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November 2023



EARTH'S GALACTIC HISTORY

AND ITS EXTRATERRESTRIAL CONNECTION

CONSTANCE VICTORIA BRIGGS



advanced information

EARTH'S GALACTIC HISTORY AND ITS EXTRATERRESTRIAL CONNECTION

November 2023

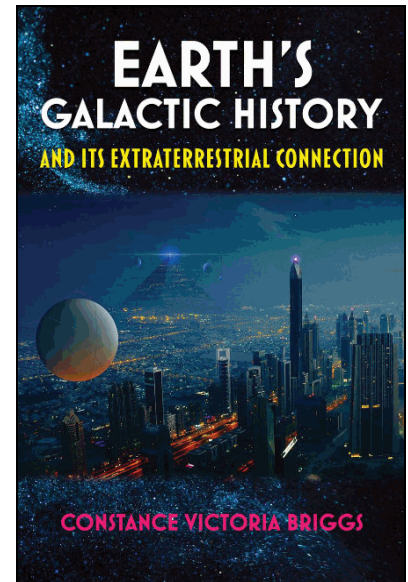
Constance Victoria Briggs

An exploration of Earth's history proposes extraterrestrial influence and mysterious futures

Constance Victoria Briggs, who brought us *The Moon's Galactic History* continues her exploration into our cosmic connections with her companion book, *EARTH'S GALACTIC HISTORY AND ITS EXTRATERRESTRIAL CONNECTION*. In this exciting new work, Briggs examines current research, theories and evidence linking Earth and extraterrestrials, past and present. Some of the topics that Briggs covers include whether the Earth was terraformed by advanced extraterrestrials; the theory that the Earth was seeded with life by other-worldly beings; possible extraterrestrial involvement in the creation of humans and more. She looks at evidence of humans being visited by beings from other worlds, and explores the idea that there was once a battle for Earth. She brings us signs, signals, messages, and clues showing evidence that extraterrestrials are trying to communicate with humans and takes us on a journey beneath the oceans where there is believed to be an extraterrestrial presence. Briggs also investigates the possibility that other worldly beings may be residing inside inner Earth. She delves into how extraterrestrials may be visiting Earth via stargates and portals using what she refers to as the "cosmic freeway." Briggs also examines the possibility that there are extraterrestrials living among us, who they are and what their goals may be when it comes to Earth. Extraordinary events believed to be related to extraterrestrials are also revealed. Briggs takes a look at current research into the UFO/UAP/USO phenomena, detailing descriptions of these enigmatic objects and witness reports. She talks about the possibility of there being an authoritative hierarchy within our galaxy that may include other-worldly federations and groups that are responsible for a galactic community. In the end, Briggs ponders humankind's spacefaring future, looking at the latest information and trends on space travel and what we have to look forward to by way of our expansive universe.

of related interest:

| | | |
|----------------------------------|---------------|--------|
| ENCYCLOPEDIA OF MOON MYSTERIES | 9781948803106 | £22.00 |
| ENCYCLOPEDIA OF THE UNSEEN WORLD | 9781578634651 | £16.99 |
| MOON'S GALACTIC HISTORY | 9781948803502 | £24.00 |



9781948803625

152 x 229

50 B&W images

Extraterrestrial

£24.00

Pb

324pp

About the Author.....

Constance Victoria Briggs is a metaphysical, spiritual and cosmic researcher and writer. She has authored five previous books: *The Moon's Galactic History*, *The Encyclopedia of Moon Mysteries*, *The Encyclopedia of Angels*, *Encyclopedia of God*, and *The Encyclopedia of the Unseen World*. Briggs has also been a guest speaker on several radio shows discussing the paranormal, extraterrestrials, life-after-death, near-death-experiences, as well as other related topics. Shows

AUP



Foreword by **PAUL HYNEK**

THE
EDGE
OF
REALITY

J. ALLEN HYNEK

JACQUES VALLEE

Two Scientists Evaluate What We Know of the
UFO Phenomenon



advanced information

EDGE OF REALITY

Two Scientists Evaluate What We Know of the UFO Phenomenon

J. Allen Hynek and Jacques Vallee

Foreword by Paul Hynek

Two eminent scientists debate UFO incidents, persuasive cases, and exploration of what we still need to know about the phenomena.

From the outset, Hynek and Vallee make their position clear: UFOs represent an unknown but real phenomenon. The far-reaching implications take us to the very edge of what we consider the known and real in our physical environment. Perhaps, say the authors, UFOs signal the existence of a domain of nature as yet totally unexplored.

These two eminent scientists studied the UFO phenomenon for decades and collaborated on this landmark report.

In this mind-stretching book, the authors sample UFO reports, including those allegedly involving humanoids, and describe the patterns that have been perceived in the behaviour of the phenomenon. They also establish a framework for the further study of the UFO phenomenon. Where might such study lead? What can be studied, and how? What is the real nature of the UFO phenomenon? Does it originate with the actions of other intelligences in the universe? If so, where, and what, might they be? Does the UFO phenomenon have a purely physical explanation, or is there a vaster, hidden realm that holds the solution?

These are the questions that have concerned the authors for many years, and it is with possible answers to them that this book is concerned. THE EDGE OF REALITY is a deep dive in discussion between Hynek and Vallee and covers many facets of the UFO phenomena such as:

- The Betty and Barney Hill experience
- The Calvin Parker Pascagoula case
- Project Blue Book

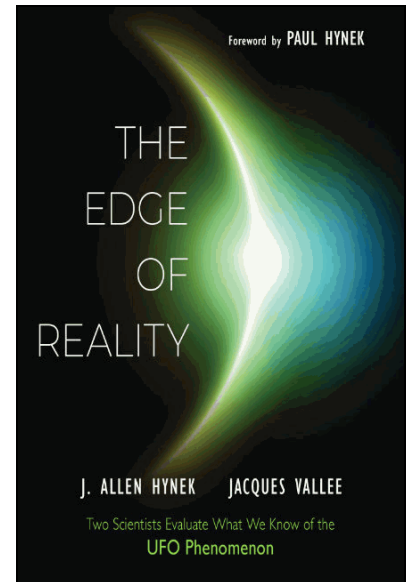
This is an invaluable work that gives insight into the thinking of Hynek and Vallee's research and investigations into UFOs.

The Edge of Reality was original published in 1975.

of related interest:

| | | |
|-------------------------------------|---------------|--------|
| HYNEK UFO REPORT | 9781590033036 | £16.99 |
| PROJECT BLUE BOOK | 9781590033005 | £16.99 |
| UFO ABDUCTION BOOK | 9781590033074 | £15.99 |
| UFO SECRETS INSIDE WRIGHT-PATTERSON | 9781938875182 | £17.99 |

November 2023



9781590033098 Pb
152 x 229 256pp
1 map, 14 charts. 3 line
art illustrations
UFOS
£16.99

About the Author.....

Dr. J. Allen Hynek (1910 - 1986) served as official astronomical consultant to the U.S. Air Force's Project Blue Book. He was an astronomer and Professor of Astronomy at Ohio State University, and later became chairman of the astronomy department at Northwestern University in Chicago. He is widely considered the father of the concept of scientific analysis both of reports and especially of trace evidence purportedly left by UFOs. Hynek started The Center For UFO Studies

MUF

FOREWORDS BY LESLIE KEAN AND STANTON T. FRIEDMAN, MSC

UAPs *and the*

Nuclear Puzzle

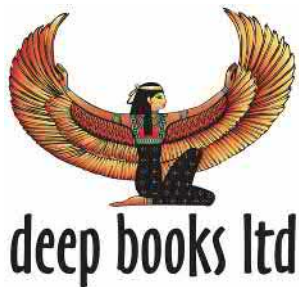
ROBERT SALAS

FORMER USAF CAPTAIN AND NUCLEAR MISSILE CREW COMMANDER



Visitations,
National Security,
and the Need for Transparency

Incidents That Demand Investigation and Disclosure



advanced information

UAPs AND THE NUCLEAR PUZZLE

Visitations, National Security, and the Need for Transparency

Robert Salas

Foreword by Leslie Kean and Stanton T. Friedman

An in depth look at UFO sightings and incidents near nuclear facilities

Robert Sales, a retired United States Air Force Officer, witnessed first-hand a UAP visiting and disabling nuclear missiles and shares his experience as well as the many incidents of the last 80 years of similar visits that have been covered-up.

In 1969 the U.S. Air Force issued a statement that read, "No UFO reported, investigated, and evaluated by the Air Force was ever an indication of threat to our national security." This statement has been proven untrue by the testimony of many military officers and airmen and documentation of incidents involving UFOs and nuclear weapons, testimonies of which the U.S. Air Force was fully aware. UAPS AND THE NUCLEAR PUZZLE details many of these testimonies, some for the first time.

As partial justification for its position, the Air Force cites a University of Colorado study that was contracted and paid for by federal funds. UAPS AND THE NUCLEAR PUZZLE reveals how this study was actually just another part of the plan to cover up the reality of the UFO phenomenon. This book reveals evidence that the investigators for the Colorado study knew about the UFO-related missile shutdown incidents but did not investigate them or include them in their final report.

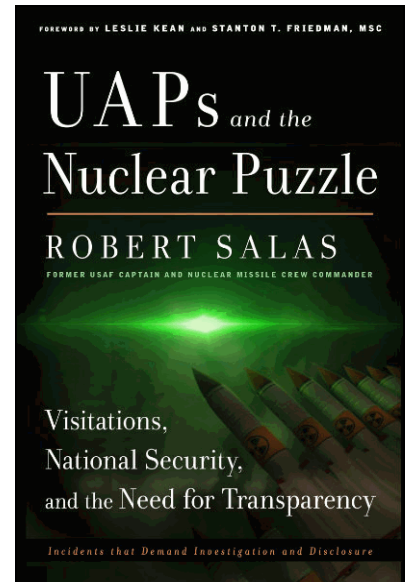
As stated by Robert Salas: "To date, many former or retired U.S. Air Force personnel—once trusted to operate or guard weapons of mass destruction—have come forward and revealed ongoing UFO surveillance of, and occasional interference with, our nuclear weapons. The entire body of these factual accounts alters the historical perspective on the nuclear arms race."

This book was previously published as Unidentified: The UFO Phenomenon (978160133422) and features updates in many chapters as well as a new foreword by Leslie Kean.

"UAPs and the Nuclear Puzzle will help inform the public and move us forward on our journey towards a new understanding of history, UAP, and of our own true nature with respect to the larger reality that is revealing itself to us." —Leslie Kean, bestselling author, UFOs: Generals, Pilots, and Government Officials Go on the Record

"I can't overstate the significance of military testimony from witnesses such as former launch control officer Robert Salas. It's brave folks like him that have kept me pushing for further government transparency on what may turn out to be the biggest story in modern times." —James Fox, Director/Producer, Moment of Contact

November 2023



9781637480168

133 x 216

Pb
240pp

UFOS
£15.99

About the Author....

Robert Salas is a graduate of the U.S. Air Force Academy. He served seven years on active duty. He worked as a weapons controller, flew target drones, commanded intercontinental ballistic missiles as a launch officer, and worked as an Air Force missile propulsion engineer on the Titan III program. From 1971 to 1973 he worked as a safety and reliability engineer for Martin-Marietta Aerospace and Rockwell International on Space Shuttle design proposals.

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CECILIA LATTARI

HERBANA WITCH

per
wings

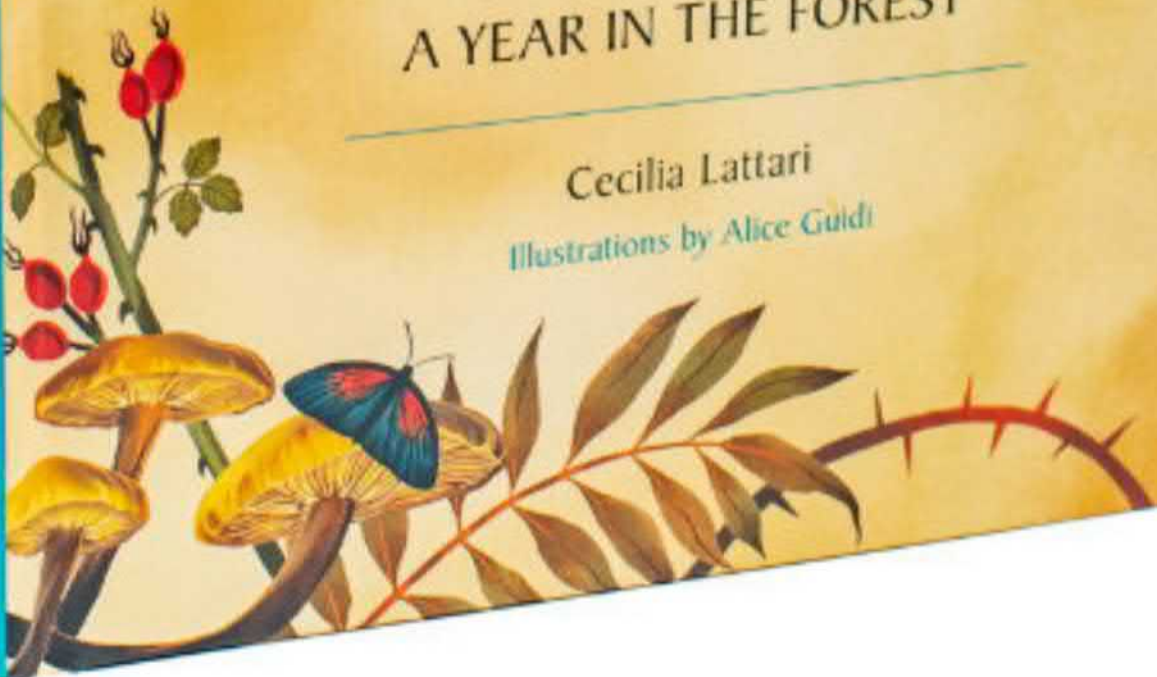


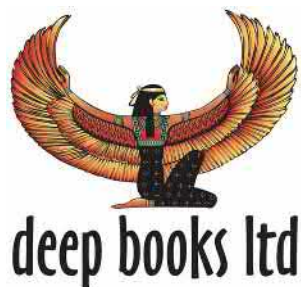
HERBANA WITCH

A YEAR IN THE FOREST

Cecilia Lattari

Illustrations by Alice Guidi





advanced information

HERBANA WITCH HB

A Year in the Forest (Working with Herbs, Barks, Mushroom, Roots, and Flowers)

Cecilia Lattari

Illustrated by Alice Guidi

"Herbana" is a witch of the forest who uses the wisdom and power of nature through a deep understanding of herbs, barks, mushrooms, roots, flowers, and woodland plants.

HERBANA WITCH spans a full a year, beginning at the winter solstice and presents magical and healing practices, spirit animals, and subtle energies that change with the seasons. Each chapter begins with a suggestive description of the forest in a particular season. From there the author includes meditations, visualizations, and rituals and a seasonal recipe that can be prepared with the available ingredients from the forest. Instructions are included on how to select and use woodland herbs, how to transform them for personal use, and how to make such crafts as incense, soaps, and candles—and much more. Open yourself to the wisdom of those who live on the edge of the forest and experience a magical world.

This book contains:

- An introduction to what it means to be an Herbana witch along with guides on how to follow the path of herbs and connect with the plants of the forest
- Chapters on each of the seasons with an almanac of information on the animals, trees, and plants of each season
- Activity tips for how to make soup, lotions, incense, and dried herbs and more

November 2023



9781590035399

172 x 229

Full colour throughout

Wicca

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Hb
160pp

About the Author....

Cecilia Lattari has degrees in both Theatre and Herbalist Techniques. She is a life coach and relationship counsellor, using theatrical practices and sensorial experiences in the world of plants to encourage people to explore their most authentic selves.

of related interest:

BLACKTHORN'S BOTANICAL BREWS

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BLACKTHORN'S BOTANICAL MAGIC

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£17.99

RW

Issue 43 Spring 2024-2025

STANDARD EDITION

The

Witches'

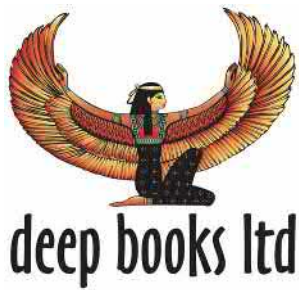


Almanac

Ever a Keepsake



FIRE:
FORGING FREEDOM



advanced information

WITCHES' ALMANAC 2024
Issue 43, Spring 2024 to Spring 2025
Fire: Forging Freedom

Theitic

Interesting and timeless articles about witchcraft, magic, herbalism, charms, spells and related topics

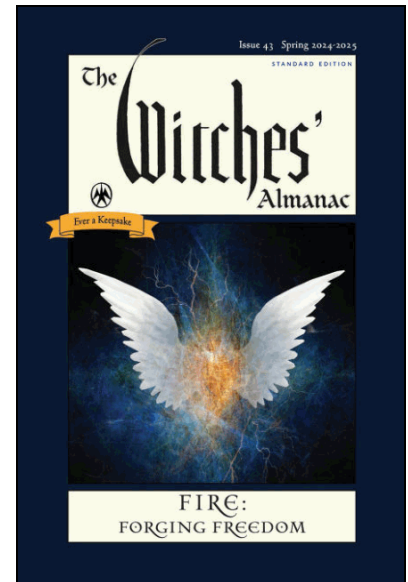
THE WITCHES' ALMANAC is a sophisticated publication appealing to general readers as well as hard-core Wiccans. At one level, it is a pop reference that will fascinate anyone interested in folklore, mythology and culture, but at another, it is the most sophisticated annual guide available today for the mystic enthusiast.

