NEW TITLES & BESTSELLERS
FALL • WINTER 2018
Reign of the Anunnaki
The Alien Manipulation of Our Spiritual Destiny
JAN ERIK SIGDELL

Reveals the ongoing alien manipulation of humanity and how we can break free

• Explores how the Anunnaki have maintained invisible surveillance over us and how they control our development through religion, secret societies, and catastrophes
• Reveals how they feed off our energies and how this ability has allowed them to remain here on Earth as multidimensional entities, enforcing their control invisibly
• Explains how they established religion to control us and how Gnostic Christianity—which came from Christ and not the Anunnaki—offers a way out of their matrix of control

Cuneiform texts found on clay plates in Mesopotamia tell us about an extraterrestrial race, called the Anunnaki, who came from space to exploit our planet. Through genetic manipulation, they created modern humans from existing earthly life forms to serve them as slaves. They physically left our planet millennia ago, but as Jan Erik Sigdell reveals, their influence and control over humanity is still pervasive and significant.

Sigdell explains how the Anunnaki have maintained invisible surveillance over us as well as control over how humanity develops, setting limits on our evolution and holding back our development by means of manipulation and catastrophes, including the deluge immortalized in the Bible and many other ancient myths. He shows how they still manipulate our politics and affairs via secret societies, such as the Illuminati, and the political elite, such as the Bilderberg Group. Examining ancient descriptions of the Anunnaki as entities that resemble winged reptiles or amphibians, the author also explores their diet and how they feed off blood and the energies given off by lower life forms, such as humans, when they are expressing extreme negative emotions, having sex, or dying. This energy-feeding ability has allowed them to remain here on Earth as multidimensional entities, enforcing their control invisibly. He explains how the Anunnaki established religions as tools for control, setting up the major religions with themselves as “gods” and playing them against each other to keep humanity’s attention away from ongoing Anunnaki manipulation. They have also hidden from us the existence of the true highest creator, who created the cosmos as well as the Anunnaki themselves.

The author reveals how the highest creator sent a messenger called Jesus to expose the Anunnaki and show us a way out of their matrix of control through a spirituality based on love, empathy, and sacred sexuality. But the “god” of the Anunnaki defeated this messenger and replaced him with a false Christ. This led to the development of Paulinian Christianity under Anunnaki influence, as well as other parallel religions such as Islam, and the suppression and elimination of the original Christianity, Gnostic Christianity. With the discovery of hidden Gnostic texts and teachings at Nag Hammadi in 1945, the way is now paved for our release from the reign of the Anunnaki.

Jan Erik Sigdell has a master’s degree in electrical engineering and a doctorate in medical engineering, both from Chalmers University of Technology in Gothenburg, Sweden. From 1980 to 1997 he worked as a past-life regression therapist as well as a freelance consultant to the dialysis industry. Now retired, he lives in Slovenia.

Of Related Interest

The Anunnaki Chronicles
Zecharia Sitchin
Bear & Company
ISBN 978-1-59143-229-6
$24.00 (CAN $28.95) hc
15,000 copies sold

Slave Species of the Gods
Michael Tellinger
Bear & Company
ISBN 978-1-59143-151-0
$25.00 (CAN $30.00) pb
30,000 copies sold

DNA of the Gods
Chris H. Hardy, Ph.D.
Bear & Company
$18.00 (CAN $22.00) pb
14,000 copies sold
Military Encounters with Extraterrestrials
The Real War of the Worlds
FRANK JOSEPH

The first, comprehensive military history of armed confrontations between humans and extraterrestrials

- Includes documentation of incidents from World War I, World War II, the Korean War, the Vietnam War, the Gulf War, and the ongoing hostilities in the Middle East
- Reveals the U.S. Navy’s defeat in Antarctica by ETs, the shoot-down of “flying saucers” at Roswell, alien sabotage of nuclear weapons, in-flight abductions of USAF and Soviet officers, and photographic evidence of the Battle of Los Angeles
- Explains the link between the development of atomic bombs and ballistic missiles and the increase in extraterrestrial intervention in the 20th century

Although close encounters with alien space craft are reported as far back as the reign of Pharaoh Thutmosis III in Egypt, it wasn’t until the 20th century that UFO sightings and extraterrestrial encounters were truly documented, due to advances in technology and record-keeping as well as the vast increase in incidents, particularly with military forces.

Revealing his extensive research and the verifiable evidence he’s discovered, Frank Joseph presents a comprehensive military history of armed confrontations between humans and extraterrestrials in the 20th and 21st centuries. He explains how, with the development of atomic bombs and ballistic missiles, the frequency of extraterrestrial intervention in human affairs increased dramatically. He documents incidents both famous and little known, including the explosive demolition of U.S. munitions factories in 1916 by unearthly aerial vehicles, the Red Baron's dogfight with a UFO during World War I, “foo fighter” sightings and battles with Allied and Axis combatants during World War II, and eye-witness reports from encounters during the Korean War, the Vietnam War, the Gulf War in Iraq, and the ongoing hostilities in the Middle East. He examines the evidence for the shoot-down of “flying saucers” at Roswell and Aztec, New Mexico, alien sabotage of nuclear weapons systems, and in-flight abductions of USAF and Soviet officers and airplanes. He explores the photo evidence for the Battle of Los Angeles, which occurred three months after Pearl Harbor, and the details of Operation Highjump, the U.S. Navy's defeat in Antarctica by ET forces 17 months after the atomic bomb was dropped on Nagasaki, while also uncovering evidence of secret Antarctic German bases.

The author also examines recent, 21st-century examples of alien interdiction in Earthly affairs, such as the meltdown of the Fukushima Daiichi nuclear plant in Japan and the fiery abort of Elon Musk’s Falcon 9 missile launch, both events accompanied by UFOs. Offering complete disclosure of the multitude of ET events over the past century, Frank Joseph gives us the first true reference book in the field of alien military encounters.

Frank Joseph was the editor in chief of Ancient American magazine from 1993 until 2007. He is the author of several books, including Before Atlantis and Advanced Civilizations of Prehistoric America. He lives in the Upper Mississippi Valley.

Also by Frank Joseph

Power Places and the Master Builders of Antiquity
Frank Joseph
Bear & Company
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June 2016 release

Of Related Interest

Alien World Order
Len Kasten
Bear & Company
$18.00 (CAN $22.50) pb
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Secret Journey to Planet Serpo
Len Kasten
Bear & Company
$18.00 (CAN $22.00) pb
26,000 copies sold

September 2018
Bear & Company
ISBN 978-1-59143-324-8
$20.00 (CAN $24.99) Paper
Also available as an ebook
320 pages, 6 x 9
79 black-and-white illustrations
Rights: World
UFOs

Author
Frank Joseph
The Real Witches of New England

History, Lore, and Modern Practice

ELLEN EVERT HOPMAN

Foreword by JUDIKA ILLES

Reveals the origins and history of the New England witch hysteria, its continuing repercussions, and the multilayered practices of today’s modern witches

• Shares the stories of 13 accused witches from the New England colonies through interviews with their living descendants
• Explores the positive role witches played in rural communities until the dawn of the industrial age, despite ongoing persecution
• Includes in-depth interviews with 25 modern witchcraft practitioners, interwoven with practical information on the sacred calendar, herb lore, spells, and magical practices

New England has long been associated with witches. And while the Salem witch trials happened long ago, the prejudices and fears engendered by the witchcraft hysteria still live on in our culture. What forces were at work that brought the witch hysteria quickly from Europe to the new American colony, a place of religious freedom—and what caused these prejudices to linger centuries after the fact?

Weaving together history, sacred lore, modern practice, and the voices of today’s witches, Ellen Evert Hopman offers a new, deeper perspective on American witchcraft and its ancient pagan origins. Beginning with the “witch hysteria” that started in Europe and spread to the New World, Hopman explores the witch hunts, persecutions, mass hysteria, and killings, concluding that between forty and sixty thousand women and men were executed as witches. Combining records of known events with moving interviews with their descendants, she shares the stories of 13 New England witches persecuted during the witch trials, including Tituba and Mary Bliss Parsons, the Witch of Northampton. Despite the number of false accusations during the witch hysteria in the New England colonies, Hopman reveals how there were practicing witches during that time and describes the positive role witches played in rural communities until the dawn of the industrial age.

Exploring how the perception and practices of witches has evolved and expanded over the centuries, Hopman also includes in-depth interviews with 25 modern-day practitioners from a variety of pagan faiths, including druids, wiccans, Celtic reconstructionists, and practitioners of the fairy faith. Emerging from their insights is a treasure trove of practical information on the sacred calendar, herb lore, spells, and magical practices. Bringing together past and present, Hopman reveals what it really means to be a “witch,” redefining the label with dignity and spiritual strength.

Ellen Evert Hopman has been a Druidic initiate since 1984 and is a founding member of the Order of the White Oak, an Archdruidess of the Tribe of the Oak, and a member of the Grey Council of Mages and Sages. She is the author of several books, including Secret Medicines from Your Garden. She lives in Massachusetts.

Praise for Hopman’s Being a Pagan:
“Not a how-to, but instead an oral documentation of actual practice, thus providing an extremely valuable historiography of paganism.”
—Small Press
Runic Book of Days
A Guide to Living the Annual Cycle of Rune Magick
S. KELLEY HARRELL
Foreword by NIGEL PENNICK

A step-by-step guide to working with the runes throughout the year

- Explains how the 24 runes of the Elder Futhark each rule the calendar for a half-month
- Details the runes most powerful during each runic half-month, what they portend for personal and spiritual wellbeing, and techniques for creating relationships with them
- Includes structured devotions for each half-month and runic initiation rituals for the 8 pagan Sabbats, or holy days, such as the Summer Solstice (Litha) and Lughnssadh (the first harvest holy day)

The Old Norse runes, known as the Elder Futhark, have long joined forces with the cycles of the seasons to offer powerful initiations, guidance, and wisdom. Aligning the sacred festivals, plantings, and harvests of ancient runic calendars with our modern 12-month calendar, Kelley Harrell reveals how the runes can once again offer initiations as well as instruct us on the holy days and creative rhythms of today.

Drawing on her more than 25 years of shamanic practice and runic study, Harrell offers a step-by-step primer to work with the runes throughout the year. She explains how the 24 runes of the Elder Futhark follow a seasonal progression in which each stave rules the calendar for a half-month. She explores the meaning of each rune in detail and presents structured runic devotions for each half-month, interwoven with guidance on how to make the best use of the life force available during each season, as well as runic initiation rituals for the 8 pagan Sabbats, or holy days, such as the Summer Solstice (Litha) and Beltane (May Day). She details the runes most powerful during each half-month, what they portend for personal and spiritual wellbeing, techniques for creating relationships with them, and how to work with them as an oracle. The author also explains how the runes leading up to each Sabbat help create the space for properly greeting each calendrical transition and completing its initiation.

By moving through Nature's cycle with the runes, each year becomes a reliable and trackable process of personalized growth and spiritual connection. Progressing through the teachings of each stave while honoring the seasons, Harrell's year with the runes becomes an initiation into a direct relationship with powers of Nature.

S. Kelley Harrell has worked with the Elder Futhark runes for over 25 years. A lifelong intuitive and ordained interfaith minister, she holds a master’s degree in Religious Studies and has been a practicing shaman since 2000. Her shamanic practice is called Soul Intent Arts. The author of Gift of the Dreamtime and Teen Spirit Guide to Modern Shamanism, she lives in North Carolina.
Psychedelic Mystery Traditions
Spirit Plants, Magical Practices, and Ecstatic States
THOMAS HATSIS

A comprehensive look at the tradition of psychedelic magic and religion in Western Civilization

• Explores the use of psychedelics and entheogens from Neolithic times through Antiquity, the Middle Ages, and the Renaissance to the Victorian era and beyond
• Reveals how psychedelics were integrated into pagan and Christian magical practices and demonstrates how one might employ a psychedelic agent for divination, sex magic, alchemy, communication with gods, and more
• Examines the role of entheogens in the Mysteries of Eleusis in Greece, the worship of Isis in Egypt, the Dionysian mysteries, and the magical practices of the Thessalian witches as well as Jewish, Roman, and Gnostic traditions

Unbeknownst—or unacknowledged—by many, there is a long tradition of psychedelic magic and religion in Western civilization. As Thomas Hatsis reveals, the discovery of the power of psychedelics and entheogens can be traced to the very first prehistoric expressions of human creativity, with a continuing lineage of psychedelic mystery traditions from antiquity through the Renaissance to the Victorian era and beyond.

Describing how, when, and why different peoples in the Western world utilized sacred psychedelic plants, Hatsis examines the full range of magical and spiritual practices that include the ingestion of substances to achieve altered states. He discusses how psychedelics facilitated divinatory dream states for our ancient Neolithic ancestors and helped them find shamanic portals to the spirit world. Exploring the mystery religions that adopted psychedelics into their occult rites, he examines the role of entheogens in the Mysteries of Eleusis in Greece, the worship of Isis in Egypt, and the psychedelic wines and spirits that accompanied the Dionysian mysteries. The author investigates the magical mystery traditions of the Thessalian witches as well as Jewish, Roman, and Gnostic traditions. He reveals how psychedelics were integrated into pagan and Christian magical practices and demonstrates how one might employ a psychedelic agent for divination, magic, alchemy, or goddess invocation. He explores the use of psychedelics by Middle Eastern and medieval magicians and looks at the magical use of cannabis and opium from the Crusaders to Aleister Crowley.

From ancient priestesses and Christian gnostics, to alchemists, wise-women, and Victorian magicians, Hatsis shows how psychedelic practices have been an integral part of the human experience since Neolithic times.

