

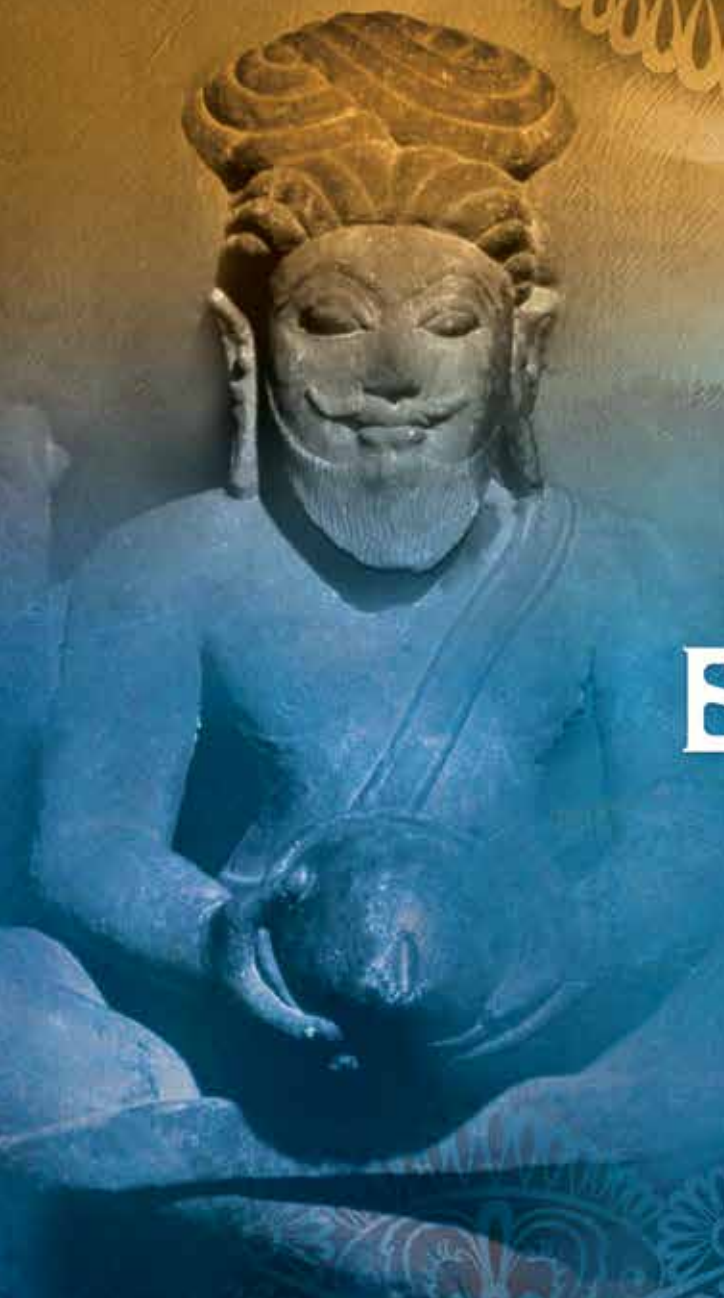


INNER TRADITIONS

BEAR & COMPANY



FINDHORN PRESS



NEW TITLES AND BESTSELLERS

FALL • WINTER 2019



Inner Traditions



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Park Street Press



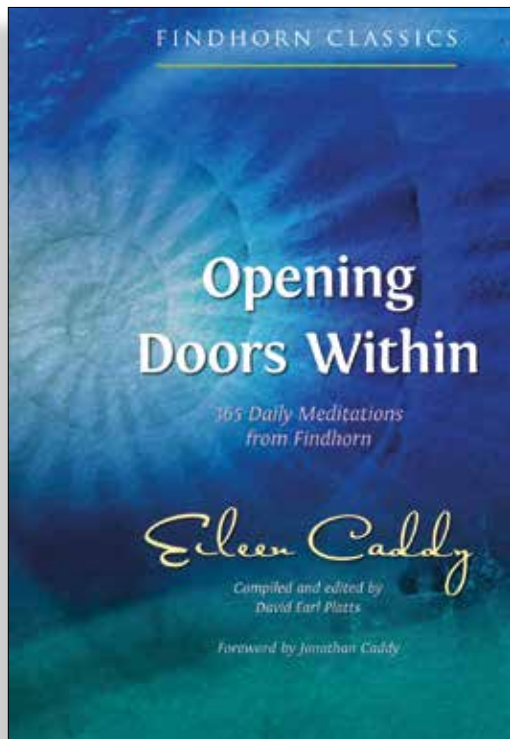
Findhorn Press



Inner Traditions
en Español



Earthdancer
Books



Findhorn Classics Series

Opening Doors Within

365 Daily Meditations from Findhorn

EILEEN CADDY

Compiled and edited by DAVID EARL PLATTS, Ph.D.

Foreword by JONATHAN CADDY

A new edition of the much-loved perennial meditation diary whose messages radiate spiritual wisdom, encouragement and serenity throughout the year

- Provides messages of spiritual insight and guidance for every day of the year from Eileen Caddy, co-founder of the Findhorn Community
- Offers specific suggestions for your daily spiritual growth and development
- Includes a new introduction by Jonathan Caddy, one of Eileen's sons, who adds a fresh perspective to the profound influence this guidance can have

One of the much-loved books of Eileen Caddy (1917–2006), co-founder of the Findhorn Community in Scotland, *Opening Doors Within* is a perennial meditation diary offering down-to-earth inspirational messages of spiritual guidance for every day of the year. For over 35 years, people have used these practical teachings that offer advice on achieving stillness, faith, and fulfillment. Specific suggestions for your daily spiritual growth and development enhance the impact of the supportive words.

Eileen's brief messages, from what she called "the still, small voice within," offer inspirational, uplifting, and powerful words of love and support. Her daily guidance was the bedrock of the early Findhorn Community, and the concept of "inner listening" is still very much part of individual and community practice there today. The encouraging and practical messages speak to those embarking upon the journey to find their divine inner self and spiritual truth. Anyone who meditates—whether inexperienced or seasoned—will find the wisdom shared both insightful and heartening. A new foreword by Jonathan Caddy, Eileen's son who lives in the Findhorn Community, adds a fresh perspective to the profound influence this guidance can have.

No matter how you use the wisdom shared in this small book, take these teachings into yourself and carry them within you, until they have done their silent, gentle, and loving work of opening the doors within.

Eileen Caddy, MBE (1917–2006), was 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. In 2005 she was awarded an MBE (Member of the Order of the British Empire) from the Queen for her lifelong service to spiritual inquiry. She is the author of several books, including *God Spoke to Me*, *Footprints on the Path*, *The Spirit of Findhorn*, and, with co-author David Earl Platts, Ph.D., *Learning to Love*.



September 2019

Findhorn Press

ISBN 978-1-62055-863-8

\$18.99 (CAN \$23.99) Paper

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Replaces previous edition:

ISBN 978-1-84409-108-9 (Findhorn Press)

416 pages, 4 x 5 3/4

12 black-and-white illustrations

Rights: World

Spirituality/Meditation



Author
Eileen Caddy

Also by Eileen Caddy



God Spoke to Me
Eileen Caddy
Findhorn Press
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Learning to Love
Eileen Caddy and David Earl Platts, PhD
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Eileen Caddy
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Revised and Updated Edition

ADHD

A Hunter in a Farmer's World

THOM HARTMANN

Foreword by MICHAEL POPKIN, Ph.D.

A newly revised and updated edition of the classic guide to reframing our view of ADHD and embracing its benefits

- Explains that people with ADHD are not disordered or dysfunctional, but simply “hunters in a farmer’s world”—possessing a unique mental skill set that would have allowed them to thrive in a hunter-gatherer society
- Offers concrete non-drug methods and practices to help hunters—and their parents, teachers, and managers—embrace their differences, nurture creativity, and find success in school, at work, and at home
- Reveals how some of the world’s most successful people can be labeled as ADHD hunters, including Benjamin Franklin, Thomas Edison, and Andrew Carnegie

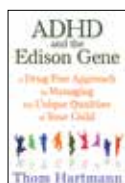
With 10 percent of the Western world’s children suspected of having Attention Deficit Disorder, or ADHD, and a growing number of adults self-diagnosing after decades of struggle, the question must be raised: How could Nature make such a “mistake”?

In this updated edition of his groundbreaking classic, Thom Hartmann explains that people with ADHD are not abnormal, disordered, or dysfunctional, but simply “hunters in a farmer’s world.” Often highly creative and single-minded in pursuit of a self-chosen goal, those with ADHD symptoms possess a unique mental skill set that would have allowed them to thrive in a hunter-gatherer society. As hunters, they would have been constantly scanning their environment, looking for food or threats (distractibility); they’d have to act without hesitation (impulsivity); and they’d have to love the high-stimulation and risk-filled environment of the hunting field. With our structured public schools, office workplaces, and factories those who inherit a surplus of “hunter skills” are often left frustrated in a world that doesn’t understand or support them.

As Hartmann shows, by reframing our view of ADHD, we can begin to see it not as a disorder, but as simply a difference and, in some ways, an advantage. He reveals how some of the world’s most successful people can be labeled as ADHD hunters and offers concrete non-drug methods and practices to help hunters—and their parents, teachers, and managers—embrace their differences, nurture creativity, and find success in school, at work, and at home. Providing a supportive “survival” guide to help fine tune your natural skill set, rather than suppress it, Hartmann shows that each mind—whether hunter, farmer, or somewhere in between—has value and great potential waiting to be tapped.

Thom Hartmann is the host of the internationally syndicated talkshow *The Thom Hartmann Program* and the TV show *The Big Picture* on the Free Speech TV network. He is the award-winning *New York Times* bestselling author of 24 books, including *Adult ADHD*, *ADHD and the Edison Gene*, and *The Last Hours of Ancient Sunlight*. A former psychotherapist and founder of the Hunter School, a residential and day school for children with ADHD, he lives in Portland, Oregon.

Also by Thom Hartmann



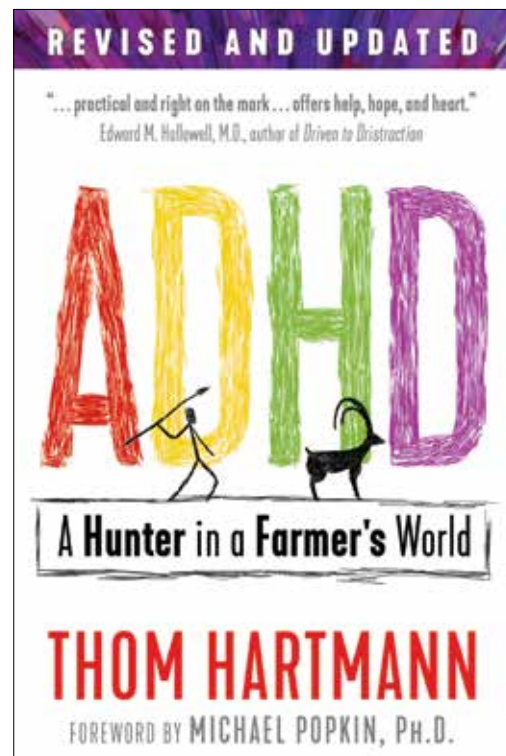
ADHD and the Edison Gene
Thom Hartmann
Park Street Press
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Thom Hartmann
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Thom Hartmann
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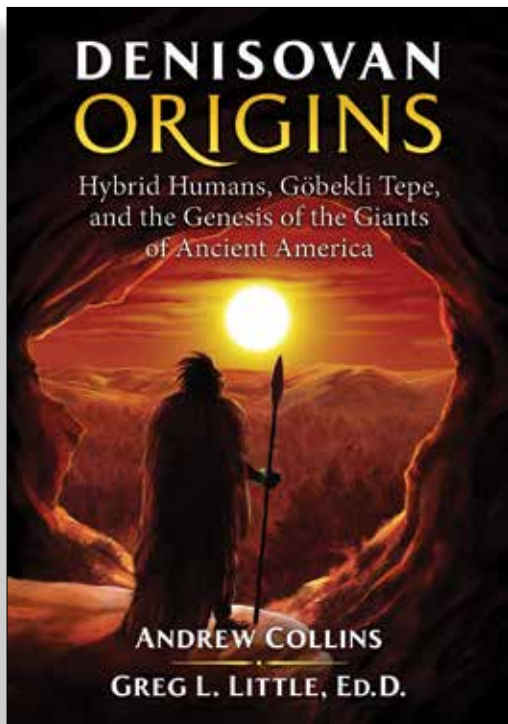
240 pages, 6 x 9
Rights: World
Psychology/Health



IAN SBALCIO

Author
Thom Hartmann





Denisovan Origins

Hybrid Humans, Göbekli Tepe, and the Genesis of the Giants of Ancient America

ANDREW COLLINS and GREG L. LITTLE, Ed.D.

Reveals the profound influence of the Denisovans and their hybrid descendants upon the flowering of human civilization around the world

- Traces the migrations of the sophisticated Denisovans and their interbreeding with Neanderthals and early human populations more than 40,000 years ago
- Shows how Denisovan hybrids became the elite of ancient societies, including the Adena mound-building culture
- Explores the Denisovans' extraordinary advances, including precision-machined stone tools and jewelry, tailored clothing, and celestially-aligned architecture

Ice-age cave artists, the builders at Göbekli Tepe, and the mound-builders of North America all share a common ancestry in the Solutreans, Neanderthal-human hybrids of immense sophistication, who dominated southwest Europe before reaching North America 20,000 years ago. Yet, even before the Solutreans, the American continent was home to a powerful population of enormous stature, giants remembered in Native American legend as the Thunder People. New research shows they were hybrid descendants of an extinct human group known as the Denisovans, whose existence has now been confirmed from fossil remains found in a cave in the Altai region of Siberia.