Modelled after the Old Farmers' Almanac, it includes information related to the annual Moon Calendar (weather, forecasts, and horoscopes), as well as legends, rituals, herbal secrets, mystic incantations, interviews, and many a curious tale of good and evil. Although it is an annual publication, much of the content is both current and timeless—not specific to the date range of each issue.

The theme of Issue 43 (Spring 2024 – Spring 2025) is Fire — Forging Freedom. Also included are articles on:

- Geomancy
- The Lunar Nodes
- Azorean Folklore
- Kitchen Magic - Soul Cakes
- The Trickiest Toad
- The Orisha Obatala
- and much more.

November 2023



9781881098942 Pb
152 x 229 208pp
B&W ills throughout
Wicca
£12.99

About the Author.....

Theitic is a prominent member of the New England Pagan community. He became editor/publisher of The Witches' Almanac Ltd. upon the death of founder Elizabeth Pepper in 2005. He lives in Rhode Island.

of related interest:

| | | |
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| WITCHES' ALMANAC 2023 | 9781881098874 | £12.99 |
| WITCHES' ALMANAC 50 Year Anniversary Edition | 9781881098775 | £11.99 |

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MAGICAL TAROT

Your Essential Guide to Reading the Cards

MADAME PAMITA

foreword by Mat Aurnyn, author of *Psychic Witch*





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MAGICAL TAROT

Your Essential Guide to Reading the Cards

Madame Pamita

Foreword by Mat Auryn

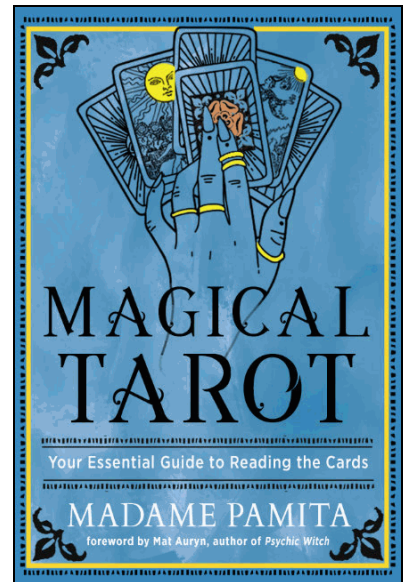
A master class on the Tarot, especially the Rider-Waite-Smith, written in a fun and engaging tone, this book offers fresh insights and detailed discussions of the imagery, symbolism, meanings, and motifs of each of the 78 cards.

In **MAGICAL TAROT**, Madame Pamita takes us on a joyful journey through the tarot. On the way, she explores the tarot suits, the court cards, and the distinctions between the Major and Minor Arcana. Each of the 78 tarot cards is examined in great detail with strong emphasis on imagery, symbolism, and motifs. Journal prompts and affirmations are offered for each card.

Madame Pamita's **MAGICAL TAROT** is suitable for beginners, just encountering the tarot, especially as she examines the positive aspects of each card including those that many frequently find unnerving, such as Death, The Hanged Man, and the 10 of Swords. This exploration helps readers to understand how tarot cards serve as magical tools to help us create the lives we desire. Seasoned adepts and long-time Tarot lovers will also find much that is new and insightful.

Madame Pamita demonstrates how to use the tarot as a spiritual and magical roadmap and how it may be used to attract positive people, open up opportunity, achieve success, and realize a life of fulfilment and pure happiness.

November 2023



9781578638116

152 x 229

B&W illustrations

Tarot Books

£15.99

Pb

272pp

About the Author....

Madame Pamita is a Ukrainian diaspora witch, teacher, author, candle maker, spellcaster, and tarot reader. She has a popular YouTube Channel for teaching witchcraft, she hosts two podcasts: "Baba Yaga's Magic" and "Magic and the Law of Attraction" and she is the author of *Baba Yaga's Book of Witchcraft*, *The Book of Candle Magic*, and *Madame Pamita's Magical Tarot*. She is also the proprietress of the online spiritual apothecary, the Parlour of Wonders

of related interest:

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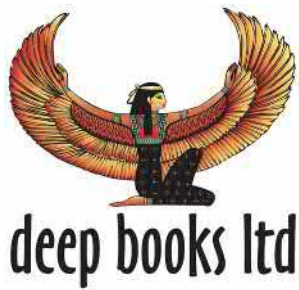


FOREWORD BY
MARY K. GREER

Unlocking
the SECRET LANGUAGE *of*
TAROT

22 KEYS
to Understanding
Its Symbolic
Imagery

RUTH ANN AND WALD AMBERSTONE



advanced information

UNLOCKING THE TAROT

22 Keys to Understanding Its Symbolic Language

Wald Amberstone and Ruth Ann Amberstone

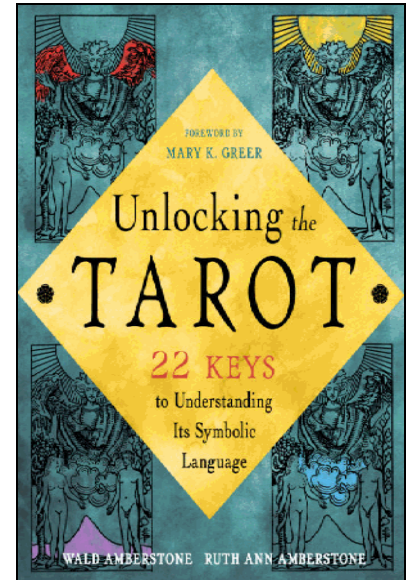
Foreword by Mary K. Greer

Reveals the hidden current of symbolic meanings and connections between the 22 major cards; a must-have for any serious tarot reader that is written in accessible language for the novice as well.

UNLOCKING THE TAROT sets itself apart from other tarot books by teaching readers how to translate the pictorial symbolism from one deck to another, strengthening the reader's ability to recognize specific icons in any deck and in the world around them. It can be used as both a reference book and as a series of guided meditations on the individual symbols. Each of the seven chapters contain a set of symbols that share a common theme. Extensive research provides readers with the lore and mythological meanings of the symbols to help foster intuitive powers. The explanation of imagery is both insightful and eclectic.

UNLOCKING THE TAROT REVEALS a hidden current of understanding and connection between the 22 majors of the tarot deck. Each chapter ends with an Integration Lesson and a special Symbol Spread to deepen an understanding of the cards. Unlocking the Tarot brings imagery and intuition into a course of study of the tarot.

November 2023



9781578638185

178 x 229

B&W illustrations

Tarot Books

£22.00

Pb

304pp

About the Author....

Ruth Ann Amberstone and Wald Amberstone are co-founders of The Tarot School. Together they teach, write and publish about tarot on all levels from divination to psychology to esotericism and magical practice. They are perpetual pioneers of new tarot techniques and remain lifelong tarot students. Between them, Ruth Ann and Wald have amassed more than 100 years of experience as tarot practitioners.

of related interest:

WALK THROUGH THE FOREST OF SOULS

WEISER TAROT

WEISER TAROT JOURNAL HB

9781578637706

9781578637959

9781578638147

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£21.00 inc VAT

£18.99 inc VAT

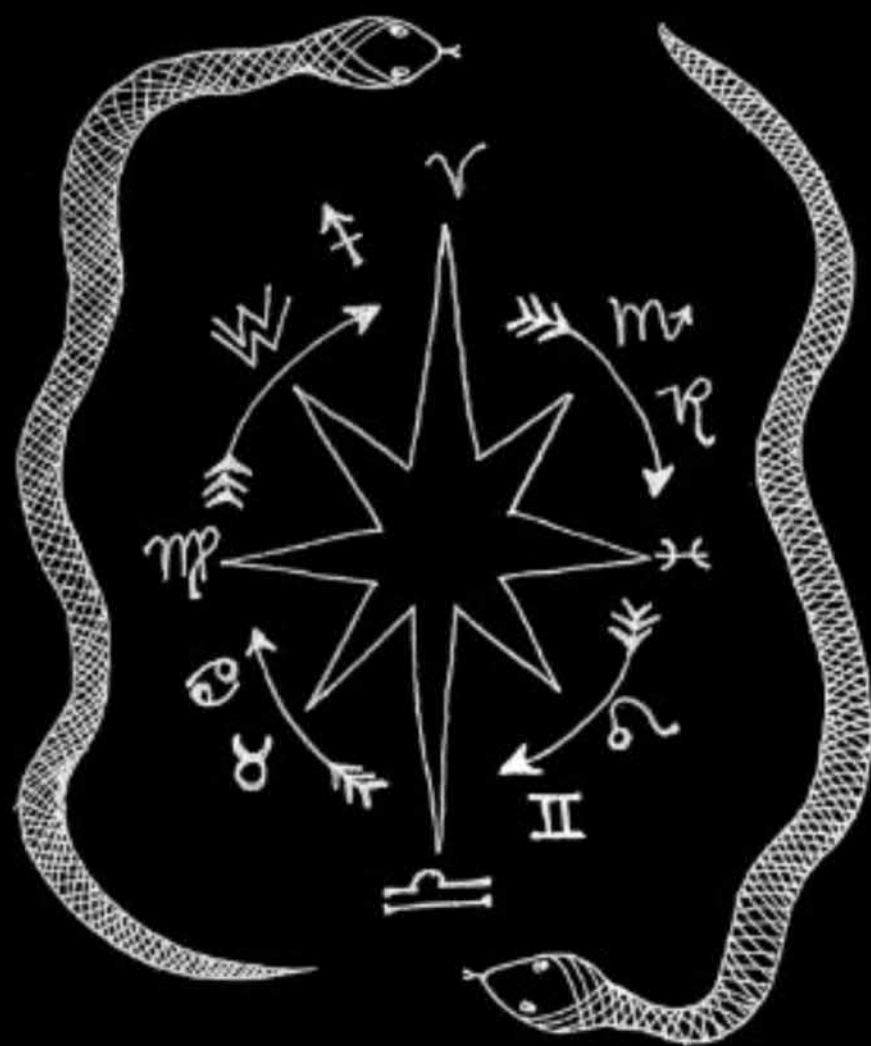
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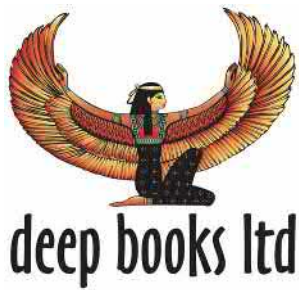
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WANDERER'S TAROT

GUIDEBOOK



CASEY ZABALA



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WANDERER'S TAROT GUIDEBOOK

November 2023

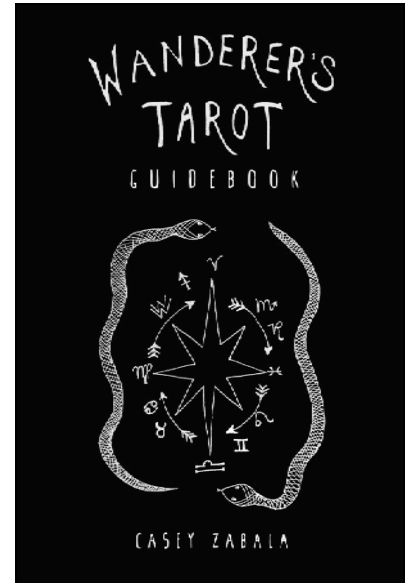
Casey Zabala

This companion guide for the Wanderer's Tarot deck has in-depth interpretations for each card, including reversals, suggestions for card spreads, and a brief history of the tarot.

Wanderer's Tarot is not only as a divination tool, but is also used as a gateway to spiritual practice, self-care ritual, and a way to connect with your personal magic. The cards are based on traditional tarot symbolism, which has been transmuted by the need for feminine insight and awakening. For the magical practitioner, Wanderer's Tarot speaks to our magical tools and talismans. The suites of Moons (Cups), Stones (Pentacles), Knives (Swords) and Feathers (Wands) will lead you to a deeper understanding of your personal power— emotionally, materially, mentally, and passionately.

“Wanderer's Tarot draws you in like nobody's business. It's as though this deck does a very quiet, very subtle spell on you. It draws a veil across your eyes, then unravels it, thread by thread.” —Beth Maiden, Little Red Tarot

“Inspired by nature and the cosmos, Casey Zabala's Wanderer's Tarot is a witchier deck with an air of the darkly feminine.” —Elizabeth Krohn, Sabat magazine



9781578638192

127 x 178

B&W illustrations

Tarot Books

£13.99

Pb
160pp

About the Author....

Casey Zabala is an artist, tarot reader, practicing witch, living mystic, and creator of the Wanderer's Tarot. With 17 years of tarot experience, she has a studied and intuitive approach to her readings, while incorporating elements of natural magic and manifestation techniques. Casey is the founder of the Modern Witches Confluence, an educational gathering of modern witches sharing their wisdom and craft.

of related interest:

WANDERER'S TAROT

9781578637591

£30.00 inc V.A.T.

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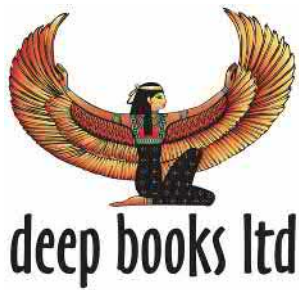
the way of chai

RECIPES
FOR A
MEANINGFUL
LIFE

kevin
wilson

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WAY OF CHAI HB

Recipes for a Meaningful Life

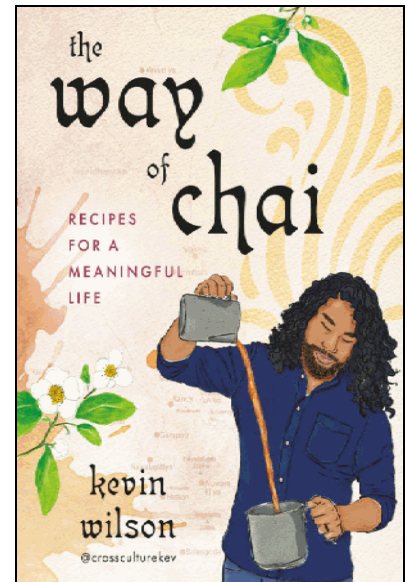
Kevin Wilson

In this celebration of the comfort and community to be found in a warm, well-made cup of chai, Kevin Wilson offers readers his famous chai recipes alongside meditations on how to live a simple yet full life.

Dubbed “the CEO of Chai” by Bon Appétit magazine, Kevin Wilson is an expert on all things chai. When Wilson was a teenager, his family in Sri Lanka applied to come to America, but his was the only visa approved. A world away from his country and so many of his loved ones, he stayed connected to his culture and his family through chai. One day Wilson made a TikTok about how to make the perfect cup of chai—carefully crushing cardamom, cloves, peppercorns, and cinnamon bark, boiling them in milk, adding tea leaves, and stirring until he saw what he describes as “the colour of a happy brown boy.” The video went viral and earned Wilson many fans who come for the useful guidance on how to make chai but stay for his wise meditations on how the perfect “cuppa” can soothe and sustain us—even in the most trying of times. In this book, Wilson shares his most popular recipes and introduces readers to making chai as a spiritual practice that involves patience and attunement to meld just the right combination of spices.

In THE WAY OF CHAI Wilson beautifully describes how something as simple as a well-made cup of tea can bring us solace amid our struggles. While a steaming cup of chai can't solve everything, it can help us tap into the power of patience, clarity, and intention.

November 2023



9780593538579

152 x 203

Hb
224pp

Cookery
£21.00

About the Author....

Kevin Wilson nurtures a growing tribe of half a million chai-loving humans on TikTok and Instagram by using chai, the cherished drink of his Sri Lankan family, as a medium for storytelling. A third-culture kid who has lived in or visited fifteen countries, Wilson knows what it means to be a cultural outsider.

of related interest:

PROTEST KITCHEN HB

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TAP

DR. MARIE MBOUNI

healing
the five
wounds
of the
heart

**Free Yourself from
the Bonds of the Past**



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HEALING THE FIVE WOUNDS OF THE HEART

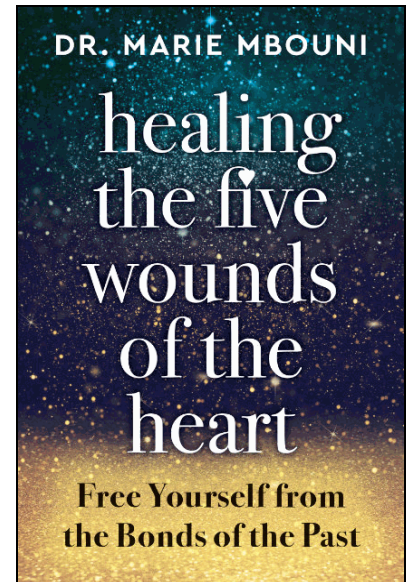
Free Yourself From the Bonds of the Past

November 2023

Marie Mbouni

According to Dr. Marie Mbouni, no one reaches adulthood without experiencing five major wounds of the heart: abandonment, betrayal, separation, denial, and judgment. This book shows us how to heal these wounds so we can live life whole-heartedly.