Thomas Hatsis is a historian of psychedelia, witchcraft, magic, pagan religions, alternative Christianities, and the cultural intersection of those areas, who holds a master’s degree in history from Queens College. The author of The Witches’ Ointment, he runs psychedelicwitch.com, a site dedicated to promoting the latest and best information pertaining to the Psychedelic Renaissance. He lives in Portland, Oregon.

Praise for Hatsis’ The Witches’ Ointment:
“An authoritative account, drawing deeply on primary sources and pursuing original lines of thought. Entertaining and highly readable . . . A fascinating book.”
—Richard Rudgley, author of The Encyclopedia of Psychoactive Substances and The Return of Odin

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9 black-and-white illustrations
Rights: World
Spirituality/Psychedelics

Also by Thomas Hatsis
The Witches’ Ointment
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Of Related Interest
The Psychedelic Gospels
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Plants of the Gods
Richard Evans Schultes, Albert Hofmann, and Christian Rätsch
Healing Arts Press
$29.95 (CAN $35.95) pb
47,000 copies sold
Natural Antibiotics and Antivirals
18 Infection-Fighting Herbs and Essential Oils
CHRISTOPHER VASEY, N.D.

Explains how to use medicinal herbs and essential oils to fight infectious illness, strengthen the immune system, and combat antibiotic resistance

- Presents 18 of the most potent antibiotic and antiviral herbs and one beehive remedy, propolis, detailing how to use them and what illnesses each is best suited to treat
- Reveals how natural antibiotics have antiviral properties, lack side effects, and have no adverse effects on non-targeted bacteria, such as intestinal flora
- Also includes info on restoring gut health with probiotics, strengthening your immune system to become less receptive to infections, and supporting natural antibiotics with detox treatments

Nature offers us many natural antibiotics from the plant kingdom that work powerfully against germs while also being gentle on the body. Knowledge of these safe and natural antibiotics and antivirals is more crucial now than ever as modern antibiotics become less and less effective due to the growing threat of antibiotic-resistant germs. Natural antibiotics even offer an opportunity to reverse antibiotic resistance by reducing the use of pharmaceutical antibiotics to only the most critical cases.

In this practical guide, Christopher Vasey presents 18 of the most potent antibiotic and antiviral herbs from around the world and one beehive remedy, propolis. He details how to use them effectively as mother tinctures and essential oils as well as what illnesses each is best suited to treat. Drawing on the latest research, he explains how microbes can't build resistance against these natural substances due to the many molecules in their make-up and their large spectrum of action in the body, which makes them effective against viruses as well. He reveals that, unlike pharmaceutical antibiotics and antivirals whose list of side effects grows in proportion to their strength, natural antibiotics generally lack any malignant side effects and have no adverse effects on non-targeted bacteria, such as intestinal flora. The author also includes information on probiotics to restore gut health after the use of pharmaceutical antibiotics, ways to strengthen your immune system and become less receptive to infections, and guidance on detox treatments to support the natural antibiotics as they work. He also provides an index of more than 50 common ailments and diseases with the most effective medicinal plants and essential oils to use in each case.

Offering a way to break free from the threat of antibiotic-resistant germs and improve the body's immune system and internal terrain, this guide gives each of us the ability to fight infections naturally.

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

Also by Christopher Vasey, N.D.
Unlocking the 7 Secret Powers of the Heart

A Practical Guide to Living in Trust and Love

SHAI TUBALI

An invitation to discover and develop your heart powers and tap into heart energy

- Features accessible yet profound wisdom about the power of the heart and approaches for tapping into heart energy
- Reveals that the heart, often perceived as our most vulnerable and fragile place, is in fact the source of our greatest potential
- Supports individual heart-work by offering simple and practical exercises, meditations, and visualizations proven effective through many years of practice

The heart is more often associated with vulnerability than hidden powers. We generally feel the need to protect our heart, building high walls after experiences of emotional pain and hurt. This response is unconscious, and since the modern world teaches us to rely on the brain to guide our life and actions, many of us find it hard to connect to the power and skills within our own hearts.

Addressing the fears and feelings of insecurity that can arise and prevent us from opening up to the treasures we hold within, Shai Tubali reveals that the heart, often perceived as our most vulnerable and fragile place, is in fact the source of our greatest potential. Providing practical advice, exercises, meditations, and visualizations proven through his own heart-work practice, he shows how to tap into the heart’s energy field and easily activate its seven secret powers: wisdom, vulnerability, forgiveness, ability to love, infinite energy, transformation, and self-acceptance. He explains how our modern education system develops our mind perception only, focusing on the goal of being successful and urging us constantly to be faster and better. Not only does this not bring happiness and fulfillment, but it may even cause stress and illness. Showing how to transition from mind to heart perception, Tubali helps us understand more about our heart’s skills and how to implement its powers by healing inner energetic and emotional blockages.

Calling for a change from one-sided mind perception and behavior, Tubali urges us to get in touch with our core and surrender completely to our heart energy, leaving all misconceptions behind and tearing down protective walls to discover our full potential. Unlocking the seven heart powers will lead to a deep sense of peace, balance, and fulfillment and enable you to approach life from a place of trust and love.

Shai Tubali, chakra expert, spiritual teacher, authority in the field of Kundalini and the subtle body system, lives in Berlin where he runs a school for spiritual development and holds seminars, trainings, satsangs, and retreats. Since 2000 he has worked with people from around the world, accompanying them on their spiritual path. He has written 20 books on spirituality and self-development, including Wake Up, World, a bestseller in Israel, and The Seven Wisdoms of Life, winner of the USA Best Books Award and finalist for the Book of the Year Award.
Dancing with Raven and Bear
A Book of Earth Medicine and Animal Magic

SONJA GRACE

Original tales inspired by Native American and Norwegian folklore that highlight the wisdom of the divine natural world

• Shares unique stories about Earth Medicine and animal magic, inspired by the author’s unusual Native American (Hopi) and Norwegian upbringing
• Interwoven with ancient teachings and everyday practical applications of Earth Medicine, such as grounding and dream interpretation
• Each tale is beautifully illustrated with the author’s original art, which promotes spiritual understanding and the power of the Earth’s healing properties

Drawing on both her Native American (Hopi) heritage and her Norwegian upbringing, renowned mystic and intuitive healer Sonja Grace shares original wisdom tales, received through her heart and soul, to take you on a journey into the magic of Raven and Bear and the healing power of Earth Medicine.

Featuring Sonja’s distinctive and beautiful artwork, each story is embedded with ancient teachings to inspire you to live closer to the Earth. The fables include powerful examples of animal magic and everyday, practical applications of Earth Medicine, such as simple energy exercises, dream interpretations, Earth Medicine prayers and meditations, and using medicinal plants to manage negative energies. As background to the stories, Sonja reveals parallels between Norse mythology and Native American traditions and explores the symbology of animals and the recurring central theme of the tension between light and darkness. In Norse myth, the great god Odin, for instance, is often accompanied by Ravens. These birds are considered manifestations of the Valkyries, the goddesses who brought brave soldiers to Valhalla, while in Native American traditions, the Raven is viewed as a trickster or messenger, a magical creature with the ability to shapeshift into a human or animal, yet also portrayed as a hero overcoming adversity. The Bear on the other hand can embody the healer who grounds our energy and removes illness or can represent the inner part of us that has faith. In one fable, Sonja brings Bear to life as a mythical creature singing songs to bring in the light, reflecting the powerful lesson that by using our voice and speaking the truth we can hold darkness at bay. Throughout all of the stories, Raven and Bear teach us to be responsible for our actions and develop spiritual accountability.

By sharing these tales of Earth Medicine, Sonja offers not only a path of reconnection with the Earth but also medicine for the soul. She shows how the Earth works in unity within herself and provides a warehouse of knowledge for all who live upon her.

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

Also by Sonja Grace

Spirit Traveler
Sonja Grace
Findhorn Press
ISBN 978-1-84409-694-7
$17.99 (CAN $23.50) pb

White Spirit Animals
J. Zohara Meyerhoff Hieronimus, D.H.L.
Bear & Company
ISBN 978-1-59143-247-0
$18.00 (CAN $22.50) pb
October 2017 release

Walking on the Wind
Michael Tlanusta Garrett
Bear & Company
$14.00 (CAN $16.95) pb
58,000 copies sold

September 2018

Findhorn Press
ISBN 978-1-62055-814-0
$12.99 (CAN $16.50) Paper with French flaps

Also available as an ebook

128 pages, 5⅛ x 8¼
Black-and-white illustrations throughout
Rights: World
Spirituality/Indigenous

Author
Sonja Grace
The Miracle Club
How Thoughts Become Reality
MITCH HOROWITZ

A guide to creating miracles in your own life through the power of thought

- Offers a concise, clear formula of focused exercises and concrete tools to lay out a specific path to manifest your deepest desires
- Presents the first serious reconsideration of New Thought philosophy since the death of William James in 1910
- Draws on the work of New Thought pioneers such as Ralph Waldo Emerson, Napoleon Hill, Neville Goddard, William James, Andrew Jackson Davis, Wallace D. Wattles, and many others

Following in the footsteps of a little-known group of esoteric seekers from the late-nineteenth century who called themselves “the Miracle Club,” Mitch Horowitz shows that the spiritual “wish fulfillment” practices known as the Law of Attraction, Positive Thinking, “the Secret,” and the Science of Getting Rich actually work. Weaving these ideas together into a concise, clear formula, with real-life examples of success, he reveals how your thoughts can impact reality and make things happen.

In this “manual for miracles,” Horowitz explains how we each possess a creative agency to determine and reshape our lives. He shows how thinking in a directed, highly focused, and emotively charged manner expands our capacity to perceive and transform events and allows us to surpass ordinary boundaries of time and physical space. Building on Neville Goddard’s view that the human imagination is God the Creator and Ralph Waldo Emerson’s techniques for attaining personal power, he explores the highest uses of mind-power metaphysics and explains what works and what doesn’t, illuminating why and how events bend to our thoughts. He encourages readers to experiment and find themselves “at the helm of infinite possibilities.”

Laying out a specific path to manifest your deepest desires, from wealth and love to happiness and security, Horowitz provides focused exercises and concrete tools for change and looks at ways to get more out of prayer, affirmation, and visualization. He also provides the first serious reconsideration of New Thought philosophy since the death of William James in 1910. He includes crucial insights and effective methods from the movement’s leaders such as Ralph Waldo Emerson, Napoleon Hill, Neville Goddard, William James, Andrew Jackson Davis, Wallace D. Wattles, and many others. Defining a miracle as “circumstances or events that surpass all conventional or natural expectation,” the author invites you to join him in pursuing miracles and achieve power over your own life.

Mitch Horowitz is a PEN Award-winning historian, longtime publishing executive, and a leading New Thought commentator with bylines in The New York Times, Time, Politico, Salon, and The Wall Street Journal and media appearances on Dateline NBC, CBS Sunday Morning, All Things Considered, and Coast to Coast AM. He is the author of several books, including Occult America and One Simple Idea. He lives in New York City.

Of Related Interest

Occulture
Carl Abrahamsson
Park Street Press
ISBN 978-1-62055-703-7
$18.99 (CAN $23.99) pb
March 2018 release

John Dee and the Empire of Angels
Jason Louv
Inner Traditions
$40.00 (CAN $50.00) hc
April 2018 release

The Science of Getting Rich
Wallace D. Wattles
Destiny Books
$6.95 (CAN $7.95) pb
108,000 copies sold
Collector’s Edition

The Mirror of Magic
A History of Magic in the Western World
KURT SELIGMANN

A collector’s edition of the classic, illustrated, and comprehensive history of magic and the occult

• Written by renowned Surrealist and magic scholar Kurt Seligmann (1900–1962)
• Includes all 250 illustrations from the original 1948 edition
• Explores magical practices and beliefs from their origins in the ancient world through the heyday of secret societies in the 18th century

In the occult classic *The Mirror of Magic*, renowned Surrealist Kurt Seligmann (1900–1962) draws from his encyclopedic practitioner’s knowledge and extensive antiquarian collection to offer a comprehensive, illustrated history of magic and the occult from Mesopotamia and ancient Egypt through the 18th century. He explores the gods and divinatory arts of the legendary Sumerians and the star-wise Babylonians, including the birth of astrology. He examines the afterlife beliefs of the ancient Egyptians and the dream interpretation practices and oracles of ancient Greece, including the mysteries of Eleusis and the magical philosophy of Plato, Socrates, and other Greeks. He uncovers the origins of Gnosticism and the suppression and banishment of magic by the post-pagan, Christian emperors of Rome.

Seligmann reviews the principles of alchemy, sharing famous transmutations and allegorical illustrations of the alchemical process and explores the Hermetica and its remarkable adepts. Investigating the Middle Ages, the author discusses the work of European magicians of the time, including Albertus Magnus, Roger Bacon, Agrippa, Nostradamus, and Pico Della Mirandola. He studies the medieval practices of devil worship, witchcraft, and black magic, as well as the “Cabala” in both its Hebrew and Christian forms. He also examines the art of the Tarot and many lesser known divination techniques. He explores the development of secret societies, including Freemasonry and Rosicrucianism, in the 17th century and the increase in occult publications and magical science in the 18th century.

First published in 1948, this history of magic and the occult seeks to “mirror” the magical worldview throughout the ages. Beautifully illustrated with images from the author’s rare library, this collector’s edition features all of the artwork—more than 250 images—from the original 1948 edition.

Kurt Seligmann (1900–1962) was a Swiss-American Surrealist painter and expert on magic, known for his extensive collection of rare books and his monumental role in the popularization of Surrealism in the United States. After the outbreak of World War II in 1939, he was the first European Surrealist to arrive in New York. After the war his work was exhibited widely and acquired by museums throughout the United States and Europe. He taught for many years at various colleges in New York City.

