aerospace with an emphasis on precision and laser application. He has published a dozen articles on his theories about ancient technology and is the author of The Giza Power Plant.

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CRYSTAL CLEAR ORACLE

January 2024

Loving Guidance from the Mineral Kingdom

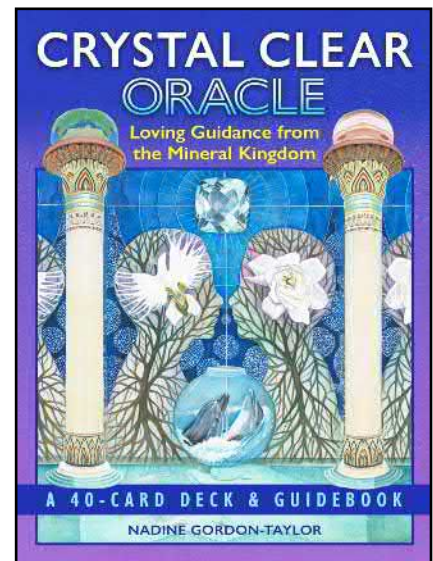
Nadine Gordon-Taylor

Intricately illustrated with images of crystals, animals, plants, elementals, and ancient symbols, the 40 full-color cards of the Crystal Clear Oracle provide a hands-on, intuitive way to work with crystal wisdom, unite with your higher consciousness, and access loving energies to inspire, empower, and awaken your spiritual journey.

As artist Nadine Gordon-Taylor explains, crystals are conduits to the past, storing within their matrices important information about Earth's true history and the people who inhabit it. Each vivid card features one crystal "guide" that introduces itself and its spiritual and healing qualities and then assists you in understanding and decoding the messages of the other symbols and beings that also appear on the card. The messages you receive from each card come directly from the voice of the crystal featured.

In the accompanying guidebook, Gordon-Taylor explains how to intuitively use the deck. She shares the crystal guide's message and interpretation for each card along with affirmations to support you in embodying its wisdom. Crystals and stones featured on the cards include Moldavite—the Interplanetary Visitor, Smoky Quartz—the Astral Protector, Amethyst—the Eternal Caregiver, Celestite—the Heavenly Meditator, Labradorite—the Grounded Invigorator, and Lapis Lazuli—the Wisdom Keeper.

Created to help you activate and align with the sacred geometries of higher frequencies of consciousness, this deck allows you to reunite with your higher self and release what no longer serves you. When you choose a card from this deck, you are intuitively guided to what is right for you at the moment. By working with these cards and the crystal guides, you reawaken to the intuitive knowledge of the ancients as you are held in the heart of Divine love.



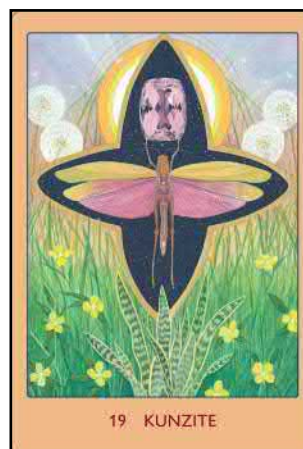
Book & Card Set

978-159143-4849

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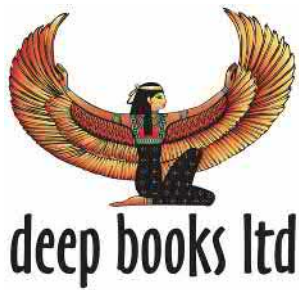
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TAROT LIFE LESSONS

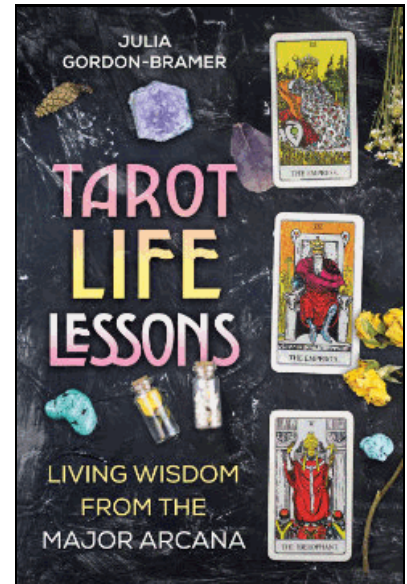
Living Wisdom from the Major Arcana

Julia Gordon-Bramer

Real-life stories using the Tarot as a tool of insight and self-transformation.

As Julia Gordon-Bramer reveals in profound detail, the miracle of Tarot is how the right cards show up, time and time again, to provide guidance or symbolically illustrate your story—whether you believe in the Tarot or not. In these real-life tales of Tarot wisdom, Gordon-Bramer explores the modern applications and the living wisdom of the Tarot, based on her more than 40 years' experience as a professional Tarot reader. Sharing stories from client readings and her own spiritual journey, she shows how to intuitively, logically, and sometimes playfully glean the meaning of each card that appears and integrate its powerful spiritual lessons for deeper understanding, guidance, and personal healing. She compares reading the Tarot to dream analysis, explaining how the Major Arcana, such as The Fool, The Magician, The Lovers, or The Star, represent the key players and milestones in life, the sacred adventure from birth to death. She explains how each card tells its own story, often revealing subconscious beliefs and motivations through its colours, numbers, symbols, and pictures, yet she also reveals how it only takes a small amount of familiarity to decipher a world full of meaning in the cards.

Allowing you to make the leap from an abstract understanding of the Tarot to actually working intuitively with the cards, this book shows how, when used as a life-transforming tool to awaken and tame the subconscious, the Tarot offers a way to grow your strengths, identify your weaknesses, and conquer problems as you journey through life.



9781644118177
152 x 229

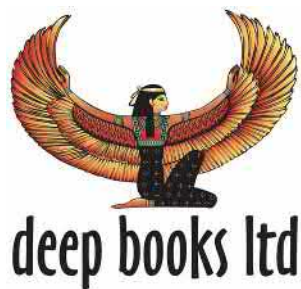
Pb
224pp

Spirituality and
Inspirational
£16.99

About the Author....

Julia Gordon-Bramer is a professional Tarot card reader, award-winning writer and poet, Sylvia Plath scholar, and former professor for the Graduate Writing Program at Lindenwood University. She has appeared on MTV, Nickelodeon, and many television and radio shows to share her Tarot talents and scholarship.

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FORTUNA

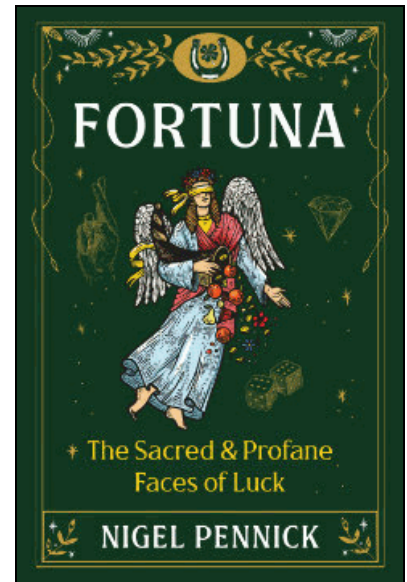
The Sacred and Profane Faces of Luck

Nigel Pennick

Traces the history of good fortune traditions from sacred divination to modern gambling.

Some believe that our future is predetermined, while others assert that we have free will and our future can take many different courses depending on our actions. In ancient times, it was believed that the will of the gods determined people's lives, and divination or sacrifices to the gods could change or improve one's future. Of the deities devoted to luck and the future, the Roman goddess Fortuna is most famous, having two shrines in Italy where divination was conducted under her guardianship. Tracing the history of the culture of good fortune from sacred divination to profane gambling, Nigel Pennick explores the many ways people through the centuries have sought to divine the future, ensure protection, and draw the full benefits from days of good omen. He shows how dice were originally considered sacred objects of divination and reveals the divinatory geomancy techniques and meanings of a dice oracle. In addition to dice, he looks at how cowrie shells, bones, coins, cards, sticks, and stones can be used to form meaningful patterns for interpretation and how these cultural divination practices were often accompanied by texts or oral traditions that explained the meanings of the patterns, such as the Chinese I Ching and the West African verses of the Sixteen Cowries. He also looks at medieval grimoires for fortune-telling, lottery books, and dice books. Exploring how dice became a means of gaming and gambling, the author details the forms of trickery and "crooked dice" used in games of craps by cheating gamblers and the Dream Books or Policy Books that served as oracles for those who played the "Numbers Racket." He examines how gambling gave rise to specialized lucky charms, luck-ensuring rituals, and even mascots. He also explores the emergence of ideas of randomness as they relate to divination and magic. Revealing how divination and gambling are two sides of the same coin, the author shows how, whether you are a gambler relying on Lady Luck or a diviner querying the gods, we're all looking to Fortuna in the quest for a better, richer life.