Tracing the migrations of the Denisovans and their interbreeding with Neanderthals and early human populations in Asia, Europe, Australia, and the Americas, Andrew Collins and Greg Little explore how the new mental capabilities of the Denisovan-Neanderthal and Denisovan-human hybrids greatly accelerated the flowering of human civilization over 40,000 years ago. They show how the Denisovans displayed sophisticated advances, including precision-machined stone tools and jewelry, tailored clothing, celestially-aligned architecture, and horse domestication. Examining evidence from ancient America, the authors reveal how Denisovan hybrids became the elite of the Adena mound-building culture, explaining the giant skeletons found in Native American burial mounds. The authors also explore how the Denisovans' descendants were the creators of a cosmological death journey and viewed the Milky Way as the Path of Souls.

Revealing the impact of the Denisovans upon every part of the world, the authors show that, without early man's hybridization with Denisovans, Neanderthals, and other yet-to-be-discovered hominid populations, the modern world as we know it would not exist.

Andrew Collins has been investigating advanced civilizations in prehistory since 1979. He is the co-discoverer of a massive cave complex beneath the Giza plateau, now known as "Collins' Caves." The author of several books, including *The Cygnus Key* and *Gobekli Tepe: Genesis of the Gods*, he lives in Essex, England. Greg L. Little, Ed.D., is the author of over 30 books, including *Edgar Cayce's Atlantis* and *The Illustrated Encyclopedia of Native American Indian Mounds and Earthworks*. His research has been featured on the National Geographic Channel, MSNBC, Discovery, and the History Channel. He lives in Memphis, Tennessee.

September 2019



Bear & Company

ISBN 978-1-59143-263-0

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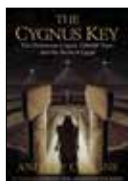
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Includes 16-page color insert and 91 black-and-white illustrations

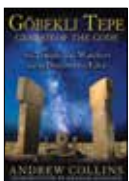
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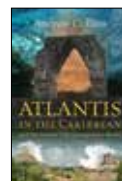
Also by Andrew Collins



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The Forever Angels

Near-Death Experiences in Childhood and Their Lifelong Impact

P. M. H. ATWATER, L.H.D.

A groundbreaking study of the lifelong effects of near-death experiences in the newly born, babies, toddlers, and children up to age five

- Draws on interviews with nearly 400 childhood experiencers, both fully matured and young, as well as more than 40 years of NDE research involving over 5,000 people
- Reveals how those who experience a near-death state at a young age are profoundly affected for the rest of their lives, including developing psychic and intuitive abilities, “wisdom beyond their years,” and a pervasive feeling of being “homesick for heaven”
- Investigates the wide-awake consciousness of babies being born, womb memories, and the experience of being alive on the other side of death

In this major study of near-death experiences with the newly born, babies, toddlers, and children up to age five, NDE expert P. M. H. Atwater reveals how those who experience a near-death state or other worlds at a very young age are profoundly affected for the rest of their lives, including developing psychic and intuitive abilities, higher intelligence and “wisdom beyond their years,” and a pervasive feeling of being “homesick for heaven.”

Drawing on interviews with nearly 400 childhood experiencers, both fully matured and young, Atwater explores their accounts of what it is like to be alive on the other side of death as well as what makes them different from others, complemented by a deep analysis of statistical evidence from her more than 40 years of NDE research involving more than 5,000 people. She shows how, in contrast to adult experiencers, child and infant experiencers of near-death states cannot compare “before” with “after” as adults do, because they don’t have a “before.” The world of these “forever angels” is the life continuum, a stream of consciousness that has always existed and always will. Integrating “where they once were” with “where they now are” is a lifelong challenge. The author explores how those who have a near-death experience very early in life, or even in utero, grow up “different”—sometimes geniuses, sometimes lost, yet unusually psychic and smart, all at the same time. She reveals how these experiences and their knowledge of the afterlife affect the individual in many areas, including family life, dating, health, education, and spirituality, as well as increasing the experiencer’s potential for thoughts of suicide, out-of-body experiences, and PTSD symptoms.

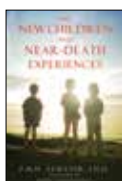
Examining the forever angels’ memories of the womb, birth, early childhood, and the other world, Atwater investigates the wide-awake consciousness of babies being born, the vivid recall of mature childhood near-death experiencers, and how memory of the life-continuum never fades, nor does the desire to go back.

P. M. H. Atwater, L.H.D., is a distinguished researcher of near-death experiences, prayer chaplain, spiritual counselor, and visionary. She is the author of 18 books including *Children of the Fifth World*, *Beyond the Indigo Children*, and *The New Kids and Near-Death Experiences*. She lives in Charlottesville, Virginia.

Also by P. M. H. Atwater, L.H.D.



Children of the Fifth World
P. M. H. Atwater, L.H.D.
Bear & Company
ISBN 978-1-59143-153-4
\$16.00 (CAN \$18.95) pb
7,000 copies sold



The New Children and Near-Death Experiences
P. M. H. Atwater, L.H.D.
Bear & Company
ISBN 978-1-59143-020-9
\$16.00 (CAN \$20.00) pb
7,000 copies sold



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240 pages, 6 x 9
25 black-and-white illustrations
Rights: World
Near-Death Experiences

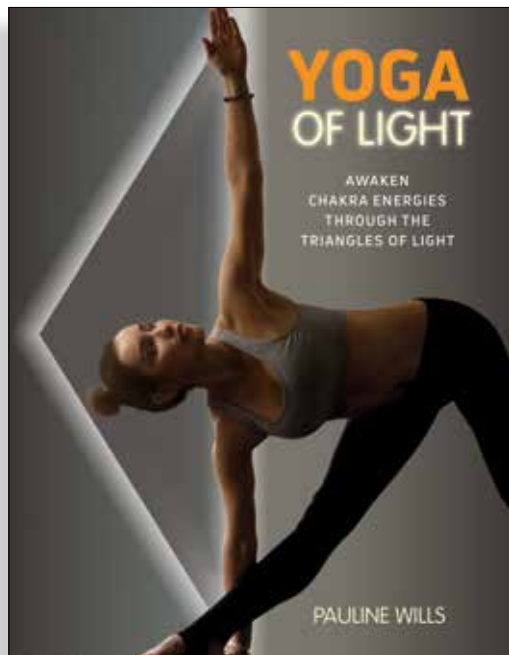


Author
P. M. H. Atwater, L.H.D.

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Yoga of Light

Awaken Chakra Energies through the Triangles of Light

PAULINE WILLS

Move into a fifth-dimensional way of living by engaging the energy lines between the chakras that form energetic triangles of light

- Includes illustrated, step-by-step instructions for yoga asanas with explanations of the triangles of light created by each as well as their specific health benefits
- Explains how the triangles of light energize the body, wake up our cells, and connect us to our own inner light
- Introduces the 10 major and 21 minor chakras that form the triangles of light

We are all beings of light. Our bodies are pervaded and rejuvenated by energy lines between our major and minor chakras. When we practice yoga asanas (postures), these energy lines create triangles of light that connect us to universal light and energy. Focusing on them and feeling them during yoga practice can raise our vibrational frequency and help us move toward yoga's eighth step—the state of enlightenment.

Drawing on yoga's original teachings, *Yoga of Light* reveals how to awaken and energize the chakra triangles of light with the practice of asanas, breathing, visualization, and meditation. Exploring the universal web of light and our place within it, as well as the body's electromagnetic field, or aura, yoga expert Pauline Wills provides a concise introduction to the ten major and twenty-one minor chakras instrumental in forming the yoga triangles of light. You will discover how visualizing and, eventually, feeling these triangles as you practice the postures energizes the body, allowing you to connect to your own inner light. This wakes up all cells in the body and imbues them with increased energy. The triangles also firmly connect us to the sacred geometry of the universe, aligning us with the greater cosmos.

The author includes an illustrated, step-by-step guide to the asanas, detailing how to perform them correctly, and clearly explains and depicts the triangles of light formed within each posture and their specific health benefits. She also includes a series of exercises and breathing techniques to affect and increase control of prana, the life force within the body, as well as simple exercises, warm-up movements, meditations, and visualizations to help familiarize yourself with the major chakras instrumental in forming the triangles of light.

Yoga of Light reveals how, by working with the triangles of light, we can each become more aware of our connection to the web of light and the greater universe. This book, for beginners and advanced practitioners alike, shows how anyone can increase the benefits of their yoga practice by engaging and energizing the triangles of light.

Pauline Wills is one of the world's leading yoga instructors, as well as a reflexologist and color practitioner. She cofounded the Oracle School of Colour in London, where she teaches and practices color therapy and reflexology and offers weekly yoga classes. Her books include *The Reflexology Manual*, *Chakra Workbook*, *Color Healing Manual*, and *The Meditation Book of Light and Colour*. She lives in London.



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Findhorn Press

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160 pages, 7 x 9

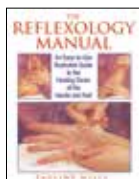
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Health/Yoga

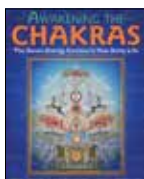


Also by Pauline Wills



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Victor Daniels, Kooch N. Daniels,
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The Yoni Egg

Reveal and Release the Sacred Feminine Within

LILOU MACÉ

Foreword by MANTAK CHIA

Reveals the practices and rituals of the yoni egg for physical, emotional, sexual, and spiritual growth and healing

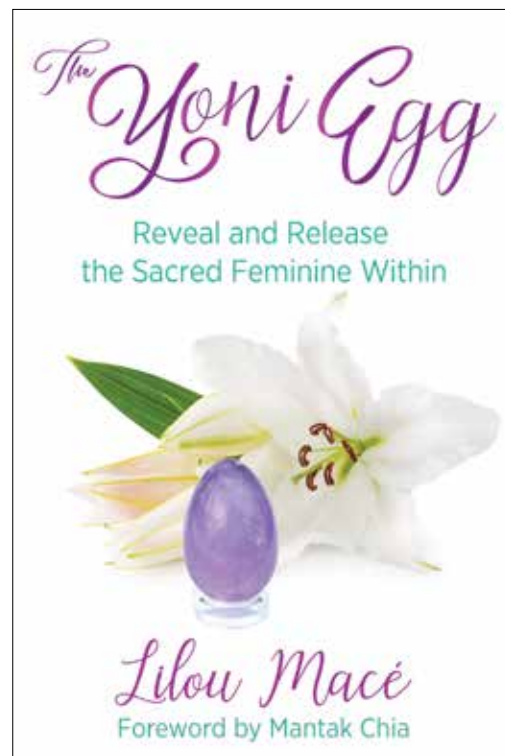
- Explains how to use a yoni egg at different stages of life to access inner beauty and wisdom, improve your sex life, prevent urinary incontinence and other women's concerns, prepare for and recover from childbirth, release emotional trauma, boost confidence, and enhance vital energies
- Reveals the properties and benefits of 12 different stone eggs along with guidelines for choosing the egg that will work best for you
- Includes contributions from Taoist and tantric master teachers, including Mantak Chia, Minke de Vos, Aisha Sieburth, Jutta Kellen-Shepherd, Sarina Stone, Shashi Solluna, and Jose Toirà, as well as testimonials from women of all ages

Used for thousands of years throughout Asia, including by the royal concubines of the Chinese emperors, yoni eggs are egg-shaped stones used internally to help tone the pelvic floor and vaginal muscles as well as increase sensitivity, enhance intimate awareness, release emotional traumas, and open access to the sacred feminine within.

In this full-color step-by-step guide, Lilou Macé details the techniques and rituals of yoni egg practice, aiming to dispel fears and reservations about its use and reveal its profound benefits for body, mind, and spirit. She explains how the yoni is not merely a body part, but the portal to greater wisdom and self-knowledge—your temple of the sacred feminine. Providing an anatomical guide to the yoni, she shows how it contains reflexology points and energy meridians that can be worked with through different placements of the yoni egg. She offers detailed instructions for yoni egg exercises, including how to use a yoni egg for the first time, and explores how these techniques can help you have more intense orgasms, prevent urinary incontinence and other women's health issues, prepare for and recover from childbirth, release trauma and negative emotions trapped within your body, boost your confidence and femininity, and unlock access to your inner source of creativity and wisdom.

The author explores the properties and healing benefits of 12 different gemstone eggs, from the well-known jade egg to lesser-known eggs such as amethyst, obsidian, and green aventurine, along with guidelines for choosing the stone type and egg size that will work best for you. Concluding with rituals for initiating yourself into the power of your yoni and for releasing the sacred feminine within, the author shows how each of us has the power to heal, to be kind to ourselves, and to reveal our own inner beauty and wisdom.

Lilou Macé is a French-American author, speaker, and webTV interviewer. Inspired by Oprah Winfrey, she has interviewed thousands of experts and scientists since 2006 from all over the world about the art of creating a conscious, healthy, and fulfilling life, posting her interviews on her website LilouMace.com and YouTube channel, where she now has over 70 million video views. She lives in Bordeaux, France.