October 2018
Inner Traditions
$50.00 (CAN $62.50) Hardcover Deluxe Edition
Also available as an ebook
512 pages, 7 x 10
255 black-and-white illustrations
Rights: World, except Italian language
Occult

October 2018

Of Related Interest

The Golden Number
Matila C. Ghyka
Inner Traditions
$50.00 (CAN $60.00) hc

The Morning of the Magicians
Louis Pauwels and Jacques Bergier
Destiny Books
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10,000 copies sold

Egregores
Mark Stavish
Inner Traditions
ISBN 978-1-62055-577-4
$16.99 (CAN $21.50) pb
July 2018 release
Encounters with Nature Spirits
Co-creating with the Elemental Kingdom
R. OGILVIE CROMBIE (ROC)

A fascinating, first-hand account of the vast powers and true nature of the Elemental Kingdom

- Reveals deep wisdom, eloquently shared through the author's encounters with the great God Pan and his elemental subjects
- Offers a glimpse into the hidden layers of the natural world and the workings of the elemental kingdom
- Includes chapters by Mike Scott, David Spangler, Dorothy Maclean, and Brian Nobbs as well as beautiful illustrations by fine artist Elise Hurst, who perfectly captures the energy of the natural world and its subjects as we might perceive them

"To anyone who may have expressed a wish to see and talk to nature spirits . . . remember it took 63 years for my wish to be granted, so don't lose hope."

Have you ever wished for something with your whole heart? As a child, R. Ogilvie Crombie (Roc) made a wish as he dropped a penny into a wishing well – he asked to be able to see fairies and talk to them. In Encounters with Nature Spirits, we follow Roc's path as, many years later, he meets the faun Kurmos in the Royal Botanic Garden in Edinburgh, discovers the realm of the elementals, and, eventually, meets the great god Pan himself. In his conversations with Pan, elves, and other nature spirits Roc realizes that the elemental realm is vastly more powerful than our human kingdom and possesses an ability to create far beyond our human means.

Through his experiences Roc becomes closely involved with the Findhorn Community in northeast Scotland where he meets further elementals who give him sound advice as to how the famous Findhorn gardens should be cared for in order to work in harmony with nature.

Encounters with Nature Spirits is a reminder to us all of the importance of our relationship with the nature kingdom. Through his example, Roc places emphasis on connecting and working in harmony with nature spirits. True co-creation with nature, working with rather than against the elemental kingdom, can bring about vital positive change to our endangered eco-system. The elementals are open to working with mankind—the question is, are we humans open to engaging with and respecting them again?

Trained as a scientist in his early years, R. Ogilvie Crombie (Roc) (1899–1975) was a self-taught mythologist, psychologist, historian, and esotericist. A thespian at heart, he also displayed great interest in the fine arts, music, and theatre. Roc lived in and around Edinburgh and had a close connection to the Findhorn Community, Scotland.

“A wonderful classic. Anyone interested in nature and its hidden dimensions will be delighted and inspired by this real life story of one of Britain’s greatest real life wizards and wise men.”
—William Bloom, author of Working with Angels, Fairies and Nature Spirits

Of Related Interest

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The Hidden History of Elves and Dwarfs
Avatars of Invisible Realms
CLAUDE LECOUTEUX
Foreword by RÉGIS BOYER

A comprehensive examination of the intertwined mythology, folklore, and literary history of the little people

- Explores the pagan roots of dwarfs and elves and their evolution in myth and literature
- Reveals the role the church played in changing them from fearless, shape-shifting warriors with magical powers into cheerful helpmates and cute garden gnomes
- Traces their history from ancient Celtic and Germanic lore through their emergence in the literature of the Middle Ages to their modern popularization by the Brothers Grimm and Walt Disney

Most people are familiar with the popular image of elves as Santa’s helpers and dwarfs as little bearded men wearing red caps, who are mischievous and playful, helpful and sly, industrious and dexterous. But their roots go far deeper than their appearance in fairy tales and popular stories. Elves and dwarfs are survivors of a much older belief system that predates Christianity and was widespread throughout Western Europe.

Sharing his extensive analysis of Germanic and Norse legends, as well as Roman, Celtic, and medieval literature, Claude Lecouteux explores the ancient, intertwined history of dwarfs and elves. He reveals how both were once peoples who lived in wild regions as keepers of the secrets of nature. They were able to change their size at will and had superhuman strength and healing powers. They were excellent smiths, crafting swords that nothing could dull as well as magical jewelry, and often entered into the service of lords or heroes. They were a part of the everyday life of our ancestors before they were transformed by fairy tales and church texts into the mythical creatures we know today.

Lecouteux shows how, in earlier folklore, elves and dwarfs were interchangeable, gradually evolving over time to express very different kinds of beings. “Dwarf,” “giant,” and even “elf” did not necessarily connote size but referred to races with different skills. Elves were more ethereal, offering protection and kindness, while dwarfs reflected a more corporeal form of spirit, often appearing as messengers from the underworld. Yet dwarfs and elves could be bargained with, and our ancestors would leave a broken object outside the door at night with the hope that a dwarf or elf (or other local spirit) would repair it.

Revealing the true roots of these helpful and powerful beings, including an in-depth exploration of one of the most famous dwarf/elf/fairy beings of the Middle Ages, Auberon or Oberon, also known as Alberich, Lecouteux shows how the magic of dwarfs and elves can be rekindled if we recognize their signs and invite them back into our world.

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.

Also by Claude Lecouteux

- Traditional Magic Spells for Protection and Healing
  Claude Lecouteux
  Inner Traditions
  ISBN 978-1-62055-621-4
  $29.95 (CAN $37.50) hc
  November 2017 release

- Dictionary of Ancient Magic Words and Spells
  Claude Lecouteux
  Inner Traditions
  $35.00 (CAN $40.00) hc

- The Book of Grimoires
  Claude Lecouteux
  Inner Traditions
  $19.95 (CAN $19.95) pb
Holistic Reflexology

Essential Oils and Crystal Massage in Reflex Zone Therapy

EWALD KليEGEL

A guide to reflexology treatments combined with complementary therapies to restore energetic balance, relieve pain, and support healing

- Provides more than 30 full-color maps of reflex zone systems from head to toe, including the ears, mouth, tongue, fingernails, and torso
- Explains how to incorporate supportive therapies such as essential oils, crystal wand massage, and visualization to maximize healing
- Examines the history and evolution of reflexology, revealing both its Eastern and Western roots, as well as recent international advancements

Expanding the practice of reflexology beyond the feet and hands, Ewald Kliegel illustrates how to precisely and quickly treat different emotional and physical disorders with an integrated combination of reflexology and complementary therapies. Applying the fundamental principles of reflexology to the entire body, he provides more than 30 full-color maps of reflex zones from head to toe, including reflex zone systems of the ears, mouth, tongue, fingernails, and torso.

The author details reflexology techniques for each reflex zone and discusses how to incorporate essential oils and gemstones during active touch and reflexology sessions, including the benefits of crystal massage for post-stroke recovery. Drawing on international advancements in reflexology, including the work of craniosacral reflexologist Martine Faure-Alderson, Russian researcher Alexander Kachan, Chinese biologist Zhang Yingqing, and Korean physician Tae Woo Yoo, Kliegel examines how to integrate Yin-Yang massage strokes, metacarpal reflexology techniques, Korean Hand treatments, and craniosacral massage principles into reflexology treatments to restore energetic balance, relieve pain, and support healing. He outlines specific treatment protocols, including holistic reflexology treatments for headache, digestive problems, and back pain. Providing step-by-step instructions for diagnostic testing, he also outlines supportive approaches such as visualization to balance the energies of the body and an active meditation to troubleshoot congested locales in the body.

Examining the history and evolution of reflexology, the author reveals not only the ancient Eastern medical practices that played a role in reflexology’s genesis, but also its ancient European roots. Providing a truly holistic and integrative approach to reflexology, Kliegel reveals many different hands-on paths to healing that embrace the energetic interconnections of mind and body.

Ewald Kliegel has been a practicing massage therapist, naturopath, and reflexologist for more than 40 years. He teaches seminars on reflex zone massage and crystal wand therapy in both German and English throughout Europe. The author of Crystal Wands, Reflexology Made Easy, and Let Your Body Speak, he lives in Stuttgart, Germany.
The Enneagram of Eating
How the 9 Personality Types Influence Your Food, Diet, and Exercise Choices
ANN GADD

A guide to using your Enneagram personality type to understand your approach to eating, dieting, and exercise

• Shows how the Enneagram system of personality types can explain your relationship to food, emotional triggers and childhood patterns around eating, food choices, best methods for weight loss or gain, possible addictions, love (or not) for entertaining, and the right exercise method to keep you motivated
• Includes an Enneagram food-personality test and explains how understanding your Enneagram type allows you to alter your subconscious programming and become not only physically, but emotionally healthier
• Provides examples of healthy and unhealthy expressions of each personality type’s relationship to food and exercise

Have you ever wondered why some people seem to adore food, while others find eating simply a need? Why some people just love to work out and others absolutely abhor anything to do with physical exercise? Why some love entertaining, while others would rather spend a quiet evening alone?

In The Enneagram of Eating, Ann Gadd reveals how the well-known Enneagram system of personality types can explain your relationship to food and exercise. Including an easy Enneagram food-personality test to find your type, she devotes a full chapter to each of the 9 personality types. She provides an understanding of each type’s emotional eating triggers, including the emotional wounds and childhood patterns that formed them, what exercise regime will keep you motivated, why you entertain the way you do (or don’t), and the best methods for weight loss or gain. The author examines how we view our bodies, how we deal with food and eating, our behaviors when dining out or hosting a dinner party, possible addictions, and where our enthusiasm (or lack thereof) for exercise originates. Stressing how our emotional health affects our physical selves, the author provides examples of healthy and unhealthy development within each type.

Gadd shows how knowing how each type reacts around food will make it easier for us to alter our subconscious programming and become not only physically, but emotionally healthier. Offering fascinating insight into our subconscious attitudes toward food, she aims to inspire you to become more aware of your approach to eating in general, so you can develop healthier and happier ways of being.


October 2018
Findhorn Press
ISBN 978-1-62055-827-0
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Also available as an ebook
192 pages, 6 x 9
Rights: World
Health/Personal Growth

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Mary Mueller Shutan
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March 2018 release

The Power of the Infinity Symbol
Barbara Heider-Rauter
Earthdancer Books
ISBN 978-1-84409-752-4
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March 2018 release
The Dharma Method
7 Daily Steps to Spiritual Advancement

SIMON CHOKOISKY

A practical guide to simple daily techniques for rapid spiritual progress

• Explores 11 time-tested methods for spiritual advancement and how you only need to include 7 each day for spiritual growth and personal enlightenment
• Includes wisdom from spiritual masters from nearly every religion, including Christianity, Buddhism, Hinduism, and more
• Offers routines, tips, and tricks to keep you on track, mantras for success and sacred connection, and exercises to apply these spiritual lessons in your everyday life

Enlightenment means becoming a light unto yourself. But how does one get on the path to enlightenment? In this practical spiritual guide, Simon Chokoisky shares 11 time-tested yet simple daily techniques to help you find your spiritual path, or “dharma,” no matter what your spiritual background—be it Christian, Hindu, Buddhist, or Agnostic. He explains how everyone has a unique learning style as well as a spiritual style—your “Dharma type”—and how the Dharma method allows you to pick any seven of the 11 methods described in the book to practice. You can even change them daily, all based on your unique needs. And by holding to the 7/11 “rule” daily, you’ll soon find yourself on the road to rapid spiritual progress and personal enlightenment.

In this book, the author explains how he distilled these 11 spiritual techniques from centuries of methods used by spiritual masters from around the world. He details the 5 different Dharma types and provides personality tests to determine your type. He provides routines, tips, and tricks to keep you on track as well as thoughtful exercises to help you apply spiritual principles in your everyday life. He explores how to apply the commandments of the Judeo-Christian tradition, the Yoga Yamas and Niyamas, and the Buddhist 8-fold path based on your Dharma type. He discusses the power of sound and how to use mantras for success and sacred connection. He also explains the best ways to purify your body and mind as well as how to create a “standing wave” of spiritual power to recharge yourself anytime during the day.

Showing how spirituality is inherent in each of us and is abundant, free, and easy to cultivate, the author reveals how you can best cultivate your spiritual light and share it with the world.

Simon Chokoisky is a pioneer in using Vedic Astrology and Dharma Typing to help people discover their soul’s purpose. He runs a private consulting business based on his trainings in Vedic life mapping and Vedic Astrology. The author of The Five Dharma Types, Gambler’s Dharma, and Sex, Love, and Dharma as well as the creator of the Decoding Your Life Map with Vedic Astrology DVD series, he travels widely conducting seminars. He lives in Phoenix, Arizona.
Essential Oils for Mindfulness and Meditation
Relax, Replenish, and Rejuvenate
HEATHER DAWN GODFREY, PGCE, BSc

A hands-on guide showing how essential oils can support and enhance meditative and mindful practices

• Details safe and effective methods to incorporate essential oils into your mindfulness or meditation practice
• Explains the many ways essential oils benefit the mind, such as how odors can immediately draw your attention to the present moment, trigger a specific state of consciousness, or provide a way to regain composure quickly
• Provides the latest scientific research on the emotional, psychological, physiological, and neurological effects of essential oils on the mind, body, and nervous system
• Includes an easy-to-follow chart to help you choose the right essential oil for you

For millennia, the spiritual power of odor—such as from incense or frankincense—has been used to symbolize intention, stimulate awareness of our spiritual self, and accentuate rite and ritual. Drawing on this power, as well as their healing qualities, essential oils can provide the perfect complement to meditation or mindfulness practice.