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152 x 229

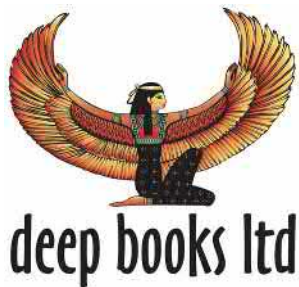
11 b&w illustrations
Spirituality and
Inspirational
£12.99

Pb
144pp

About the Author.....

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

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HERMETIC TREE OF LIFE Elemental Magic and Spiritual Initiation

January 2024

William R. Mistele

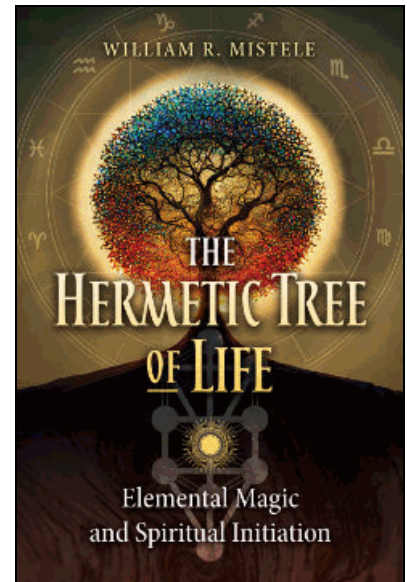
A guide to realizing your highest magical and spiritual potential.

In initiation, something happens to us. We change. Some aspect of ourselves is transformed. The result is that the various forces within us—desires, dreams, motivations, and inspirations—are amplified, deepened, and redirected. Ultimately, the goal is to become your own creation, your better self, the person you wish to be.

In this accessible guide to realizing your highest magical and spiritual potential, William Mistele presents a wealth of practices and initiatory wisdom, structured around the Tree of Life, to help you develop the vast spiritual world within. Drawing on hermetic teachings, the Kabbalah, and the elemental magic of Franz Bardon, he provides psychological skills to master, dreams to explore, and initiations to experience. His methods enhance sensory perception and deepen feelings of peace and oneness with the universe. He shares practices for learning to talk to and gain the cooperation of your subconscious, techniques for dissolving negativity, ways to create bliss and ecstasy at will, and the means for enhancing a connection to one's higher self.

For each of the ten sephiroth of the Tree of Life, progressing from the sephirah connected to the physical world to those connected to the astral plane, enlightenment, and the higher self, Mistele explores each sephirah's unique spiritual qualities and wisdom and offers challenges for the reader to accomplish and magical methods to unite oneself with the four elements of nature (earth, air, fire, and water) from within. He shares profound psychological and spiritual experiences that can occur once you know a sephirah deeply and explains exactly how you can reproduce these experiences for yourself. Offering initiatory practices to help you enact transformation at the core of your being, he guides you to bring each sephirah to life via visualization and dreams.

Providing a roadmap to the spiritual world, Mistele empowers you to have more self-understanding, to be more successful and confident, and to have the imagination and spiritual freedom to transform into the person you wish to be.



9781644117446
152 x 229

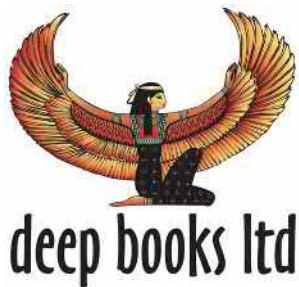
Pb
288pp

Spirituality and
Inspirational
£25.00

About the Author....

William R. Mistele has been studying esoteric and magical traditions for more than 45 years, focusing in particular on the teachings of Czech magician Franz Bardon. He has studied with more than fifty masters from many traditions, including Tibetan Buddhist monks while living at a monastery.

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PLEIADIAN SOUL HEALING

Light Messages for Cosmic Freedom

Pavlina Klemm

A guide to recovering your soul and healing the karmic past.

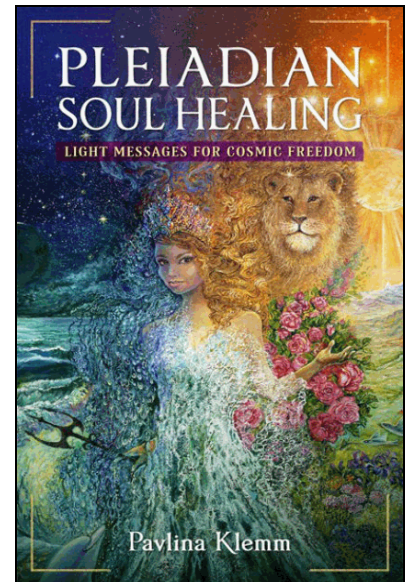
Speaking through healer and channel Pavlina Klemm, the higher beings known as the Pleiadians share healing wisdom to assist humanity as we ascend into the light-filled dimensions of consciousness. In this high-vibration book, the Pleiadians describe the radical energetic changes currently happening on Earth and how they affect us. They also share how the manipulation of humanity in the past can be healed and our lost soul parts recovered.

Through their messages, the Pleiadians describe how, due to the ongoing influx of Cosmic Light to planet Earth, processing and healing the karmic situation of humanity as a whole is now possible. They explore the healing of the natural feminine and masculine power, with a focus on nurturing all souls, families, and children in the world, and offer exercises to amplify the vibration of love.

Detailing the spiritual, genetic, and karmic manipulation that humanity has endured over the millennia, the Pleiadians offer sacred number sequences and visualizations to support you in dissolving artificially encoded consciousness programs as well as releasing negativities from your soul, mind, body, and energy body. They explain how to retrieve lost soul parts, reprogram yourself to tune in to light energy, and heal, regenerate, and protect your DNA by bringing the inner light back to your cells and connecting with the Divine Source. The Pleiadians also explore how to remember your Pleiadian soul parts, which will help you activate and strengthen your healing abilities and live out your higher purpose in this incarnation.

An illuminating and practical guide to healing at the soul level and beyond, Pleiadian Soul Healing also includes introductions from the members of the Pleiadian Ambassador Group behind the wisdom transmissions, who each offer loving support for our spiritual growth as well as positive glimpses of the peaceful, light-filled future to come.

January 2024



9781644118290

140 x 216

11 b&w illustrations

Spirituality and
Inspirational

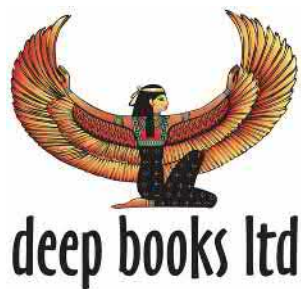
£14.99

Pb
192pp

About the Author....

Pavlina Klemm is a healer, medium, and educator who has trained in quantum healing, Eric Pearl's reconnection 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. Since 2010, she has been a channel for the Pleiadians. Pavlina lives and works near Munich, Germany.

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advanced information

WORDS THAT FREE YOU

What You Say Is What You Become

Jacques Martel

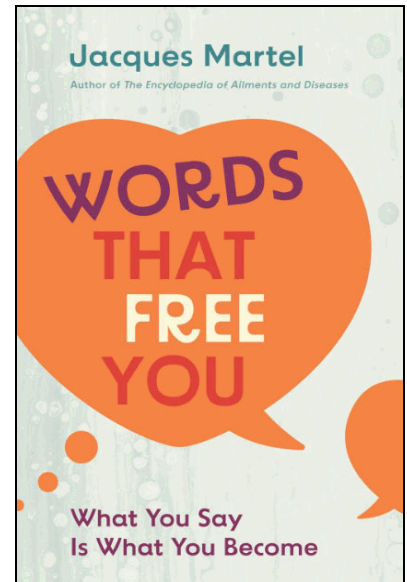
A guide to how the right choice of words can liberate, strengthen, and heal us.

Not only are the words and phrases we use an expression of our innermost thoughts, they also influence our wellbeing and the overall nature of our character. Positive words create a higher vibration and thus a positive experience of life. Words with negative connotations, however, especially if used frequently, create a limiting and possibly self-destructive reality for us, since our brain cannot decide between what is real and what only exists in our imagination.