At some point in our lives, we all experience five major emotional traumas: abandonment, betrayal, separation, denial, and judgment. While the world may encourage us to dismiss these events as "just the way things are," Dr. Marie Mbouni explains that the trauma we experience as a result of these "heart wounds" can leave lasting impressions on our lives. They shape the way we feel, how we relate to others, and even our physical bodies. Left unhealed, they can make it difficult to live life as our best selves. In this groundbreaking book, medical doctor and energy healer Marie Mbouni explains the five wounds of the heart and the damage they cause. More importantly, she teaches you how to recognize these wounds within yourself and how to heal yourself from them. Your journey to a whole-hearted life begins here.



9781950253432

133 x 203

Pb
208pp

Self-Help
£16.99

About the Author....

Dr. Marie Mbouni is a practicing M.D., energy healer, shaman, and artist. She was born and raised in Cameroon, Africa, before relocating to Los Angeles in 2000. Her mission is to help others experience healing in all aspects of life

of related interest:

ART OF ALIVENESS

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LORD KNOWS THIS SH*T AIN'T EASY

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SECRETS
of the
GOLDEN AGE
PRINCE



ELIZABETH CLARE PROPHET



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SECRETS OF THE GOLDEN AGE PRINCE: FRANCIS BACON

November 2023

Elizabeth Clare Prophet

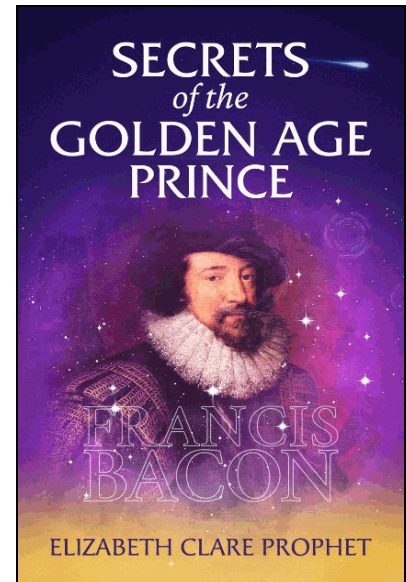
Elizabeth Clare Prophet's biography of Francis Bacon proposes a continuous chain of prior lives as a soul lifestream

This book stands with respect on the shoulders of four centuries of Francis Bacon's biographers, referencing historical and cipher inquiries about his noble person and transcendent body of work, but pushing further to ask: Did his vision for the ages, the Great Instauration, die with him? The premise of the fine, foregoing biographies has been to discern and explain the secrets of a great, historic personality, perhaps the world's greatest genius, from a fixed birthdate to a fixed date of death. The less conventional premise of this book is to explain the context of the life of the person, Francis Bacon, as one crucial chapter within a long continuity of lifetimes, yet unending.

Francis, and those closest to him, manifested the beginning of the Great Instauration in the form of an extraordinary array of civilization-building services, sacrificially, under persecution, for the love of humanity and the latent divinity within the people. Francis' conclave of literary men saw themselves as brothers, demonstrating a constructive vision and true charity, outside the churches which had suppressed as heresy what the people needed to know about nature and themselves.

How did twelve-year old Francis see the need and then generate the beneficial concept of the Great Instauration, meaning the restoration of a golden age of abundance, a paradise lost? This would require prior knowledge and likely actual engagement in such a civilization. Why was it lost? Why did he persevere under Job-like trials to produce a legacy of enlightenment he knew would only bear fruit long after his passing? And, is a soul of this magnitude lost forever to humanity at his passing? None of these questions can be answered entirely by original source documents, especially when for safety's sake Francis deliberately hid or obscured the records of that lifetime.

To answer the questions, the scope of Elizabeth Clare Prophet's biography of Francis Bacon honours the existing body of documented research and then necessarily expands the lens of discovery to summarize a continuous chain of prior lives, the lifestream of this soul.



9781609884383

140 x 216

Pb

252pp

Spirituality and
Inspirational
£25.00

About the Author.....

Elizabeth Clare Prophet is one of the most influential spiritual leaders of the twentieth century. Her books have been translated into more than thirty languages and her insights on the spiritual path continue to inspire new generations of seekers around the world

SUP



EMILY SHARP, LCAT, ATR-BC

GUIDED
ART
THERAPY
CARD DECK

75 ACTIVITIES

to Explore Your Feelings and
Manage Your Emotional Well-Being



advance information

GUIDED ART THERAPY CARD DECK

November 2023

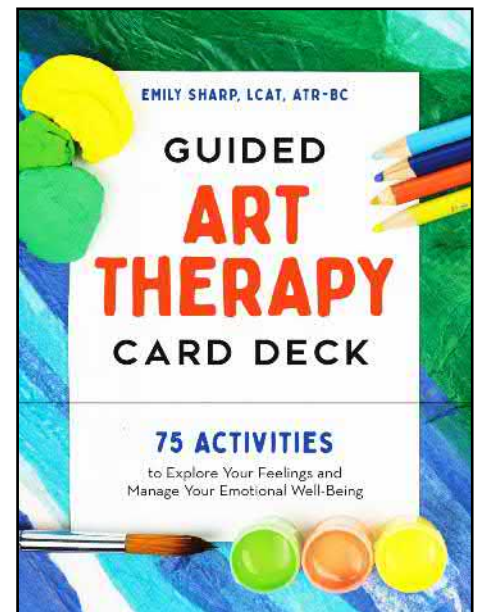
75 Activities to Explore Your Feelings and Manage Your Emotional Well-Being

Emily Sharp

The GUIDED ART THERAPY CARD DECK allows you to use art as therapy, focusing on the inherent healing power of art making to manage anxiety and stress, improve self-esteem, and deepen your relationships with others and your inner self. In this deck of 75 activities, you'll explore a wide range of artistic mediums, including painting, drawing, writing, collage, photography and digital art, sculpture, and mixed media, with each activity designed to be created using limited supplies. While traditional art therapy requires sessions facilitated by a professional licensed therapist, these activities and reflection questions, developed by licensed art therapist Emily Sharp, LCAT, ATR-BC, allow you to have a healing experience with art on your own, at your own pace.

This guided deck contains:

- 75 unique activities suitable for experts and novices alike, including a full-colour reference photo of each completed creation
- Thoughtful reflection questions accompanying each activity to prompt insight, self-awareness, and self-compassion, and increase feelings of happiness and gratitude
- Detailed instructional cards, including benefits, supply lists, step-by-step instructions, and estimated time commitments for each activity
- Colour-coded cards to help you choose your activity based on the supplies you have handy for the varied artistic mediums, with ranging complexity levels and time commitments for each medium
- A concise guide booklet included with the deck, including a complete supply list, advice for getting started, a brief history of art therapy, and two indexes, listing every activity by medium and by topic so you can easily find the right activity for any given moment



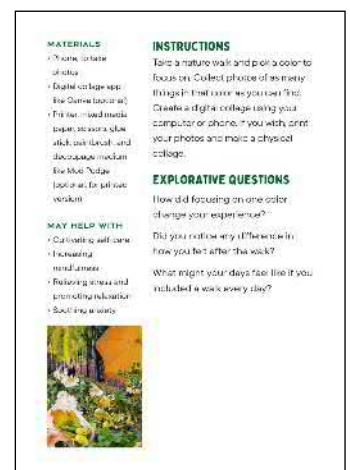
Cards

978-05936-90345

102 x 152

75 cards

£22.00 inc VAT



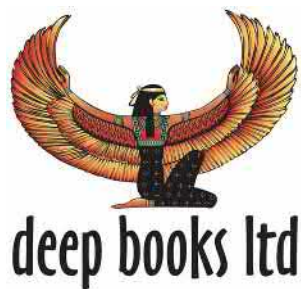


Self-Love
**AFFIRMATIONS
& REFLECTIONS**

A RITUAL FOR SELF-WORTH,
SELF-COMPASSION,
AND SELF-CARE



JULE KIM



advanced information

SELF-LOVE AFFIRMATIONS & REFLECTIONS

A Ritual for Self-Worth, Self-Compassion, and Self-Care

Jule Kim

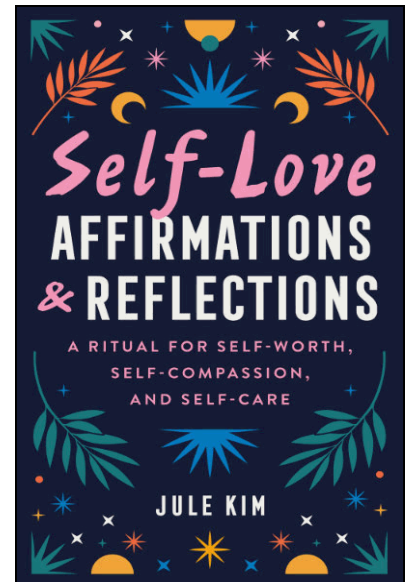
A self-love deck with powerful affirmations to transform the way you see yourself and the world around you—cards for daily motivation, inspiration, and reflective healing.

SELF-LOVE AFFIRMATIONS & REFLECTIONS is a portable deck that can be incorporated into a daily ritual or called upon for stress reduction, solace, or connection. These cards present an opportunity to sit meaningfully with yourself, one small step at a time. Scientific research reveals that positive affirmations can rewire the neural networks in our brains. When paired with an ethos of self-love, these affirmations become a tool for perspective change and hardwired transformation. In other words, when we commit to embodying self-love through affirmations, we see it ripple through every area of our lives. Unlike a book, the goal with a deck is not to “finish” it. The value is returning to it again and again, allowing yourself small increments of time to foster deeper self-compassion.

- 52 cards with empowering affirmations to encourage positive self-talk and establish a ritual of sitting compassionately with yourself.
- Intentional reflections come with each affirmation to take you deeper into the inquiry of the self—your deepest truths and desires.
- A portable reminder to carry with you as you carve out time for yourself.
- A supportive gift for friends, loved ones, and your community—perhaps someone who needs a reminder of their greatness.

The SELF-LOVE AFFIRMATIONS & REFLECTIONS deck is a way to celebrate yourself in a new light and pursue the life you want (and deserve).

November 2023



9780593690307

102 x 152

Pb

55pp

Self-Help

£18.99 inc VAT

About the Author.....

Jule Kim is a certified life coach dedicated to helping women feel more comfortable in their own skin. As a Korean-American who grew up in Alabama, Jule struggled with confidence and people-pleasing. In this self-love deck, she draws upon the learnings from her own journey as well as her work with hundreds of clients. You can find her on Instagram @itsjulekim or on TikTok @itsjulekim

ZG

Love After Loss

Grief Healing Chakra Cards

56 cards with guidebook



Narelle Hudson



advance information

LOVE AFTER LOSS

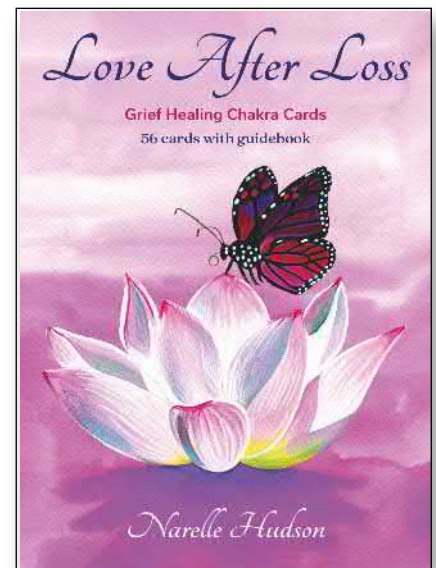
November 2023

Grief Healing Chakra Cards

Narelle Hudson, Cover Art by Gaye Leanne Date

Grief is love! All of us experience grief and loss if we are fortunate enough to love. Narelle Hudson has experienced her own share of grief and now works as a grief counsellor to assist others. Narelle has created LOVE AFTER LOSS to support you with practical, simple, and heart-felt suggestions on how to nurture yourself during this painful time.

LOVE AFTER LOSS is a set of 56 message cards representing each of the chakras. Created by Narelle Hudson and beautifully illustrated by artist Gaye Leanne Date, each card delivers a special message to help you navigate your grief and facilitate your healing.



Book & Card Deck

978-06480-71112

103 x 148

56Cards & 24pp guidebook

£18.99 inc VAT

Movement

Moving our bodies releases chemicals called endorphins, which interact with receptors in our brains and reduce our perception of pain and trigger a positive feeling.

You could attend a gym, do yoga or Pilates. Explore physical things such as going for a hike, running, jogging, walking, stretching, or dancing.

Addictions

During difficult times, unhealthy coping strategies can arise, providing a temporary escape, such as increased use of drugs, alcohol, gambling, or self-destructive behaviours.

Be mindful of addictive behaviours and look for alternate healthy coping strategies to support you. Seek professional assistance and talk to family and friends who want to help you.

Happiness

We can struggle giving ourselves permission to feel happy when grieving, or can feel guilty for smiling or laughing. Intense grief is exhausting, and at times we need a reprieve.

Part of the healing process is building your life around the grief and finding new meaning and a new sense of joy. You can experience happiness and also be grieving.

Meditation

Meditation connects us to our higher self. It allows us to go within and find answers. Meditation calms our nervous system, bringing us back to the present, and assists good mental health.

Start meditating simply, with short, guided meditations and increase over time. Consistency and practice are more important than duration initially.

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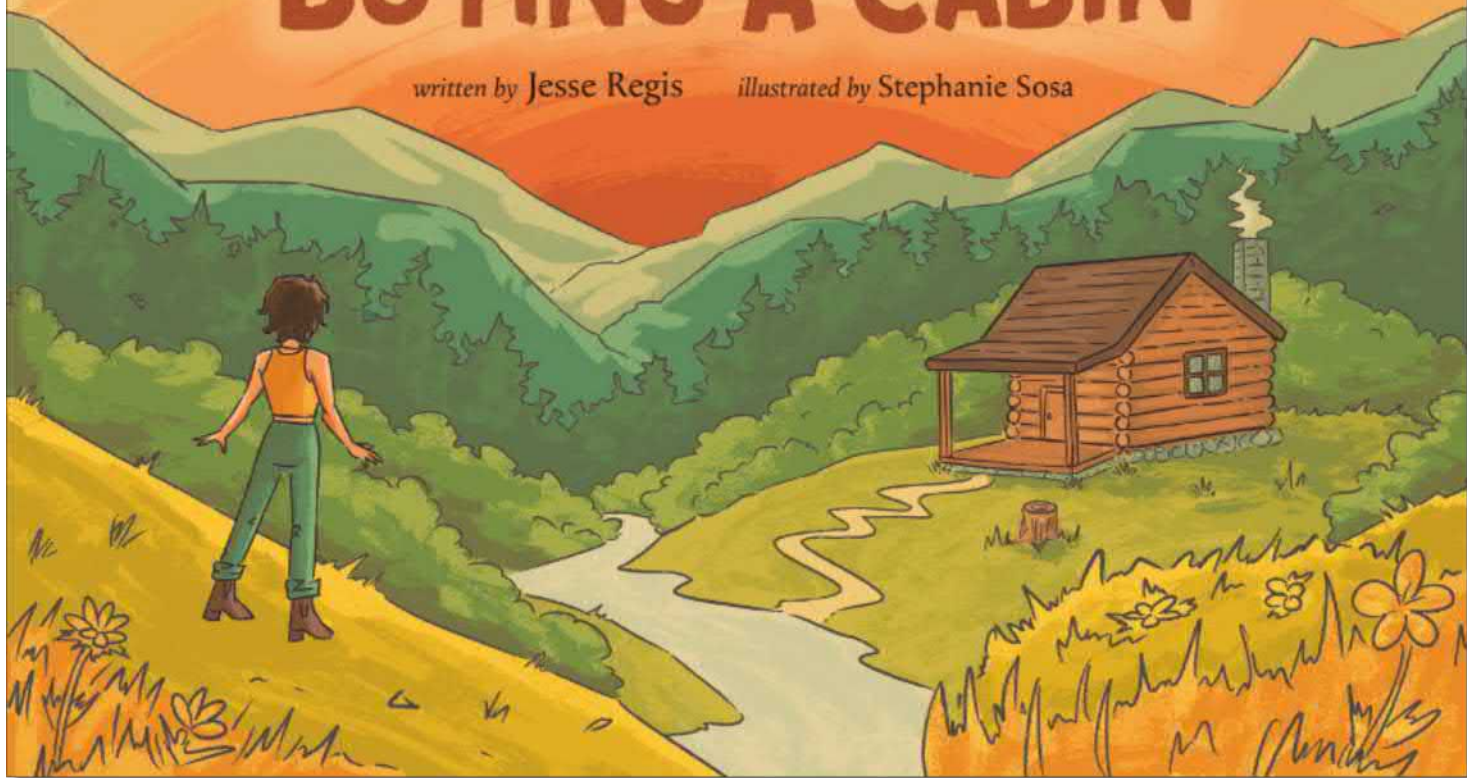
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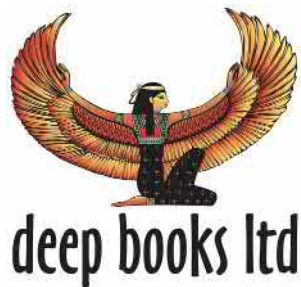
ADP

F*CK IT, I'M BUYING A CABIN

written by Jesse Regis

illustrated by Stephanie Sosa





advanced information

F*CK IT, I'M BUYING A CABIN

November 2023

Jesse Regis
Illustrated by Stephanie Sosa

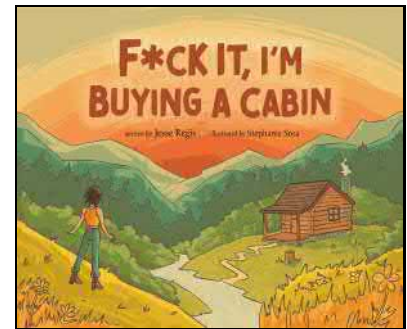
A fun and relatable picture book for any adult who's ever felt burnt out by the grind of corporate life.