Outlining the practice and benefits of meditation and mindfulness in combination with the use of essential oils, Heather Dawn Godfrey explains how these practices hone and sustain a conscious awareness of “being” in the present moment, focusing attention on what you are sensually experiencing and leaving no space for regrets, traumas, fears, anxiety, or anticipation. Providing the latest scientific research on the restorative, rehabilitative, and psycho-emotional healing effects of essential oils, she explains how the sensory experience of odors can immediately draw your attention to the present moment, trigger a specific state of consciousness, such as a deeper meditative state, or offer a way to regain composure quickly when dealing with life’s ups and downs. She shows how many essential oils naturally reduce stress and anxiety, promote a peaceful attitude, support concentration, regulate breathing, and stimulate serotonin and GABA pathways in the brain, making them ideal aids to mindfulness and meditation.

Explaining methods to incorporate essential oils into your practice, Godfrey introduces readers to the “Gem” essential oils—a group of oils specifically selected for attaining and maintaining a state of mindfulness, as well as a broad spectrum of therapeutic properties—and she provides an easy-to-follow chart to help you select the oil that is right for you. Offering a hands-on practical guide to integrating essential oils into mindful and meditative practice, the author shows how each of us has the ability to self-generate a calm, tranquil, and worry-free state of mind.

Heather Dawn Godfrey, PGCE, BSc, is an aromatherapist, fellow of the International Federation of Aromatherapists, and an aromatherapy teacher. She has published a number of articles and research papers exploring the benefits of essential oils, such as how they can be applied in the management of ADHD. She lives in Lyme Regis, Dorset, UK.

Of Related Interest

The Healing Intelligence of Essential Oils
Kurt Schnaubelt, Ph.D.
Healing Arts Press
$19.95 (CAN $24.95) pb
53,000 copies sold

Aromatherapy for Healing the Spirit
Gabriel Mojay
Healing Arts Press
ISBN 978-0-89281-887-7
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35,000 copies sold

Essential Oils in Spiritual Practice
Candice Covington
Healing Arts Press
$16.95 (CAN $21.50) pb
November 2017 release
Findhorn Classics Series

Learning to Love

EILEEN CADDY, MBE, and DAVID EARL PLATTS, Ph.D.

An insightful guide for consciously bringing compassion and love into your life

- Explores feelings, attitudes, beliefs, and past experiences that block us from loving and receiving love
- Includes deceptively simple yet profound exercises, meditations, and visualizations to support the exploration of your inner world
- Explains how these principles and techniques originated in Roberto Assagioli’s system of psychosynthesis, enriched by the Findhorn experience of living in community

Every person is born with the capacity to love. Over time, however, many of us have built barriers within ourselves as a reaction to painful experiences, and following these, we often develop fears, beliefs, and behaviors that keep these barriers firmly in place.

The primary lesson in life is to learn to love, and this starts right on our doorstep. Often it is self-doubt and feelings of unworthiness that hold us back from experiencing all the love around us. Only when we start to love and accept ourselves with all that we are can we love others freely and fully. Learning to love requires an intention to change and a willingness to take action. Once we understand how to work with our doubts and fears and learn how to change our beliefs and behavior, our barriers will melt away and we spontaneously open up to connect deeply and harmoniously with the full flow of the river of life.

In this simple yet insightful guide, Eileen Caddy and David Earl Platts detail the down-to-earth practicalities of exploring feelings, attitudes, beliefs, and past experiences that block us from loving and from receiving love. They show how bringing more love into our lives is not a mystery but often a journey back to ourselves and our core values. The authors examine the feelings of acceptance, trust, forgiveness, respect, opening up, and taking risks, among others, within a framework of compassionate understanding and non-judgment. Deceptively simple yet profound exercises, meditations, and visualizations support the reader in examining their inner world and implementing these vital concepts into their lives.

The teachings in the book are based on popular workshops that Eileen, co-founder of the Findhorn Foundation Community, and David facilitated for years in and outside Findhorn. Many of the underlying principles and techniques originate in the system of psychosynthesis, devised by Roberto Assagioli. Learning to Love invites you to make a free and informed choice to bring more love into your life, and then helps you implement this choice step-by-step with confidence and joy.

Eileen Caddy, MBE (1917–2006), was the co-founder of the Findhorn Foundation, a thriving spiritual community in the North of Scotland. For more than 50 years, Eileen listened to and shared her inner guidance, inspiring millions around the world. David Earl Platts, Ph.D., a former consultant, trainer, writer, and psychosynthesis counsellor, lived at Findhorn for many years where he worked extensively with Eileen.
Soul Dog
A Journey into the Spiritual Life of Animals

ELENA MANNES
Foreword by ROBERT THURMAN

An exploration of animal spirituality and the ability of animals to communicate with humans even in the afterlife

• Chronicles the author’s profound relationship with her dog, Brio, his ability to read her mind and emotions, and the messages she received from him after his death
• Shares the author’s research with animal communicators, psychics, and scientists specializing in animal intelligence such as Rupert Sheldrake
• Explores animals' thoughts and feelings, interspecies communication and telepathy, animal souls and the afterlife, and animal reincarnation

Looking for companionship after a near-fatal car crash, Elena Mannes, an award-winning television journalist and producer, decided to get her first dog. But what she found with her dog Brio shook the foundations of her physical and spiritual worlds, sending her on a quest to discover the nature of his spiritual origins and to contemplate and seek out the possibility of interspecies communication—even after death.

Soon after bringing her puppy home, Mannes realized that the master-companion relationship would not be possible with Brio, who quickly showed that he had a mind—and a spirit—of his own. A healer Mannes visited immediately focused on Brio, exclaiming that he was an old soul. Mannes's growing curiosity about the intelligence, emotions, and consciousness of Brio and other dogs led her to contact an animal psychic in California who described, with amazing accuracy, Brio's favorite walks and the author's apartment from the dog's point of view. Motivated by her experience, Mannes produced a filmed segment with Diane Sawyer featuring the same psychic, who described Sawyer's country house and her dog's favorite spots in the yard. Mannes's skeptical journalist background compelled her to investigate further. She delved into the world of animal communicators, psychics, and scientists studying animal intelligence, including Rupert Sheldrake, to find answers to her multiplying questions: Do animals have thoughts and feelings? Consciousness? Souls? Is interspecies communication possible? Can animals reincarnate?

Spanning the entire life and afterlife of Brio, including his last days and his messages to the author after he passed on, this book also explores Mannes’ investigations into the spiritual life of animals, offering a new understanding of the unbreakable bond between humans and animals. Mannes invites readers to move beyond the owner-pet relationship and shows us how to see animals as thinking, feeling, spiritual beings whose connections with us extend far beyond life and death.

Elena Mannes is an award-winning independent documentary director/writer/producer whose honors include six Emmy Awards, a George Foster Peabody Award, two Directors Guild of America Awards, and nine Cine Golden Eagles. She has written, directed, and produced series and documentaries for CBS, PBS, ABC, and the Discovery Channel, including The Amazing Animal Mind and the PBS primetime special The Music Instinct, which led to the writing of her book, The Power of Music. She lives in New York City.
Pleiadian-Earth Energy Astrology

Charting the Spirals of Consciousness

PIA ORLEANE, Ph.D., and CULLEN BAIRD SMITH with LAARKMAA

Discover how to navigate the spiral energy patterns of the Universe for spiritual advancement and conscious evolution

- Explains how the cycles of the 13 spirals of Universal energy and the 20 spirals of Earth energy interact on each calendar day as well as provides a Pleiadian perspective on how they influence us and the events in our lives
- Offers practical examples of how you can consciously use the energies prevalent on a given day to your personal, spiritual benefit
- Shares cosmic wisdom teachings from the Pleiadian group known as Laarkmaa

Modern science has finally confirmed an essential component of the Pleiadian teachings: Our Universe is not linear; it moves in spirals. Human evolution also unfolds in spirals, rather than the linear progression we call “progress.” Sharing the cosmic wisdom teachings they have received from the Pleiadian group known as Laarkmaa, authors Pia Orleane and Cullen Baird Smith reveal a new system of Pleiadian-Earth energy astrology centered on the spiraling and interconnected movement of Universal and Earth energies, rather than on time, and explain how this new wave of Pleiadian wisdom can support human evolution.

The authors identify two major spiral patterns that influence us: the 13 spirals of Universal energy that reflect cosmic laws and cosmic truth and the 20 spirals of Earth energy that reflect how humans experience themselves, each other, and their environment. They explain the dominant energy of each of the 13 Universal energy spirals and how they cycle in 13-day periods. They detail how these 13 Universal energy spirals interact with the cycles of the 20 Earth energy spirals on each calendar day, providing a hundred-year ephemeris and a Pleiadian perspective with which to understand the events in your life. Offering practical examples, they show how you can consciously use the energies prevalent on a given calendar day to your personal, spiritual advantage.

Providing a map to transcend all systems that no longer serve us, freeing us to become the enlightened cosmic beings we truly are, the authors show how, with the wisdom of the Pleiadian-Earth energy system, we can each discover our specific gifts, work through the challenges of our own shadows, and individually and collectively evolve into a higher vibrational species.

Pia Orleane, Ph.D., is an author, lecturer, and former practicing psychologist. The recipient of an international award from Saybrook University for her research on the importance of natural cycles for life and the author of Sacred Retreat, she travels the world giving talks on the value of the divine feminine and natural cycles. Cullen Baird Smith, trained in anthropology and archaeology, is coauthor, with Pia Orleane, of two books, Conversations with Laarkmaa and Remembering Who We Are. Orleane and Smith are the chosen channels for the group of Pleiadian beings known as Laarkmaa. They live in Europe.

Also by Pia Orleane, Ph.D.

Sacred Retreat
Pia Orleane, Ph.D.
Bear & Company
ISBN 978-1-59143-791-8
$16.00 (CAN $19.95) pb
September 2017 release

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Rune Might
The Secret Practices of the German Rune Magicians
EDRED THORSSON

A practical handbook to the history, exercises, and techniques of German rune work

- Explores the four traditional runic systems: the Older Futhark, the Anglo-Frisian Futhorc, the Younger Futhark, and the Armanic Futhork
- Details powerful rune work techniques and exercises, including rune yoga and dance, runic hand gestures (mudras), rune singing (mantras), rune healing, runic tantra and sex magic, rune rituals, runic divination, and the runic theory of crystals
- Examines the history of esoteric runology and the trailblazers of modern rune magic, including Guido von List, Friedrich Bernhard Marby, and Rudolf John Gorsleben

Although the rune renaissance began blossoming in Anglo-American occult circles in the 1970s, the runes have been part of the occult revival in Germany since its beginning in the late 19th century, with roots that go back centuries further. Exploring the history of esoteric runology and the work of the trailblazers of modern rune magic, including Guido von List, Friedrich Bernhard Marby, and Rudolf John Gorsleben, author Edred Thorsson details the secret practices and runic systems of the German rune magicians, including techniques for using runes in unprecedented ways to draw power into your life.

Thorsson explores all four of the traditional runic systems: the Older Futhark (24 runes), the Anglo-Frisian Futhorc (29–33 runes), the Younger Futhark (16 runes), and the Armanic Futhork (18 runes), developed by Guido von List. The author explains the similarities and differences between them as well as how they are all facets of the same underlying runic reality. He examines the early history and possible origins of runic symbols and systems, the renaissance of rune magic from 1919 to 1935, the effects of the Third Reich and Nazis on the runic revival, as well as the reemergence of German runology after World War II.

Providing an extensive practical section, Thorsson details powerful runework techniques and exercises, including rune yoga and dance, runic hand gestures (mudras), rune singing (mantras), rune yodeling, runic healing, runic tantra and sex magic, group rites with runes, and two powerful methods of engaging transpersonal powers: the Ritual of the Ninth Night and the Ritual of the Grail Cup. He also explores runic divination, the runic theory of crystals, runic symbolism in medieval German buildings, and runic material from the documents of the Fraternitas Saturni, the Brotherhood of Saturn.

By immersing yourself in the world of the runic pioneers and the practices they designed, you will emerge with a deeper understanding of runes as well as the magical world from which they emanate.

Edred Thorsson is the founder of the Rune Gild and one of the top experts on runes alive today. He received his doctorate in Germanic languages and medieval studies from the University of Texas at Austin and studied the history of occultism at the University of Göttingen, Germany. He is the author of other well-known books on runes, including Futhark: A Handbook of Rune Magic and The Nine Doors of Midgard.

Of Related Interest

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Stephen E. Flowers, Ph.D.
Inner Traditions
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$16.95 (CAN $19.95) pb
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Original Magic
Stephen E. Flowers, Ph.D.
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October 2017 release

Lords of the Left-Hand Path
Stephen E. Flowers, Ph.D.
Inner Traditions
$24.95 (CAN $30.00) pb
9,000 copies sold

November 2018
Inner Traditions
$16.99 (CAN $21.50) Paper
Also available as an ebook
208 pages, 6 x 9
90 black-and-white illustrations
Rights: World Occult
Women of Visionary Art
DAVID JAY BROWN and REBECCA ANN HILL

An exploration of the role that dreaming, psychedelic experiences, and mystical visions play in visionary art

- Includes discussions with 18 well-known female artists, including Josephine Wall, Allyson Grey, Amanda Sage, Martina Hoffmann, Penny Slinger, and Carolyn Mary Kleefeld
- Reveals how they have all been inspired by deep inner experiences and seek to express non-ordinary visions of reality, reminiscent of shamanic trance states, lucid dreams, and spiritually transcendent experiences
- Shows how visionary art often contains an abundance of feminine energy, helping us to heal ourselves and see that we are all connected

Since early humans first painted from their mystic eye onto cave walls, artists have sought to share their sacred visions with the world. Created in every medium, from oil painting and sculpture to contemporary digital modeling, these visionary works of art give those who experience them a chance to “see the unseen,” realize wider modes of perception, and discover spiritual and mystical realms.