In this easy-to-follow guide, therapist and coach Jacques Martel details how to create a more positive, optimistic, healthy, and happy reality by choosing words filled with freedom, wisdom, and love. The messages we transmit through our words are understood more easily at the level of the heart. Jacques explains how each word we speak or write carries a power that increases or decreases our energy level. Sharing practical communication tools, such as a table to convert words and expressions from the negative to the positive, he reveals which high-vibration words to use to change our lives for the better and explores how to integrate them when speaking with family, friends, coworkers, and in front of an audience for more effective communication. He also shares healing words in mantras, guided relaxation, and chants as well as a writing technique using words that free us to bring emotional healing.

When we are more aware of our language, we understand that changing the words we use will transform our reality and our lives. As we become more comfortable communicating how we feel, our words truly become the mirror of our heart and the reflection of our thoughts.

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127 x 197

7 b&w illustrations

Self-Help

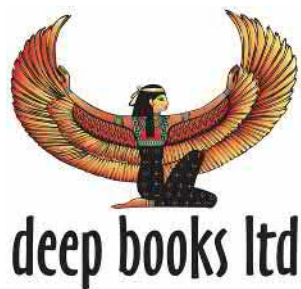
£12.99

Pb
144pp

About the Author....

Jacques Martel, the creator of the Little Stick Figures Technique, is an internationally known therapist, trainer, and speaker. A pioneer in the field of personal development, he is also an Usui Reiki master and rebirther and the author of the bestselling *The Encyclopedia of Ailments and Diseases*. Jacques lives in Québec, Canada.

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advanced information

BODY MANDALA

Posture, Perception, and Presence

Mary Bond

Foreword by Thomas Myers

An experiential guide to using your body as the focus of contemplative practice.

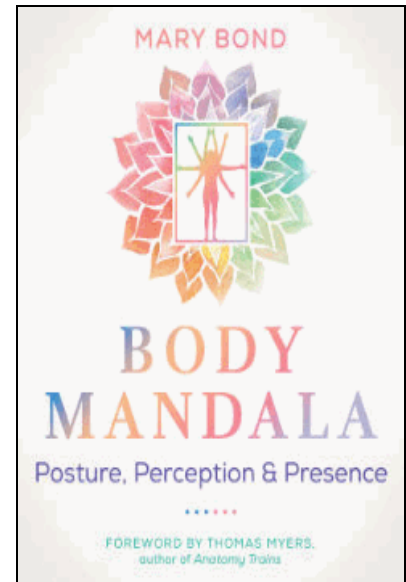
Our physical structure, often known simply as “posture,” is shaped by the balance of tension between our bones and soft tissues—fasciae, tendons, muscles, and ligaments—as well as by the mental, emotional, and physical stresses we experience. This tensional integrity, or “tensegrity,” along with our sensory experiences, movements, and physical expressions all offer access points for developing fully embodied presence—that is, for engaging the body’s capacity for perception, expanded awareness, and even spiritual presence.

Exploring the profound connections between tensegrity and inner perceptions and awareness, Mary Bond teaches you to unlock your body’s inner guidance—its somatic wisdom—through a journey of embodiment that will improve your posture in the process. Integrating movement theory, philosophy, neuroscience, fascia research, polyvagal theory, and personal story, Bond reveals how the human body organizes and expresses movement through perception. She looks in depth at the role of the fascial system in transmitting bodily perception, showing how fascia functions as the preeminent organ of embodiment and mind-body connection. She explains the process of internal perception, or “interoception,” the body-mind’s ability to identify, access, understand, and respond appropriately to its internal signals.

Offering an experiential understanding of the structural foundation of the human body in motion and in stillness, Bond presents more than 50 self-explorations that allow you to transform your sensory experience, expand your awareness, and make embodiment—your own complex body—the focus of contemplative practice. The author also includes streaming audio and video links for each practice.

Inviting you to awaken to the grace and wisdom of your body as a personal mandala that is always available for meditative focus, the author shows how conscious embodiment can help us become more perceptive and more humane beings.

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203 x 254

78 b&w illustrations

Spirituality and

Inspirational

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288pp

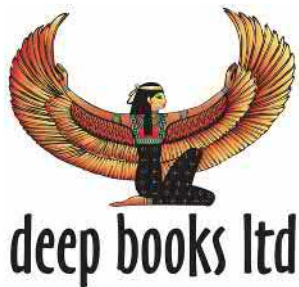
About the Author.....

Mary Bond has a Master's degree in dance from UCLA and trained with Dr. Ida P. Rolf as a Structural Integration practitioner. She is a movement instructor at the Rolf Institute and teaches movement workshops nationally. The author of *Balancing Your Body* and *The New Rules of Posture*, she has also published articles in numerous health and fitness magazines.

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HEALING TRAUMA THROUGH FAMILY CONSTELLATIONS AND SOMATIC EXPERIENCING

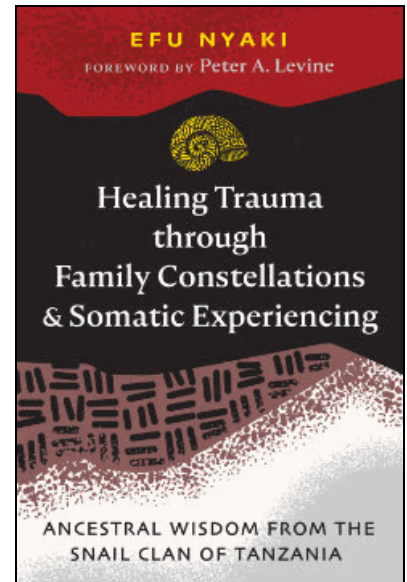
Ancestral Wisdom from the Snail Clan of Tanzania

Efu Nyaki
Foreword by Peter A. Levine

A holistic method for resolving individual and intergenerational trauma.

The journey to healing trauma is not always straightforward. As Euphrasia “Efu” Nyaki reveals in detail, the healing process is a complex ritual of energy movement on the physical, emotional, and spiritual levels. Born and raised on Mount Kilimanjaro's slopes in Tanzania, East Africa, Efu explains how she came to develop her profoundly successful system for helping people heal trauma by integrating ancestral tribal wisdom with a fusion of two Western healing systems: Somatic Experiencing and Systemic Family Constellations Therapy. She shares how her journey to become a healer was initiated by her Grandfather, who told her the legend of the sacred healing snail of the Nyaki clan. She explains how she discovered Somatic Experiencing and Systemic Family Constellations Therapy, and how combining these therapies created a powerful system for releasing cellular memories and healing the intergenerational and collective traumas hidden beneath the surface of suffering. Sharing stories from her healing work around the world, she presents action steps, such as meditations, breathwork, or creating a family tree, that readers can take immediately to regulate their nervous systems, deepen their awareness, and engage the personal healing process. Demonstrating how trauma survivors can transform their suffering into vibrant wholeness, the author shows how healing trauma is the result of bringing the physical, emotional, mental, and spiritual aspects of our lives into an integrated coherence.

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152 x 229

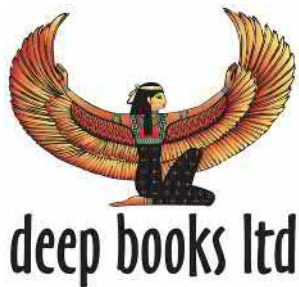
Pb
192pp

Self-Help
£14.99

About the Author.....

Euphrasia “Efu” Nyaki is a healer born and raised in Tanzania who works internationally facilitating trainings and workshops on trauma healing. The co-founder of AFYA, a women's holistic healing center in Brazil, she is a faculty member at the Somatic Experiencing Trauma Institute and a Professor of Systemic Family Constellations Therapy at the Hellinger Science Institute. She lives in Brazil.

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ACUPRESSURE SELF-CARE HANDBOOK

Healing at Your Fingertips

Roger Dalet

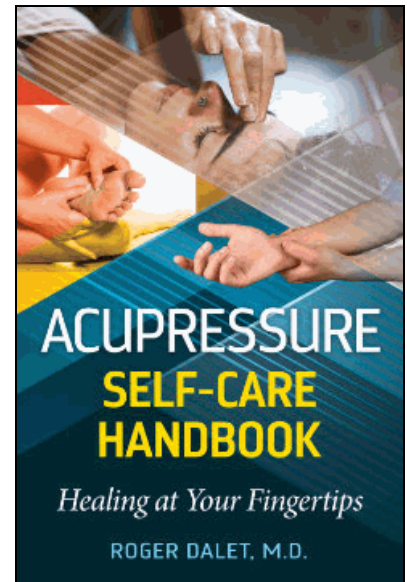
A guide to acupressure treatments for more than 150 common illnesses and conditions.