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192 pages, 6 x 9

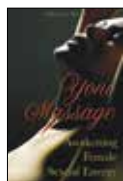
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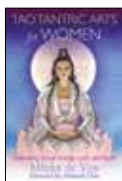
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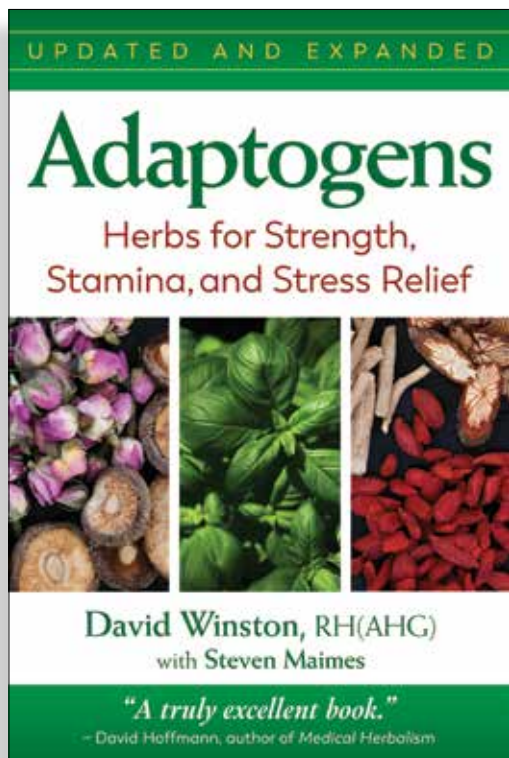
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Updated and Expanded

Adaptogens

Herbs for Strength, Stamina, and Stress Relief

DAVID WINSTON, RH(AHG), with STEVEN MAIMES

An updated and expanded edition of the definitive guide to adaptogenic herbs

- Includes a Materia Medica with monographs covering 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, licorice, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropics
- Explains how adaptogens increase the body's resistance to adverse influences, increase energy and stamina, and counter the effects of age and stress on the body
- Details the actions, properties, preparation, and dosage for each herb and their uses in Ayurveda and Chinese medicine and as remedies for animals

Every day our bodies strive to adapt and stay balanced, energized, and healthy, yet chronic stress and the resulting elevation of stress hormones such as cortisol have been shown to be major factors behind not only fatigue and weight gain but also many chronic and degenerative diseases.

In this updated edition of the definitive guide to adaptogenic herbs, clinical herbalist David Winston and researcher Steven Maimes provide a comprehensive look at adaptogens: non-toxic herbs such as ginseng, eleuthero, and ashwagandha that help the body “adapt” to the many influences it encounters and manage the stresses it experiences. They also increase stamina and energy, boost cognitive function, restore the immune system, and counter the effects of aging, especially when used in appropriate combinations.

Beginning with a history of the use of adaptogens, including in Ayurveda, Chinese medicine, and Russian medicine, the book examines how these herbal remedies work and why they are so effective at combating stress-induced illness and ailments. The extensive Materia Medica includes monographs on 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropic herbs, such as milky oats, astragalus, St. John's wort, and ginkgo. Each monograph presents the latest scientific research and details the origin, traditional and clinical uses, actions, properties, preparation, and dosage for each herb. The book also includes guidance on adaptogenic remedies for our animal companions.

Aimed not only at herbalists but also those interested in natural health, this guide to adaptogens will allow you to safely and effectively use these herbal remedies to enhance your health and improve your chances of living a longer, healthier, and well-balanced life.

David Winston, RH(AHG), is a clinical herbalist and ethnobotanist with 50 years of training in Chinese, Western/Eclectic, and Southeastern herbal traditions. He is a founding member of the American Herbalists Guild, the founder/director of the Herbal Therapeutics Research Library, and the dean of David Winston's Center for Herbal Studies. He lives in Bucks County, Pennsylvania. Steven Maimes has studied natural medicine for over 30 years. A researcher, freelance writer, and principal of SALAM Research, he lives in Rochester, New Hampshire.



September 2019

Healing Arts Press

ISBN 978-1-62055-958-1

\$19.99 (CAN \$24.99) Paper

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400 pages, 6 x 9

Includes 16-page color insert and

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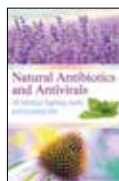
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Herbalism



Author
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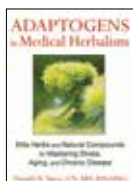
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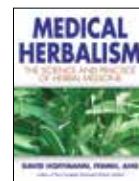
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Boost Your Natural Energy

40 Simple Exercises and Recipes for Everyday

SANDY TAIKYU KUHN SHIMU

A pocket reference guide filled with 40 easy, quick, and natural methods for more energy and enhanced performance

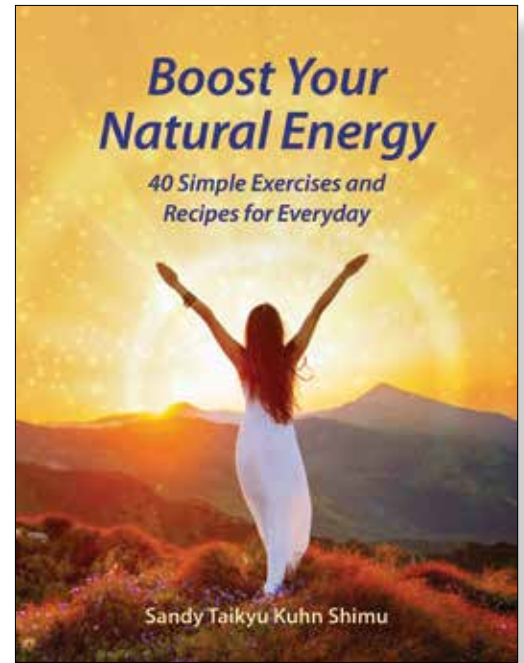
- Includes simple yet effective techniques and recipes to restore your natural energy flow for more energy, better health, enhanced performance, concentration, and happiness
- Explains how the exercises and recipes can be used at work, home, or while travelling
- Handy pocket-size with full-color illustrations throughout

Do you feel drained sometimes? Do you wish you had more energy at work, for your daily chores, and for spending time with your loved ones? Do you lack concentration and find yourself distracted, even during family time? Thankfully help is easier and quicker than you think.

In this handy pocket guide, Sandy Taiky Kuhn Shimu has collected 40 of the most effective yet simple mental and physical exercises as well as a few recipes based on her many years of experience as a Kung Fu, Qi Gong, and Yoga teacher. These techniques don't require hours of studying, difficult-to-find ingredients, or expensive equipment. Humming like a bumble bee, walking backwards, screaming out loud, body tapping, and many other surprisingly easy but powerful methods are detailed, step by step, including basic background information and benefits, illustrated with inspiring full-color photographs. The author also provides an index of the exercises sorted by desired effect, such as quick energy boost, deep and restorative sleep, a happy mind, detoxification, regeneration, stronger concentration, letting go, and starting your day with energy.

With this pocket reference guide, you now have, at your fingertips, 40 easy, quick ways to refuel your system, rebuild your focus, enhance performance, restore your natural energy flow, and bring your life back into balance.

Sandy Taiky Kuhn Shimu is a zen master as well as Kung Fu, Qi Gong, and Yoga instructor. She keeps her mind fit by reading and studying Sanskrit. She lives and works in Switzerland.



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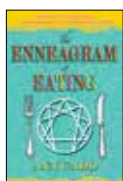


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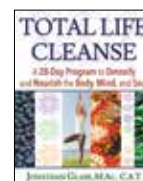
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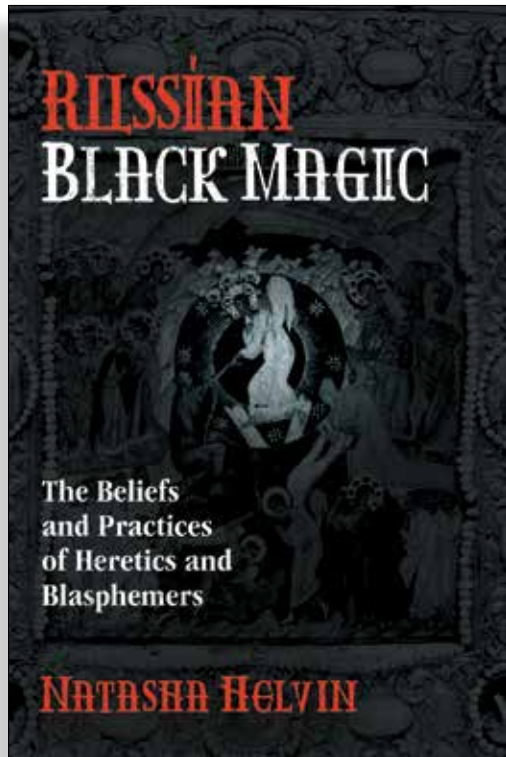
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Author
 Natasha Helvin

Russian Black Magic

The Beliefs and Practices of Heretics and Blasphemers

NATASHA HELVIN

A rare look into the history, theory, and craft of the black mages and sorcerers of Russia

- Examines practical rituals and spells, the demonic pantheon, places of power, offerings and sacrifices, Hell Icons, and instructions for cemetery magic
- Provides insight into the fundamental ideology of black magic practitioners, from the universal laws of magic to the principles of morality
- Details how the Russian practice of black magic preserved ancient pagan traditions and evolved as the antithesis of Christianity

Born in the Soviet Union and descended from a matrilineal line of witches, Natasha Helvin offers a rare look into the secret practices of Russian black magic, passed down from teacher to disciple for generations both orally and through their grimoires bound in black. Drawing from her own experience, Helvin provides insight into the fundamental ideology of black magic practitioners, from the universal laws of magic to the principles of morality. She explains a mage's view on fate and predestination, how the world was created, and their relationship with the demons that grant them their power. She examines the demonic pantheon as well as how a black sorcerer is able to influence the forces in the universe and pass on his or her powers and knowledge to further generations.

Exploring the history of occult practices in Russia, including how Christianity had a profound effect upon magic and witchcraft, Helvin shows how attempts to forcibly convert the Russian population to the Christian faith were widely resisted, and instead of these ancient pagan practices disappearing, they blended with Christian belief. Authorities repainted old pagan gods as demons in order to eradicate ancient traditions. Black magic became labelled as defiantly anti-Christian simply for preserving the old ways, and as a result, some branches of black magic evolved as a reaction against enforced Christianity and practitioners proudly accepted the label of "blasphemer" or "heretic."

Through this book, readers can explore the Left-Hand path of Russian magic and its spells and rituals. The author explains about cemetery magic, sacrifices, the creation of Hell Icons, and places of power, such as crossroads, swamps, and abandoned villages, as well as the best times to practice black magic, how to choose the best grave for your spell, and how to summon demons. Providing many concrete examples of spells, Helvin demonstrates the broad range of what can be accomplished by those who practice the black arts, if they commit themselves to the craft.

Born in the Soviet Union, Natasha Helvin is an occultist, hereditary witch, and priestess in the Haitian Vodou tradition, as well as an avid scholar of other magical traditions. She learned the ancient secrets of magic and healing from her family and, as a child, often saw her grandmother and mother use magic in their everyday lives. A professional rootworker, spiritual coach, and author of *Slavic Witchcraft*, she lives in Georgia.

Also by Natasha Helvin



Slavic Witchcraft
 Natasha Helvin
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The Magian Tarok

The Origins of the Tarot in the Mithraic and Hermetic Traditions

STEPHEN E. FLOWERS, Ph.D.

Reveals the historical roots of the symbology of the Tarot in the Mithraic tradition of the Persian Magi and the Hermetic tradition

- Explores the Magian teachings on the *Stoeicheia* and how this magical alphabet was the template for the Tarot
- Explains how the sequencing of the Major Arcana is related to the images used in Mithraic initiation
- Looks at the original meanings of the Major Arcana using Mithraic symbolism, as well as the deep-level connections of the Tarot with Egypt, the Romani people, the Semitic tradition, and runes

The Tarot is a mythic map of the world and of consciousness. It offers a meta-language of signs and symbols that communicate their meaning precisely. Yet the true origins of the Tarot remain shrouded in mystery. These oracular cards have long been thought to have come from Egypt or from the “Gypsies,” but as Stephen E. Flowers reveals, their original roots lie in the Mithraic tradition of the Persian Magi.

In this book, Flowers explores the historical roots and mythology of the symbolic images that became known as the Tarot. Drawing on theories first pioneered by the Swedish scholar Sigurd Agrell (1881–1937), he reveals the genesis of the Tarot’s symbolism in the great Hermetic tradition at the same time the Magical Papyri were being written in Greco-Roman Egypt. He explains how the sequencing of the Major Arcana is related to the images used in Mithraic initiation, elements of which were then integrated into existing Roman and Egyptian traditions. Exploring the Magian teachings on the *Stoeicheia*, an alphabet that acted as a map for understanding the order of the cosmos, he demonstrates how this alphabet of magical symbols was the template for the Tarot. The author also shows how the 22 Major Arcana cards were related to the 22 letters of the Roman alphabet used for oracular purposes in ancient times. Looking in-depth at the principles of Mithraism, the author explains how the Roman form of Mithraism, a guiding factor in the early shaping of the Tarot, was itself a synthesis of Iranian Magianism, Greek stoicism, Babylonian astrology, and Greco-Egyptian Hermeticism.