In this full-color illustrated book, David Jay Brown and Rebecca Ann Hill examine the work and inspirations of eighteen of today’s leading female visionary artists, including Josephine Wall, Allyson Grey, Amanda Sage, Martina Hoffmann, Penny Slinger, and Carolyn Mary Kleefeld. They explore the creative process and the role that dreaming, psychedelic experiences, sexuality, and divine guidance play in the work of these women, alongside full-color examples of their art. They discuss the future of visionary art and reveal how these artists have all been informed and inspired by deep inner experiences and seek to express non-ordinary visions of reality, often reminiscent of those encountered in shamanic trance, lucid dreams, psychedelic states, spiritually transcendent experiences, and other altered states.

Showing how visionary art often contains an abundance of feminine energy, helping us to heal ourselves and see that we are all connected, the authors explore with each artist what it is about being a woman that has most influenced their artwork. They also examine the connection between visionary art and spirituality, the influence of Nature and sacred geometry, and how this creative form is simultaneously ancient, futuristic, and timeless, providing an accessible doorway into the visionary realm.

David Jay Brown holds a master's degree in psychobiology from New York University. A former neuroscience researcher at the University of Southern California, he has written for Wired, Discover, Scientific American, The Huffington Post, and CBS News. He is the author of more than a dozen books, including Dreaming Wide Awake and Frontiers of Psychedelic Consciousness. Rebecca Ann Hill is a visual artist with a wide range of experience in different mediums. The coauthor and illustrator of Ecstatic Love, Lost Dreams & Mystic Visions, she creates illustrations for websites, promotes ayahuasca retreats in Peru, and is a skillful Tarot reader. The authors live in Ben Lomond, California.
The Spiritual Meaning of the Sixties
The Magic, Myth, and Music of the Decade That Changed the World
TOBIAS CHURTON

Unveils the spiritual meaning that fueled the artistic, political, and social revolutions of the 1960s

- Investigates the spiritual principles that informed everything from the civil rights and anti-war movements, to the hippies’ rejection of materialist culture, to the rise of feminism, gay rights, and environmentalism
- Reveals how medieval troubadours, Gnosticism, Renaissance hermetic magic, and the occult doctrines of Aleister Crowley helped shape the psychedelic Sixties
- Offers in-depth analysis of many of the era’s most famous books, films, and music

No decade in modern history has generated more controversy and divisiveness than the tumultuous 1960s. For some, the ‘60s were an era of free love, drugs, and social revolution. For others, the Sixties were an ungodly rejection of all that was good and holy. Embarking on a profound search for the spiritual meaning behind the massive social upheavals of the 1960s, Tobias Churton turns a kaleidoscopic lens on religious and esoteric history, industry, science, philosophy, art, and social revolution to identify the meaning behind all these diverse movements.

Engaging with views of mainstream historians, some of whom write off this pivotal decade as heralding an overall decline in moral values and respect for tradition, Churton examines the intricate network of spiritual forces at play in the era. He reveals spiritual principles that united the free love movement, the civil rights and anti-war movements, the hippies’ rejection of materialist culture, and the eventual rise of feminism, gay rights, and environmentalism. He traces influences from medieval troubadours, Gnosticism, Hindu philosophy, Renaissance hermetic magic, and the occult doctrines of Aleister Crowley. He also examines the psychedelic revolution, the genesis of popular interest in UFOs, and the psychological consequences of the Bomb and the assassinations of the Kennedys and Martin Luther King. In addition, Churton investigates the huge shifts in consciousness reflected in the movies, music, art, and literature of the era—from Frank Sinatra to the Beatles, from I Love Lucy to Star Trek, from John Wayne to Midnight Cowboy—much of which still resonates with the youth of today.

Taking the reader on a long strange trip from crew-cuts and Bermuda shorts to Hair and Woodstock, from liquor to psychedelics, from uncool to cool, and from matter to Soul, Churton shows how the spiritual values of the Sixties are now reemerging, with an astonishing influx of spiritual light, to once again awaken us.

Tobias Churton is a world authority on Gnosticism, Hermeticism, Freemasonry, and Rosicrucianism. Appointed Honorary Fellow of Exeter University in 2005, he holds a master’s degree in Theology from Brasenose College, Oxford, and is the author of many books, including Aleister Crowley in America and Occult Paris. He lives in the heart of England.

Also by Tobias Churton

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November 2018

Inner Traditions
$40.00 (CAN $49.99) Paper
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Rights: World
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Praise for Occult Paris by Tobias Churton:
“A massive, focused exploration of the relationship between the mystical and the creative . . . This entertaining volume will please fans of esoterica . . .”
—Publishers Weekly
Searching for the Philosophers’ Stone
Encounters with Mystics, Scientists, and Healers
RALPH METZNER, Ph.D.

A deeply personal account of the scientific, shamanic, and metaphysical encounters that led to the development of Metzner’s psychological methods

- Recounts the author’s meetings and friendships with Albert Hofmann, Alexander Shulgin, the McKenna brothers, Wilson Van Dusen, Myron Stolaroff, and Leo Zeff
- Details his lucid dream encounters with G. I. Gurdjieff, profoundly healing sessions with Hawaiian healer Morrnah Simeona, experiences with plant teachers iboga and ayahuasca, and ecological and mystical lessons learned from animal teachers
- Shares his involvement in the beginnings of the therapeutic use of MDMA and how it safely and effectively supports the healing of trauma, PTSD, and interpersonal relationships

Just as the search for the philosopher’s stone is the core symbol of the alchemical tradition, Ralph Metzner, Ph.D., psychotherapist and one of the respected elders of the psychedelic research community, sees it as the central metaphor of his life-long quest to find methods of healing and insight through heightened states of consciousness.

Through captivating stories Metzner shares his encounters from the 1960s through the 1990s with genius scientists, shamanic healers, mystics, plant spirits, and animal guides that led to the development of his “alchemical divination” psychological methods, a structured intuitive process of accessing inner sources of healing and insight. He details lessons learned with psychedelic research legends Albert Hofmann, Alexander Shulgin, Terence McKenna, and Dennis McKenna. He reveals his deeply healing encounters with the Kahuna bodywork healer Morrnah Simeona, the first to introduce the Hawaiian Ho’oponopono healing method to the West, and his experiences with West African trance dancing and the psychoactive plant-drug iboga. Metzner recounts in vivid detail his unwelcome encounter with malignant sorcery during an ayahuasca experience in Ecuador and the lessons it taught him about connections with spirits, both harmful and beneficial. He tells of his involvement in the beginnings of the therapeutic use of MDMA and shows how it is an effective and safe substance to support psychotherapy for healing trauma, PTSD, and interpersonal relationships.

In sharing his remarkable encounters, Metzner shows how the most meaningful lessons in the alchemy of life come not only from the geniuses we meet but also from the spirits we encounter along the way.

Ralph Metzner obtained his Ph.D. in Clinical Psychology at Harvard University, where he collaborated with Timothy Leary and Richard Alpert on psychedelic research. He is the author of more than 100 articles as well as several books, including The Unfolding Self and Overtones and Undercurrents. He is a psychotherapist in private practice and Professor Emeritus at the California Institute of Integral Studies in San Francisco. President and co-founder of the Green Earth Foundation, he lives in Sonoma, California.
Daughter of the Dragon Tree

SUSANNE AERNECKE

Two young women, with intertwined fates centuries apart, must protect the secret of the powerful, all-healing mushroom known as amakuna

- The gripping story includes mystical visions, shamanic rituals, past lives, an ancient lineage of medicine women, love, betrayal, conspiracies, and murder
- Set concurrently in modern times and in 1492 during the Conquistadors’ takeover of the Canary Islands

1492: For millennia, the medicine women of the Guanches, the indigenous people on the Canary Island of La Palma, have used a psychotropic mushroom to look into the past and the future. But the mushroom has other sacred powers: It can cure disease or injury and it links the fate of those who consume it across all eternity. These secret powers are closely guarded by the medicine women, for they can foresee the destructive forces that would be unleashed if the sacred mushroom fell into the wrong hands.

Present day: Romy, a young doctor at a biomedical research company, sets out alone on a rock-climbing trek near her home in Germany. Halfway through her climb, an unusual panic overtakes her and she blacks out as she falls more than 25 feet from the face of a cliff. . . . Coming to, hours later, she finds herself in a cave, remarkably unscathed, with a strange taste in her mouth as well as a vivid recollection of an ancient ritual centered on a sacred mushroom called “amakuna.”

Plagued by visions from the amakuna ceremony, including the death of an old medicine woman under a peculiar looking tree and the appointment of a young apprentice, Iriomé, to take her place, Romy begins to feel as if Iriomé is trying to contact her across the centuries. Identifying the tree from the visions as a Canarian Dragon Tree, she heads to the Canary Island of La Palma to discover the truth behind her visions and her and Iriomé’s intertwined fates.

In the heart of the island’s volcanic crater, she discovers the reality of the strange mushroom and its magical, all-seeing, all-healing powers. She brings some of the mushroom back to Germany and experiments with it, leading to repeated flashbacks of Iriomé’s life. But pharmaceutical mega-corporations are already in hot pursuit of her and will stop at nothing to take possession of the amakuna—not even murder.

As Romy and Iriomé’s lives continue to parallel across the centuries, they both find themselves in love with powerful men, pregnant, far from home, and in danger. But while Iriomé’s fate is in the past and sealed, Romy’s has not yet been decided, nor has the fate of the mushroom, which she learns has the power to either destroy life or preserve it. Will Romy be able to protect the powerful amakuna secret, as generations of medicine women have done before her? Or will she fall victim to betrayal as Iriomé did, and be forced to destroy the sacred mushroom before it can destroy the planet?

Susanne Aernecke studied directing at the Munich Film Academy in Germany and is an acclaimed filmmaker, shooting documentaries with shamans in Brazil, Buddhist monks in Indian, nomads in Mongolia, and boat builders in the South Pacific, among many other ethnological and spiritual subjects. The author of several books in German, she lives on the Canary Island of La Palma and in Munich, Germany.
Coca Wine

Angelo Mariani’s Miraculous Elixir and the Birth of Modern Advertising

AYMON de LESTRANGE

A lavishly illustrated history of coca wine and the revolutionary advertising methods that made it a world-wide success

- Follows 19th-century pharmacist Angelo Mariani’s interest in coca from medical uses to the development and healing effects of his world-famous coca wine, Vin Mariani
- Explores the botany of coca, how it differs from cocaine, its traditional uses, and early scientific studies on coca from doctors, including Sigmund Freud
- Examines Mariani’s highly successful international advertising campaigns, the first to use celebrity endorsements, including testimonies from Pope Benedict XV, Sarah Bernhardt, Thomas Edison, Jules Verne, H. G. Wells, and Alphonse Mucha

One of the oldest and most potent natural stimulants, the leaves of the coca plant are the organic source from which cocaine is synthesized. Fresh coca leaves and products made from them have verified medicinal and healing properties—and not the same addictive qualities or negative side effects as cocaine. In the late 19th century coca products became hugely successful in Europe and the United States. The most famous was Vin Mariani, a coca-based tonic wine developed by Corsican pharmacist Angelo Mariani (1838–1914). Many celebrities sang its praises, including Pope Benedict XV, Sarah Bernhardt, Thomas Edison, H. G. Wells, and the doctors of Ulysses S Grant, who credited Vin Mariani with giving him the strength to finish his memoirs before his death.

In this full-color illustrated history of coca wine, author Aymon de Lestrange follows Mariani’s interest in coca from its medicinal applications as an anesthetic to the creation of the tonic wine. The author explores the botany of coca, how it differs from cocaine, its traditional use in pre-Columbian America, and scientific studies on coca from the 17th through 19th centuries, including from Sigmund Freud, who was a known user.

Aymon de Lestrange demonstrates how Mariani became, in many ways, the father of modern advertising with his highly successful advertising campaigns. He includes vivid reproductions of Mariani’s advertisements, showing how Mariani commissioned the top writers and artists of the day, such as Jules Chéret and Alphonse Mucha, to produce works celebrating coca wine. The author reveals how Vin Mariani was the forerunner of Coca-Cola, which clearly plagiarized not only Mariani’s product but also his advertising methods.

Looking to the future of coca, the author shows how it has gained renewed interest in the scientific community for its therapeutic and nutritional properties and in the spiritual community, which is seeking to rehabilitate the reputation of coca, the sacred plant of the Incas.

Aymon de Lestrange has degrees in literature, history, and international trade. He served as an Advisor at the Organization for Economic Cooperation and Development, Information Officer at the United Nations Information Center, and Cultural Attaché at the French Embassy in Lima, Peru. A bibliophile, publisher, and collector, he is well-known for his important collection of drug-related items, including the most comprehensive collection on Angelo Mariani and coca items in the world. He lives in Paris, France.

Of Related Interest

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Eden in the Altai
The Prehistoric Golden Age and the Mythic Origins of Humanity
GEOFFREY ASHE

Reveals how humanity’s first advanced culture originated in the Altai-Baikal region of southern Siberia

• Explores how this prehistoric culture is the source of the pervasive mythic symbolism of the number 7, found in ancient cosmologies and myths around the world
• Traces the Altai influence on the Rishis of India, the creation of the Vedas, and the origin of the sacred legend of Mount Meru
• Explains how the Hellenic cults of both Apollo and Artemis originated in southern Siberia as well as the pervasive bear symbolism found throughout the ancient world

Myths of a Golden Age, a paradise at the beginning of human existence, are nearly universal in all cultures. But where was this “Eden” located? Refuting the traditional assumption that the cultures of the Middle East and Mycenae filtered northward into Europe and North Asia, noted historian Geoffrey Ashe instead identifies the northern Altai mountain range and Lake Baikal region of southern Siberia as the true cultural home of humanity and the source of the widespread myths of a prehistoric Golden Age.