Our protagonist, Sarah, is tired of soul-sucking work life and inconsiderate roommates. So, one day, they decide to say "f*ck it" and take control of their life. With a bit of research and a lot of guts, they buy a cosy cabin in the woods and set out to build a new, more liberated existence.

F*CK IT, I'M BUYING A CABIN is a playful reminder that it's never too late to change your life. Whether you're looking for a new career, a new home, or just a new outlook on life, this book will leave you feeling motivated and empowered. So, what are you waiting for? Say "f*ck it" and start living the life you've always wanted!

In addition to the book's inspiring story, Sarah's identity as a queer woman adds an important layer of inclusivity and diversity to the book's message of embracing new possibilities and taking control of your life.

Another fun fact: F*CK IT, I'M BUYING A CABIN is based on a candle of the same name from the subversive Virgins On Fire Candle Co., the brainchild of founder (and the book's author) Jesse Regis.



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229 x 178

Full colour throughout

Humour

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Pb
32pp

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IGNITE YOUR IDEAS

CREATIVITY FOR KIDS



graphics typography performance

JOANNE FOSTER, ED.D.

songwriting stage gallery sketch still life guitar



advanced information

IGNITE YOUR IDEAS

Creativity for Kids

Joanne Foster

Set creativity aglow and feel the burn, because these pages positively sizzle with ideas that will ignite the imagination!

IGNITE YOUR IDEAS is for children aged ten and up. However, parents, teachers, and others will also discover important information and abundant strategies to fortify their own creativity, and to inspire the young people in their lives. With its convenient format and relatable content, readers will soon discover why creativity matters, how it develops, how to nurture it, how family members can support one another, what to do if creativity is a struggle, and what's needed most in order for creativity to ignite from within the environment and from within the recesses of one's mind. The various chapters can be read consecutively or not, but the book culminates with detailed descriptions of 100 sure-fire ways to spark creativity across many different areas of interest (alongside tips for organizing and optimizing these ways). Within the book, Dr. Foster also provides current resources, thought-provoking quotes, a mini-glossary, surprising avenues of discovery, reassurances, and other helpful information that will entice kids to extend their curiosity and ability levels; explore the wonders of the world; and become happily creative at home, school, and elsewhere.

This book is not another craft book for children. It is bursting with ideas designed to fuel possibilities - glimmers, flashes, intentions, inventions, and collaborations - through the arts, technology, science, and other domains. Ignite Your Ideas is about finding and seizing diverse opportunities for learning, fulfilment, and creative expression, and it includes countless suggestions for initiating, participating in, sharing, and building upon activities. In the same way that the author's award-winning Bust Your BUTS shines a bright light on procrastination, and energizes kids (and adults), Ignite Your Ideas enlightens readers, and motivates them, too. The pages are ablaze with understandings and strategies that generate exciting, accessible choices, and joyful creative experiences for kids and their families. This book is the perfect match to help ignite meaningful and imaginative ideas!

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November 2023



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168pp

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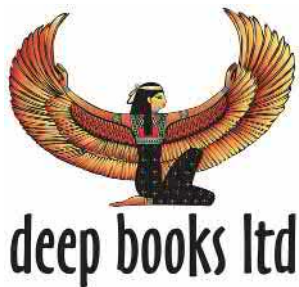
About the Author.....

Joanne Foster, Ed.D. has worked in the field of gifted education for over 30 years. She has a Master's degree in Special Education and Adaptive Instruction, and a Doctoral degree in Human Development and Applied Psychology. Her writing reflects her experience as a parent, educator, consultant, and community advocate

GU



welcome,
little one



advanced information

WELCOME, LITTLE ONE HB

A Keepsake Baby Journal and Baby Memory Book for Monthly Milestones and Memorable Firsts

November 2023

Capture every unforgettable moment and milestone of baby's first year with this timeless baby journal and keepsake scrapbook.

Lovingly designed for a new generation of families, WELCOME, LITTLE ONE offers a beautiful, modern update on the classic baby journal scrapbook. Whether you seek charming, gender-neutral art or thoughtful prompts that suit any type of family or cultural background, this baby book is perfect for recording heartfelt memories and milestones to create a cherished family heirloom that lasts a lifetime.

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- A neutral, inclusive design that accommodates all types of family structures and different religious or cultural backgrounds



9780593690284
229 x 229

Hb
74pp

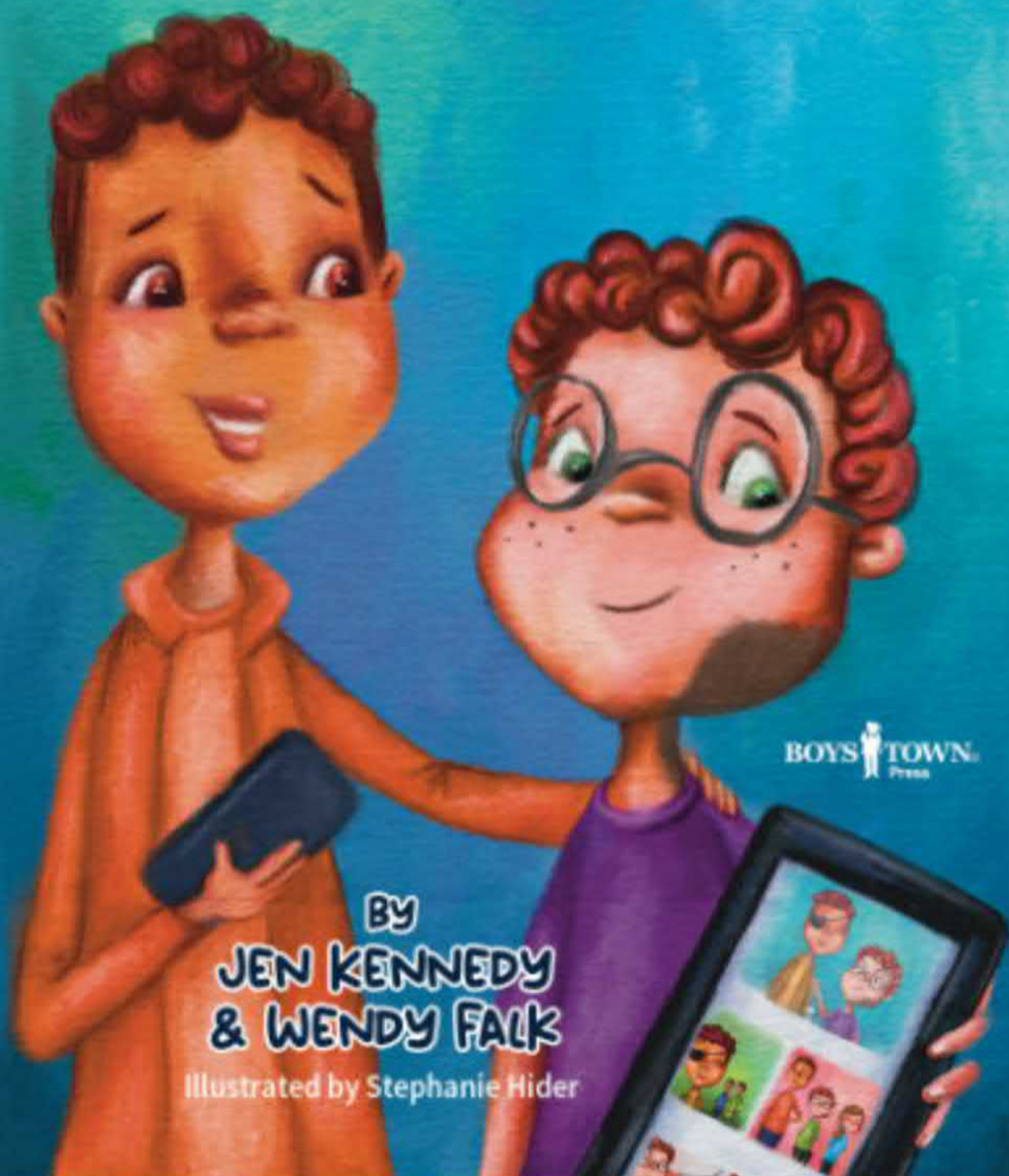
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About the Author....

ZG

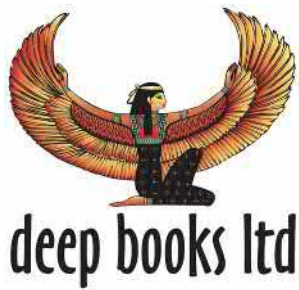
the ADVENTURES of
JEFF & REED

A FOUR-STORY ANTHOLOGY



BY
**JEN KENNEDY
& WENDY FALK**

Illustrated by Stephanie Hider



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ADVENTURES OF JEFF& REED

A Four-Story Anthology

Jen Kennedy and Wendy Falk

Illustrated by Stephanie Hider

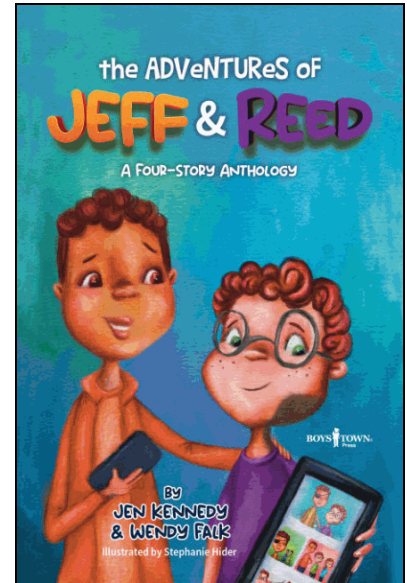
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As Jeff and Reed grapple with life's uncertainties, young readers learn valuable lessons about perseverance, self-respect, courage, loyalty, and true friendship.

Jeff Kirkland is a popular athlete who hangs with the cool kids. Reed Williams is a brainy overachiever who is a social outcast. Through an odd twist of fate, Jeff and Reed will each become the other's biggest defender and best friend. The bonds of brotherhood are forged after Jeff is forced to wear a vision-correcting eye patch, which he hates. The unwelcome stares from strangers, the sneaky schoolyard name-calling, and the hidden taunts by his so-called buddies leaves Jeff hurt and angry. Those are feelings Reed understands all too well.

The socially awkward Reed is often maligned for his appearance: the flaming red hair, the freckles, and the facial birthmark his classmates mockingly call the "ink blot." When Jeff and Reed are paired together in a class assignment, it's the beginning of a friendship journey that will challenge, surprise, and reward them in the most unexpected ways.

THE ADVENTURES OF JEFF AND REED is a four-story anthology that captures the anxieties, desires, dramas, and hard-earned triumphs that punctuate the tween years and the sometimes-uncomfortable transition from elementary to middle school. As Jeff and Reed grapple with school troubles, family problems, academic stress, and unfamiliar social situations, young readers learn valuable lessons about perseverance, trust, courage, loyalty, and self-respect.



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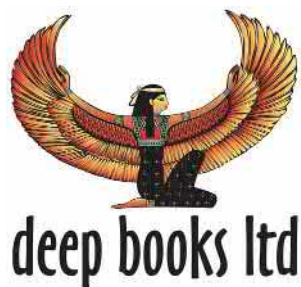
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PICKLE

Can One Little Pig Weather the Storm?



Written by CHERYL MOSS
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PICKLE HB

Can One Little Pig Weather the Storm?

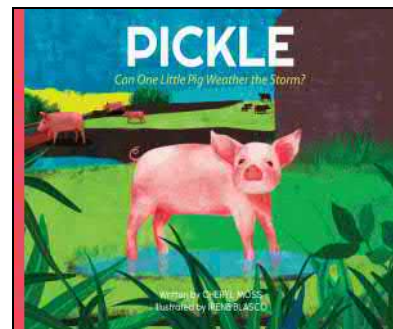
Cheryl Moss

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A beautifully illustrated children's story book about a little pig and his journey to freedom and happiness that will delight children and adults alike.

PICKLE: CAN ONE LITTLE PIG WEATHER THE STORM? is a riveting, fun and engaging book about a pig born into a factory farm where he is raised to become bacon served on a plate. Pickle, like all of his companions, are raised in crowded and dirty warehouses where everyone is treated without compassion for their feelings or personal comfort. But a hurricane changes his chances for a better life. This book takes you on this journey that is sure to delight children of all ages.

November 2023



9781590567128

292 x 223

40 full-colour

illustrations

Childrens

£18.99

Hb

64pp

About the Author....

Cheryl Moss is a staunch animal activist who is creating a children's book series about alternative ways of thinking and living to foster fundamental change. With her husband, she created the non-profit Let's Share a Dog, whereby lonely people could connect with busy people in their own neighborhood through the mutual love of dogs.

Irene Blasco is a Spanish illustrator, designer, and painter based in Valencia, Spain.

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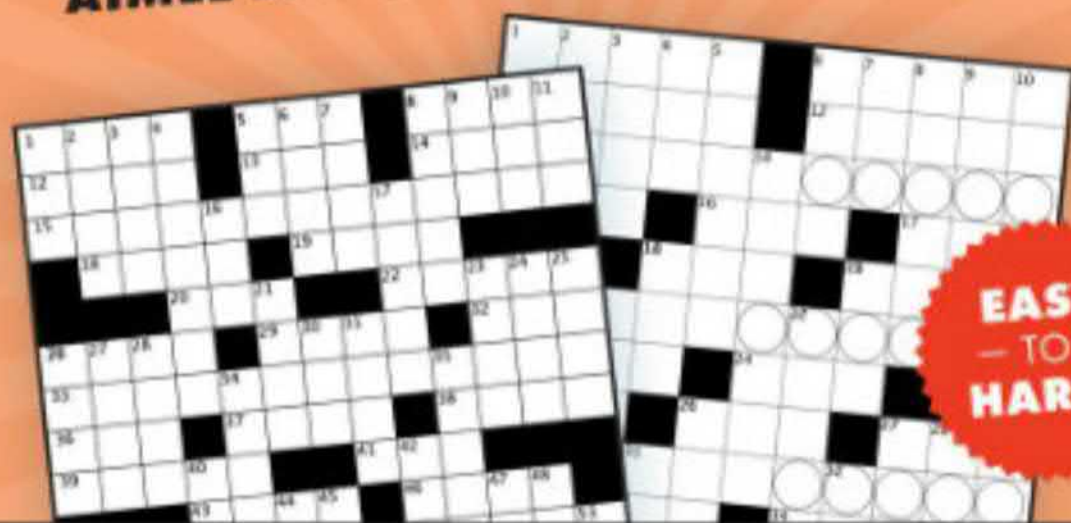
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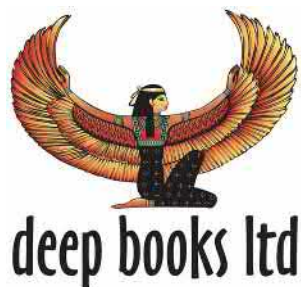
**FOR | BRAIN
FITNESS**

AIMEE LUCIDO AND MATTHEW STOCK



**EASY
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90-DAY CHALLENGE
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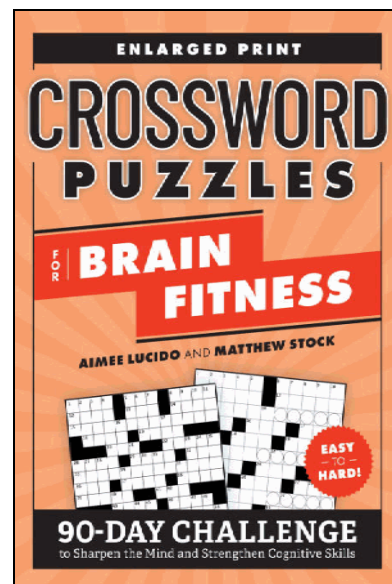
Aimee Lucido and Matthew Stock

Boost your memory and broaden your knowledge with 90 days of easy-to-hard crossword puzzles!

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178 x 254

Pb

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Reference
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About the Author.....

Aimee Lucido is a crossword puzzle maker (or cruciverbalist, if you want to get fancy) for many crossword publications, including the New York Times, the New Yorker, and AVCX. Matthew Stock has had hundreds of puzzles published in the New York Times, the New Yorker, USA TODAY, the Atlantic, and the Los Angeles Times, among other outlets.

ZG

CULTIVATED MEAT TO SECURE OUR FUTURE

Hope for Animals, Food Security,
and the Environment



**MICHEL VANDENBOSCH
AND PHILIP LYMBERY, EDITORS**

Foreword by Ira van Eelen



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CULTIVATED MEAT TO SECURE OUR FUTURE

Hope for Animals, Food Security, and the Environment

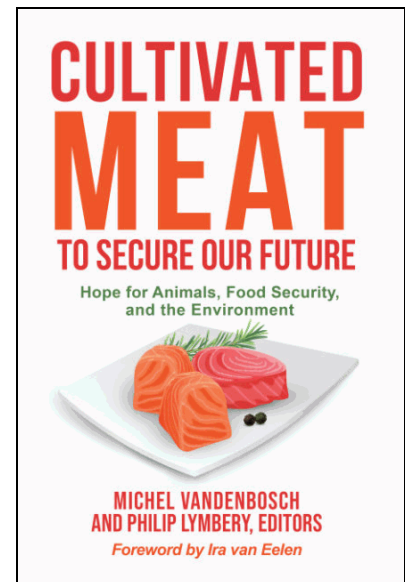
Edited By Michel Vandebosch and Philip Lymbery

Foreword by Ira van Eelen

Informs, inspires, and opens debates about cultivated meat. An amazing collection of visionary and respected contributors powerfully present the latest research and opinions regarding its potential for solving our current planetary crises.