With the simple touch of your fingertips you can quickly and easily bring comfort and relief from pain and illness. In this illustrated guide to acupressure for self-care and care of your loved ones, Roger Dalet, M.D., shares step-by-step treatment protocols for more than 150 diseases and disorders—from illnesses such as cold, flu, or digestive upset to chronic conditions such as arthritis, diabetes, thyroid disorders, and heart problems to nervous system and emotional complaints such as depression, shingles, and Bell's palsy.

Exploring how acupressure works, the author explains how massaging specific healing points stimulates the body's own natural healing ability. Within each treatment protocol, he offers guidance on how acupressure can best help the situation—whether it is capable of completely curing a condition or whether it should be used to support other healing modalities. In addition to detailed diagrams of the commonly known and prescribed acupressure points, Dr. Dalet includes important new acupoints discovered by contemporary Chinese medical researchers that address ailments resulting from our more sedentary lifestyles and use of computers, such as obesity and eye strain. He also recommends the most effective options for stimulating the points, including devices for electrical stimulation.

A valuable resource for any home, the acupressure treatments presented in this handbook can provide immediate relief for pain and injuries as well as be used preventively. Most important, they offer an effective method of self-care and a way to provide comfort and relief to ailing loved ones, especially the delicate immune systems of children.

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152 x 229

350 b&w illustrations

Alternative Therapies

£25.00

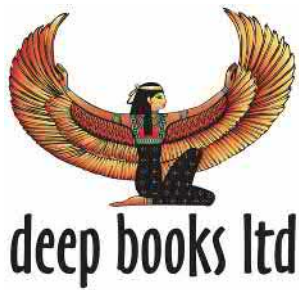
Pb

352pp

About the Author.....

Roger Dalet, M.D. (1935–2015), was a famous French acupuncturist and pneumophysiologist. He practiced medicine for more than thirty years and taught acupuncture at the Homeopathic Center of France and at the Beaujon Hospital. Alongside his professional practice, he devoted himself to numerous research works on acupuncture. He rose to fame by publishing *Supprimez vous-même vos douleurs par simple pression d'un doigt* [Take Your Pain Away

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advanced information

CULINARY PHARMACY

Intuitive Eating, Ancestral Healing, and Your Personal Nutrition Plan

Lisa Masé

Foreword by Rosemary Gladstar

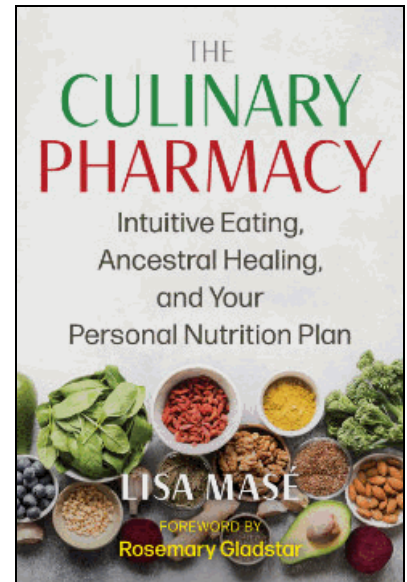
Find your ideal foods and cultivate wellness with traditional wisdom.

Exploring the healing power of food, holistic nutritionist Lisa Masé weaves together three ancestral healing philosophies—Ayurveda, traditional Chinese medicine (TCM), and the Mediterranean diet—with modern nutrition science to help you discover your ideal foods for vibrant health.

The author frames her book with her healing journey to overcome ten years of chronic infection, anxiety, depression, infertility, hypothyroidism, and food sensitivities. She explains how she grew up in Italy, cradled by the Adriatic Sea and the Dolomite mountains, and by returning to her traditional foods and healing herbs she was able to heal herself. She discusses the three kinds of hunger—Heart, Head, and Habit—and offers proven folk and scientific strategies for transforming cravings and changing habits, including meditation, breathwork practices, and realignment of the gut-brain axis via the vagus nerve.

Detailing the healing principles behind Ayurveda, TCM, and the Mediterranean diet, the author provides clear, easy-to-follow instructions for determining your Ayurvedic and Chinese constitution types, which can help you discover how best to heal yourself. She includes food lists for each constitution. Discussing the energetics of food, she explains the importance of personalized nutrition based on genetics, epigenetics, intuitive eating, and seasonal, local foods. She guides you on the path of food sovereignty to regain control of your food. Throughout the book, the author shares recipes, meal plans, and stories to illustrate the concepts she discusses and to help you easily integrate your ancestral healing wisdom into your life. Showing how to simplify your eating to cultivate wellness, this engaging and comprehensive guide to the culinary pharmacy provides all the knowledge and tools necessary to help you make your food your medicine.

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152 x 229

Includes 4-page colour
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Health

£18.99

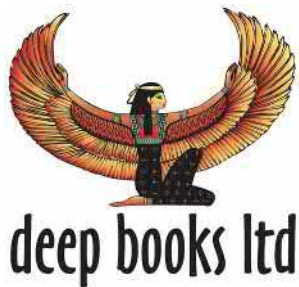
Pb

276pp

About the Author....

Lisa Masé is a board certified holistic nutritionist (BCHN) and a registered health and nutrition coach (RHNC) as well as an herbalist, intuitive eating coach, food sovereignty activist, and poet.

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advanced information

NATURAL REMEDIES FOR MENTAL AND EMOTIONAL HEALTH

Holistic Methods and Techniques for a Happy and Healthy Mind

Brigitte Mars and Chrystle Fiedler
Foreword by Rosemary Gladstar

A self-care guide to treating mental, emotional, and neurological conditions.

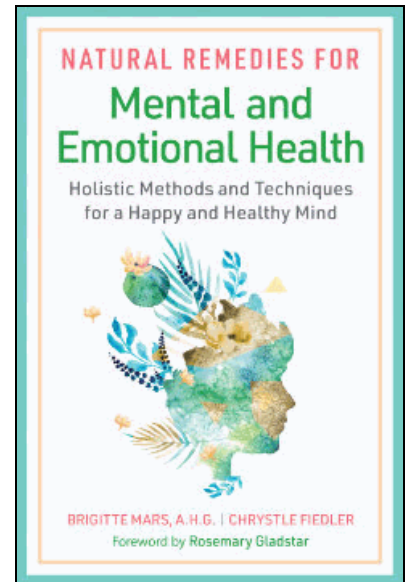
Mental health and emotional well-being are just as important as physical health. And like physical health, there are many simple ways to improve and support mental wellness with the healing power of herbs and other holistic remedies and practices.

In this comprehensive guide to natural methods to maintain a healthy mind, herbalist Brigitte Mars and natural health expert Chrystle Fiedler explore many common mental health concerns and stress-related issues—such as anxiety, depression, panic attacks, anger, insomnia, brain fog, and trauma—and share remedies and practices to address and heal their root causes.

Citing recent medical studies, they examine the influence of diet and nutrition on mental health concerns and explore the benefits of specific foods, herbs, supplements, essential oils, and self-care techniques like acupressure, massage, and color therapy. The authors also explore holistic practices and treatments for moving through grief, breaking free from addiction, working with ADHD and epilepsy, supporting chronic conditions like bipolar disorder, PTSD, and Parkinson's disease, and recovering from traumatic brain injury (TBI) and stroke.

Presenting a wealth of holistic self-care therapies for mental well-being, emotional balance, and neurological health, this guide enables each of us to heal the mind and nurture the soul, two essential keys to a happy, joyful life.

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152 x 229

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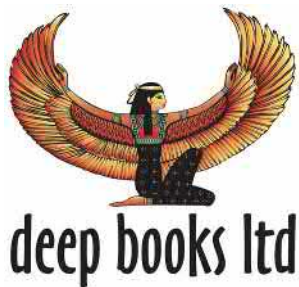
352pp

Health
£18.99

About the Author....

Brigitte Mars, is an herbalist and nutritional consultant with almost fifty years of experience. She teaches herbal medicine at Naropa University and the School of Health Mastery in Iceland and has also taught at Omega Institute, Esalen, Kripalu, and the Mayo Clinic. A founding member of the American Herbalists Guild, she is the author of many books and DVDs including The Natural First Aid Handbook, The Sexual Herbal, Healing Herbal Teas, and Rawsome!