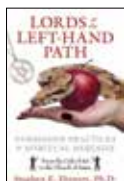
Exploring the cards themselves, Flowers then looks at the original meanings of the Major Arcana using Mithraic symbolism and its offshoots. He also explains the truth behind many of the myths surrounding the Tarot, including their deep-level connections with Egypt, the Romani people, the Semitic tradition, and runes. By restoring the original *mysteria* to the icons of the Tarot and learning their true origins, we can better understand the insight these powerful cards impart in divination.

Stephen E. Flowers, Ph.D., 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. The author of more than 24 books, including *Lords of the Left-Hand Path* and *Original Magic*, he lives near Smithville, Texas.

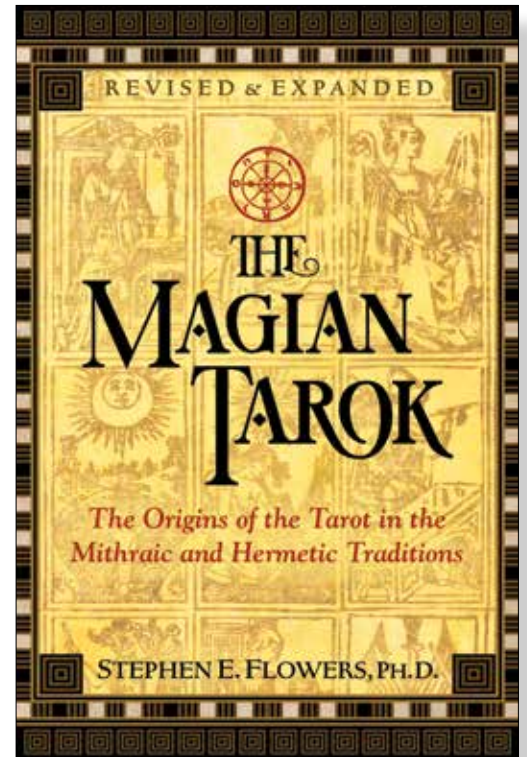
Also by Stephen E. Flowers, Ph.D.



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Stephen E. Flowers, Ph.D.
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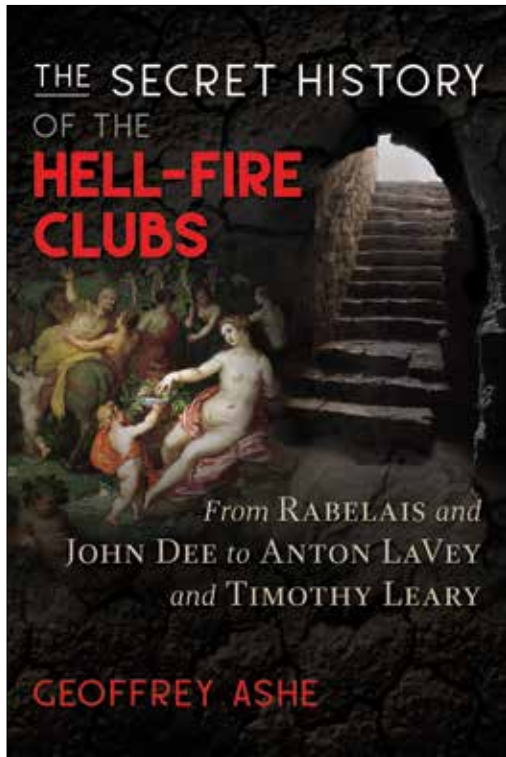


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The Secret History of the Hell-Fire Clubs

From Rabelais and John Dee to Anton LaVey and Timothy Leary

GEOFFREY ASHE

An exploration of the origins, influences, and legacy of the scandalous Hell-Fire Clubs of the 18th century and beyond

- Reveals the club's origins in the work of Rabelais and the magical practices of John Dee and how their motto, "Do What You Will," deeply influenced Aleister Crowley
- Explores the cross-fertilization of liberty and libertinage within these clubs that influenced both U.S. and French Revolutions
- Examines the debaucherous activities and famous members of many Hell-Fire Clubs, including Sir Francis Dashwood's Monks of Medmenham

Mention the Hell-Fire Clubs and you conjure up an image of aristocratic rakes cutting a swath through the village maidens. Which is true, but not the whole truth. The activities of these clubs of upper-class Englishmen revolved around not only debauchery but also blasphemy, ritual, quasi-magical pursuits, and political intrigue.

Providing a history of these infamous clubs, Geoffrey Ashe reveals their origins in the work of François Rabelais and the activities of John Dee. He shows how the Hell-Fire Clubs' anything-goes philosophy of "Do what you will"—also Aleister Crowley's famous motto—and community template were drawn directly from Rabelais. The author looks at the very first Hell-Fire Club, founded by Philip, Duke of Wharton, in 1720 and then at the Society of the Dilettanti, a fraternity formed in 1732. Ashe examines the life, travels, and influences of Sir Francis Dashwood, founding member of the Society of the Dilettanti and the scandalous Permissive Society at Medmenham, also known as the Monks of Medmenham. He also explores other Hell-Fire clubs the movement inspired throughout England, Scotland, and Ireland, including the violence-prone Mohocks and the Appalling Club. He shows how many illustrious figures of the day were members of these societies, such as Lord Byron. He also examines the rumors that Benjamin Franklin was a member, an allegation that can be neither confirmed nor denied.

Exploring the political and magical ideas that fueled this movement, the author shows how the cross-fertilization of liberty and libertinage within the Hell-Fire Clubs went on to influence both the U.S. and French revolutions, as well as the hippie movement of the 1960s, the Church of Satan founded by Anton LaVey, and the motorcycle club known as the Hell's Angels. The legacy of the Hell-Fire Clubs continues to impact society, beckoning both elite and outsider to cast aside social norms and "do what you will."

Geoffrey Ashe is widely regarded as one of the leading Arthurian specialists in the world and is author of several books, including *The Discovery of King Arthur* and *Eden in the Altai*. 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.

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Author
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Operative Witchcraft

Spellwork and Herbcraft in the British Isles

NIGEL PENNICK

A comprehensive look at the history and practices of rural English witchcraft

- Explores witch's familiars and fetches, animal magic, and the forms of witchcraft practiced by rural tradespeople, such as blacksmiths, herbalists, and artisans
- Offers practical insight into spells, charms, folk incantations, herbal medicine practices, amulets, sigils, and tools of the craft
- Details the evolution of public perception of witchcraft throughout England's history, including the laws against witchcraft in place until the 1950s and witchcraft's contentious relationship with the Christian church

In this practical guide, Nigel Pennick takes the reader on a journey through the practice of operative witchcraft in the British Isles from the Middle Ages and the Elizabethan era to the decriminalization of witchcraft in the 1950s and its practice today.

Highlighting uniquely English traditions, Pennick explores fetches and witch's familiars, animal magic, and the forms of witchcraft practiced by rural tradespeople, such as blacksmiths, herbalists, and artisans, to enhance their professional work and compel others to do their bidding, both man and beast. He provides actual spells, charms, and folk incantations, along with details about the magical use of a variety of herbs, including nightshades, the creation of amulets and sigils, protection against the Evil Eye, and the use of aromatic oils. Pennick explains the best times of day for different types of magic, how to identify places of power, and the use of the paraphernalia of operative witchcraft, such as the broom, the witches' dial, and pins, nails and thorns. He explores the belief in three different types of witches: white witches, who offer help and healing for a fee; black witches, who harm others; and gray witches, who practice both white and black magic. Examining witchcraft's contentious relationship with the Christian church, he investigates the persecution of witches throughout the UK and the British West Indies up until the mid-20th century. He offers a look into the changing public perceptions of witchcraft and the treatment of its followers as well as revealing how English churchmen would offer magical solutions to the perceived threat of black witchcraft.

Painting an in-depth picture of English witchcraft, including how it relates to and differs from modern Wicca, Pennick reveals the foundation from which modern witchcraft arose. He shows how this context is necessary to effectively use these ancient skills and techniques and how the evolution of witchcraft will continue harmonizing the old ways with the new.

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



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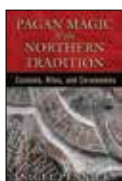


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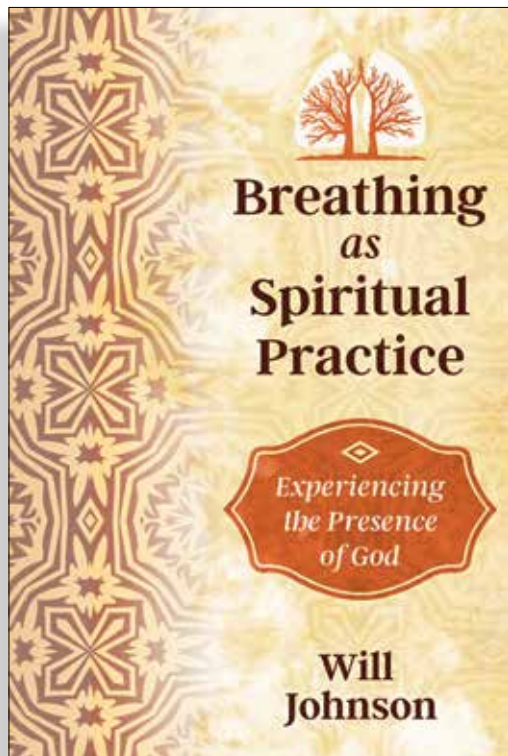
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Breathing as Spiritual Practice

Experiencing the Presence of God

WILL JOHNSON

A guide to meditative breathing practices in Western religions and how these practices provide a direct experience of God

- Reveals how Western spiritual traditions, such as the Book of Genesis, the Jewish teachings of *ruach*, and the poetry of Rumi, contain hidden instruction for meditative breathing practices
- Explains how breathing practices can bring all of us, including Christians, Muslims, and Jews, closer to a direct experience of the palpable presence of God
- Provides guidelines and best practices for meditative breathing through a personal journal of the author's own meditative retreat

Surprised by the number of attendees from Western spiritual traditions at his Buddhist retreats, Will Johnson wanted to understand what drew them to this type of spiritual experience. He found many devoted Christians were in search of a more direct experience of God beyond faith alone, so he began exploring what breathing practices could be found in the sacred texts of Western monotheistic religions. Johnson discovered that, like their Eastern counterparts, Western traditions speak of gaining direct access to God via the breath. After experimenting with these teachings during a 10-day retreat at a desert monastery, he discovered that each of us has the potential to open up to the presence of spirit in every breath.

In this book, the author offers a close look at the importance of breath in each major Western religion, including the Jewish teachings of *ruach* as life-giving spirit in the form of breath and the Islamic poetry of Rumi, which describes breath as essential for cleansing the soul. He then ties each breathing tradition to the Book of Genesis, sacred to Christians, Muslims, and Jews alike: “*And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living being.*” Just as God blew life into Adam, every breath we take—if we follow the breathing practice of surrendering completely to inhalation—can open us up to the presence of God.

Through his own contemplative journey, Johnson shares his experience of striving to surrender to the fullest presence of God through each breath. As he takes the reader step-by-step through his own breathing practice, the author explains his physical and mental techniques for meditating successfully through breath and provides helpful guidelines to get the most out of meditative retreats. Johnson also offers deep reflections on how these shared practices of experiencing God through the breath transcend religious differences.

Will Johnson has been a Buddhist practitioner since 1972 and a Certified Rolfer since 1976. He is the director of the Institute for Embodiment Training and teaches a deeply body-oriented approach to sitting meditation at Buddhist centers around the world. He is the author of a number of books, including *Breathing through the Whole Body*, *The Spiritual Practices of Rumi*, and *Eyes Wide Open*. He lives in Costa Rica.



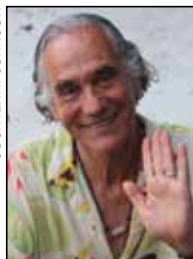
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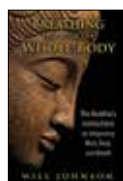
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Awakening Your Crystals

Activate the Higher Potential of Healing Stones

SHARON L. McALLISTER

A full-color guide to programming crystals and harnessing their full potential

- Explains how to program crystals and gemstones with specific healing intentions as well as how to cleanse and charge your crystals and prepare your own energy field
- Provides detailed instructions for working with 8 key crystals, as well as healing and programming guidance for more than 60 well-known and important crystals
- Includes vibrant photographs to convey each crystal's individual powers

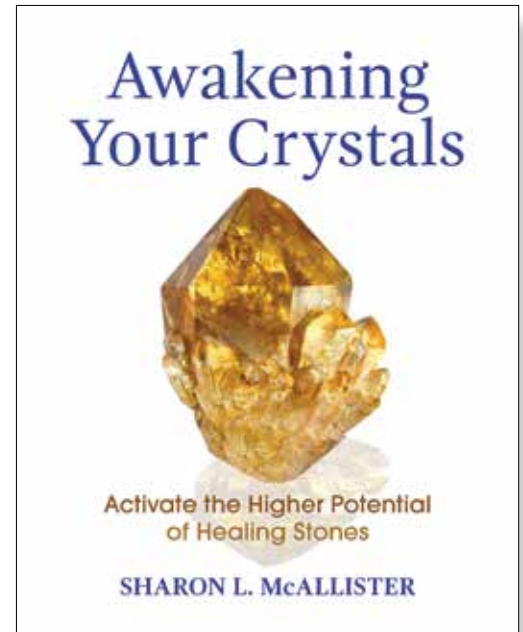
In this vibrantly illustrated crystal guide, experienced holistic therapist and crystal-healing teacher Sharon McAllister offers an introduction to programming crystals and gemstones to harness their full potential. She explains how crystal programming combines the powerful instrument of intention setting with the healing energies of stones. She details how to cleanse and charge your crystals and prepare your own energy field before programming and provides a collection of intention-setting statements and programming recipes for personal healing as well as therapeutic use.