With evidence dating back as far as 24,000 BC, Ashe shows how the culture of prehistoric southern Siberia was matrifocal, Goddess-worshiping, and heavily shamanic and served as the progenitor of advanced ancient culture in the Western world, the missing link that later influenced Indian, Middle Eastern, Native American, and European society, culture, and religion. He reveals how ancient Altai culture was the source of the pervasive mythic symbolism of the number 7, found in cosmologies and mythological traditions around the world, as well as reverence for the seven stars of Ursa Major, the Big Dipper, and the idea of a “sacred mountain to the North.” He traces the transmission of these cosmological beliefs into Babylon and ancient Greece by migrating tribes, including those that crossed the now-vanished land bridge to the New World.

Ashe reveals how this transmission of beliefs had a profound influence on the seven-note musical scale, the seven astrolithic planets, and the seven vowels of the Greek alphabet, as well as the development of seven as a sacred number in Judaism. He shows how the ancient Altai-Baikal culture influenced the Rishis of India, the creation of the Vedas, and the sacred legend of Mount Meru. He also reveals how the Hellenic cults of both Apollo and Artemis originated in southern Siberia as well as the sacred bear symbolism found throughout the ancient world.

Offering proof that advanced cultures existed in Europe before the immigration of Eastern peoples, Ashe shows that early societies did not look into the future for perfection but to the past, to the Golden Age of peace in the sacred northern mountains.

Geoffrey Ashe is widely regarded as one of the leading Arthurian specialists in the world and is author of several books, including King Arthur’s Avalon and The Discovery of King Arthur. Ashe became a Fellow of the Royal Society of Literature in 1963 and was appointed a Member of the Order of the British Empire (MBE) in 2012. He lives in Glastonbury.
The Nepalese Shamanic Path
Practices for Negotiating the Spirit World
EVELYN C. RYSDYK with BHOLA NATH BANSTOLA
Foreword by SANDRA INGERMAN

An experiential guide to the shamanic spiritual practices of the Himalayas shared by a 27th-generation Nepalese shaman

- Presents step-by-step, illustrated instructions for authentic Himalayan shamanic practices, including physical and spiritual healing, shamanic journeys, and ceremonies
- Includes exercises to meet the ancestors in your shamanic lineage, techniques to use your voice as a shamanic tool, and practices for negotiating the spirit world safely
- Details shamanic chants and rituals, how to create an altar, and the sacred objects of the shaman, along with exercises and techniques for using them properly

There are few areas of our world where shamanic traditions have been preserved in their original context and form. Nepal is one of these rare and special places. In the shadow of the Himalayas Nepalese shamans, known as dhamis or jhankris, are still consulted for healing and divination, as well as for providing comfort and maintaining harmony. Following the devastating earthquake in Nepal in 2015, shamanic teacher Evelyn Rysdyk and 27th-generation dhami Bhola Nath Banstola decided it was time to safeguard Nepalese shamanic knowledge for future generations by recording the practices in a book.

With this comprehensive, experiential guide to the ancient spiritual traditions of Nepal, Rysdyk and Banstola present step-by-step instructions for authentic Himalayan shamanic practices, including techniques for physical and spiritual healing, shamanic journeys, and advanced ceremonies, such as the Kalchakra Katne, a shamanic ritual for removing toxic energies from an individual. They include exercises to help you meet the ancestors in your shamanic lineage, techniques to use your voice as a shamanic tool, and practices for negotiating the spirit world safely. They detail shamanic chants and rituals, how to create an altar, and the sacred objects of the dhami/jhankri, including the mala, the magic mirror, the drum, and the Khurpa, the shaman’s magic dagger.

Rysdyk and Banstola also examine the importance of Nepalese cosmology in shamanic ritual and spiritual deities such as Hanuman, Garuda, and the Nagas.

Illustrated with photos and Rysdyk’s artwork, the book also explores the history of Nepal, its culture and myths, and the different ways Nepalese shamans serve their communities. Written specifically to share the traditional Himalayan shamanic method with the Western world, this guide not only preserves these ancient teachings but also reveals how they are still relevant in the modern world.

Evelyn C. Rysdyk is an internationally recognized shamanic healer, teacher, speaker, and author of several books, including *The Norse Shaman* and *A Spirit Walker’s Guide to Shamanic Tools*. Teaching advanced experiential shamanism through her organization, Spirit Passages, she finds creative inspiration and renewal on the coast of Maine. Bhola Nath Banstola is a 27th-generation Nepalese shaman, or jhankri. With his wife, he teaches traditional Himalayan shamanic practices in Europe and North America and leads groups on shamanic tours of Nepal. He divides his time between Italy and Nepal.
The Mother Mantra
The Ancient Shamanic Yoga of Non-Duality
SELENE CALLONI WILLIAMS

An initiate’s guide to the healing practices, spiritual exercises, and secret rites of the Mother Mantra tradition

- Explains the practice of the Mother Mantra, which allows us to overcome subconscious programming, release our fears, and awaken to the dream nature of reality
- Includes instructions for the practice of the Egyptian mantra to attract wealth and abundance and the Mystical Marriage Mantra for transformation and rebirth
- Presents five spiritual rituals that can be incorporated into daily life to reestablish the universal balance between humanity and the divine

Hidden at the heart of nearly all spiritual and esoteric traditions lies the powerful teachings of the Mother Mantra. Its initiates have preserved its consciousness-expanding techniques for millennia. Originating in the ancient practice of shamanic yoga, this tradition allows us to perceive the full complexity of reality. It helps us see both the visible and the invisible, moving beyond the consciousness of duality that limits us to only the material world. Operating in this heightened state of non-ordinary consciousness, we can see beyond our subconscious programming and behavior patterns and understand our possibilities and powers. By removing all fear, it allows you to love yourself exactly as you are.

In this spiritual and philosophical guide, initiate Selene Calloni Williams shares the healing practices and spiritual exercises of the Mother Mantra tradition. She explains how these practices bypass the thinking mind to access our higher spiritual consciousness, allowing us to awaken to the dream nature of reality and release us from all fear. She details the exercises and practices of the four-part Mother Mantra: The first series, which dissolves the constructs of the ego; the second, which invokes ancient spirits and deities for their aid in this endeavor; the third, where we experience a divine androgynous tantric union to transcend sexual identity and spiritually fuse with the divine; and the fourth, where the first three rituals are combined to unlock an expanded state of consciousness and a true seeing of the complexity of both the visible and invisible worlds.

The author also describes the practice of the Egyptian mantra, a soul-making ceremony that unites the initiate with the Chthonian realms and attracts wealth and abundance, and the Mystical Marriage Mantra, which opens a path to authentic transformation and rebirth. Additionally, Williams presents five spiritual rituals, including yogic poses and exercises, that can be incorporated into daily life to allow divine communication through the chakras, awaken the mind and body from the aging process, and reestablish the universal balance between humanity and the divine.

Selene Calloni Williams, with a degree in psychology and master’s in screen writing, has authored several books and documentaries on psychology, deep ecology, shamanism, yoga, philosophy, and anthropology. A direct student of James Hillman, she studied and practiced Buddhist meditation in the hermitages of the forests of Sri Lanka and is an initiate of Shamanic Tantric Yoga. She is the founder and the director of the Imaginal Academy Institute in Switzerland.
Mind Detox
Resolve the Root Causes of Chronic Conditions and Persistent Problems
SANDY C. NEWBIGGING

Heal the hidden cause of your symptoms with the 5-step Mind Detox method

- Details an effective 5-step technique that quickly resolves the root-cause experiences and beliefs that trigger chronic conditions and negative behavior patterns
- Explores the most common unhealthy beliefs that have been found to negatively impact health, wealth and happiness, and shows ways to heal them
- Provides practical healing tools like Blind-Spot Busting, Decision Destroyers, and Mind Detox with EFT

Do you suffer from chronic physical or emotional conditions? Feel stuck with reoccurring patterns in your life? Don’t know why you react the way you do and can’t seem to help it? Much of our chronic conditions, repetitive behaviors, and emotional problems can be traced to unresolved past events stuck in the unconscious mind and to unhealthy belief systems we developed in our past that are no longer serving us in the present.

In Mind Detox, Sandy C. Newbigging reveals a deceptively simple, yet potent 5-step method for detoxing the unconscious mind and resolving physical, emotional, and life problems. The author explains how to roll back in time to discover the significant emotional event, the root-cause experience, that shaped the core beliefs that trigger your chronic condition or behavior patterns. He describes how to reflect on why this root-cause event was a problem at the time and then consider the experience in light of your more-aware, present-day self, allowing you to form new conclusions about what happened. Releasing you from your root-cause events, the past events no longer negatively impact you today, you find peace in the present, and your body becomes more able to heal.

In addition to the author’s simple 5-step Mind Detox system, he offers guidance on how to use EFT in combination with the Mind Detox method, explores common major blind spots in our belief systems and how to overcome them, and offers practical healing tools like the “decision destroyer.” He also explores the most common unhealthy beliefs that have been found to negatively impact health, wealth, and happiness, showing ways to heal them, and shares self-healing success stories of how the Mind Detox method has successfully cleared skin conditions, erased chronic pain, and healed digestive disorders.

Providing a powerful way to let go of emotional baggage, release toxic beliefs, and clear the mental blocks to your goals, this 5-step guide empowers you to rewrite your past, find resolution for negative experiences, and use your newly cleansed mind to achieve brilliant success in all areas of life, along with happiness, wealth, and well-being.

Sandy C. Newbigging is a coaching and meditation expert, author, and creator of Calmology. His books include Mind Calm, Body Calm, Calm Cure, and Thunk!. Shaped by thousands of hours of clinical practice, his remarkable work has been featured on television stations around the world. The founder of the Calm Academy, Sandy facilitates retreats and trainings. He lives between the UK and Spain and travels widely.

Also by Sandy C. Newbigging

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240 pages, 5 3/8 x 8 1/4
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Out of Your Comfort Zone
Breaking Boundaries for a Life Beyond Limits
EMMA MARDLIN, Ph.D.

A step-by-step guide to conquering fear and creating an unstoppable mindset
• Offers a customizable approach that incorporates psychological, emotional, and physical techniques to release fear, limitations, and anxiety for good
• Provides a before-and-after measure of your comfort zone with the Zone Test
• Explores different types of fear, why we feel fear and how fear works in the brain, anxiety-reducing foods and how they work nutritionally, and the key psychological markers of a fearless personality
• Includes resilience-builder challenges, anxiety-buster techniques, the intuition indicator tool, and “baby steps” methods to develop confidence

When was the last time you did something that scared you? The last time you really pushed your boundaries, took a risk, and felt you not only bulldozed right through your fear but, in fact, used it to propel you forward? If you’ve ever successfully confronted and overcome anything, even just for a short while, you’ll undoubtedly relate to the profound and overwhelming sense of self-satisfaction that comes with it. This experience provides you with a true sense of freedom, allowing you to breathe effortlessly and fully absorb life, knowing the only thing that can ever really hold you back is you.

Offering a step-by-step guide to incrementally breaking out of your comfort zone and confronting and transforming fear, Emma Mardlin, Ph.D., equips us with effective working tools to conquer our deepest fears in any context, be they small or big, and harness them to push us further toward our ultimate goals, purpose, and full potential. She provides the innovative Zone Test to measure your comfort zone before and after working through the book, tools such as the intuition indicator and RACE technique, and the thought-provoking “life discovery model” designed to support you in your new adventures once you’ve conquered your fears and let go of limitations. Offering practices to start the journey toward exciting positive change, she presents resilience-builder challenges, anxiety-buster techniques, practices for indestructible thinking, and “baby steps” to build confidence. She explores why we feel fear and how fear works in the brain, anxiety-reducing foods and how they work nutritionally, as well as the key psychological markers of a fearless “zone zero” personality.

Whether you experience irrational fear, have a phobia that plagues you, look back on a lifetime of anxiety and limitations, or suffer from nerves and a lack of confidence, this guide provides a full range of comprehensive resources and tools to help you fully transform your fears, discover your true ambitions, and achieve everything you can in life.

Emma Mardlin, Ph.D., is a clinical therapist and founding partner in The Pinnacle Practice. Internationally renowned for her work as an author, trainer, and practicing clinician in London and Nottingham, she has profoundly changed the lives of many once plagued by intense fears, phobias, life limitations, and anxiety. The author of Mind Body Diabetes Type 1 and Type 2, she lives in Nottingham, UK.
The Foundations of Iridology
The Eyes as the Key to Your Genetic Health Profile
GUSTAU PAU

A complete guide to decoding the iris to reveal health predispositions for prevention and early treatment

- Details the fundamental reflex signs of iridology and how to identify constitutional strengths and weaknesses in the stroma, pigments, and capillaries of the eyes as well as read energy patterns in pupil tone
- Explores the history and development of iridology from the 18th century to today
- Includes analysis of real case studies with full-color photos and illustrations

The iris of your eye is a personal and unique identifier that expresses much more about us than we can imagine. Through detailed observation of the irises’ stroma, pigments, and capillaries, you can determine a person’s constitutional strengths and weaknesses and gain insight into their genetic predisposition to certain illnesses as well as preventive and treatment options that would be most effective. By reading the iris, practitioners of natural medicine can interpret the signs that reveal a client’s lifestyle choices and use this knowledge to make enlightened decisions regarding the client’s health plan and how to help them realize their full potential.