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advanced information

SUPER-POWERED IMMUNITY STARTS IN THE GUT

January 2024

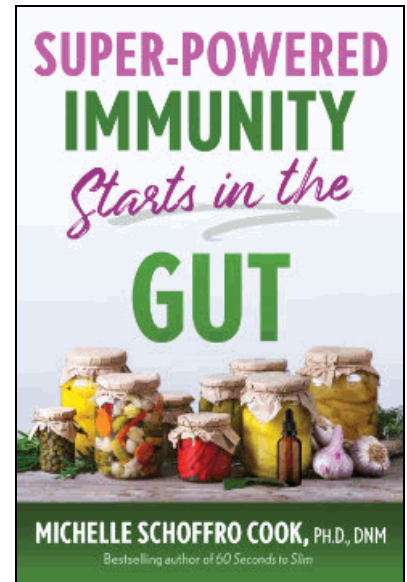
Michelle Schoffro Cook

A research-backed guide to healing your gut and boosting immunity.

Did you know that 70 percent of the immune system resides in the gut? As Dr. Michelle Schoffro Cook explains, a healthy, microbially balanced gastrointestinal tract is one of the biggest keys to warding off and fighting infectious diseases.

In this practical guide, Dr. Cook shares tools and hands-on methods to transform your gut health for greater immunity and well-being. Distilling the most recent research, she explains the connection between GALT (gut-associated lymphoid tissue) and a strong gut-immune relationship. She offers methods to assess your gut health and select which healing approach would be best. She explores some of the main illnesses, conditions, and disorders that afflict the gut and lead to poor immune system performance, including excessive yeast growth, dysbiosis (an imbalanced microbiome where harmful microbes far outnumber the beneficial ones), and excessive gut permeability (which allows dangerous germs, microbes, and toxins to invade the blood stream).

Showing how to treat these conditions holistically without damaging and compromising your gut and immune system, Dr. Cook shares powerful yet natural remedies like herbs, essential oils, and nutritional supplements. She looks at the role of probiotics and fermented foods in immunity, providing an extensive examination of how and why they work. She examines new research about particular probiotic strains that are effective against even the most drug-resistant health conditions like MRSA and *C. difficile*. She explains the often-invisible, immune-depleting damage caused by antibiotic use and what to do immediately if you're taking antibiotics or have suffered damage from having done so. She also offers a detailed four-week plan for healing the gut and obtaining—and sustaining—optimum immune system function. Explaining all of the necessary research-backed tools and techniques, this guide empowers you to take charge of your gut health, transform your immune system, and achieve vibrant health.



9781644117408

152 x 229

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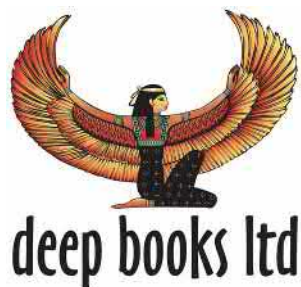
160pp

Health
£12.99

About the Author.....

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 regularly featured health expert in magazines such as *Women's World*.

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FIRST ALCHEMISTS

The Spiritual and Practical Origins of the Noble and Holy Art

Tobias Churton

Explores the origins and practices of early alchemy.

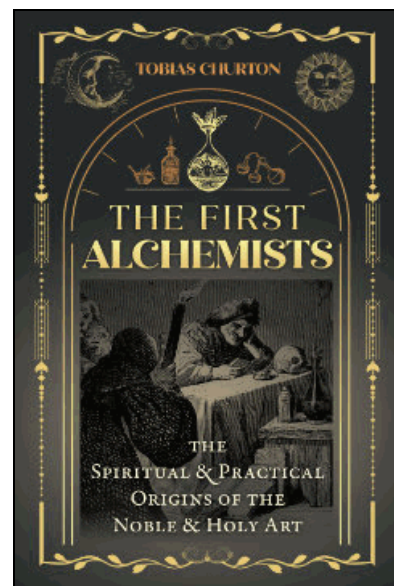
Investigating the origins of alchemy and the legend of the Philosopher's Stone, Tobias Churton explores the oldest surviving alchemical texts, the original purpose of the "Royal Art," and the first alchemists themselves. He reveals the theories and philosophies behind the art and how early apparatus and methods were employed by alchemists through the ages.

Showing how women dominated early alchemy, Churton looks at the first known alchemist, the Jewess Maria the Prophetess, inventor of the bain marie, still in use worldwide today. He also looks at early alchemist Cleopatra (not the well-known Egyptian queen) and 3rd–4th century Egyptian female artisan Theosebeia, who had a guild of adepts working under her. He examines in depth the work of Zosimos of Panopolis and shows how Zosimos's historic work inspired the medieval view of alchemy as an initiatory path whose stages follow the transmutation of base metals into gold.

Exploring the latest research on early practices in Upper Egypt, the author discusses the political and industrial realities facing the first alchemists. He examines the late antique "Stockholm" and "Leiden" papyri, which offer detailed knowledge of the first known Greco-Egyptian chemical recipes for gold and silver dyes for metal and stone, and purple dyes for wool. He emphasizes how changing color in early alchemy was misinterpreted to imply transmutation of one metal into another. He reveals how the alchemical secrets for working with the "living statues" of the Egyptian temples was jealously guarded by the priesthood and how secrecy helped to reinforce beliefs that alchemical knowledge came from forbidden, celestial sources. He also investigates the mysterious relation between alchemy, spiritual gnosis, Hermeticism, and the Book of Enoch.

Revealing the hidden legacy of the early alchemists, Churton shows how their secret workings provided a transmission line for ancient heretical doctrines to survive into the Renaissance and beyond.

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9781644116838

152 x 229

47 b&w illustrations

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Inspirational

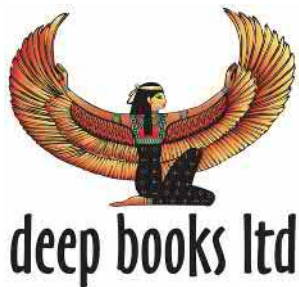
£25.00

Pb
320pp

About the Author....

Tobias Churton is Britain's leading scholar of Western Esotericism, a world authority on Gnosticism, Hermeticism, and Rosicrucianism. He is a filmmaker and the founding editor of the magazine *Freemasonry Today*. An Honorary Fellow of Exeter University, where he is faculty lecturer in Rosicrucianism and Freemasonry, he holds a master's degree in Theology from Brasenose College, Oxford, and created the award-winning documentary series and accompanying

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HUNDRED REMEDIES OF THE TAO

Spiritual Wisdom for Interesting Times

Gregory Ripley

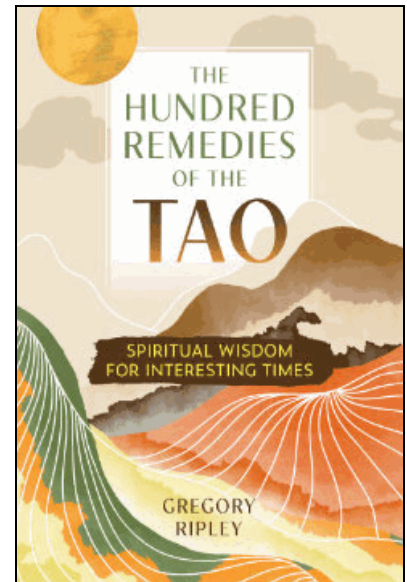
A new translation of the 6th-century Taoist text Bai Yao Lu (Statutes of the Hundred Remedies), with practical commentary

In modern Taoist practice, the emphasis is often on “going with the flow” (wu-wei) and not following any fixed rules of any kind. This may work well for an already enlightened Taoist Sage, but for the rest of us, following a spiritual path involves ethical, moral, and practical guidelines. As author and translator Gregory Ripley (Li Guan, —ㄉㄞˇ) explains, the little-known 6th-century Taoist text called the Bai Yao Lu (Statutes of the Hundred Remedies) was created as a practical guide to what enlightened or sagely behavior looks like—and each of the 100 spiritual remedies are just as relevant today as they were when written over 1500 years ago.

Presenting a new translation of the Bai Yao Lu for the contemporary world, Ripley provides insightful commentary for each of the Hundred Remedies, showing how they relate to Taoist meditation practice and how they can help us navigate the emotional and social challenges we all experience. He explains how each short verse of the Hundred Remedies presents a spiritual precept in a positive way, not as a restriction or commandment that must not be broken but as a solution to the problems encountered in daily life as well as on the spiritual path. He shows how these deceptively simple statutes, known as abstentions in Taoism, teach us how to emulate the behavior of the Sages until the behavior becomes our own.