Unveiling the light that each crystal radiates vibrationally and spiritually, Sharon reveals how each crystal is a living being that can be awakened to emanate its purest and strongest energy in alignment with specific healing purposes. She explains the dormant state of stones when they are still inside the earth, their activated state when extracted by humans, and their ignited state, when they are called into direct service with a programmed focus, which leads them to unfold their full healing potential.

Focusing on 8 key crystals, including rose quartz, amethyst, and citrine, Sharon shows how these 8 stones can combine to form a powerful toolkit with a wide range of healing applications. She provides an in-depth chapter on each of the 8 key crystals, offering deep insight into their energies and healing properties. She also covers more than 60 additional crystals along with guidance on their healing uses and programming potential.

Taking your crystal healing experience to a higher level, this guide shows how each crystal has its own life plan just like human beings and when a crystal enters your life it is never by coincidence.

For more than 20 years, Sharon L. McAllister has been working as a holistic therapist and developing and teaching both crystal healing and reflexology diploma courses for the Hope Healing Clinics in Manchester and Yorkshire, UK. A passionate teacher who emphasizes the practical everyday applications of crystal energy, she lives with her three children, husband, and dog between mountain and sea in the Scottish Highlands.



October 2019

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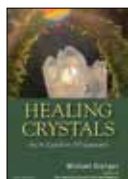
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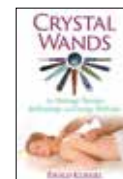
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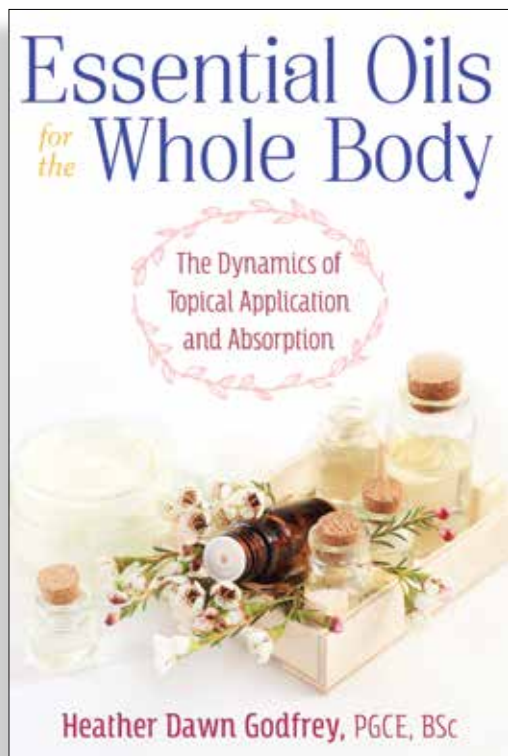
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Essential Oils for the Whole Body

The Dynamics of Topical Application and Absorption

HEATHER DAWN GODFREY, PGCE, BSc

A practical guide to the topical application of essential oils for physical and emotional health and healing

- Provides in-depth profiles of 15 essential oils that form a safe and effective “tool kit” for treating a broad range of ailments and conditions
- Examines the body’s many absorption pathways and how applying essential oils in different ways has specific influences on the body’s systems
- Offers guidelines for safe application, including recommendations for children and the elderly, along with easy-to-use charts to select the appropriate oil for each situation

Well known for their aromatherapy applications, essential oils also have outstanding healing abilities when absorbed through the skin. Applied topically they work well for wound healing, arthritis, inflammation, and skin conditions. Because all of the cells in the body are interconnected, they also affect underlying organs, systems, and soft tissues, influencing hormone release, gently relieving pain and stress, and offering antimicrobial protection against pathogens, viruses, and bacteria.

Focusing on 15 essential oils that form a safe and effective “tool kit” for treating a broad range of ailments and conditions, from acne, anxiety, and asthma to psoriasis, shingles, and painful periods, Heather Dawn Godfrey explores how these essential oils complement and support each other’s healing properties and can be blended together to offer dynamic, customizable treatments for each unique individual. She examines the body’s many absorption pathways, explaining how even the internal organs have odor receptors and how applying essential oils in different ways has specific influences on the body’s systems. Offering guidelines for safe application, including recommendations for children and the elderly, the author provides easy-to-reference charts and tables to select the appropriate oil or oils for each situation, and she explains which essential oils should be avoided during pregnancy and by those with specific conditions such as cancer.

Presenting scientific profiles for the 15 main essential oils discussed, Godfrey also explores complementary therapies that increase the effectiveness of essential oils, including Ayurveda and Chinese medicine, and she details the colors, chakras, gemstones, and crystals that correspond with each oil. She provides recipes for proper dilution and the best carrier mediums, including creams, compresses, lotions, and ointments.

Written for both healthcare professionals and for self-care, this hands-on guide will allow you to effectively treat acute and chronic conditions as well as incorporate essential oils into daily life for physical, emotional, and spiritual well-being.

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. The author of *Essential Oils for Mindfulness and Meditation*, she lives in Lyme Regis, Dorset, UK.



November 2019

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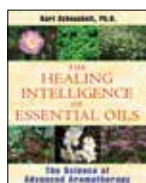


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The Evolutionary Empath

A Practical Guide for Heart-Centered Consciousness

Rev. STEPHANIE RED FEATHER, Ph.D.

Foreword by LINDA STAR WOLF, Ph.D.

A guide for empaths seeking to understand their unique nature, fully manifest their gifts, and embrace their role in the evolution of human consciousness

- Explores how an empath's qualities are strengths, not weaknesses, and why empaths are the way-showers for the next step in human evolution
- Includes techniques and exercises to help you understand, control, and fully manifest your gifts, including how to clear your energy field and reclaim your sense of self
- Explains the importance of embracing both the Divine Masculine and Divine Feminine and the impending reactivation of dormant levels of consciousness, which will upgrade our human operating systems to function at a higher frequency

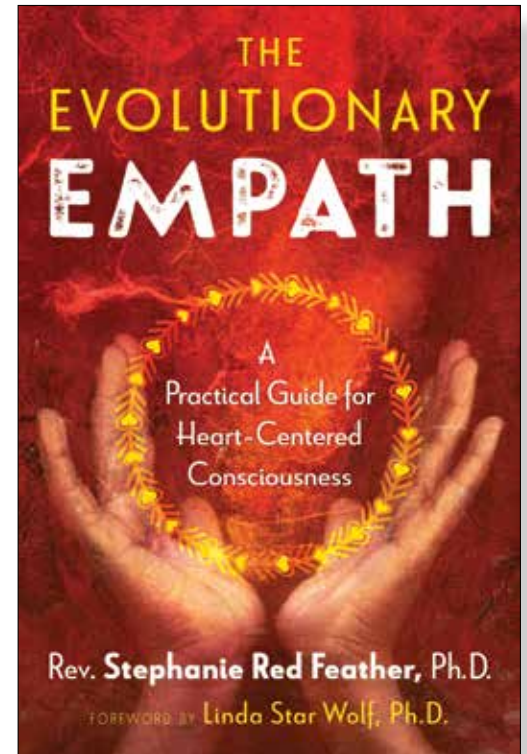
As an empath herself, Stephanie Red Feather has experienced firsthand the challenges of being extremely sensitive to subtle energies and the emotions of others. She knows that it can be overwhelming and cause you to lose yourself and doubt who you are. With this guide for anyone who's ever felt out of place because of their sensitivity, Red Feather offers advice on how to manage life's difficulties as an empath as well as insight into how these qualities are vitally important to the future of humanity.

Affirming that being an empath is a real thing and you are not alone in your experience of the world, Red Feather offers practical exercises to help you understand, control, and fully manifest your gifts. She explains how to clear your energy field, stop energy leaks, and reclaim your sense of self. She warns of the pitfalls of being an empath, such as employing your gifts in unhealthy ways, and stresses the importance of embracing both the Divine Masculine, to create boundaries and safety, as well as the Divine Feminine, to practice radical self-care and live authentically from your own center.

Red Feather explains not only that there are now more empaths than ever before, but that this surge in numbers is no coincidence. With the dawning of the Age of Aquarius, empaths represent the new human blueprint. They are the way-showers for the next step in human evolution, and they have a cosmic mission: to usher in a higher level of human consciousness, centered in the heart chakra. Red Feather also explains the impending reactivation of dormant levels of consciousness and cosmic memory, which will upgrade our human operating systems to function at a higher frequency. This shift is already acutely felt by empaths and will allow us to reclaim the lost powers of our ancestors.

With this hands-on guide, Red Feather provides empaths the tools they need to empower themselves and embrace their essential role in the next step of humanity's evolution and ascension into the frequency of heart-centered consciousness.

Rev. Stephanie Red Feather, Ph.D., is the founder and director of Blue Star Temple. An ordained shamanic minister, she holds a bachelor's degree in applied mathematics and master's and doctorate degrees in shamanic studies from Venus Rising University. She is also a mesa carrier in the Pachakuti Mesa Tradition of Peru, having studied with Don Oscar Miro-Quesada and his lineage since 2005. She lives near Kansas City, Missouri.



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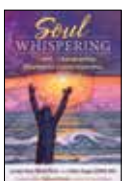
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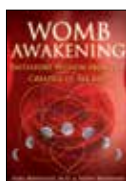


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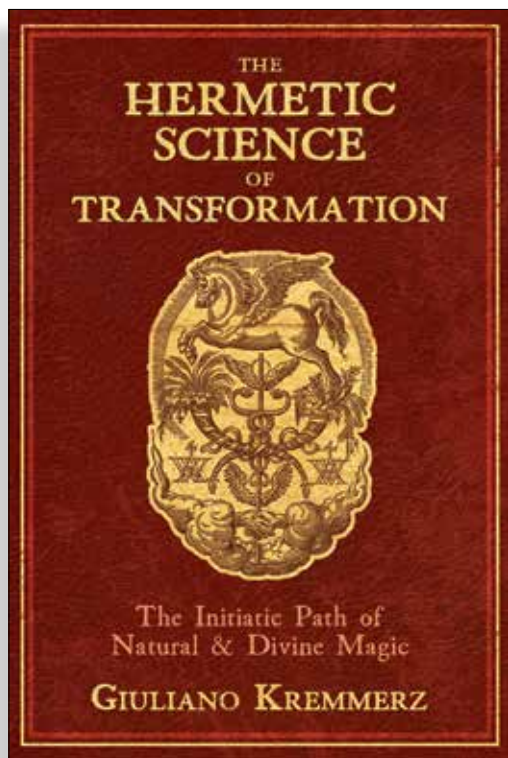
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The Hermetic Science of Transformation

The Initiatic Path of Natural and Divine Magic

GIULIANO KREMMERZ

A classic initiatic primer for the serious magical aspirant, available now for the first time in English

- Details occult purification and preparations for the path of natural and divine magic
- Explains how initiation into the hermetic science transforms the novice not only mentally but also physically, altering even the very fluids of the body
- Offers a return to the original hermetic path of initiation, following the strict procedures and symbolism as defined in the spiritual practices of Pythagoras and his tradition

The main purpose of the hermetic science, as seen by Giuliano Kremmerz (1861–1930), Italian alchemist, hermeticist, philosopher, and member of the Ur Group, is to allow the adept to concentrate on the natural and divine magic that will allow him or her to develop the latent powers innate in every human being. The initiatory path this opens, one the author compares to the Royal Way of Alchemy, transforms the novice not only mentally but also physically, altering even the very fluids of his or her body. For Kremmerz, magic is the supreme science, the highest expression of what exists and what is possible.

With this book, first published in Italian in 1897 and available here for the first time in English, Kremmerz sought to redefine magical initiation as well as other key components of the occult sciences. His aim was to bring the hermetic path of initiation back into alignment with the strict procedures and symbolism that defined the spiritual practices of Pythagoras and the heirs to his tradition. He visualized the initiate as a disciple who has escaped the stagnant water in which the rest of humanity is immersed and entered a state of non-ordinary consciousness, one that allows for the successful pursuit of realization and contact with the magical will.

In this transformative initiatory guide, Kremmerz details the occult purification and preparation the path of natural and divine magic requires. The spiritual course advocated by Kremmerz is arduous—to move forward on the path of true realization, one that will allow the initiate to “climb to heaven” while still alive, the aspirant must commit to total severance from everyday life. Yet Kremmerz’s words themselves serve to trigger the beginning of transformation within us, making the very act of reading this primer the first step on the path of initiation into the hermetic science.

Giuliano M. Kremmerz (1861–1930), also known as J. M. Kremm-Erz and born as Ciro Formisano, was an Italian alchemist, hermeticist, philosopher, and prominent member of the Ur Group, alongside Julius Evola. He was initiated into the mysteries of the Sacred Science by Pasquale De Servis, known as Izar, and published writings on natural and divine magic through the journal *Il Mondo Secreto*. In 1896 he founded the Schola Philosophica Hermetica Classica Italica and its associated body Fratellanza Terapeutica Magica di Miriam (Therapeutic and Magic Brotherhood of Miriam), a school and group still in operation in Italy today.