CULTIVATED MEAT TO SECURE OUR FUTURE features an amazing collection of visionary and respected contributors. Each powerfully presents the latest research and opinions regarding its potential for solving our current planetary crises. Contributors include Isha Datar of New Harvest, Chase Purdy, author of Billion Dollar Burger and Hanna Tuomisto one of the world's leading researchers in the field of environmental sustainability assessment of cell-cultured food production technologies. Also included is a thought-provoking foreword by Ira van Eelen, daughter of Willem van Eelen the godfather of cultivated meat, and CEO of KindEarth.Tech and RESPECTfarms.

November 2023



9781590566978

152 x 229

Pb

160pp

Animal Rights

£18.99

About the Author.....

Philip Lymbery is Global Chief Executive of Compassion in World Farming International, the leading farm animal welfare environmental organization. He is President of Eurogroup for Animals, the Brussels-based umbrella body Europe's leading animal welfare societies. And in 2021, Philip was a "Champion for the UN Food Systems Summit" and co-lead of the Summit's Sustainable Livestock Solutions Cluster. He is also a founding Board member of the World Federation for Animals which represents the animal

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Brooklyn Goes Home

*The Rise and Fall of American Greyhound Racing
and the Dog that Inspired a Movement*



CHRISTINE A. DORCIK AND CAREY M. THEIL



advanced information

BROOKLYN GOES HOME

The Rise and Fall of American Greyhound Racing and the Dog that Inspired a Movement

Christine A. Dorchak and Carey M. Theil

The true story of how one greyhound sparked a movement to close the worst dog track in the world. After spending eight years in a small, dark, and empty concrete cell, he finally found his forever home with greyhound advocates Christine Dorchak and Carey

We once met a dog that changed the world. His name was Brooklyn. It's hard to imagine that a spotted dog would become the inspiration for a worldwide fight; that the campaign would be successful, and that after a decade of suffering, he would come home to us. And yet it happened. In fact, the thirteen short years that Brooklyn spent on this earth would turn out to be one of the most consequential periods in history for greyhounds, and for the broader debate on non-human animal rights. The life of this one dog signalled not only the end of greyhound racing in the United States, but also the emergence of the first successful movement to outlaw an animal abuse industry that was powerful, culturally resonant, and economically significant.

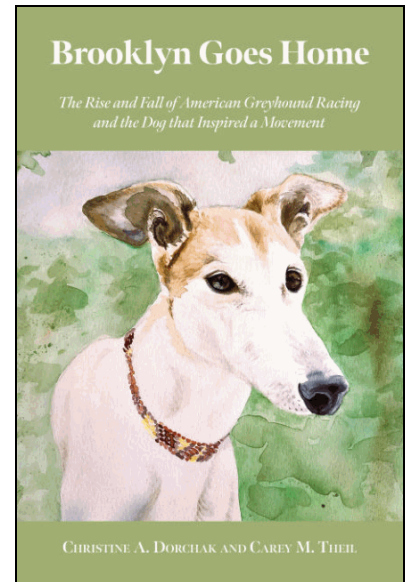
This history is based on the memories and reflections of Christine Dorchak and Carey Theil and describes twenty years of working together to help greyhounds. The two grew up more than a decade apart, on alternate coasts, one raised very traditionally and the other quite liberally, one an animal loving "Jersey Girl" turned lawyer, the other a poet and chess master turned political strategist. This Yin and Yang turned out to be a curious balance of opposites that is perhaps the reason that the organization survived and then succeeded against very great odds.

BROOKLYN GOES HOME is the story of the rise and fall of commercial greyhound racing in the United States and an account of how one small non-profit emerged to make an impact. It is also a remembrance of three glorious years spent with a magical dog. Readers will find inspiration in this chronicle, and perhaps discover new paths to making positive change in the world.

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About the Author....

Christine Dorchak and Carey Theil are the co-founders of GREY2K USA Worldwide. An attorney, Christine specializes in pari-mutuel law and has drafted laws to successfully prohibit dog racing in several states and countries. She has been featured in national publications including the Huffington Post, Forbes, and American Dog. A long-distance runner, she has competed in seven Boston Marathons. Carey has decades of legislative experience and has been quoted in hundreds

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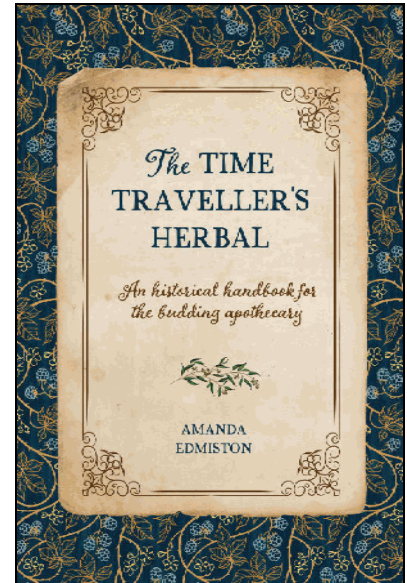
An historical handbook for the budding apothecary

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A practical guide to making 24 recipes used by traditional European herbalists throughout the ages, with the history and stories of the skills and crafts woven through.

The herbalist has had many names throughout the ages - Cunning Woman, Wise Woman, even Witch - all hiding the truth of what they are... early pioneers of science, and fountains of traditional, nature-based knowledge. All around us are plants and herbs that can be used to improve our wellbeing and encourage a more nature-focused approach to health. Steeped in history, the herbalist's art paved the way for modern science - but didn't necessarily need to have been replaced by it. In THE TIME TRAVELLER'S HERBAL, the traditional remedies and recipes that were passed down through the ages are offered to the modern reader as a means to reconnect with the natural world, while reaping the benefits. Steeped in the stories through which these remedies have been passed down to us, our connection to the past is fully explored in a romantic and meandering journey through the plants and flowers that have healed and helped us through the ages. Including 24 recipes using commonly found, foraged or easily procured ingredients, author Amanda Edmiston weaves a story through the recipes about the craft of the herbalist, tapping into the traditional knowledge passed down through generations and reworking it for the modern reader.

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About the Author.....

Amanda Edmiston is a herbalist and storyteller based in Scotland. She first learnt about plants and recipes from her grandmother who still remembered traditional remedies and folklore. After studying law and then herbal medicine, Amanda found it natural to start bringing together stories, plants, and magical places, drawing on the Scottish storytelling tradition, but in her own unique way. She has been showcasing her own work for over 10 years, performing and creating art in

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A 12-Week Wellness Planner for Finding Peace in a Busy World

Bex Spiller

Easily accessible guide to regaining control of your life and feelings in overwhelming and stressful times. Undated format makes it perfect for starting whenever feelings of overwhelm creep up, and returning to the lessons whenever needed!

Have you ever felt that there aren't enough hours in the day? That your mind is fizzing with all the things you need to remember? That there are simply too many things you need to do and you are buried in responsibilities? If so, then you may have experienced overwhelm!

Based on the popular course from the Anti-Burnout Club, the OVERCOMING OVERWHELM JOURNAL takes the reader on a journey back to feeling in control and filled with confidence in just 12 weeks.

Designed to be used as a friendly guide out of the murky waters of feeling overwhelmed, readers are given a set of tools they can turn to again and again to help them when times are just a little bit tough.

Written by Bex Spiller, author of the best-selling Anti-Burnout Journal and founder of The Anti-Burnout Club, the OVERCOMING OVERWHELM JOURNAL is perfect for readers who are going through a difficult patch, and is filled with helpful advice for combatting negative feelings. This three-part journal is designed to be used over a 12-week period, starting with how to recognise and understand the overwhelm before moving on in part two to look at how to calm and untangle your mind. In the final part, banish the feelings of overwhelm for good using all the advice and techniques explored, and habits built, throughout the previous weeks.

Key to those techniques is the Brain Dumping method, and the journal shows how this truly can be life-changing for anyone needing space and time to just get it all out and free their mind from a thousand thoughts! Bex Spiller fully explores how brain dumping can be beneficial and shows readers the most effective way to make this tool a key part of their self-care routine. Alongside Brain Dumping, the OVERCOMING OVERWHELM JOURNAL introduces new tools to have in your corner when feelings of overwhelm appear - such as breathwork, mediation, and tapping - making the Overcoming Overwhelm Journal the perfect companion to getting you on the right track for a fulfilling and productive life and prioritising self-care in difficult times.

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About the Author.....

Bex Spiller is the creator of the Anti-Burnout Club, an online platform dedicated to helping people take control of their lives and feelings in troubling times. Author of the best-selling Anti-Burnout Journal, she is a Fellow of the Royal Society of Arts and a TEDx speaker, and was voted Favourite Wellness Champion at the Health & Wellbeing Awards 2022. She is based in Kent, UK

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THE FULL MOON YEARBOOK

A year of ritual and healing
under the light of the full moon

Julie Peters

*Illustrated by
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FULL MOON YEARBOOK

A year of ritual and healing under the light of the full moon

Julie Peters

Practical recipes, journalling and yoga sequences to enhance an awareness of the natural energy of the full moon. Explores the role of the full moon in different cultures around the world.

When the full moon rises in the night sky, it's hard not to be captivated by the light that streams down on earth from our closest celestial neighbour. Even in the modern age, drenched in artificial light, the full moon has a magic that speaks to our most primal selves. This magic was recognised throughout human history, and lives on in the names various cultures have given each full moon as it rises above us.

THE FULL MOON YEARBOOK combines Native American culture, Medieval Celtic Culture, East Asian culture and Witchcraft to dive into the stories that have led to names like February's Budding Moon, or November's Frost Moon. Over thirteen chapters, the names and mythology associated with each full moon are explored, as well as corresponding crystals, rituals, and yoga practices to make engaging with the energy of the full moon natural and fun.

That thirteenth chapter is dedicated to the Blue moon, and in THE FULL MOON YEARBOOK readers will discover the reason why this mysterious moon appears in our night skies, along with its even more elusive friend, the Black Moon.

Alongside the folk names, THE FULL MOON YEARBOOK highlights some of the goddesses that have been dedicated to, or personified, the moon in ancient religions, bringing their stories to life. With the international perspective, lunar festivals and customs from around the world and practical makes and recipes to help celebrate the full moon are included in this illustrated guide, showing how important the full moon has been throughout history to humankind.

THE FULL MOON YEARBOOK is perfect for anyone who has ever felt a pull towards living in harmony with the moon, and longs to be living a lunar-inspired life.

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About the Author.....

Julie Peters is a writer, yoga and meditation teacher, Tarot reader, and wellness counsellor. She is a staff writer at Spirituality and Health Magazine. She offers wellness courses, yoga classes, tarot readings, and body-based counselling online via juliepeters.ca. Follow her on Instagram @juliepeterswellness

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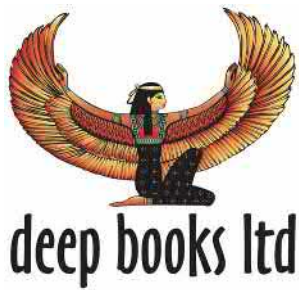
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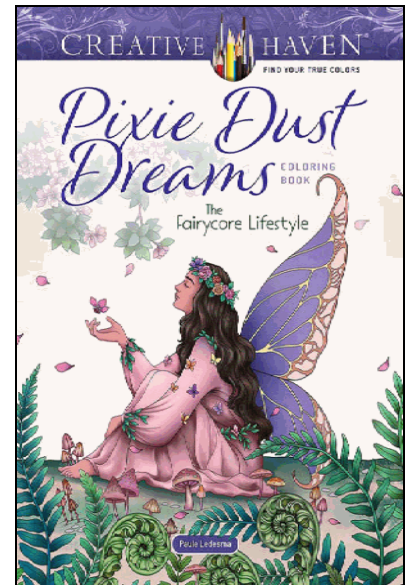
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Explore the fairycore aesthetic and invite a bit of magic into everyday life with this charming, creative colouring book. With 31 ethereal illustrations featuring beautiful butterflies, dreamy reading nooks, enchanted gardens, mystical forests, and whimsical winged creatures of all shapes and sizes, there's something for every aspiring fairy to enjoy. Spread your wings and let your creativity soar into the world of pixies, toadstools, and enchanting colouring possibilities. The pages are perforated and printed on one side only for easy removal and display.

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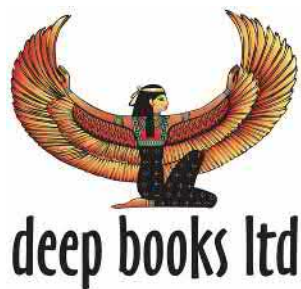


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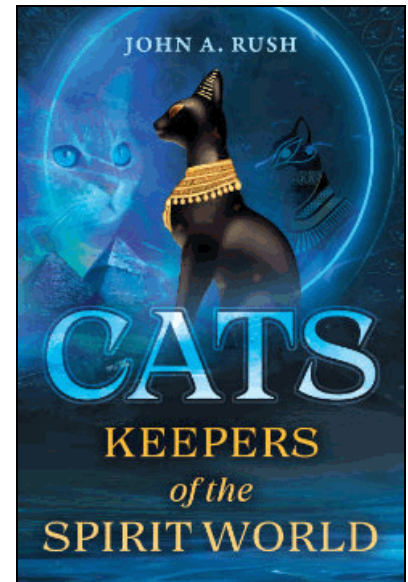
Explores our intertwined spiritual history with cats.

We have been connected to cats for more than 30 million years. To our prehistoric ancestors cats were deadly predators of the night, and because of this ancient memory etched onto our DNA, cats epitomise our fear of the dark. Yet in addition to their connection to the dark and the shadows, their intelligence, sophisticated physical abilities, and finely tuned senses also led many cultures to view cats as connected to the spirit world.

Exploring the spiritual nature of cats, John A. Rush looks at humanity's fascination and fear of cats through the ages. He examines spiritual and occult beliefs connected to cats from Mayan, Aztec, and Native American mythology as well as from ancient India, Samaria, Babylon, Japan, and Egypt, including how ancient Egyptians used cats to send messages to the gods. He reveals why the Catholic Church demonised cats and how cats are symbols of both Good and Evil. Examining cat evolution, the author looks at spiritual behaviours attributed to cats as well as modern biological research into cat behaviour and their highly sophisticated sensory systems, which, unlike most other animals, have changed very little over millions of years. He explores their "psychic" ability to sense what humans cannot and the origins of their glowing eyes, which has connected cats, through myth, to both the Underworld and the World of Light. He also explores similarities between cat and human emotions, cat communications with us, and the deep connection between cats and meditation.

Revealing the spiritual journey of the cat from fearsome predator to occult symbol to household companion, the author shows how, in many ways, cats are mirrors of us, reflecting our conflicting dual nature that is at once loving yet distant, magical yet vengeful, and above all, deeply connected to the spirit world.

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About the Author....

John A. Rush, Ph.D., N.D., is a retired professor of anthropology and naturopathic doctor. He is the author of many books, including *Spiritual Tattoo*, *The Twelve Gates*, and *The Mushroom in Christian Art*, as well as the editor of several books, including *Entheogens and the Development of Culture*. He lives in Orangevale, California.

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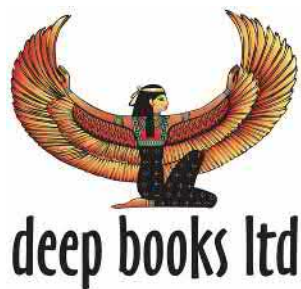
SOUL JOURNEY THROUGH THE TAROT

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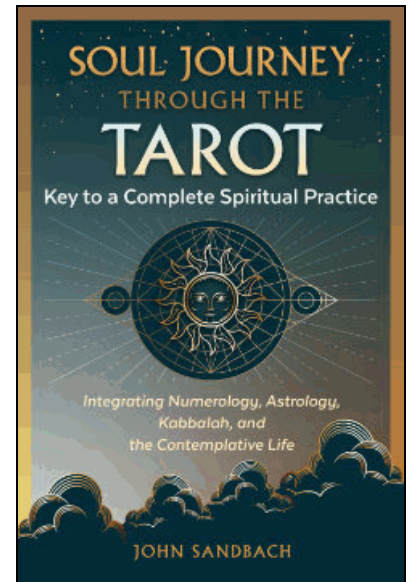
Integrating numerology, astrology, Kabbalah, and the contemplative life.

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

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

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

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About the Author.....

John Sandbach is a highly respected astrology and Tarot researcher who has been working professionally in these fields for more than 50 years. He is the visionary behind the Chandra Symbols of the 360 degrees of the zodiac system, and he offers private astrology and Tarot readings online.