Both scholarly and inspirational, this guidebook to Taoist spiritual living will help you learn to effortlessly go with the flow, deepen your meditation practice, and find the natural balance in all things.

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9781644118993

152 x 229

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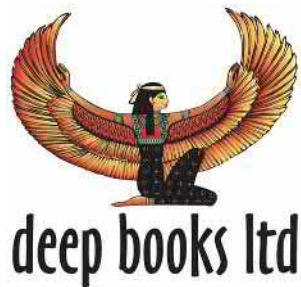
288pp

Religion
£18.99

About the Author....

Gregory Ripley (Li Guan, —ㄉㄞˇ) is a Taoist Priest in the 22nd generation of the Quanzhen Longmen tradition as well as a Nature and Forest Therapy Guide. He holds a bachelor's degree in Asian studies from the University of Tennessee and a master's degree in acupuncture from Northwestern Health Sciences University.

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THEURGY: THEORY AND PRACTICE HB

The Mysteries of the Ascent to the Divine

P. D. Newman

Connects the magical practice of theurgy to the time of Homer.

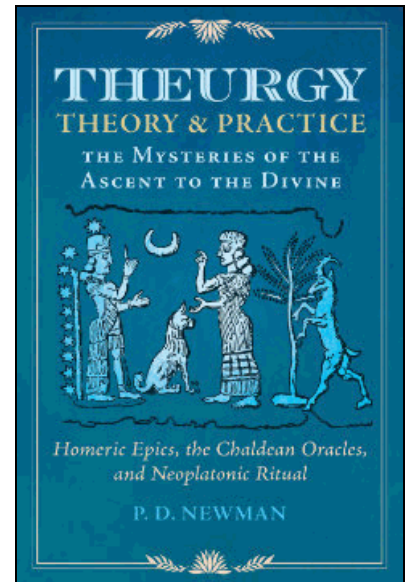
First defined by the second century Chaldean Oracles, theurgy is an ancient magic practice whereby practitioners divinized the soul and achieved mystical union with a deity, the Demiurge, or the One.

In this detailed study, P. D. Newman pushes the roots of theurgy all the way back before the time of Homer. He shows how the Chaldean Oracles were not only written in Homeric Greek but also in dactylic hexameter, the same meter as the epics of Homer. Linking the Greek shamanic practices of the late Archaic period with the theurgic rites of late antiquity, the author explains how both anabasis, soul ascent, and katabasis, soul descent, can be considered varieties of shamanic soul flight and how these practices existed in ancient Greek culture prior to the influx of shamanic influence from Thrace and the Hyperborean North.

The author explores the many theurgic themes and symbolic events in the Odyssey and the Iliad, including the famous journey of Odysseus to Hades and the incident of the funeral pyre of Patroclus. He presents a close analysis of On the Cave of the Nymphs, Porphyry's commentary on Homer's Odyssey, as well as a detailed look at Proclus's symbolic reading of Homer's Iliad, showing how both of these Neoplatonists describe the philosophical theory and the technical ritual praxis of theurgy. Using the Chaldean Oracles as a case study, Newman examines in detail the methods of telestikē, a form of theurgic statue animation, linking this practice to ancient Egyptian and Greek traditions as well as theurgic techniques to divinize the soul.

Revealing how the theurgic arts are far older than the second century, Newman's study not only examines the philosophical theory of theurgy but also the actual ritual practices of the theurgists, as described in their own words.

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152 x 229

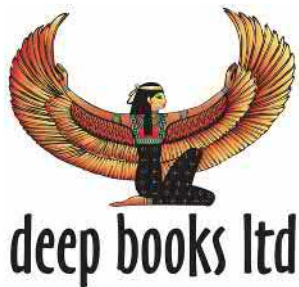
Hb
224pp

Spirituality and
Inspirational
£26.00

About the Author.....

P. D. Newman has been immersed in the study and practice of alchemy and theurgy for more than two decades. A member of the Masonic Fraternity, the Society of Rosicrucians, and the Martinist Order, he lectures internationally and has published articles in many esoteric journals, including The Scottish Rite Journal, The Masonic Society Journal, and Invisible College.

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STANISLAV GROF, LSD PIONEER

From Pharmacology to Archetypes

Brigitte Grof

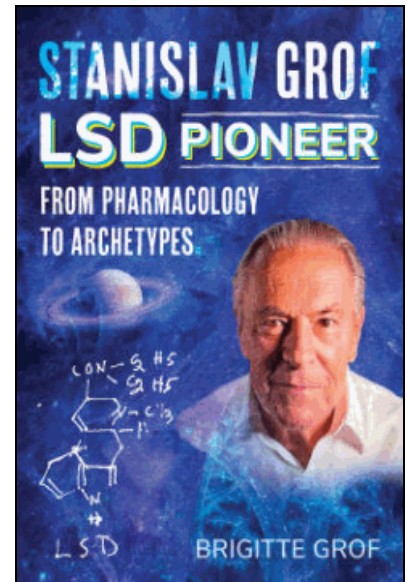
Celebrating the groundbreaking life's work of Stanislav Grof, MD, pioneer in psychedelic research and transpersonal psychology.

Created in honour of his 90th birthday, this book celebrates the profound life's work of Stanislav Grof, MD, pioneer in psychedelic research and transpersonal psychology.

Featuring an extended interview between Stan and his wife, Brigitte, the book explores in depth the full arc of his research in his own words as well as the history of LSD. He discusses his early experiments with LSD in Czechoslovakia and the USA during the 1950s and '60s and the cartography of the psyche that resulted. He describes his clients' and his own experiences and the psychedelic approach he pioneered. He explains the four perinatal matrices, illustrated with the impressive paintings he made during high-dose LSD sessions. He discusses the creation of holotropic breathwork as a way to reach expanded states of consciousness without the use of drugs. He describes how he started work with LSD believing it was simply pharmacology and then went on to discover the perinatal, transpersonal, and archetypal levels of the psyche through his lifelong research. The book also features testimonies from a number of luminaries in the psychedelic, psychological, scientific, and spiritual communities, including Jack Kornfield, Rupert Sheldrake, Ervin Laszlo, Richard Tarnas, Rick Doblin, Roger Walsh, David Steindl-Rast, Fritjof Capra, and Cathy Coleman.

Complete with captivating photos of Stan Grof with Albert Hofmann, Swiss painter H. R. Giger, Fritz Perls, Sasha Shulgin, as well as all of the book's contributors, this special book presents an impressive overview of Stan Grof's groundbreaking work and honors his importance as a psychedelic elder.

January 2024



9781644119464

171 x 241

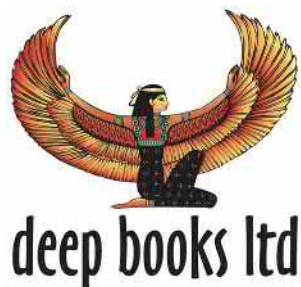
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160pp

About the Author....

Brigitte Grof, MA, is a psychologist, psychotherapist, artist, and the wife of Stanislav Grof. She first met Grof in 1986 in Germany and then in a Grof month-long holotropic breathwork seminar at the Esalen Institute, which led her to participate in a three-year training with him in Switzerland. Since 1989 she has facilitated holotropic breathwork workshops and trainings. She lives with her husband Stan in Wiesbaden, Germany.

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advanced information

FIRST ALCHEMISTS

The Spiritual and Practical Origins of the Noble and Holy Art

Tobias Churton

Explores the origins and practices of early alchemy.

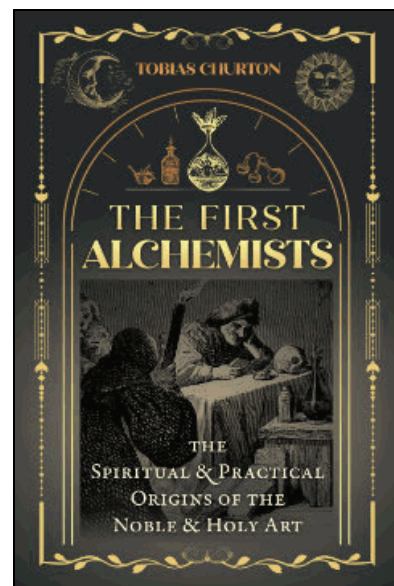
Investigating the origins of alchemy and the legend of the Philosopher's Stone, Tobias Churton explores the oldest surviving alchemical texts, the original purpose of the "Royal Art," and the first alchemists themselves. He reveals the theories and philosophies behind the art and how early apparatus and methods were employed by alchemists through the ages.