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Rosicrucian America

How a Secret Society Influenced the Destiny of a Nation

STEVEN SORA

An in-depth history of Rosicrucianism, its key members, and their roles in the formation and settling of America

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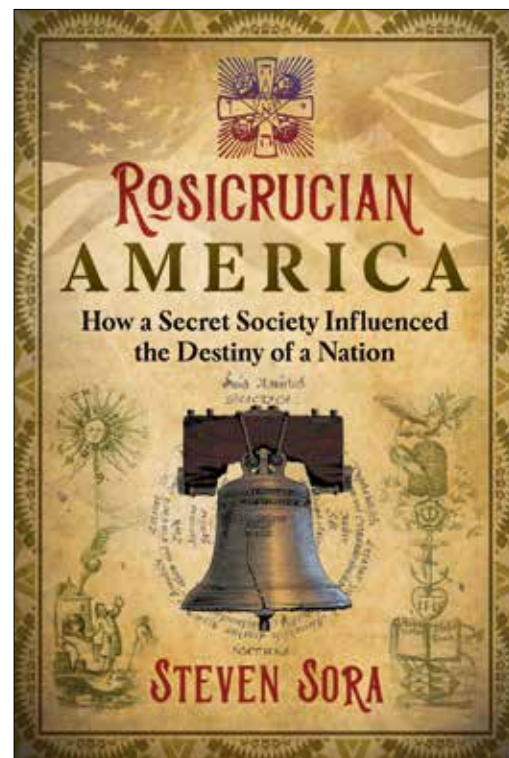
Dr. John Dee and his polymath protégé Sir Francis Bacon were the most influential men in the court of Queen Elizabeth I, part of an elite group with invisible control throughout Europe. And, as Steven Sora reveals, not only were they key members of the Rosicrucians, they were the driving force behind England's colonization of the New World and the eventual establishment of the United States.

From Avalon in Newfoundland to New England to Pennsylvania and Virginia, Sora shows how Bacon and Dee's Rosicrucian impact is felt throughout North America. He details Bacon's possible authorship of the anonymous Rosicrucian texts of the early 1600s, his connections with Sir Walter Raleigh's School of Night, and the origins of Rosicrucianism in Bacon's Order of the Helmet. He explains how Bacon envisioned America as the New Atlantis, a utopia where liberty and freedom of learning prevailed—a key tenet of the "Invisible College" of the Rosicrucian Order—and how Dee convinced the Queen that England had rightful claims in the New World by drawing on legends of both King Arthur and Welsh Prince Madoc voyaging West to America.

Sora looks at Rosicrucian influences on the Founding Fathers and earliest settlers of America, such as Washington, Franklin, and William Penn of Pennsylvania, on the American Revolution, and on American colonies, such as the Williamsburg colony. He details how Penn invited Rosicrucians to Philadelphia and how the city's layout follows esoteric principles, including a direct reference to Bacon's New Atlantis. Moving into the 1800s and beyond, he reveals how a handful of Rosicrucians served as the Inner Sanctum of the Knights of the Golden Circle and how Rosicrucians are behind the Georgia Guidestones, carved granite monoliths with messages in ancient languages.

Providing a thorough and expansive view of Rosicrucianism, its occult origins, and its deep imprint on America, Sora shows how this secret society still continues to exert invisible influence on the modern world.

Steven Sora has been researching historical enigmas since 1982 and is the author of several books, including *The Lost Treasure of the Knights Templar* and *Secret Societies of America's Elite*. A regular contributor to *Atlantis Rising* magazine, he was featured in the History Channel movie *Holy Grail in America* and on the TV show *America Unearthed* on History Channel 2. He lives in Easton, Pennsylvania.



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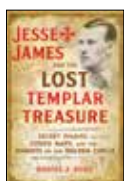
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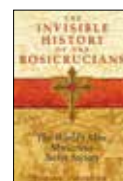
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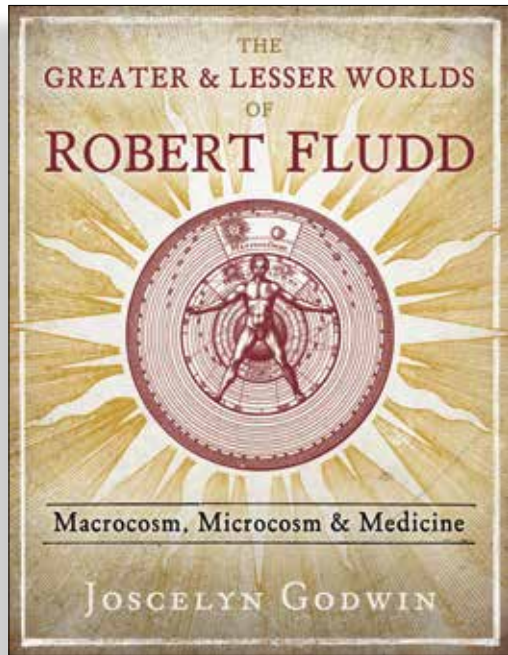
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One of the last Renaissance men, Robert Fludd (1574–1637) was one of the great minds of the early modern period. A physician by profession, he was also a Christian Hermetist, a Rosicrucian, an alchemist, astrologer, musician, and inventor. His drive to encompass the whole of human knowledge—from music to alchemy, from palmistry to fortification—resulted in a series of books remarkable for their hundreds of engravings, a body of work recognized as the first example of a fully-illustrated encyclopedia.

In this in-depth, highly illustrated reference, scholar and linguist Joscelyn Godwin explains Fludd's theories on the correspondence between the macrocosm of elements, planets, stars, and subtle and divine beings and the microcosm of the human being and its creative activities. He shows how Fludd's two worlds—the macrocosm and the microcosm—along with Paracelsus's medical principles and the works of Hermes Trismegistus provided the foundation for his search for the cause and cure of all diseases. The more than 200 illustrations in the book represent the whole corpus of Fludd's iconography, each one accompanied by Godwin's expert commentary and explanation. Sharing many passages translated for the first time from Fludd's Latin, allowing him to speak for himself, Godwin explores Fludd's thoughts on cosmic harmonies, divination, the kabbalah, astrology, geomancy, and the rapport between the multiple levels of existence. He also analyzes Fludd's writings in defense of alchemy and the Rosicrucians.

An essential reference for scholars of Renaissance thinkers, traditional cosmology, metaphysics, and the Western esoteric tradition, this book offers intimate access to Fludd's worlds and gives one a feel for an epoch in which magic, science, philosophy, spirituality, and imagination could still cohabit and harmonize within a single mind.

Educated at Cambridge and Cornell, Joscelyn Godwin, Ph.D., is the author, editor, and translator of more than 30 books, including *Athanasius Kircher's Theatre of the World*, and was a professor of music at Colgate University for over 40 years until his retirement in 2016. Known for his translations of the works of Fabre d'Olivet and Julius Evola as well as Francesco Colonna's *Hyperbrotomachia Poliphili*, he lives in Hamilton, New York.



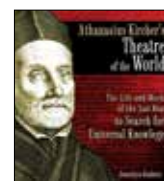
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- Offers a path to help you regenerate from the “fallen” state and experience God as infinite love and light

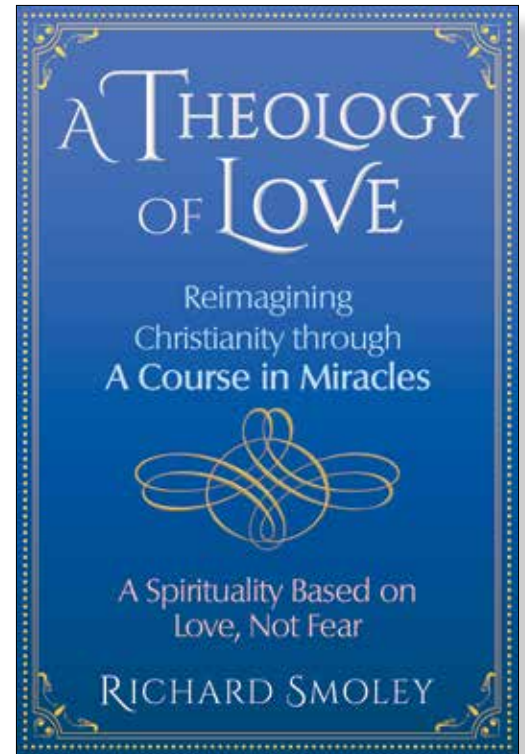
In the West, theology has almost always meant Christian theology—a hodgepodge of beliefs that are hard to make sense of. Why, for example, should an all-loving, merciful God have gotten mad at the human race because someone ate a piece of fruit six thousand years ago? And why would he send part of himself down to earth to be tortured to death? These beliefs, stated baldly, are nonsensical. Millions of people are realizing this and losing their faith. The time has come to reenvision Christian theology without contradictory teachings laced with fear. It is time for a theology of love and miracles.

Richard Smoley reframes Christian theology using logical, consistent, and easy-to-understand teachings of unconditional love and forgiveness. He draws inspiration not only from the Bible, but also from Hinduism, Buddhism, Gnosticism, and from esoteric and mystical teachings, such as *A Course in Miracles* and the *Sefer Yetzirah*, the oldest known Kabbalistic text. He explains how the “fallen” state of the human condition, not one of sin but of oblivion, leads us to experience the world as flawed and problematic—not wholly evil, but not wholly good.

Citing philosophical wisdom from Kant, Blake, Jung, and Gurdjieff, alongside cognitive science, Smoley reveals how it is not the world that is flawed, but the way we see the world. Sharing key teachings from *A Course in Miracles*, he shows that our fear-based mind-sets—often filled with anxiety, suffering, and shame—lead us to feel separated from God when, in fact, we are all extensions of a God of infinite love and light.

Offering a path to help you regenerate from the “fallen” state and see the real spiritual world and loving God that lies behind it, the author provides ways for each of us to craft our own self-consistent theology. He also lays out a vision for the future of spirituality, a path for present-day religion to transform into something higher and more universal.

Richard Smoley is one of the world’s leading authorities on the Western esoteric traditions, with degrees from both Harvard and Oxford. His many books include *Inner Christianity: A Guide to the Esoteric Tradition* and *How God Became God: What Scholars Are Really Saying about God and the Bible*. Former editor of *Gnosis*, he is now editor of *Quest: Journal of the Theosophical Society in America*. He lives in Winfield, Illinois.



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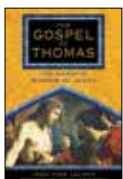
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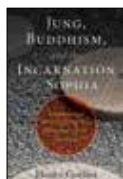
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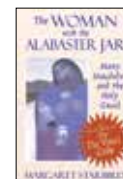
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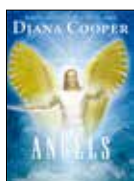
Angels are powerful, compassionate forces that can be invoked to assist in our incarnation on this earth. These messengers, especially the Archangels Michael and Gabriel, act as intermediaries for the Divine and deliver answers to human prayers through intuition and signs. In this full-color oracle card deck, Dawn Brown pairs the Archangels with sacred knowledge from ancient mystery schools, esoteric symbols, sigils, directions, planetary alignments, and the Qabbalistic Tree of Life. She explains that when these images are accessed and the symbols become internalized, a connection is made to etheric energy that has stored this sacred knowledge for thousands of years. Working with the alchemic vibration of the Archangels can transform you at the deepest levels, especially when used to connect to the spiritual dimensions for insight or when giving service to others.

The deck contains 44 full-color Archangel cards, each carrying the attributes of its particular angel accompanied by an illuminating message that can be used for daily focus or as part of a divination spread. The Archangels are depicted in playful Chibi Anime style, “little animations” of the Archangels, to connect directly to the inner child, bypassing the intellect and thus allowing the messages to be absorbed by the subconscious. The accompanying 128-page booklet provides a comprehensive explanation of associated symbols, planetary alignments, and messages for each Archangel as well as their position on the Qabbalistic Tree of Life. It also includes guidance on card spreads and recommendations for using the energy of the cards. By connecting with Angels and your inner child through the *Chibi Anime Angel Cards*, you open access to an everlasting and loving spiritual support system as well as to tools to develop your intuition for self-mastery and empowerment.

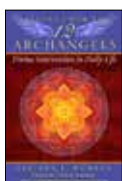
Dawn Brown is an international spiritual coach, intuitive, healer, and speaker, working with the quantum energies of the Angels. She is a teacher of Ancient Mysteries and her mission is to connect people to the highest vibrational frequencies available for transformation and alignment to the life that was “divinely imagined” before they incarnated on earth. She lives in London.