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**A Six-Step Program for
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GIFT OF THE NIGHT

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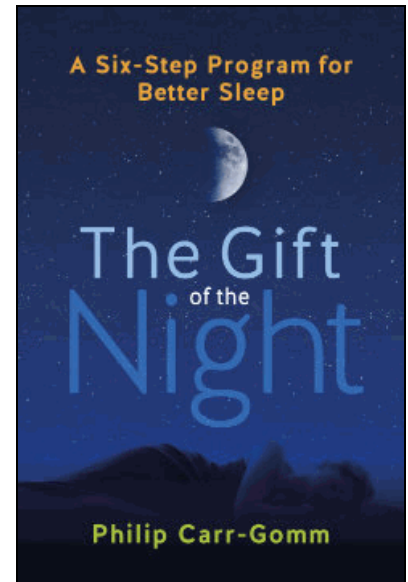
A fast and easy six-step approach for addressing insomnia and other sleep disorders.

More than one third of adults suffer from insomnia or some other kind of sleep disorder. Left unaddressed, lack of sleep can lead to debilitated health, lowered resilience, and decreased performance in all aspects of life. Restoring hope to the sleepless, psychotherapist Philip Carr-Gomm reveals how we each have the ability to unlock better sleep naturally.

Combining his knowledge of sleep science and cognitive behavioural therapy (CBT) with techniques drawn from spiritual traditions and insights from the emerging field of psychedelic therapy, Carr-Gomm presents a fast and easy-to-follow six-step program to help you sleep better. He explores a multitude of approaches to sleep, as well as sleep difficulties and how to overcome them. He looks at the potential of psychedelic-assisted therapy and microdosing, applying elements of the psychedelic therapy model as a way of optimising the conditions for sleep. He recommends thirteen natural ways we can drift into a deep and restorative sleep, including hypnotherapy, Yoga Nidra, sophrology, progressive muscle relaxation, and white, pink, and grey noise, and provides scripts for five of these techniques. His successful sleep clinic provides online support in the form of short videos and audio meditations as well as exercises.

Helping you get a better night's sleep, this concise and simple guide shows you how to benefit from everything the night offers to body and soul.

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About the Author....

Philip Carr-Gomm is an author and psychotherapist, having trained in psychology, sophrology, and psychosynthesis psychotherapy. The founder of the Sophrology Institute, he works in the emerging field of psychedelic psychotherapy with the Synthesis Institute in the Netherlands. He runs a sleep clinic that offers online sleep therapy and lives in Sussex, England.

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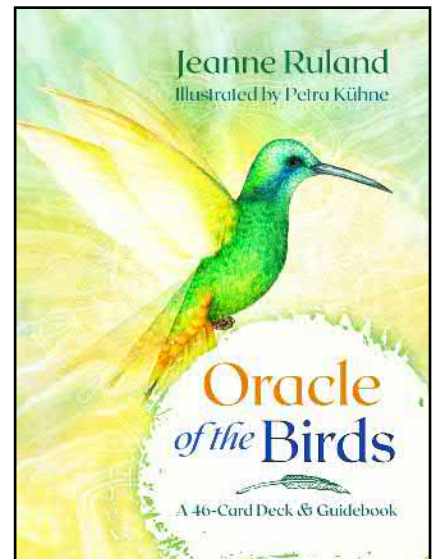
Jeanne Ruland

Illustrated by Petra Kühne

Recognised as spiritual messengers, birds serve as a connection between the physical world and the world of spirit. The appearance of a special bird after a loved one has passed over is often seen as their soul guiding us from the otherworld. Birds can be potent allies and power animals, giving us light and leading us into the world of the immortal soul. Quick in their movements, with their ability to take flight instantly, birds carry the spiritual quality of freedom. Gliding on the wings of a bird we literally take on a superior view, a wider perspective from above, and can recognise and understand connections that we might not have seen before.

Created by Jeanne Ruland and Petra Kühne, this deck shares the spiritual messages and powers that birds can bring to us. The deck consists of 46 beautifully illustrated cards featuring different birds, as well as cards representing the feather, the nest, and the egg. Each individual bird brings a specific medicine and unique gifts and talents to help you find healing, growth, and insight on your spiritual path. Each card shares the medicine of the bird shown and a brief message about the meaning of their presence. In the accompanying guidebook, the meaning of each bird card is detailed along with an affirmation focused on the bird's unique gifts.

Whether eagle, hummingbird, phoenix, or swan, Oracle of the Birds features native, exotic, and mythical birds that stand by our sides as advisors and guides and help us gain new perspectives with their bird's eye view of physical and spiritual realms.



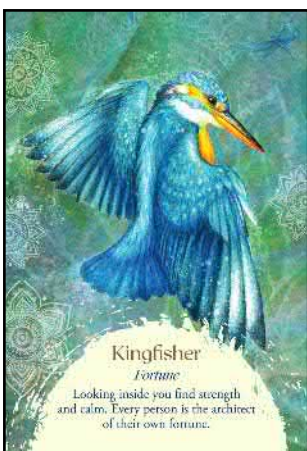
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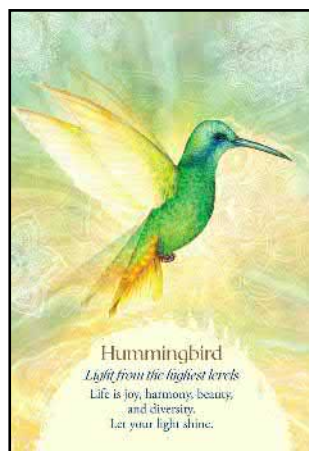
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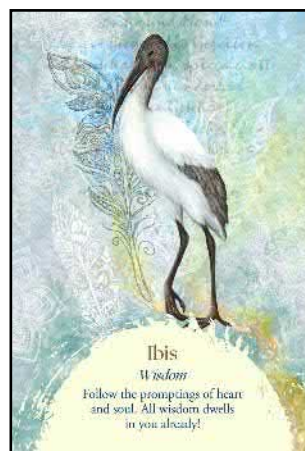
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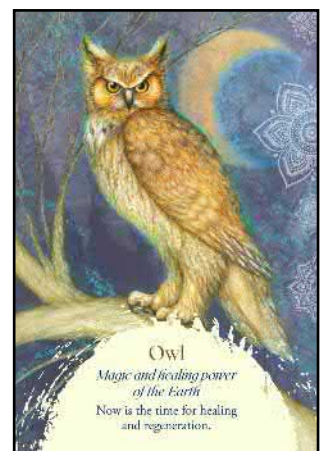
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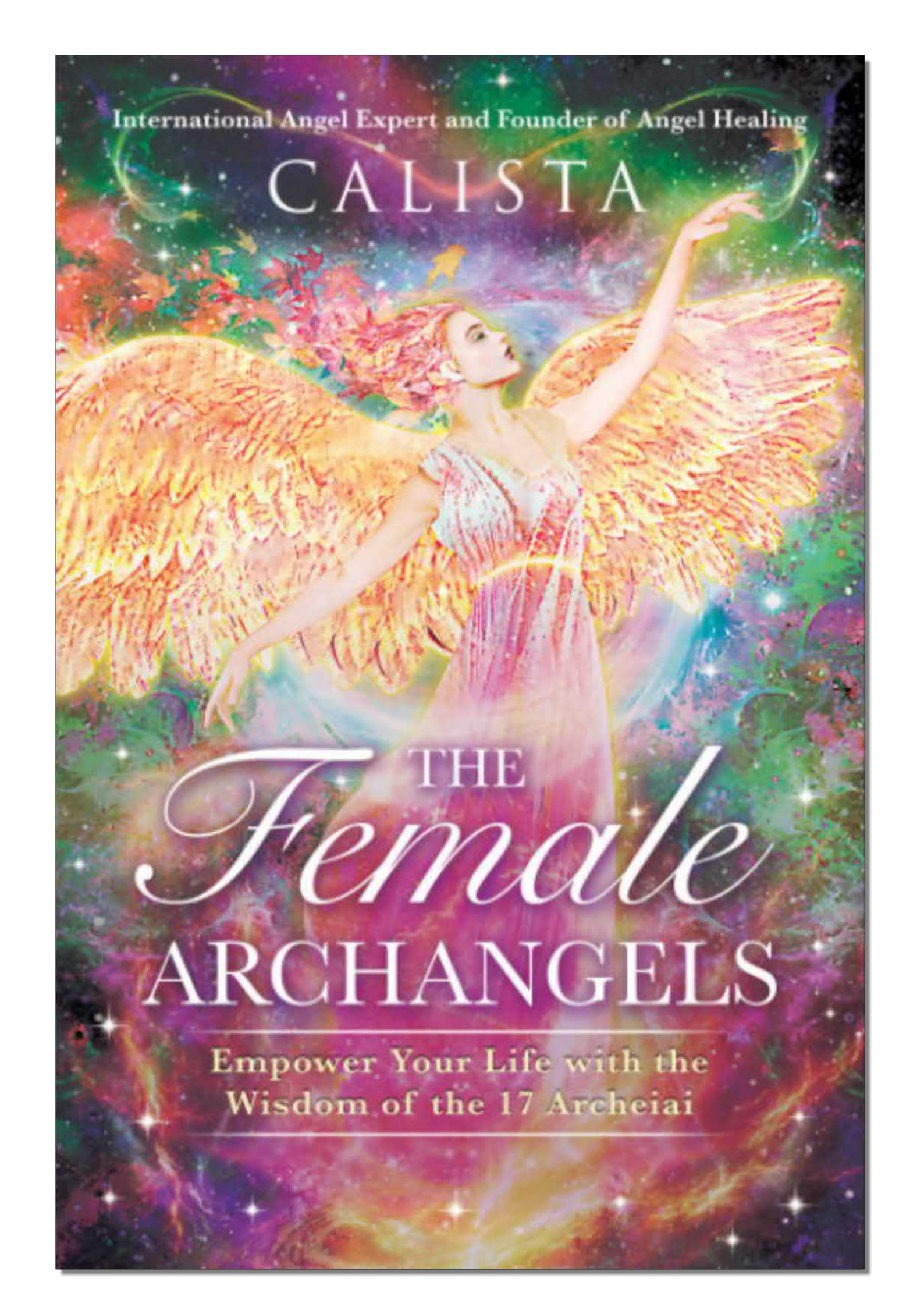
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FEMALE ARCHANGELS

Empower Your Life with the Wisdom of the 17 Archeiai

Calista

Embody the Divine Feminine wisdom and consciousness of the Heavenly Archeiai.

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

In this guide to help you connect with the Archeiai, Angel healing pioneer Calista introduces 17 female Archangels—each named to symbolise the quality she represents, such as Grace, Hope, Clarity, or Joy—alongside practical techniques to partner with the Angels to evolve your life and your spiritual path of Ascension. Calista explains how the Archeiai can help you discover your potential and realise the origin of your fears and insecurities, allowing you to heal at the deepest level and become empowered. Each Archangel is depicted through a full-colour illustration, embedded with Angelic energy and light codes for attuning to the frequencies of the Archeiai.

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

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

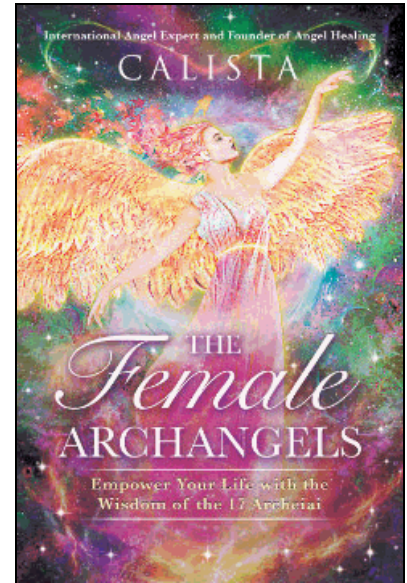
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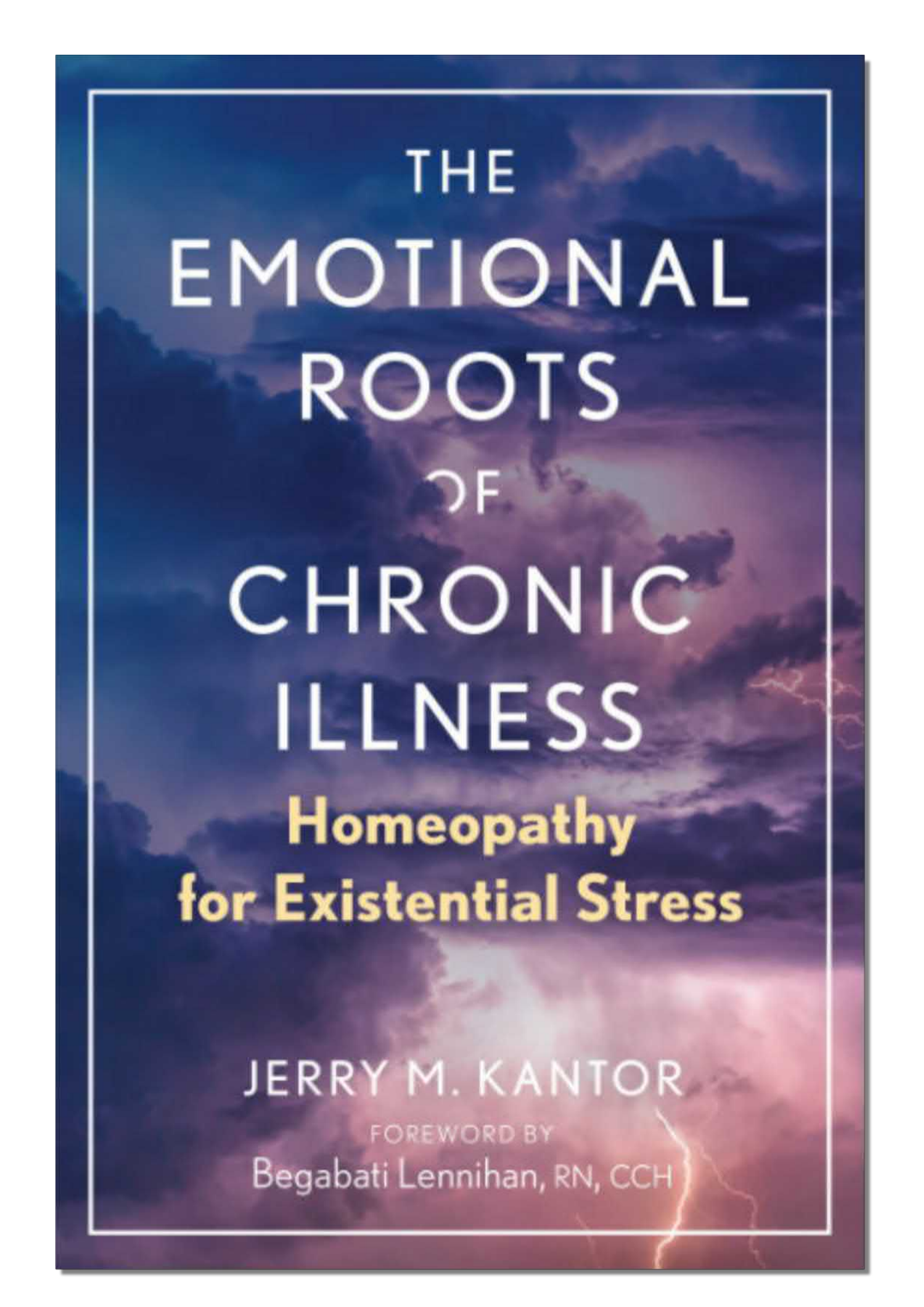
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368pp

About the Author.....

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

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THE
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ROOTS
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CHRONIC
ILLNESS

**Homeopathy
for Existential Stress**

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FOREWORD BY

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EMOTIONAL ROOTS OF CHRONIC ILLNESS

Homeopathy for Existential Stress

Jerry M. Kantor

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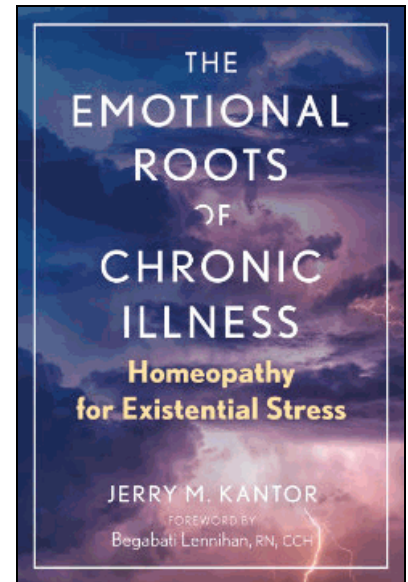
How to change the subconscious patterns underlying chronic conditions.

In addition to working well for purely physical ailments, homeopathy offers remedies for engaging directly with the subconscious mind and ameliorating embedded, existential causes of chronic illness—called “miasms” in classical homeopathy.

Presenting diagnostic insight, specific homeopathic remedies, and successful case study examples about the profound connections between emotions and their physical manifestations in illness, Jerry M. Kantor correlates the five classical miasms and their core existential quandaries with the Five Elements and Phase Theory of Chinese Medicine. He likens inborn foundational emotions to tools, each one designed to solve a stress-related problem. Self-sabotaging imbalances—energetic and physical—can occur when an emotional tool is excessively used, such as when a once-familiar stress is no longer present, or underused, as when a stressful input is inadequately managed. He explains how identifying a default emotional response—such as anxiety or anger—along with its accompanying physical symptoms can determine the core existential stress or heredity pattern underlying a chronic condition. For each of the five classical miasms and their associated physical and emotional conditions, the author presents homeopathic remedies that mollify the impact of specific existential quandaries and explains their indications through detailed examples from his practice.