In this full-color guide, Gustau Pau, an iridologist with more than 35 years of experience, details the chromatic scale and signs expressed in the eyes and how to use them to identify organs and their function as well as susceptibility to specific ailments. He explores the history and development of iridology from Hildegard von Bingen’s work on healing to 18th-century European scientists, including Ignaz von Peczely, the father of modern iridology. He reveals recent iridology developments on identifying genetically inherited physical traits, explaining how individuals can use this insight to make nutritional and lifestyle choices that will offset inherited weaknesses and bolster strengths. Focusing on the digestive system, he shows how the pupillary zone can reveal digestive function and demonstrates how diet is responsible for causing many diseases. The author also explores miasmas in the eyes, includes methods for reading energy patterns in pupil tone, and offers the scientific explanation for the old contention that the “eyes are the windows of the soul.”

Illustrating the fundamental signs that iridologists use for reference, Pau provides sample iridographies and real case studies with photos and diagrams. Explaining how scientific research on the eye has not yet caught up with the innovations of iridology, he shows how the eyes reveal both our internal state and future health and have a much broader role in the body that we are only now just discovering.

Gustau Pau is a natural therapist and has been an iridologist for more than 35 years. Since 1985, he has been Director and Chief of Studies at the Heilpraktiker Institut in Barcelona, Spain, where he teaches Iridology, Bach Flowers, Oligotherapy, Schussler Salts, and other natural therapies. He lives in Spain.
Structural Integration and Energy Medicine

A Handbook of Advanced Bodywork

JEAN LOUISE GREEN, Certified Rolf Practitioner and CMT

Foreword by JAMES L. OSCHMAN, Ph.D.

An illustrated guide to the Structural Integration bodywork process and the relationship between body alignment and energy flow

- Details each of the 10 sessions in the Structural Integration bodywork series, explaining what to expect and how to maximize the benefits
- Explores the relationship between the energetics of the body and its alignment, including a scientific understanding of how gravity affects body alignment
- Explains how to incorporate essential oils and other holistic support tools as well as the psycho-emotional Hellerwork method

When the body’s structure is optimally aligned, not only does it eliminate pain, reduce inflammation, and stop the degeneration of joints and discs, it also enhances the flow of energy in the body and awakens us to greater mental clarity.

In this illustrated guide to Dr. Ida P. Rolf’s Structural Integration process, Jean Louise Green introduces the principles of Structural Integration and details each of the 10 sessions in the Structural Integration bodywork series, explaining what to expect and how to maximize the benefits. She explores the relationship between the energetics of the body and its alignment, including an advanced scientific understanding of how gravity can become a beneficial force when the body is properly aligned. She provides clear, accessible descriptions of core concepts such as the Rolf “Line” and the torus, including a detailed explanation of how to access the energetics of the Rolf “Line.” She illustrates the rotation patterns of the body and explains how they contribute to pain and how correcting them can remove the need for hip and knee replacements. She provides movement exercises and support tools for self-care and maintenance between sessions and explains optimal body mechanics for moving, sitting, and standing as well as how to avoid putting stress and strain back into the body.

The author also explores how to incorporate Joseph Heller’s psycho-emotional Hellerwork method in the Structural Integration process and looks at holistic support tools such as electromagnetic resonancing, far-infrared saunas, essential oils, gratitude practices, meditation, chanting, and the Five Tibetans yogic exercises.

Offering an energy medicine approach to bodywork, this guide provides both practitio-ners and laypeople with the necessary tools to dramatically increase the efficiency of the body, release chronic pain, improve mental function, and free energy flow.

Jean Louise Green, CMT, is a certified Rolf practitioner, trained by Dr. Ida P. Rolf’s first generation teachers, a certified teacher of therapeutic massage, and a senior staff member at Chico Therapy Wellness Center. A professional member of the Guild for Structural Integration and the International Association of Structural Integrators, she maintains a full-time private practice and lives in Chico, California.

Of Related Interest
Taoist Healing Foods
Eat Your Way Back to Health
MANTAK CHIA and WILLIAM U. WEI

A program of recipes, superfoods, and medicine meals to maintain energy, restore cellular function, and reduce inflammation

- Explains the restorative benefits of an omnivorous diet containing healthy grass-fed meats, non-starchy vegetables, and omega-3 fatty acids
- Details how to properly prepare super foods and healing herbs—such as avocados, bone broth, coconut oil, turmeric, spirulina, and rosemary—to jumpstart a fat-burning metabolism, lubricate joints, reduce inflammation, and preserve cognitive ability
- Provides a wealth of medicine meal suggestions, including recipes, to address specific issues and concerns, from weight loss and younger-looking skin to thyroid problems and liver detox to anxiety, chronic pain, and insomnia

As our bodies age, they become depleted of the digestive enzymes and healthy body fats necessary for optimal health and longevity, leaving us weak, deficient, overweight, and low in energy. We are also bombarded by inorganic chemicals in our food, air, and water that tax our bodies heavily, leading to inflammation and premature aging. To combat cellular deterioration and support optimum body function, we need to return to the healthy animal fats and healing food remedies of our Paleolithic ancestors.

Offering a restorative program of recipes, super foods, and medicine meals, Taoist Master Mantak Chia and William U. Wei reveal how to maintain and sustain healthy cellular activity well into old age through a balanced omnivorous diet and safe toxin elimination. They explain how, just as the pull of gravity encourages improper posture as we get older, the loss of internal chi pressure and the displacement of our inner organs cause a similar internal sagging as we age. The authors reveal the benefits of a diet containing healthy grass-fed meats, non-starchy vegetables, and omega-3 fatty acids and explain which vegetables and modern foods to avoid. They detail how to properly prepare super foods and healing herbs—such as avocados, bone broth, coconut oil, turmeric, spirulina, and rosemary—to jumpstart a fat-burning metabolism, lubricate joints, reduce inflammation, keep hair and skin healthy, and preserve cognitive ability.

The authors provide a wealth of medicine meal suggestions, including recipes, to address specific issues and concerns, from weight loss and younger-looking skin to thyroid problems and liver detox to anxiety, chronic pain, and insomnia. As the authors show, it is possible, even in our modern world, to eat your way back to health and have a high quality of life well into old age.

Mantak Chia, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. The director of the Tao Garden Health Spa and Resort in northern Thailand, he is the author of more than 60 books, including The Tao of Immortality and Healing Light of the Tao. William U. Wei is a senior instructor of the Universal Healing Tao and has taught with Master Chia in more than 30 countries. The coauthor of Cosmic Detox and Sexual Reflexology, he lives in Milwaukie, Oregon.
Runic Lore and Legend
Wyrdstaves of Old Northumbria
NIGEL PENNICK

A practical guide to the Anglo-Saxon Futhark and how runes were used in Old England

• Examines the 33 Northumbrian runes of the Anglo-Saxon Futhark, providing the meanings, historical uses, symbolism, and related tree and plant spirits for each
• Explores geomancy divination practices, the role of sacred numbers, and the power of the eight airts, or directions
• Provides a magical history of Northumbria, as well as a look at the otherworldly beings who call these lands home, including boggarts, brownies, and dragons
• Shows how traditional spirituality is intimately tied to the landscape and the cycle of the seasons

In the early Anglo-Saxon period, the region of Great Britain known as Northumbria was a kingdom in its own right. These lands, in what is now northern England and southeast Scotland, were the targets of the first Viking raids on Britain. This violent influx, followed by the establishment of trade routes with the Norse, brought the runes to the region, where they intermingled with local magical traditions and legends, resulting in the development of a practical runic wisdom entirely unique to Northumbria.

In this guide to the Wyrdstaves, or runic practices, of Old Northumbria, Nigel Pennick examines the thirty-three runes of the Anglo-Saxon Futhark and how they were used in Old England for weaving the web of Wyrd. Sharing runic lore and legends from the area, he explains how the Northumbrian runes are unique because they contain elements from all the cultures of the region, including the Picts, Britons, Romans, Angles, Scots, and Norse. He illustrates how each rune in this tradition is a storehouse of ancient knowledge, detailing the meanings, historical uses, symbolism, and related tree and plant spirits for each of the thirty-three runes. The author describes the Northumbrian use of runes in magic and encryption and explores geomancy divination practices, the role of sacred numbers, and the power of the eight airts, or directions. He also shows how the Northumbrian runes have a close relationship with Ogam, the tree alphabet of the ancient Celts.

Providing a magical history of Northumbria, as well as a look at the otherworldly beings who call these lands home, including boggarts, brownies, and dragons, Pennick explains how traditional spirituality is intimately tied to the landscape and the cycle of the seasons. He reveals how the runic tradition is still vibrantly alive in this area and ready for us to reawaken to it.

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

Also by Nigel Pennick

Pagan Magic of the Northern Tradition
Nigel Pennick
Destiny Books
$19.95 (CAN $23.95) pb

The Book of Primal Signs
Nigel Pennick
Destiny Books
$16.95 (CAN $16.95) pb

Of Related Interest

Encyclopedia of Norse and Germanic Folklore, Mythology, and Magic
Claude Lecouteux
Inner Traditions
ISBN 978-1-62055-480-7
$29.95 (CAN $35.95) hc
The Egyptian Origins of King David and the Temple of Solomon

AHMED OSMAN

An investigation into the real historical figure of King David and the real location of the Temple of Solomon

• Identifies King David as Pharaoh Tuthmosis III of the 18th Dynasty and David’s son Solomon as Pharaoh Amenhotep, Tuthmosis’s successor
• Shows how the Temple of Solomon described in the Bible corresponds with the Mortuary Temple of Luxor in Egypt
• Explains how David was not a descendant of Isaac but his father and how biblical narrators changed the original story of Abraham and Isaac to hide his Egyptian identity

During the last two centuries, thousands of ancient documents from different sites in the Middle East have been uncovered. However, no archaeological discovery speaks of King David or Solomon, his son and successor, directly or in directly. Was King David a real person or a legend like King Arthur? Proposing that David was a genuine historical figure, Ahmed Osman explores how his identity may be radically different than what is described in religious texts.

Drawing on recent archaeological, historical, and biblical evidence from Egypt, Osman shows that David lived in Thebes, Egypt, rather than Jerusalem; that he lived five centuries earlier than previously thought, during the 15th rather than the 10th century B.C.; and that David was not a descendant of Isaac but was, in fact, Isaac’s father. The author also reveals David’s true Egyptian identity: Pharaoh Tuthmosis III of the 18th Dynasty. Confirming evidence from rabbinic literature that indicates Isaac was not Abraham’s son, despite the version provided in Genesis, Osman demonstrates how biblical narrators replaced David with Abraham the Hebrew to hide the Egyptian identity of Isaac’s father. He shows how Egyptian historical and archaeological sources depict figures that match David’s and Solomon’s known characteristics in many ways, including accounts of a great empire between the Euphrates and the Nile that corresponds with David’s empire as described in the Bible. Extending his research further, the author shows that King Solomon, King David’s son, corresponds in reality to Pharaoh Amenhotep, successor of Tuthmosis III, the pharaoh who stands out in the dynastic history of Egypt not only for his peaceful reign but also as the builder of the Temple of Luxor and the famed Mortuary Temple at Luxor, which matches the biblical descriptions of Solomon’s Temple.

Unveiling the real history behind the biblical story of King David, Osman reveals that the great ancestor of the Israelites was, in fact, Egyptian.

Born in Cairo in 1934, Ahmed Osman has been trying to discover the historical origin of the stories of the Bible for the last 30 years. He is the author of several books, including Christianity: An Ancient Egyptian Religion, Moses and Akhenaten, and The Lost City of the Exodus. He lives in England.

Also by Ahmed Osman

Moses and Akhenaten
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Of Related Interest

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Future Sacred
The Connected Creativity of Nature

JULIE J. MORLEY
Foreword by GLENN APARICIO PARRY

Reveals how our survival depends on embracing complexity
consciousness and relating to nature and all life as sacred

- Rejects the “survival of the fittest” narrative in favor of sacred symbiosis, creative
  cooperation, interdependence and complex thinking
- Provides examples from complexity studies, cultural history, philosophy,
  indigenous spirituality, biomimicry, and ecology to show how nature’s intelligence
  and creativity abound everywhere
- Documents how indigenous cultures lived in relative harmony with nature
  because they perceived themselves as part of the “ordered whole” of all life

In Future Sacred, Julie J. Morley offers a new perspective on the human connec-
tion to the cosmos by unveiling the connected creativity and sacred intelligence
of nature. She rejects the “survival of the fittest” narrative— the idea that survival
requires strife—and offers symbiosis and cooperation as nature’s path forward. She
shows how an increasingly complex world demands increasingly complex conscious-
ness. Our survival depends upon embracing “complexity consciousness,” under-
standing ourselves as part of nature, as well as relating to nature as sacred.
Morley begins by documenting how indigenous cultures lived in relative harmony
with nature because they perceived themselves as part of the “ordered whole” of
all life—until modernity introduced dualistic thinking, thus separating mind from
matter, and humans from nature. The author deconstructs the fallacy behind social
and neo-Darwinism and the materialist theories of “dead matter” versus those that
offer a connection with the sentient mind of nature. She presents evidence from
complexity studies, cultural history, philosophy, indigenous spirituality, biomimicry,
and ecology, highlighting the idea that nature’s intelligence and creativity abound
everywhere—from cells to cetaceans, from hydrogen to humans, from sunflowers
to solar panels—and that all sentient beings contribute to the evolution of life as a
whole, working together in sacred symbiosis.
Morley concludes that our sacred future depends on compassionately understand-
ing and integrating multiple intelligences, seeing relationships and interdependence
as fundamental and sacred, as well as honoring the experiences of all sentient beings.
Instead of “mastery over nature,” we must shift toward synergy with nature—and
with each other as diverse expressions of nature’s creativity.