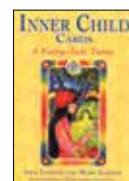
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- Provides many exercises, meditations, ceremonies, dream work practices, and games to help you consciously connect with your unicorn, raise your energetic level, and spiritually progress on your journey to enlightenment
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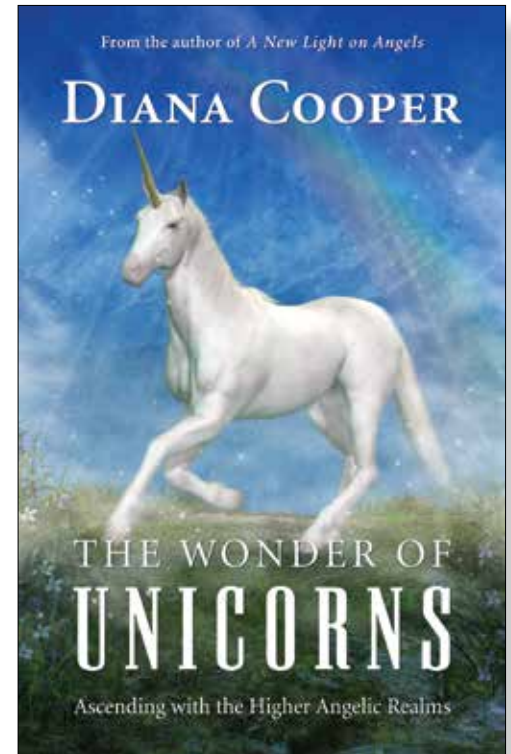
Fully of the angelic realms, unicorns live in the seventh dimension, the seventh heaven. These beautiful creatures are aspects of the divine, in the same way angels are. While angels work through the heart, unicorns work with the soul and help you fulfill your pre-life contracts through their energy.

In *The Wonder of Unicorns* Diana Cooper explains ancient myths and legends of these amazing energetic beings from a higher spiritual perspective. Who are they, these seventh-dimensional creatures of myth and magic? Where do they stand in the angelic hierarchy and what is their role with regard to us humans? How can you meet and engage with them as an individual?

These magical beings of light, absent from the Earth for many centuries, are now returning to guide humanity on their spiritual path. Prevalent in the times of Atlantis, unicorns open hearts through bringing in joy, wisdom, and healing. They offer protection and support and inspire us to choose actions for the highest benefit of all. Consciously connecting and working with your unicorn will enable you to raise your energetic level and assist you on your journey to enlightenment. Create a unicorn humming ball, engage in a unicorn healing, or join in dream work with your unicorn.

Whether aspiring to help the world at large or simply improve a small corner of it, enlightenment seekers can apply the meditations, rituals, ceremonies, and games featured in this book to unleash the great abilities of these elusive spirit guides. With wonderful real life stories and anecdotes from people who have seen and experienced unicorns first hand, *The Wonder of Unicorns* is a book to inspire and empower you on your spiritual path.

Diana Cooper is a world-renowned spiritual teacher, healer, and bestselling author of many books, meditation CDs, and card decks, including *True Angel Stories*, *The Ascension Cards*, and *The Keys to the Universe* (with Kathy Crosswell). She is the founder of the Diana Cooper School, a non-profit organization that offers certified spiritual teaching courses throughout the world. Diana lives in the south of England.



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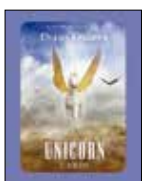
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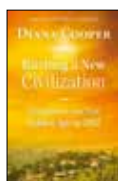
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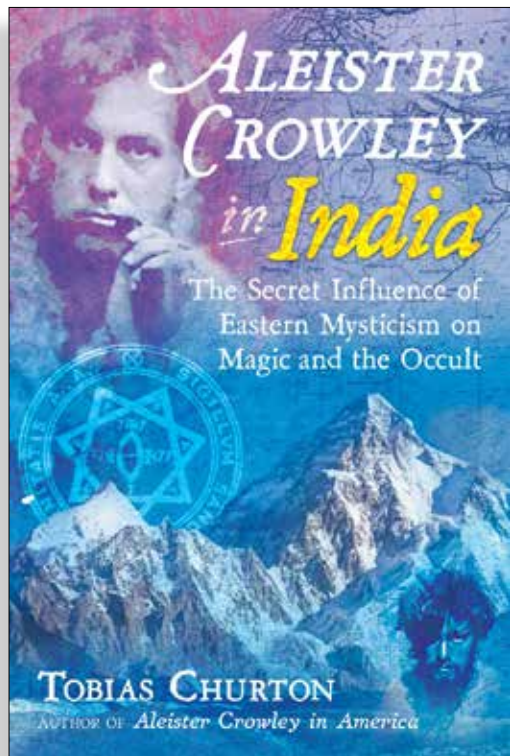
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Aleister Crowley in India

The Secret Influence of Eastern Mysticism on Magic and the Occult

TOBIAS CHURTON

Follow Aleister Crowley through his mystical travels in India, which profoundly influenced his magical system as well as the larger occult world

- Shares excerpts from Crowley's unpublished diaries and details his travels in India, Burma, and Sri Lanka from 1901 to 1906
- Reveals how Crowley incorporated what he learned in India—jnana yoga, Vedantist, Tantric, and Buddhist philosophy—into his own school of Magick
- Explores the world of Theosophy, yogis, Hindu traditions, and the first Buddhist sangha to the West as well as the first pioneering expeditions to K2 and Kangchenjunga in 1901 and 1905

Early in life, Aleister Crowley's dissociation from fundamentalist Christianity led him toward esoteric and magical spirituality. In 1901, he made the first of three voyages to the Indian subcontinent, searching for deeper knowledge and experience. His religious and magical system, Thelema, shows clear influence of his thorough experimental absorption in Indian mystical practices.

Sharing excerpts from Crowley's unpublished diaries, Tobias Churton tells the true story of Crowley's adventures in India from 1901 to 1906, culminating in his first experience of the supreme trance of jnana ("gnostic") yoga, Samadhi: divine union. Churton shows how Vedantist and Advaitist philosophies, Hindu religious practices, yoga, and Mahayana and Theravada Buddhism informed Crowley's spiritual system and reveals how he built on Madame Blavatsky and Henry Steel Olcott's prior work in India. Churton illuminates links between these beliefs and ancient Gnostic systems and shows how they informed the O.T.O. system through Franz Hartmann and Theodor Reuss.

Churton explores Crowley's early breakthrough in consciousness research with a Dhyana trance in Sri Lanka, becoming a devotee of Shiva and Bhavani, fierce avatar of the goddess Parvati. Recounting Crowley's travels to the temples of Madurai, Anuradhapura, and Benares, Churton looks at the gurus of yoga and astrology Crowley met, while revealing his adventures with British architect, Edward Thornton. Churton also details Crowley's mountaineering feats in India, including the record-breaking attempt on Chogo Ri (K2) in 1902 and the Kangchenjunga disaster of 1905.

Revealing how Crowley incorporated what he learned in India into his own school of Magick, including an extensive look at his theory of correspondences, the symbology of 777, and the Thelemic synthesis, Churton sheds light on one of the most profoundly mystical periods in Crowley's life as well as how it influenced the larger occult world.

Britain's leading scholar of Western esotericism, 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 *Gnostic Philosophy* and *Aleister Crowley in America*. He lives in the heart of England.



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Rishi Yoga

Movement Meditation Practices of the Himalayan Sages

PIERRE BONNASSE

A step-by-step guide to a powerful yet simple practice to make every moment an act of meditation and connect to the joy within

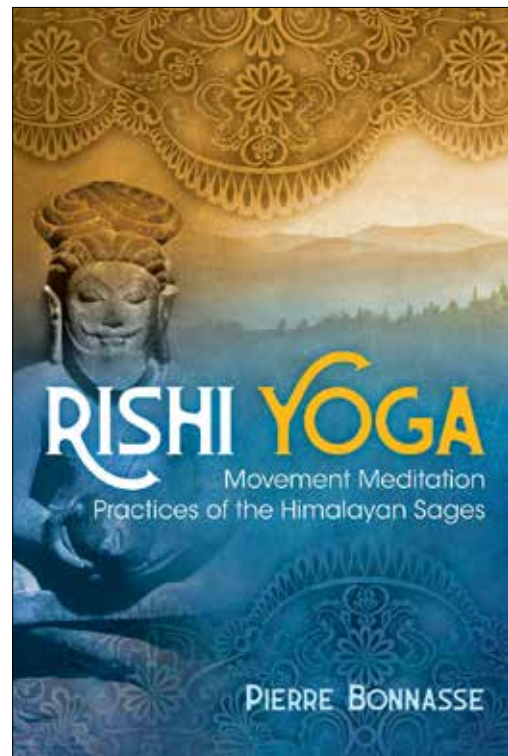
- Details the simple practices of Rishi Yoga: easy physical movements, done slowly and with full awareness, combined with breathing exercises, sensory perception, concentration, and meditation
- Explains how the practices work progressively to allow you to tune in to your body and cellular memory, facilitate concentration, and cultivate self-awareness
- Reveals how to integrate Rishi Yoga into daily life to make every moment an act of meditation and access the peace and joy inherent within each of us

In this detailed guide, yoga and meditation teacher Pierre Bonnasse reveals the simple movement, breathing, and awareness techniques of the Rishi Yoga tradition, passed down through generations of yogis in the Himalayas. He shows how to integrate Rishi Yoga into daily life for discovering and recognizing the Universal Self, or Pure Awareness, and unveiling the peace and joy inherent in each of us.

The author begins by detailing the foundational practices of Rishi Yoga: easy physical movements, done slowly and with full awareness, combined with breathing exercises, sensory perception, and concentration. These moving-meditation exercises are physically simple enough to be performed seated, standing, or lying down and work progressively to allow you to tune in to your energetic body centers and cultivate a natural and effortless sense of self-awareness, which is the hallmark of Rishi Yoga, in every situation and at every moment. The author explores how Rishi Yoga trains us to become receptive to all levels of being—the physical body, emotional body, and subtle body—and enables access to tissue-level awareness and cellular memory. He also looks at this dynamic meditation's rapport with traditional forms of yoga, such as Raja Yoga, Jnana Yoga, Hatha Yoga, and Yoga Nidra, and with the philosophy of nonduality, Advaita Vedanta, and modern methods of mindfulness.

The author explains how, as Rishi Yoga advances you from personal awareness to a state of universal consciousness, it also becomes more and more integrated into the ordinary activities of daily life, making every moment—from the time you wake up to the time you fall asleep—an act of meditation, active perception, undivided attention, and expanded awareness. And once the practice of Rishi Yoga has permeated all facets of your waking life, it brings the realization that true happiness or Enlightenment is neither a state nor an experience to attain or acquire; it is an ever-present reality to be recognized behind every thought, emotion, speech, and action—the “ultimate Bliss” described by the ancient Indian scriptures.

Pierre Bonnasse, also known as Chitragupta, has studied under the guidance of different spiritual masters for more than 20 years. A teacher of yoga, meditation, and Indian philosophy, he cofounded the Rishi Yoga Shala School. The author of more than 20 books, including *Yoga Nidra Meditation*, he lives in Rishikesh, India.



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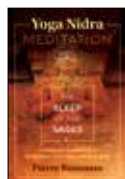
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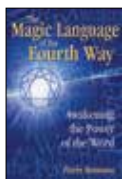


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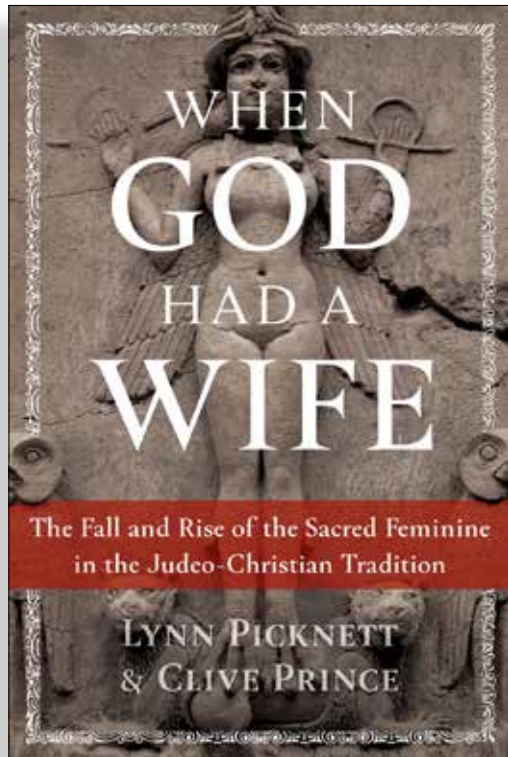


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When God Had a Wife

The Fall and Rise of the Sacred Feminine in the Judeo-Christian Tradition

LYNN PICKNETT and CLIVE PRINCE

Reveals the tradition of goddess worship in early Judaism and how Jesus attempted to restore the feminine side of the faith

- Provides historical and archaeological evidence for an earlier form of Hebrew worship with both male and female gods, including a 20th-century discovery of a Hebrew temple dedicated to both Yahweh and the warrior goddess Anat
- Explores the Hebrew pantheon of goddesses, including Yahweh's wife, Asherah, goddess of fertility and childbirth
- Shows how both Jesus and his great rival Simon Magus were attempting to restore the ancient, goddess-worshipping religion of the Israelites

Despite what Jews and Christians—and indeed most people—believe, the ancient Israelites venerated several deities besides the Old Testament god Yahweh, including the goddess Asherah, Yahweh's wife, who was worshipped openly in the Jerusalem Temple. After the reforms of King Josiah and Prophet Jeremiah, the religion recognized Yahweh alone, and history was rewritten to make it appear that it had always been that way. The worship of Asherah and other goddesses was now heresy, and so the status of women was downgraded and they were blamed for God's wrath.