Revealing that the subconscious mind is amenable to change, Kantor shows how to accurately select remedies to defuse the energetic charge of unresolved existential stress and thus quell the root causes of chronic illness.

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About the Author.....

Jerry M. Kantor, L.Ac., CCH, MMHS, is a faculty member of the Ontario College of Homeopathic Medicine and owner of Vital Force Health Care LLC, a Boston-area homeopathy and acupuncture practice. The first acupuncturist to receive an academic appointment at Harvard Medical School's Department of Anaesthesiology, Kantor is the author of *Interpreting Chronic Illness*, *The Toxic Relationship Cure*, and *Autism Reversal Toolbox*.

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Overcoming Chronic Digestive Conditions

Release the Visceral Layers of
Post-Traumatic Gut Disorder

Nikki Kenward, CST-D, MCSS

Foreword by Eric Moya, RMT, CST-D, MS/Mfct



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Release the Visceral Layers of Post-Traumatic Gut Disorder

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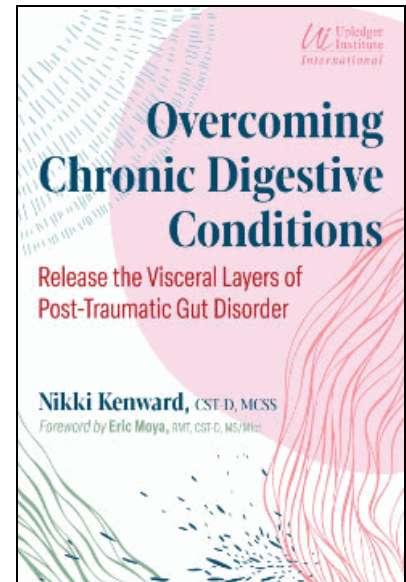
A holistic approach for healing trauma stored in the gut.

A healthy gut is fundamental to a healthy life. Embedded within our digestive system is the enteric nervous system, our “second brain,” which serves to protect us from the external world of adversity, including not only viruses and bacteria, but also traumatic events. As Nikki Kenward, CST-D, MCSS, explains, past challenges and traumas, whether emotional or physical, are held in the enteric nervous system in many ways, including fascial tension, cellular changes, and unhelpful “default settings.”

Exploring in depth what she calls “the Post-Traumatic Gut,” Kenward describes the anatomy and physiology of the enteric nervous system, including the polyvagal system, and the many ways that our emotional history and current emotional state can impact our digestive system. Sharing recent research, she describes the science behind the emotional gut and how to apply it to chronic digestive issues like IBS and Crohn's disease as well as mental health issues such as anorexia, bulimia, anxiety, and depression. She explains how and why the digestive gut absorbs emotions and what you can do to heal its functions by addressing psychosomatic stressors, rather than just nutrition. Presenting case studies from her 25 years in clinical practice as well as her own healing journey, she reveals the synchronicity between digestive/metabolic functions and psychological/perceptual insight and how allowing the cells to “speak” through bodywork such as CranioSacral Therapy and SomatoEmotional Release Therapy can help renew the microbiome of the second brain, release intergenerational trauma and illness, and restore one's psychospiritual life.

Sharing visualization exercises and a hands-on process of listening to the gut layer by layer, the author helps readers unwind stagnant cellular patterns, discover the dynamic intelligence in every cell, and transform Post-Traumatic Gut into Post-Traumatic growth.

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About the Author.....

Nikki Kenward, CST-D, MCSS, is a CranioSacral Therapist, international healthcare educator through Upledger Institute International, yoga therapist, theater director, and poet. A former professional dancer and dance therapist, she has been in private practice for 25 years. She lives in Marlow, Buckinghamshire, UK.

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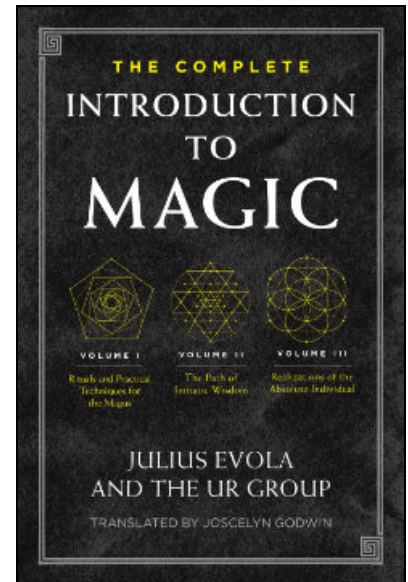
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Julius Evola and The UR Group
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All three volumes of the occult classic available together as a deluxe boxed set for the first time.

In 1927 Julius Evola and other leading Italian esotericists formed the mysterious UR group. The purpose of this group was to study and practice ancient rituals from the mystery traditions of the world, both East and West, in order to attain a state of superhuman consciousness and power to allow them to act magically on the world. They produced a monthly journal containing techniques for spiritual realization, accounts of personal experiences, translations of ancient texts, and original essays on the occult. Many years later, in 1971, Evola gathered these essays into three volumes. Volume I collects rites, practices, and magical knowledge, including instructions for creating an etheric double, speaking words of power, using fragrances, interacting with entities, and creating a “magical chain.” It also includes translations of rare texts such as the Tibetan teachings of the Thunderbolt Diamond Path, the Mithraic mystery cult’s “Grand Papyrus of Paris,” and the Greco-Egyptian magical text *De Mysteriis*. Volume II shares authentic initiatic wisdom and a rigorous selection of initiatory exercises, including instructions for creating the diaphanous body of the *Opus magicum*, and establishing initiatic consciousness after death. It also offers studies of mystery traditions throughout history. Volume III, more than the others, bears the personal stamp of Julius Evola. It explores esoteric practices for individual development, handed down from a primordial tradition and discernable in alchemy, Hermetism, religious doctrines, Tantra, Taoism, Buddhism, Vedanta, and the pagan mysteries of the West. Available together as a deluxe boxed set for the first time in English, these volumes present the steps necessary to purify the soul with the light of knowledge and the fire of dedication, as well as allowing the reader to be liberated from conventional dogmas—religious, political, scientific, and psychological—and see with the clearer eye of realisation.



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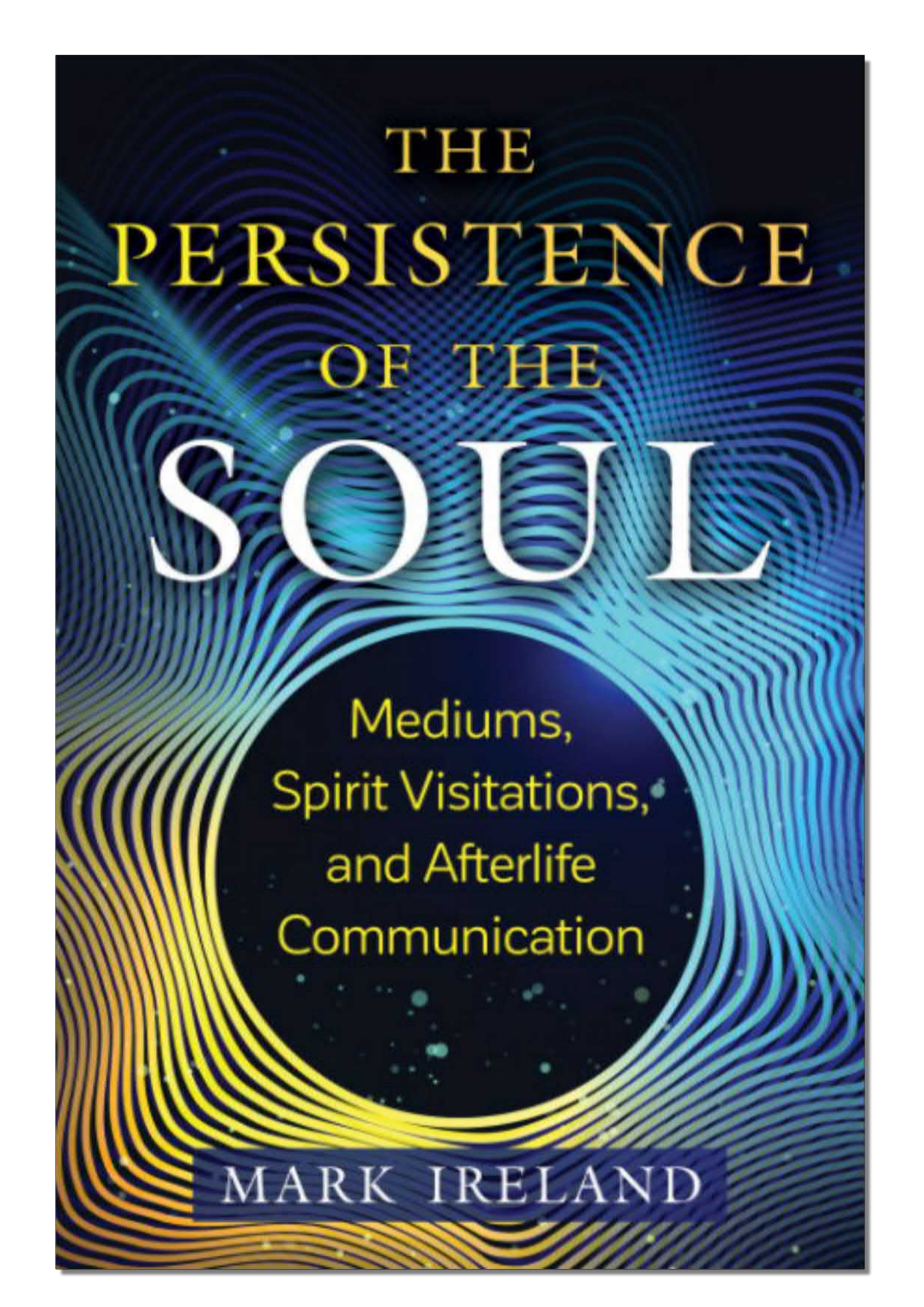
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About the Author....

A controversial philosopher and critic of modern Western civilization, Julius Evola (1898-1974) wrote widely on Eastern religions, alchemy, sexuality, politics, and mythology. Inner Traditions has published his *Eros and the Mysteries of Love: The Metaphysics of Sex*, *The Yoga of Power*, *The Hermetic Tradition*, *Revolt Against the Modern World*, *The Mystery of the Grail* and *Ride The Tiger*.

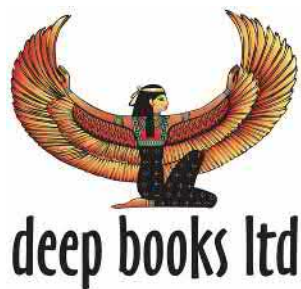
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THE
PERSISTENCE
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Mediums,
Spirit Visitations,
and Afterlife
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MARK IRELAND



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PERSISTENCE OF THE SOUL

Mediums, Spirit Visitations, and Afterlife Communication

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Compelling evidence for afterlife messages backed by scientific research.

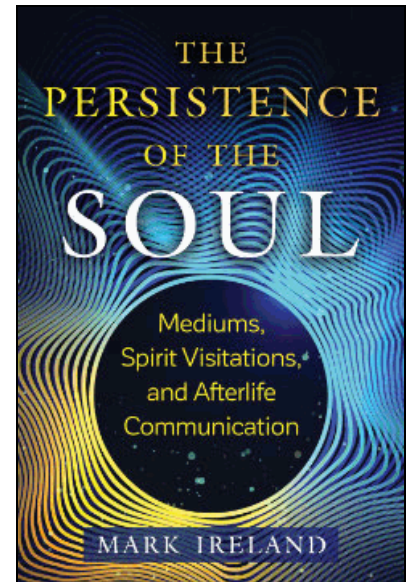
After the unexpected passing of his youngest son, Mark Ireland began a search for messages from the afterlife and discovered remarkable proof of life after death.

Interweaving profound personal experience and compelling scientific evidence, Ireland presents a deep dive into psychic-medium phenomena, spirit visitations, after-life communication, reincarnation, synchronicity, and near-death experiences, pointing to the survival of consciousness after bodily death. He details how he confronted his resistance to engaging in the spiritual and parapsychological practices of his deceased father, prominent 20th-century psychic Dr. Richard Ireland, who counseled celebrities such as Mae West and the Eisenhower family. On his journey, he meets with respected mediums who deliver unexpected messages from his son, father, and others who have passed and explores the healing impact that such messages can have on people who are grieving. He shares his interviews with mediums to understand how they see, hear, and feel the information they receive from the spirits of the deceased, and he explains how to recognise fraudulent mediums.

Ireland presents detailed accounts of scientific experiments conducted to obtain evidence for the continuity of consciousness, including the author's own test involving a secret message left behind by his deceased sister, Robin. The contents of this message were unknown to any living person and remained sealed in an envelope until the author received messages from a group of mediums. He exposes deceptive arguments made by skeptics and examines mediumship through the lens of multiple religious traditions—including some factions who seek to demonise the practice.

Showing how spirit communication can be undeniably accurate and frustratingly ambiguous, Ireland reveals the profound healing and transformative possibilities available to those who come to believe in the persistence of the soul.

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About the Author....

Mark Ireland is the cofounder of Helping Parents Heal, an organization with more than 24,000 members that assists bereaved parents worldwide. He has participated in mediumship research studies conducted by the University of Arizona and the University of Virginia, and he currently operates a Medium Certification program.

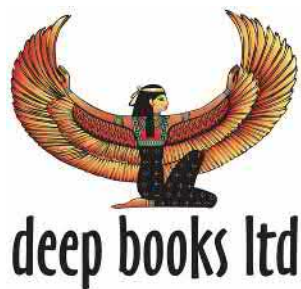
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Seven & Heavens

THE AFTERLIFE IN
THE JEWISH TRADITION



Carla Wills-Brandon, Ph.D.



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SEVEN HEAVENS

The Afterlife in the Jewish Tradition

Carla Wills-Brandon

Foreword by Bruce Greyson

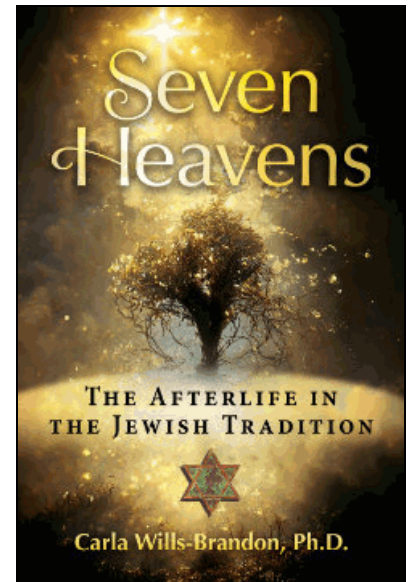
Explores ancient Jewish beliefs in life after death as well as contemporary spiritual experiences.

Exploring afterlife theories from the ancient world as well as contemporary afterlife encounters, Carla Wills-Brandon, Ph.D., reveals references to Jewish mysticism and afterlife encounters in ancient Hebrew texts, including the Torah, the Talmud, the Zohar, the Dead Sea Scrolls, and the writings of the early Kabbalists. She shows how these works describe not only the realms of heaven but also near-death experiences (NDEs), after-death contact, reincarnation, and deathbed visions of crossed-over loved ones. Drawing on her background in psychology and her experience as a licensed therapist, she explains how acknowledging an afterlife as well as spiritual encounters can help you find peace after loss, discover inner spiritual light, and heal from destructive emotional patterns and ancestral trauma, including intergenerational wounds such as those from the Holocaust.

Sharing profound accounts of modern-day premonitions, spirit visitations, dream encounters with the dying, NDEs, and other psychic manifestations, the author shows how similar our contemporary mystical experiences are to those of our ancestors. Looking at the strong emotional resonances created by unresolved trauma, she explains how many survivors of World War II developed PTSD, which has been passed down from one generation to the next. She shows how believing in life after death and speaking about spiritual experiences can help heal emotional trauma and release difficult memories stuck psychically in our personal and ancestral past.

Revealing how spiritual seekers can benefit not only from a belief in the afterlife but also from expressing their visions of the unseen, the author shows how knowing that physical death is not final fosters a healthier preparation for one's own death and the deaths of those we cherish as well as a more fulfilling life.

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About the Author.....

Carla Wills-Brandon, Ph.D., is a licensed marriage and family therapist and licensed psychological associate. She is the author of 13 books, gives lectures throughout the United States and Europe and has appeared on national programs, including Geraldo Rivera, Sally Jesse Raphael, Montel Williams, Coast to Coast AM, and Politically Incorrect with Bill Maher.

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TALES & LEGENDS OF THE

DEVIL

The Many Guises of
the Primal Shapeshifter



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TALES AND LEGENDS OF THE DEVIL

The Many Guises of the Primal Shapeshifter

Claude Lecouteux and Corinne Lecouteux

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

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

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

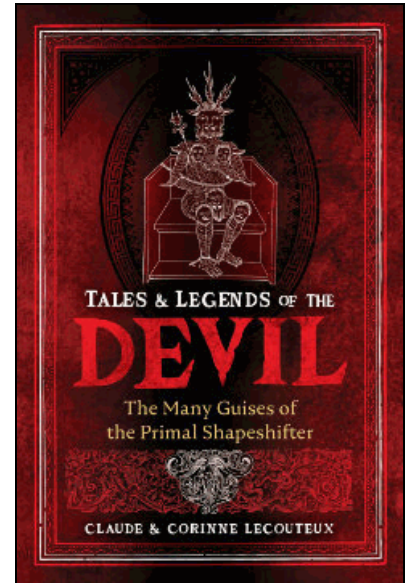
Peeling back the Christian veneer embedded in many tales and legends about the so-called Evil One, the authors ultimately reveal how many of the qualities and magical powers attributed to the devil were once those belonging to pagan gods, like the Lithuanian thunder god Perkūnas or the Titan Chronos,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

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About the Author.....