Julie J. Morley is a writer, environmental educator, and futurist, who writes and lec-
tures on topics such as complexity, consciousness, and ecology. She earned her B.A.
in Classics at the University of Southern California and her M.A. in Transfor-
mative Leadership at the California Institute of Integral Studies, where she is completing
her doctorate on interspecies intersubjectivity. She lives in Sebastopol, California.

Of Related Interest

Restoring the Soul of the World
David Fideler
Inner Traditions
$18.95 (CAN $18.95) pb

Plant Intelligence and the Imaginal Realm
Stephen Harrod Buhner
Bear & Company
ISBN 978-1-59143-135-0
$26.00 (CAN $32.00) pb
22,000 copies sold

Morphic Resonance
Rupert Sheldrake
Park Street Press
ISBN 978-1-59477-317-4
$19.95 (CAN $23.95) pb
34,000 copies sold

February 2019
Park Street Press
ISBN 978-1-62055-768-6
$19.99 (CAN $24.99) Paper
Also available as an ebook
272 pages, 6 x 9
Rights: World
Spirituality/Nature

“In her deeply thoughtful and wonderful book, Morley presents an engaging argument for bringing the sacred into all our world-making endeavors. She invites us to re-awaken to our cosmic connectedness, re-enchant our present and future, and create possibility in the face of crisis. Timely and essential reading.”
Childless Living
The Joys and Challenges of Life without Children
LISETTE SCHUITEMAKER

An exploration of the self-fulfilling lives of people who, by chance or choice, have no children of their own

- Investigates the life choices people make around having children and alternate ways of finding purpose in life
- Based on a global survey and more than 50 in-depth interviews with childless and childfree women and men aged 19 to 91 from different cultures and walks of life
- Enables readers to place their own circumstances in a larger context as they gain insight in the worldwide trend of people who lead a self-fulfilling, childless life

Not having children is on the rise in many countries across the globe. August 1st has been named International Childfree Day, with a Childfree Woman and Man of the Year Award. Yet being childless is a subject not much talked about—the focus tends to be on having families and raising children, in rural, town, or city life. Let’s talk about not having children, about what people like us do with our time, about how we spend our money, and—most of all—how we find purpose and fulfillment in our lives.

Never attracted to family life herself, Lisette Schuitemaker began openly discussing why people didn’t have children and how that was for them, resulting in intimate conversations with childless women and men and surprising insights. Inspired to delve further, she interviewed non-parenting people aged 19 to 91 across the globe. She found that no story was like the other and that many had been waiting to be listened to with sensitivity. She heard stories across the spectrum, from exhilarating to painful, from people still on the fence to the childfree who have always known starting a family was not for them. Complementing her interview findings with a worldwide survey and recent research, the author paints a rich picture of the individual lives of childless and childfree women and men.

This book is for everyone who has not gone the way of parenthood, who has close family or friends who lead self-directed lives without offspring, and for all those who are still contemplating this essential life choice. The stories in this book also testify that not having children of your own in no way means the joys (and trials) of children pass you by altogether. This book shows that it is ok to celebrate not only the parenting way of life and the children who come to those who love them, but also those who are brave enough to follow the lesser known path of non-parenting.

With a master’s degree in the Classics, Lisette Schuitemaker started and sold her own communications agency and then obtained a BSc in Brennan Healing Science, working as a healer and coach. She is Chair of Trustees of the Findhorn Foundation in Scotland and a happily childless aunt of eleven. The author of The Childhood Conclusions Fix and co-author of The Eldest Daughter Effect, Lisette lives and works in Amsterdam, the Netherlands.
Energy Medicine for Animals
The Bioenergetics of Animal Healing
DIANE BUDD

A full-color, practical handbook on the bioenergetics of animal healing, with case studies to showcase the effects of vibrational medicine

- Reveals how to work with the energy fields, auras, and chakras of horses, cats, and dogs
- Demonstrates how to use High Sense Perception (HSP) in relation to an animal, illustrating what happens in the energy fields of a human being and an animal when they connect telepathically
- Details how zoopharmacognosy, or animal self-selection of remedies such as essential oils, can assist in promoting emotional release and physical healing

Vibrational medicine offers a natural, effective, and hands-on response to animal ailments and disturbances. In the absence of a shared language of “words,” energetic healing can connect a human more closely to an animal while at the same time working on the physical body, the chakras, and the different layers of the animal’s aura or energy field.

In this book, animal communicator and healer Diane Budd shares her intriguing journey, research, and experience of working with animals energetically. She explains how, together with a healer colleague, she set out to document the effects of animal communication and healing on the energy field of the animal and the communicator, which led to further in-depth research. Detailing her findings, she reveals how to work with the energy fields, auras, and chakras of horses, cats, and dogs as well as what benefits energetic healing work can offer to animals. Sharing many case studies from her healing practice, the author explores what High Sense Perception (HSP) reveals about the relationship between an animal and human and how to make sense of what you are receiving on an intuitive level. Full-color illustrations clearly show the energy field, the energy flow between animals’ chakras, and what happens in the energy fields of a human being and an animal when they connect telepathically. The illustrations also help guide you, step-by-step, through the use of the healing tools and practices described.

The author explains how zoopharmacognosy—animal self-selection of remedies such as essential oils or herbs—can support emotional release and physical healing, not only for animals but for humans too. She details animal personality types and their soul evolvement levels and explores the influence of an animal’s past life on present-day issues, whether it be a past-life connection with the current owner or an issue the animal needs to work with in this present lifetime.

Full of animal communication stories and ground-breaking research on animal energy fields, this book shows how, just as we humans are all here on this earthly plane to learn and grow, so are our animals.

Diane Budd is a sought-after animal communicator and healer, serving to bridge the gap in understanding between animals and their human companions. She teaches workshops on animal communication, animal healing, and zoopharmacognosy and offers in-home consultations around Cape Town, South Africa.

Of Related Interest

Holistic Aromatherapy for Animals
Kristen Leigh Bell
Findhorn Press
ISBN 978-1-89917-159-0
$16.95 (CAN $22.95) pb
12,000 copies sold

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Findhorn Press
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Crystal Healing for Animals
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Nightside of the Runes
Uthark, Adulruna, and the Gothic Cabbala
THOMAS KARLSSON, Ph.D.

Reveals the occult wisdom and multidimensional layers of meaning hidden in the Nordic Rune stones

- Explores the practice of the Uthark divination system encoded within the traditional exoteric Futhark system of reading the runes
- Traces the relationship between the rune stones and numerology, the Cabbala, alchemy, Gothicism, and sigil magic
- Examines the history of the runes and the ancient spiritual mysticism of Odin

Uncovering the dark side of the Nordic rune stones hidden beneath their traditional interpretation, Swedish scholar and runologist Thomas Karlsson examines the rune work of Swedish mystic and runologist Johannes Bureus (1568–1652) and professor Sigurd Agrell (1881–1937), both of whom devoted their lives to uncovering the secret uses of rune stones concealed from all but the highest initiates.

Karlsson begins by examining the Uthark system of divination—the Left Hand Path of the runes—that lies hidden under the traditional Futhark system. According to the lore of Uthark, a cryptographic ruse was used to make it impossible for the uninitiated to know the true order of the runes. Exploring Aqrell’s decryption of the Uthark system, Karlsson reveals similarities between the numerology of ancient mystery cults and the Runic tradition. He explains the multidimensional meaning of each rune from the Uthark perspective, their relationships with the nine worlds of Norse cosmogony, and the magical powers of rune-rows and the three aettir rune groupings. He details how to create your own magically-charged runes, direct and activate the force of the runes, and use them for rune meditation, divination, sigil magic, galders (power songs), and rune yoga.

Karlsson also examines the secret dimensions of the 15 “noble” runes, the Adulrunes, based on the theories of Johannes Bureus. Using his knowledge of the Cabbala and alchemy, Bureus created magical symbols with the Adulrunes as well as one symbol containing all 15 Adulrunes, which Bureus called the “Adulruna.” Karlsson explains Bureus’ spiritual system of initiation, the Gothic Cabbala, revealing the connections between old Norse wisdom and the Cabbala. He explores Bureus’ Adulrune practices and explains how Bureus outlined seven levels of meaning for each rune, with those initiated into the highest rune levels able to conjure spirits and raise the dead.

Covering more than just rune practices, Karlsson’s exploration of the dark or night side of the runes provides a comprehensive guide to Norse spirituality and the ancient spiritual mysticism of Odin.

Thomas Karlsson, Ph.D., is founder of the esoteric order Dragon Rouge and Head of Ordo Draconias. He is senior lecturer in history, religion, and philosophy at Stockholm University, fellow researcher at Yale University, and director of the Esoteric Crossroads conferences in Capri, Italy. The author of Cabbala, Qliphoth and Goetic Magic and Amongst Mystics and Magicians in Stockholm, he lives in Tumba, Sweden.
Introduction to Magic
Volume II—The Path of Initiatic Wisdom

JULIUS EVOLA and the UR GROUP
Translated by JOSCELYN GODWIN
Foreword by HANS THOMAS HAKL

Authentic initiatic practices, rituals, and wisdom collected by the UR Group

- Shares a rigorous selection of initiatory exercises, including instructions for creating the diaphanous body of the Opus magicum, establishing initiatic consciousness after death, and the construction of magical chains (the enchained awareness of initiates)
- Offers studies of mystery traditions throughout history, presenting not only the principles themselves but also witnesses to them and their continual validity today

The “Gruppo di UR” was a group of Italian esotericists who collaborated from 1927 to 1929. The purpose of this group was to study and practice ancient rituals gleaned 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 esoteric topics. The group included a distinguished line-up of occultists, neo-pagans, freemasons, Anthroposophists, orientalists, poets, and members of high society. The prime movers of the group were Arturo Reghini (1878–1946), a Pythagorean mathematician and reviver of a spiritual Freemasonry, and Julius Evola (1898–1974), then a young philosopher with a precocious mastery of the esoteric doctrines of East and West. Many years later, in 1971, Evola gathered these essays into three volumes. Inner Traditions published Volume I in 2001, under the title Introduction to Magic: Rituals and Practical Techniques for the Magus.

This series shows that the “Magic” of the UR Group meant an active and affirmative attitude toward individual development, handed down from a “primordial tradition” and discernable in alchemy, Hermetism, esoteric religious doctrines, indigenous practices, Tantra, Taoism, Buddhism, Vedanta, and the pagan mysteries of the West. Although some of the practical experiments demanded extraordinary efforts, both individual and collective, there is incalculable value here even for the less heroic, for merely reading these essays leaves a permanent mark on the reader.

A controversial philosopher and critic of modern Western civilization, Julius Evola (1898–1974) is considered one of the foremost authorities on the world’s esoteric traditions. He wrote widely on Eastern religions, alchemy, sexuality, politics, and mythology and published many books, including Revolt Against the Modern World.

Also by Julius Evola

Also available as an ebook
464 pages, 6 x 9
2 black-and-white illustrations
Rights: World English
Occult

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Inner Traditions
ISBN 978-1-62055-717-4
$29.99 (CAN $37.50) Paper

Also by Julius Evola

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Jung, Buddhism, and the Incarnation of Sophia

Unpublished Writings from the Philosopher of the Soul

HENRY CORBIN

Examines the work of Carl Jung in relation to Eastern religion, the wisdom teachings of the Sophia, Sufi mysticism, and visionary spirituality

• Reveals the spiritual values underlying the psychoanalytic theories of Carl Jung
• Explores the role of the Gnostic Sophia with respect to Jung’s most controversial essay, “Answer to Job”
• Presents new revelations about Sufi mysticism and its relationship to esoteric Buddhist practices
• Shows how the underlying spiritual traditions of Islam, Judaism, and Christianity mesh with the spiritual teachings of Buddhism

Henry Corbin (1903–1978) was one of the most important French philosophers and orientalists of the 20th century. In this collection of previously unpublished writings, Corbin examines the work of Carl Jung in relationship to the deep spiritual traditions of Eastern religion, the esoteric wisdom teachings of Sophia, the transformational symbolism of alchemy, and Sufi mysticism.

Looking at the many methods of inner exploration in the East, including the path of the Sufi and Taoist alchemy, Corbin reveals how the modern Western world does not have its own equivalent except in psychotherapy. Expanding Jung’s findings in light of his own studies of Gnostic and esoteric Islamic traditions, he offers a unique insight into the spiritual values underlying Jung’s psychoanalytic theories. Corbin analyzes Jung’s works on Buddhism, providing his own understanding of the tradition and its relationship to Sufi mysticism, and explores the role of the Gnostic Sophia with respect to Jung’s most controversial essay, “Answer to Job.” He also studies the rapport between the Gnostic wisdom of Sophia and Buddhist teachings as well as examining Sophia through the lens of Jewish mysticism.

Explaining how Islamic fundamentalists have turned their back on the mystic traditions of Sufism, Corbin reveals how totalitarianism of all kinds threatens the transformative power of the imagination and the transcendent reality of the individual soul. He shows how the underlying spiritual traditions of Islam, Judaism, and Christianity mesh with the spiritual teachings of Buddhism and reinforce the unity of the esoteric teachings of the world’s great religions. Comparing the imaginal realm with Jung’s archetypal field, he shows how we could transform the world by spiritualizing Jung’s methods, enabling us to transcend duality and make the created world divine.

Henry Corbin (1903–1978) was one of the most important French philosophers and orientalists of the 20th century as well as one of the most influential scholars of Islamic mysticism. A former professor of Islam and Islamic Philosophy at the Sorbonne and the University of Tehran, Corbin was the author of several books, including Alone with the Alone: Creative Imagination in the Sufism of Ibn’Arab.
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