Showing how women dominated early alchemy, Churton looks at the first known alchemist, the Jewess Maria the Prophetess, inventor of the bain marie, still in use worldwide today. He also looks at early alchemist Cleopatra (not the well-known Egyptian queen) and 3rd–4th century Egyptian female artisan Theosebeia, who had a guild of adepts working under her. He examines in depth the work of Zosimos of Panopolis and shows how Zosimos's historic work inspired the medieval view of alchemy as an initiatory path whose stages follow the transmutation of base metals into gold.

Exploring the latest research on early practices in Upper Egypt, the author discusses the political and industrial realities facing the first alchemists. He examines the late antique "Stockholm" and "Leiden" papyri, which offer detailed knowledge of the first known Greco-Egyptian chemical recipes for gold and silver dyes for metal and stone, and purple dyes for wool. He emphasizes how changing color in early alchemy was misinterpreted to imply transmutation of one metal into another. He reveals how the alchemical secrets for working with the "living statues" of the Egyptian temples was jealously guarded by the priesthood and how secrecy helped to reinforce beliefs that alchemical knowledge came from forbidden, celestial sources. He also investigates the mysterious relation between alchemy, spiritual gnosis, Hermeticism, and the Book of Enoch.

Revealing the hidden legacy of the early alchemists, Churton shows how their secret workings provided a transmission line for ancient heretical doctrines to survive into the Renaissance and beyond.

January 2024



9781644116838

152 x 229

47 b&w illustrations

Spirituality and
Inspirational

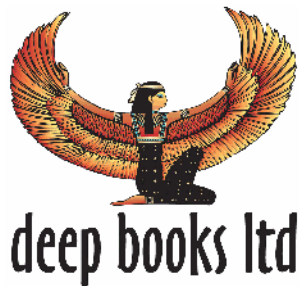
£25.00

Pb
320pp

About the Author....

Tobias Churton is Britain's leading scholar of Western Esotericism, a world authority on Gnosticism, Hermeticism, and Rosicrucianism. He is a filmmaker and the founding editor of the magazine *Freemasonry Today*. An Honorary Fellow of Exeter University, where he is faculty lecturer in Rosicrucianism and Freemasonry, he holds a master's degree in Theology from Brasenose College, Oxford, and created the award-winning documentary series and accompanying

EDI/ITI



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FREEING SEXUALITY

Sex Workers, Psychologists, Consent Teachers, and Polyamory Experts
Speak Out

Dr Richard Louis Miller

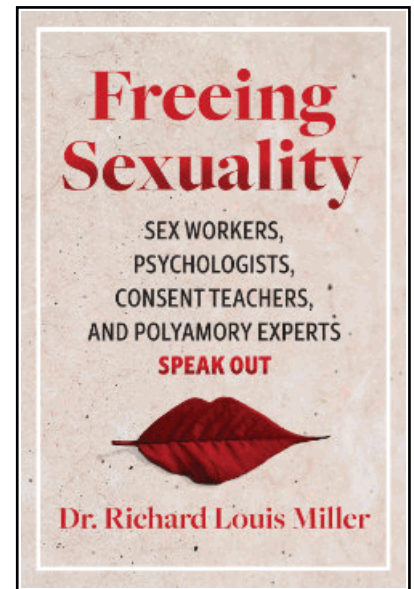
Explores the full spectrum of sexual beliefs, practices, and identities.

Exploring sexual customs, beliefs, practices, and identities from a wide variety of perspectives, Dr. Miller shares his fascinating interviews with 20 experts ranging from clinical psychologists and researchers to sex workers and polyamory educators. We learn from sex therapists, relationship experts, and tantric sex teachers, such as Dr. Lonnie Barbach, Dr. Stella Resnick, Katherine Rowland, and Diana Richardson, about the importance of communication, how to keep sensuality alive, and how to generate fulfilling and sustainable intimacy in relationships. Looking at sexual identity and non-monogamy, we hear from Dr. Ritch Savin-Williams on sexual identification and gender fluidity, Sumati Sparks on open relationships and polyamory, Janet Hardy, author of *The Ethical Slut*, on sexual freedom, and Annie Sprinkle and Beth Stephens on the possibilities of ecosexuality.

Revealing the inner workings of the sex industry, we hear from current and former escorts and sex workers on the stigmas and dangers of sex work and the need to decriminalize it, including Norma Jean Almadovar, former LA policewoman and current president of the prostitute's union Coyote. Dr. Ogi Ogas, author of *A Billion Wicked Thoughts*, speaks about using data science and computational neuroscience to uncover true statistics about our sexual desires. We hear from Paulita Pappel on porn as a mirror for society, Faith Jones on escaping a sex cult, Maeve Moon on recovering from sexual trauma, and Dr. Laura McGuire about the broad impact of teaching consent.

Validating the extraordinary range and diversity of our sexual thoughts, feelings, and behaviours, the author gathers voices that help us free our sexuality from the past, accept our natural urge for physical pleasure, and open us up to sexuality as a power for health, healing, and happiness.

January 2024



9781644115411
152 x 229

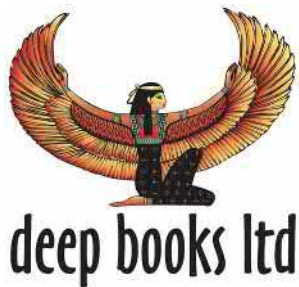
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384pp

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About the Author.....

Dr. Richard Louis Miller, MA, PhD, has been a clinical psychologist for more than 50 years. He is host of the syndicated talk radio show, *Mind Body Health & Politics*. The founder of the nationally acclaimed Cokenders Alcohol and Drug Program, he has been a faculty member at the University of Michigan and Stanford University, an advisor on the President's Commission on Mental Health, a founding board member of the Gestalt Institute of San Francisco, and a member of

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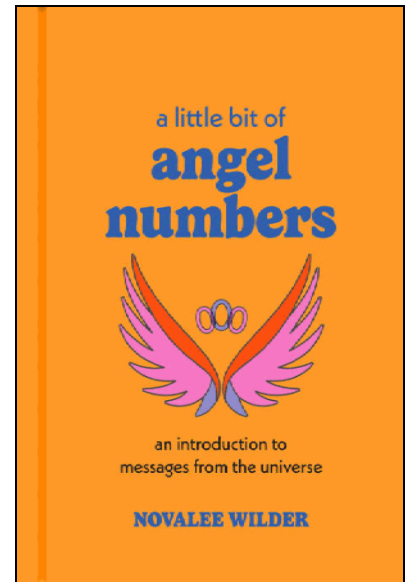
advanced information

LITTLE BIT OF ANGEL NUMBERS HB
An Introduction to Messages from the Universe

January 2024

Novalee Wilder

Have you ever randomly looked at the clock and noted that it was 11:11? Then congratulations: you've received a message from the universe. Angel numbers, repeating numerical sequences with mystical significance tied to numerology, are a spiritual concept that is experiencing a surge of popularity. Tied into synchronicity and manifestation, angel numbers can provide a path through chaotic times, and Little Bit of Numerology author Novalee Wilder is back with another beginner-friendly guide to deciphering these cryptic spiritual codes.



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Numerology
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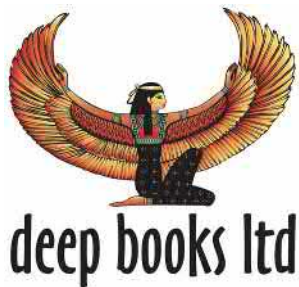
About the Author....

Novalee Wilder is a Danish actress and artist turned professional numerologist who works with individual and corporate clients from all over the world. Novalee is the host of The Numerology Podcast and the founder of The Numerology School. She offers 1:1 sessions, training, and talks about the sacred spiritual science of numbers and letters

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HOLISTIC HABITS

Build your best life one small change at a time

Emine Rushton & Jocelyn De Kwant

Embrace habit making over habit breaking, and transform your routine one day at a time with this gentle guided journal focusing on building one habit a month to help you reconnect with the world.

Research shows the best way to bring real, sustainable change into your life is to introduce healthier habits and routines slowly, and one at a time. Whether you're making New Year's resolutions or picking up this book in the middle of the year, HOLISTIC HABITS will help you to focus on encouraging better habits all year round, and enable you to start living your most empowered life.