Claude Lecouteux is a former professor of medieval literature and civilization at the Sorbonne. He is the author of numerous books on medieval and pagan afterlife beliefs and magic, including *The Book of Grimoires*, *Dictionary of Ancient Magic Words and Spells*, and *The Tradition of Household Spirits*. He lives in Paris.

Corinne Lecouteux is a translator specializing in tales and legends. She lives in Paris.

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Maps of Consciousness

The Classic Text
on Exploring the Mind
and Expanding Awareness

Ralph Metzner, Ph.D.

Foreword by **David E. Presti**, author of
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MAPS OF CONSCIOUSNESS

The Classic Text on Exploring the Mind and Expanding Awareness

Ralph Metzner

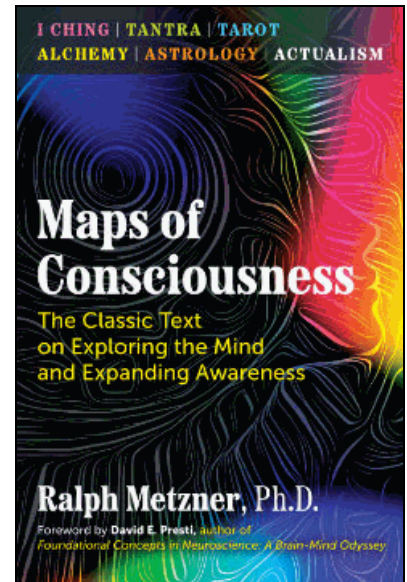
Foreword by David E. Presti

A classic guide to expanding perception and consciousness development.

In this highly acclaimed classic, psychedelic elder Ralph Metzner presents a guide to six ancient systems, once known only to the initiated few, to expand awareness and free your consciousness from exterior limitations and cultural conditioning.

Metzner begins with the I Ching, revered by the Chinese as the oldest and wisest book in the world. He explains how it reveals change as the evolutionary constant and offers a hands-on method of divination and guidance. He explores the Hindu and Buddhist Tantras of medieval India, ancient practices celebrating the union of male and female energies that transmute ordinary sense experience into ecstatic ritual worship. He examines the Tarot, revealing how the cards act as culture-transcending mirrors, bringing us through worlds of darkness and light in a complex journey. He looks at the practice of alchemy, explaining how it is a “psychic chemistry” of inner union through which we can transform planetary and cosmic energies. He explores the esoteric aspects of astrology, revealing the rhythmic cycles of the planets and how their phases may be experienced in terms of motion and emotion. He then examines in depth the yoga philosophy of Actualism, centered on the techniques of Agni Yoga, which allow you to use your living “inner fire” to illuminate the shadow parts of consciousness and burn out that which obstructs the free flow of energy. With a new foreword by UC Berkeley professor of neurobiology David E. Presti and featuring all of the original diagrams, this edition of Metzner's classic text shows how each of these disciplines can help the modern individual become a fully aware and conscious participant in their own spiritual evolution

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About the Author.....

Ralph Metzner (1936–2019) obtained his Ph.D. in Clinical Psychology at Harvard University, where he collaborated with Timothy Leary and Richard Alpert on psychedelic research. He was Professor Emeritus at the California Institute of Integral Studies in San Francisco and president and co-founder of the Green Earth Foundation.

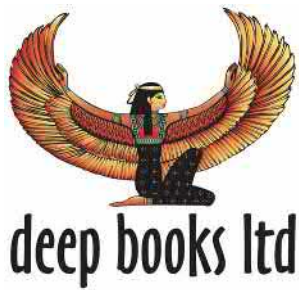
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Wicca Magic

A HANDBOOK OF WICCAN HISTORY,
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WICCA MAGIC HB

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Access the power of the Wiccan religion in this beautiful handbook featuring the history of the craft that includes a primer of its symbols, festivities, ceremonies, tools, elements, and practices.

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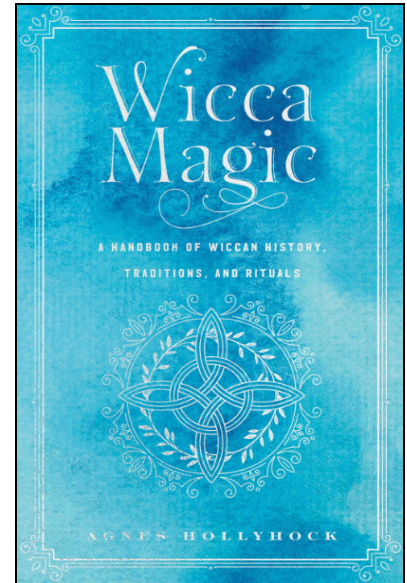
WICCA MAGIC is an essential guide to learn how the cycles of nature, the moon, and the elements work to connect you closer to the craft. Learn about the different types of Wicca:

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In WICCA MAGIC, you will cast a circle, purify space and participants, call down to the guardians, and more! With the use of altars and rituals, magic is right at your fingertips.

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Use the deck as an oracle to answer questions, to fire up creativity, connect with nature, and enrich daily life with a sense of magic.



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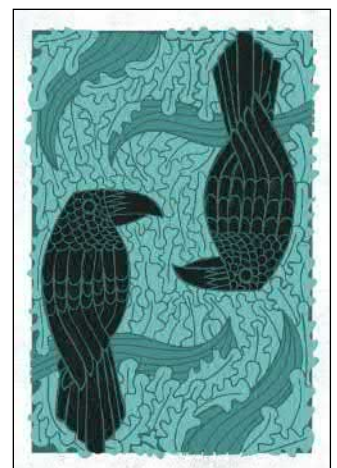
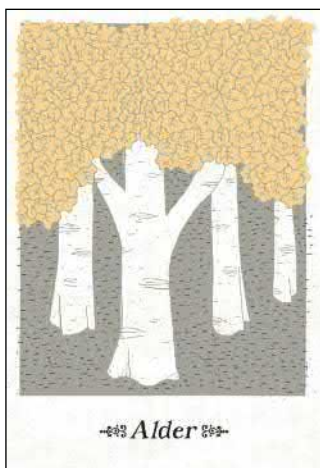
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THE ASTRAL GEOGRAPHIC

The Watkins Guide to the Occult World

ANDY SHARP





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ASTRAL GEOGRAPHIC

The Watkins Guide to the Occult World

Andy Sharp

A history of magic framed as a travel guide featuring 10 magical tours through history and across the globe. Packed with fascinating information and illustrated with Shell guide-style collage artworks, retro-looking postcard imagery and route maps.

This terrific book is a guide to the occult world, featuring 10 itineraries and maps of magical tours across the globe. Spanning countries and continents in pursuit of occult themes, it is meant to be pursued by the astral or armchair traveller rather than on the ground, although we expect readers to be inspired to plan epic trips of their own. It takes a fantastically fresh approach to the occult, with a nod to the retro Shell Guides in the use of collage artwork and humorous, on-point suggestions of places to stay and eat. Expand your occult horizons by trying these tours – and many more!

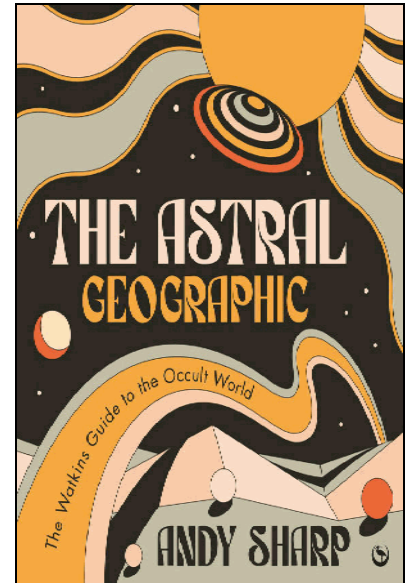
- Necromancy through the Ages Tour: Travel from Ancient Nineveh to northern England, tracing sites of necromantic practice.
 - Crowley & Choronzon Desert Tour: Hike across the Algerian desert in the footsteps of the magicians Aleister Crowley and Victor Neuburg, invoking angels and meeting the terrifying demon Choronzon.
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About the Author.....

Andy Sharp is a writer and multimedia artist. Since 2003, he has worked on English Heretic, an autonomous creative research project that culminated in the publication of his critically acclaimed first book, The English Heretic. Andy has talked at academic conferences and counter-cultural events on a wide range of subjects drawn from his research. He has an Msc in Neuroscience from Kings College

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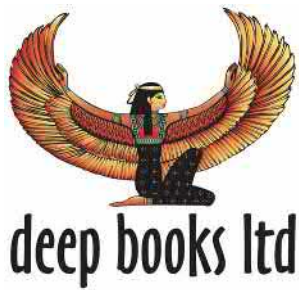
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THE TOLTEC LEGACY

WISDOM TO LIVE BY
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TOLTEC LEGACY HB

Wisdom to Live by in the New Dawn

Michelle Rodriguez & Sergio Magaña

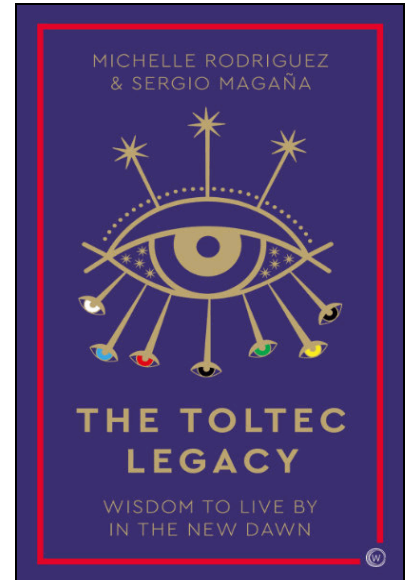
Hollywood A-lister Michelle Rodriguez and Mexican healer Sergio Magaña reveal the incredible truth of ancient Toltec wisdom. This book offers a golden future for our planet, equipping readers with Toltec self-development tools.

As prophesied by the Toltecs, the world is moving into a new age of consciousness, the Sixth Sun. This book, a collaboration between Sergio Magaña, heir to ancient Mesoamerican wisdom, and Michelle Rodriguez, one of Hollywood's biggest Latin stars, urges us to reclaim our Toltec legacy and evolve to meet the opportunities of this new dawn. It includes:

- Mind-blowing revelations of how Toltec symbols (from the pyramids to the Tree of Life to the rising serpent) are mirrored in other traditions around the globe.
- The thrilling tale of how Toltec knowledge was forced underground by Mexico's Spanish invaders and then survived as part of a vibrant oral tradition.
- Practical Toltec tools such as lucid dreaming to influence conscious reality and obsidian mirror meditation to reprogram the subconscious mind
- EEG-based medical research which testifies to the power of meditation, lucid dreaming and other Toltec techniques.

Michelle and Sergio offer an enlightening worldview, a set of powerful practical tools, and the motivation to live a more harmonious life at the dawn of a new age.

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About the Author.....

Michelle Rodriguez has appeared in multiple action films, including the Fast and Furious franchise, Avatar, and Dungeons & Dragons. Off-screen, she has long pursued a deep interest in the history of religion and the occult, studying the work of Rudolf Steiner, Madame Blavatsky and the Rosicrucian mystics among many others. This is her first book. Sergio Magaña is a world-renowned practitioner, healer and teacher of the ancient knowledge of the

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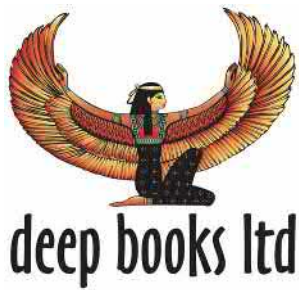


THE ULTIMATE
UNOFFICIAL GUIDE TO

TOLKIEN'S WORLD



ANTONY CUMMINS



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ULTIMATE UNOFFICIAL GUIDE TO TOLKIEN'S WORLD HB

November 2023

Anthony Cummins

Tolkien's Middle Earth continues to capture the global imagination. In this accessible (but unofficial) guide, this sometimes confusing world is broken down into bite-sized sections that bring it to life for the newcomer and the fanatic alike.

The **ULTIMATE UNOFFICIAL GUIDE TO TOLKIEN'S WORLD** contains the entire epic and famously labyrinthine history of Middle Earth, taken from J.R.R. Tolkien's books (The Lord of the Rings, The Hobbit, The Silmarillion, as well as all the lesser known volumes), broken down into easy-to-absorb chunks, arranged in chronological order and fully explained. For the first time ever, fans of the films, TV series and books can benefit from:

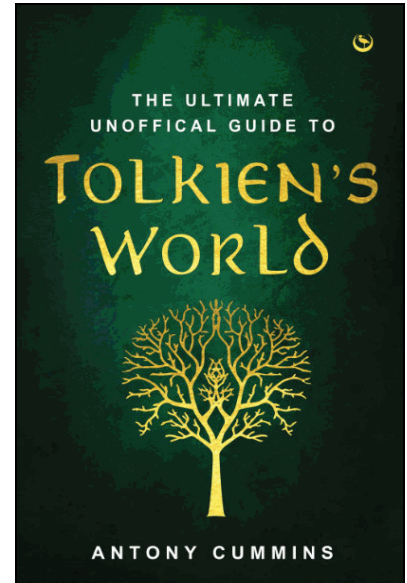
- All the events of all Tolkien's books slotted into a timeline from the very start to the very finish, with narrative arcs outlined
- Easy-reference lists of the players, places, gods, weapons, magical tools, creatures – and much more.
- Explanation of why certain actions were highlighted in the narrative, for example how Gimli the Dwarf being given three strands of golden hair by the Lady Galadriel would have sent shockwaves through the elven community
- Resolution of confusing issues, eg multiple names in different languages being given to the same characters and places
- Around 140 full-colour illustration details, diagrams and graphics to help make concepts clearer.

Offering the complex history, mythology and geography of Middle Earth in bite-sized super-accessible form, this is an unusual and compelling approach to Tolkien's work and a must for all his fans.

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About the Author.....

Anthony Cummins is the founder of the Historical Ninjutsu Research Team, which has previously published The Book of Ninja and The Book of Samurai (Watkins). Antony also works as a consultant and co-presenter on high-end documentaries on Japan that are distributed by National Geographic, and is the Official Tourism Ambassador for Wakayama. He has been recognised by peers as a leading expert in the discovery of military arts of medieval Japan. www.natori.co.uk

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Chad Foreman

CONNECT WITH THE HEALING
POWER OF THE SKY

Sky
Wisdom

ORACLE
CARDS

A 48 CARD DECK
WITH GUIDEBOOK



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advance information

SKY WISDOM ORACLE CARDS

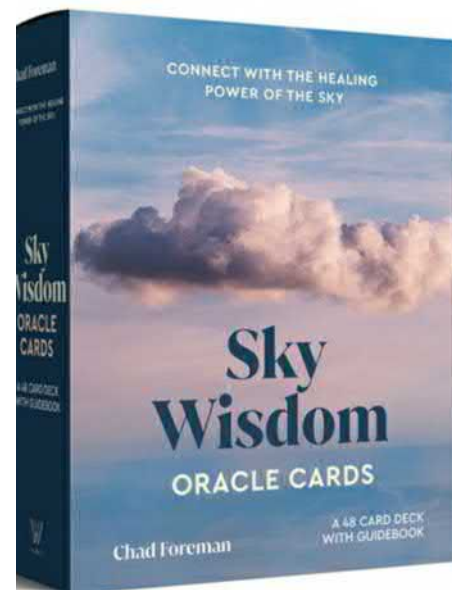
November 2023

Connect with the Healing Power of the Sky
Chad Foreman

Whether you've used an oracle deck or not, the SKY WISDOM ORACLE CARDS provide daily meditations to help quiet your mind, bringing you clarity and awareness so that you may live more expansively. Each card is an invitation to the far-reaching formlessness of the sky, encouraging relaxation and openness, allowing you to let go of day-today dramas.

Drawing its inspiration from the Tibetan Buddhist meditation practice, Sky Gazing, the deck contains 48 cards alongside a guidebook which shows you enhanced ways you can work with the cards daily, weekly, monthly and annually. Each card features a stunning photo of the sky alongside keyword and a short meditation gently prompting us to become conscious of any negative thoughts and to release them so that we can connect without authentic nature.

The sky is a metaphor for timelessness – its form changes often but its content remains the same – as you contemplate the cards your worries will dissolve into the open sky – you are at one with the infinite.



Book & Card Set

978-18012-92931

100 x 130

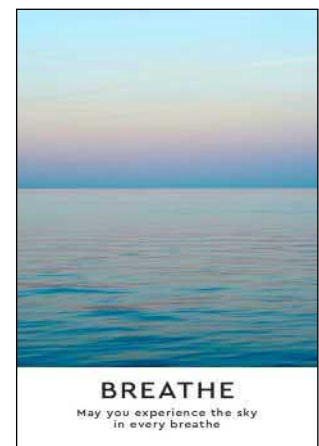
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