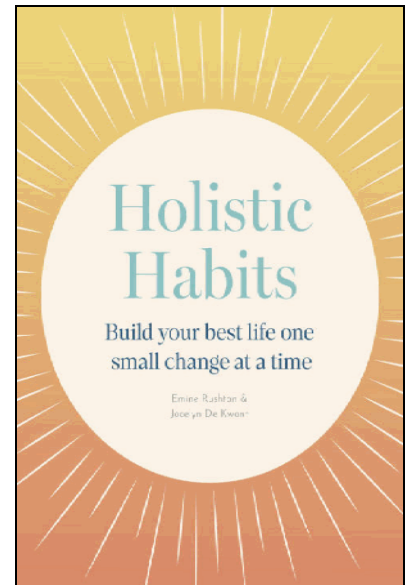
From building a better bedtime routine, to getting outside into nature more and reconnecting with those around you, learn, through 365 simple and practical prompts, how to change your life for the better, one day at a time.

Focusing on building one new gentle habit per month, HOLISTIC HABITS will show you how to:

- Prioritise rest and rejuvenation: Build better bedtime and morning routines that will allow you to rest, and give you the energy you deserve
- Swap doom scrolling for gentle strolling: From a mini digital detox to spending more time out in nature with loved ones, swap disconnection from for reconnection with the world around you
- Practice gratitude for a happier outlook on life: Learn how to notice the beauty in the everyday things, and find joy and peace in the simpler moments of life
- Declutter your physical and mental space: Cleanse your home and headspace of clutter and make room for yourself to bloom and grow
- Nourish your body: Treat yourself to gentle movement and feed your mind, body, and soul with good food and exercise

Filled with simple daily exercises, including some to be written into the book, this gentle guide will help transform your year one day at a time. You'll never need to make a New Year's Resolution again!

January 2024



9780711289642

170 x 230

full colour illustrations

Self-Help

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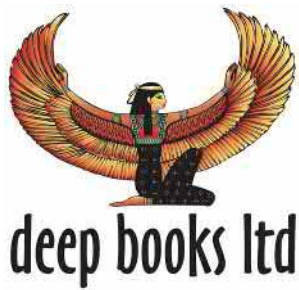
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224pp

About the Author....

Emine Rushton is the co-founder of This Conscious Life, a blog and podcast that celebrates the joys of living naturally, seasonally and joyfully. She is editor of mindfulness and well-being magazine Oh and was Wellbeing Director at Psychologies magazine for 9 years. Emine is also an holistic therapist, and a student of Herbal Medicine.

Jocelyn De Kwant is a journalist and editor specializing in mindfulness and simple living. She writes for

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SKEPTIC'S PATH TO ENLIGHTENMENT

How Analytical Meditation Can Train a Happy Mind

January 2024

Scott Snibbe

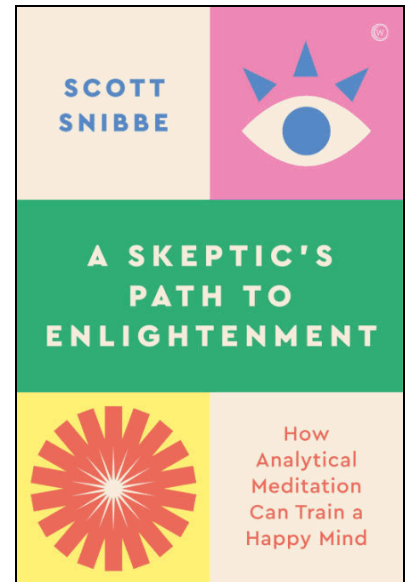
Brings the science of Buddhist meditation to a rational, modern audience hungry for happy, meaningful lives.

Based on the hugely successful podcast of the same name, A Skeptic's Path to Enlightenment provides a simple 9-step guide to using the power of analytical meditation to improve mental wellbeing by mixing Tibetan Buddhist Meditation with modern science, psychology and popular culture. A SKEPTIC'S PATH TO ENLIGHTENMENT brings the science of Buddhist meditation to a rational, modern audience hungry for happy, meaningful lives.

Adapted from the ancient Buddhist path to enlightenment, this 9-step course is stripped of anything beyond what modern science and psychology tells us about reality. It introduces analytical meditation as a step beyond mindfulness, explaining its potential to train the mind toward positivity, connection and joy.

By establishing life-enhancing mental habits, analytical meditation works in the same way as modern positive psychology or cognitive behavioural therapy. It uses structured stories that deliberately fill the mind with specific ideas and emotions in a particular sequence, like in a movie. In doing so, you can train your mind toward happiness and resilience in everyday life.

As a twenty-year student of Tibetan Buddhism and self-confessed skeptic, Scott is the ideal bridge between the learning of the great Buddhist Masters and the realities of the modern world. With an accessible, humorous tone, and plenty of references to popular culture, this is the book for people who realize that their mind is the source of their problems and the source of their solutions.



9781786787460

135 x 216

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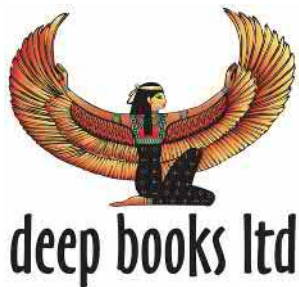
224pp

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About the Author.....

He is the Executive Director of A Skeptic's Path to Enlightenment, the world's first organization dedicated to teaching secular forms of Tibetan Buddhist analytical meditation, which reaches about 10,000 people a month through its podcast, website and courses

EDI/WAP



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SEA SOUL JOURNAL- A GUIDED JOURNEY

Insights, Rituals and Mindful Practices to Connect with the Healing Power of the Ocean

Pippa Best

You don't need to be by the water to use this journal: let it bring the ocean to you when you need it most. And let your journey onwards be guided by the sea.

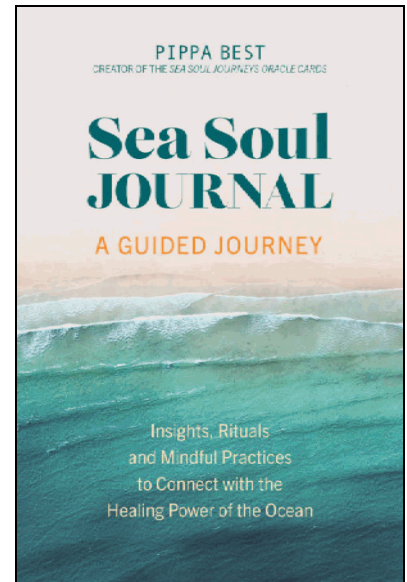
Calling on the 'Blue Mind' benefits of the sea and using mindful practices alongside empowering nature rituals, this guided journal provides a space to calm the mind and to reflect, helping stimulate self-knowledge, create intuitive flow to prompt transformation.

An inspiring and empowering journal for Sea lovers. A compassionate guide to awakening the wisdom of the ocean within and charting a fresh path towards a bright new horizon. Pippa's words and prose bring the healing power of the ocean to life's challenges through Ocean stories, journaling prompts, evocative water rituals and simple mindful practices to support your mind, body and soul – all inspired by the ocean.

The journal uses the four stages of the tides: High, Ebbing, Low and Rising as a framework to represent four Ocean themes; Self-Compassion, Letting Go, Moving Forward, and Gratitude & Awe. Within each theme, you will find simple activities for you to follow to help activate your 'blue mind'. Use this journal to create insightful moments of 'blue mind' peace in your day, and to seek out greater self-compassion, gratitude and awe. Be inspired to dive into your intuition, to release what no longer serves you, and to build the momentum and inner resources you need to move forward towards your dreams each day, wave by wave. You don't need to be by the water to use this journal: let it bring the ocean to you when you need it most. And let your journey onwards be guided by the sea.

Can be used alongside the Sea Soul Journeys Oracle Cards or on its own.

January 2024



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Journals and
Notebooks
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Pb
204pp

About the Author.....

Pippa Best is a certified Blue Health Coach and life coach, ocean advocate, passionate sea swimmer, and founder of nature wellness company Sea Soul Blessings. At Sea Soul Blessings, she creates mindful compassionate resources that connect us more deeply to the sea, and to ourselves. Having worked in film and TV story development for over 25 years, Pippa has also spent the last 10 hosting retreats in Cornwall, life/career coaching, writing and mentoring. She's a regular contributor to Kindred Spirit

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