However, as Lynn Picknett and Clive Prince reveal, the spiritual legacy of the Jewish goddesses and the Sacred Feminine lives on. Drawing on historical research, they examine how goddess worship thrived in early Judaism and included a pantheon of goddesses. They share new evidence for an earlier form of Hebrew worship that prayed to both male and female gods, including a 20th-century archaeological discovery of a Hebrew temple dedicated to both Yahweh and the goddess Anat. Uncovering the Sacred Feminine in early Christianity, the authors show how, in the first century AD, both Jesus and his great rival, Simon Magus, were attempting to restore the goddess-worshipping religion of the Israelites. The authors reveal how both men accorded great honor to the women they adored and who traveled with them as priestesses, Jesus's Mary Magdalene and Simon's Helen. But, as had happened centuries before, the Church rewrote history to erase the feminine side of the faith, deliberately ignoring Jesus's real message and again condemning women to marginalization and worse.

Providing all the necessary evidence to restore the goddess to both Judaism and Christianity, Picknett and Prince expose the disastrous consequences of the suppression of the feminine from these two great religions and reveal how we have been collectively and instinctively craving the return of the Sacred Feminine for millennia.

Since 1989, Lynn Picknett and Clive Prince have researched historical and religious mysteries, authoring such bestsellers as *The Stargate Conspiracy* and *The Templar Revelation*, which directly inspired *The Da Vinci Code*. Frequent speakers at conferences around the world, they regularly appear on TV series such as *Forbidden History*, *History's Ultimate Spies*, and *Medieval Murder Mysteries*. Lynn lives in Surrey, UK, and Clive lives in London.



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Mysteries of the Tayos Caves

The Lost Civilizations Where the Andes Meet the Amazon

ALEX CHIONETTI

Foreword by JAVIER SIERRA

A detailed examination of the controversial expeditions to the Tayos Cave complex in Ecuador and the treasures glimpsed in its depths

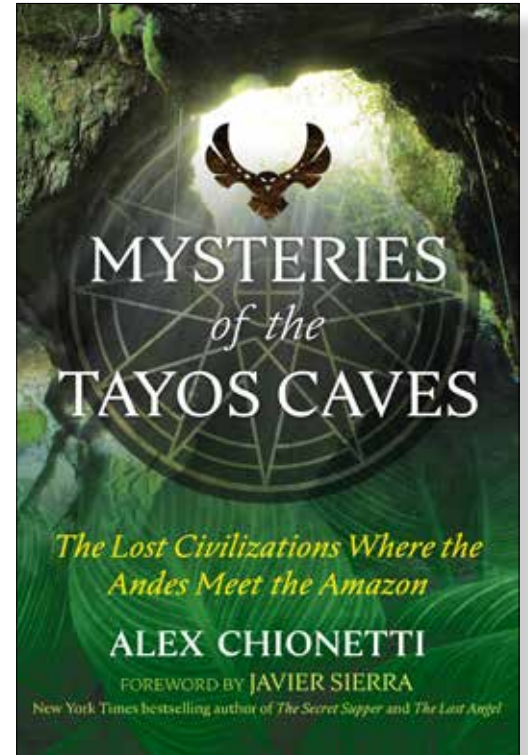
- Reconstructs the expeditions from the 1960s and '70s, including the Mormon Church's search for lost tablets, Stanley Hall's quest with Neil Armstrong, and sightings of a metal library, books of gold, copper plates, and a quartz sarcophagus
- Includes photos from the author's own dangerous expeditions to the Tayos Caves
- Explores connections to Atlantis, Ancient Astronauts, and the Hollow Earth theory and the possibility of tunnel networks that extend from the Rocky Mountains to Patagonia

The Cuevas de los Tayos is a cavern complex in the Amazon rain forest of Ecuador. Named for the *tayos*, the oil birds that reside within them, these caves have countless enigmas connected with them, from the discovery of inexplicable architectural details, to claims of curses and treasures, to dangerous encounters with the indigenous people, the Shuar, for whom the caves are sacred.

Sharing his more than 30 years of research into the Tayos Caves as well as his own explorations, Alex Chionetti examines the legends and mysteries associated with this site and the explorers who have ventured within. He details the discovery of the Tayos Cave complex by Hungarian explorer Janos Juan Moricz in the 1960s, including Moricz's claims of finding a metal library with books of gold. Exploring the oral tradition of the Shuar, he explains how this region was the possible origin of Incan culture and the legend of El Dorado. The author shares his own dangerous explorations within the Tayos Caves, and, drawing on unpublished interviews with speleologist Julio Goyén Aguado, he reconstructs the expeditions of the 1960s and '70s, revealing the Mormon Church's search for lost tablets, a British army incursion, and sightings of paintings, gold statues and skeletons, copper plates, and a quartz sarcophagus—treasures akin to the Crespi treasure. The author also shares details from Stanley Hall's suspicious expedition in 1976, which included astronaut Neil Armstrong.

Investigating the lost civilizations behind the Tayos treasures, Chionetti explores the possible connections to Atlantis, aliens, Ancient Astronauts, and the Hollow Earth theory; the caves' links with hermetic societies; and claims of tunnel networks that extend thousands of miles through both American continents, from the Rocky Mountains to Patagonia. Sharing a real-life adventure story wilder than an Indiana Jones plot, the author shows that Earth's ancient past has many secrets waiting to be uncovered.

Alex Chionetti is an award-winning journalist, explorer, and filmmaker. A consulting producer for several seasons of *Ancient Aliens*, his documentaries have been broadcast on Fox, NBC, A&E, History Channel, and other international networks. The discoverer of two lost cities in the Andean region and a member of the Explorers Club, he lives in Matawan, New Jersey.



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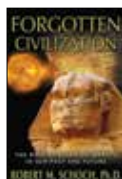


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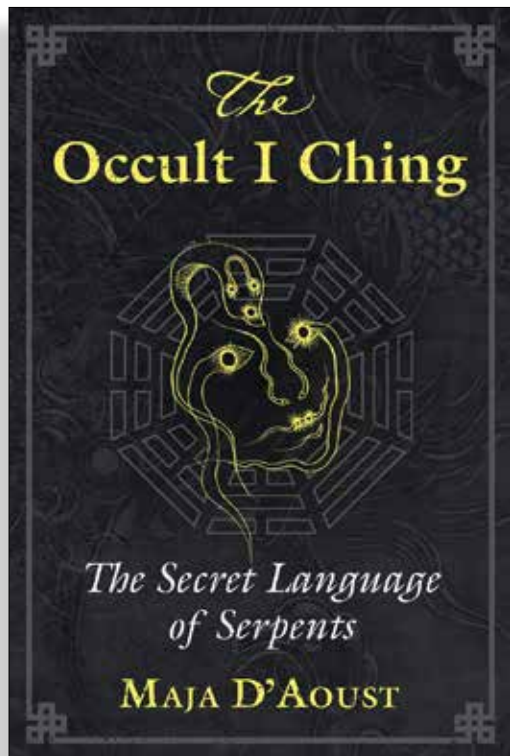
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The Occult I Ching

The Secret Language of Serpents

MAJA D'AOUST

An illustrated guide to the occult history, serpent magic, and practical application of the I Ching

- Reveals how the sacred language of the original eight trigrams of the I Ching was discovered by a wisdom serpent known as Fu Xi
- Explores how the I Ching formed the basis of the earliest Taoist philosophies, its complex correlation with human DNA, and its relationship with artificial intelligence
- Provides new contemporary analysis of each of the 64 hexagrams, their changing lines, and archetypes of the I Ching
- Includes original artwork highlighting the serpent magic within the system and tools to help you interpret the I Ching based on your own individual experience

One of the oldest books in the world, the I Ching has been used in China for millennia to open a dialogue with divinity, gain insight and wisdom, and pull aside the curtain of reality to reveal the light of the heavens. Yet, despite its popularity over thousands of years, few understand its mysterious origins, symbolism, or occult connections.

In this illustrated guide, Maja D'Aoust applies her significant experience as a professional practitioner and scholar of the I Ching to provide a history of the oracle, explain the mechanisms at work behind it, and offer a new experiential approach to its interpretation. The author begins by examining the discovery of the I Ching by the first mythical emperor of China, Fu Xi, a divine being with the body of a serpent. She reveals how Fu Xi's eight original trigrams, also called the Ba Gua, provided a sacred language of symbols that allowed for communication between the diviner and the spirit world. Using the I Ching's principles of cosmology as a basis, the shamans of ancient China developed the earliest Taoist philosophies of nature, medicine, martial arts, and mathematics as well as ecstatic practices, war strategies, birth and death rituals, agricultural systems, and alchemical studies. D'Aoust further shows how the I Ching relates to the mathematical sequences of biology and human DNA, examining the correlation between the serpent's tail and the double helix. She reveals how the ways the oracle connects with your own inner knowing parallel the ways in which DNA repairs itself.

Providing a new analysis of each of the 64 hexagrams and their changing lines and archetypes, the author explores each hexagram's meanings in depth, alongside original artwork highlighting the serpent magic within the system and tools to help you interpret the I Ching based on your own individual experience. Revealing how the oracle holds complex networks of meaning that language alone fails to capture, D'Aoust offers a new understanding of the Book of Changes and its many hidden lessons.

Maja D'Aoust is a practicing Witch and scholar of alchemy and occult lore. After completing her bachelor's degree in biochemistry, she earned her master's degree in transformational psychology with a focus on shamanism, the I Ching, and ancestors. She is the author of *Familiars in Witchcraft* and *A Witch's Bestiary*, coauthor of *The Secret Source*, and creator of a Tarot deck, *The White Witch Tarot*. She lives in Los Angeles.



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LSD and the Mind of the Universe

Diamonds from Heaven

CHRISTOPHER M. BACHE, Ph.D.

Foreword by ERVIN LASZLO

A professor of religious studies meticulously documents his insights from 73 high-dose LSD sessions conducted over the course of 20 years

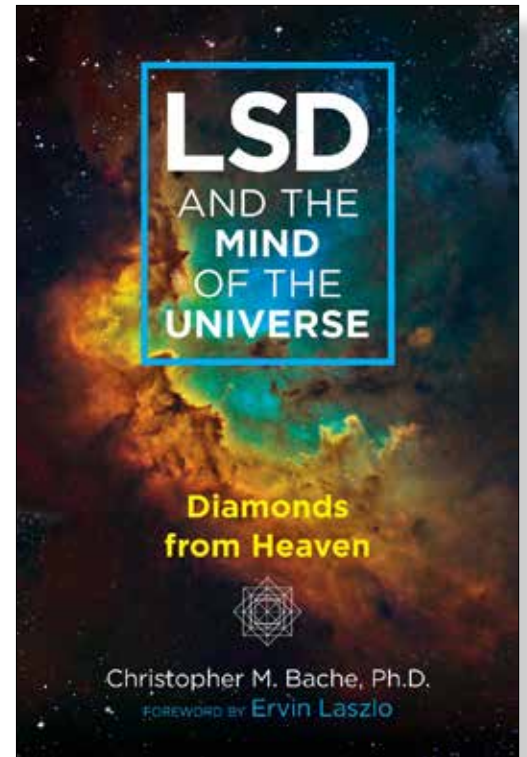
- Chronicles, with unprecedented rigor, the author's systematic journey into a unified field of consciousness that underlies all physical existence
- Makes a powerful case for the value of psychedelically induced spiritual experience and discusses the challenge of integrating these experiences into everyday life
- Shows how psychedelic experience can take you beyond self-transformation into collective transformation and help birth the future of humanity

On November 24, 1979, Christopher M. Bache took the first step on what would become a life-changing journey. Drawing from his training as a philosopher of religion, Bache set out to explore his mind and the mind of the universe as deeply and systematically as possible—with the help of the psychedelic drug LSD. Following protocols established by Stanislav Grof, Bache's 73 high-dose LSD sessions over the course of 20 years drew him into a deepening communion with cosmic consciousness.

Journey alongside professor Bache as he touches the living intelligence of our universe—an intelligence that both embraced and crushed him—and demonstrates how direct experience of the divine can change your perspective on core issues in philosophy and religion. Chronicling his 73 sessions, the author reveals the spiral of death and rebirth that took him through the collective unconscious into the creative intelligence of the universe. Making a powerful case for the value of psychedelically induced spiritual experience, Bache shares his immersion in the fierce love and creative intent of the unified field of consciousness that underlies all physical existence. He describes the incalculable value of embracing the pain and suffering he encountered in his sessions and the challenges he faced integrating his experiences into his everyday life. His journey documents a shift from individual consciousness to collective consciousness, from archetypal reality to Divine Oneness and the Diamond Luminosity that lies outside cyclic existence.

Pushing the boundaries of theory and practice, the author shows how psychedelic experience can take you beyond self-transformation into collective transformation, beyond the present into the future, revealing spirit and matter in perfect balance.

Christopher M. Bache is professor emeritus in the Department of Philosophy and Religious Studies at Youngstown State University where he taught for 33 years. A Fellow at the Institute of Noetic Sciences, he is also adjunct faculty at the California Institute of Integral Studies and on the advisory board for Grof Transpersonal Training and the Grof Foundation. An award-winning teacher and international speaker, he is the author of 3 books and lives in Poland, Ohio.



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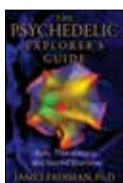
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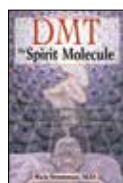


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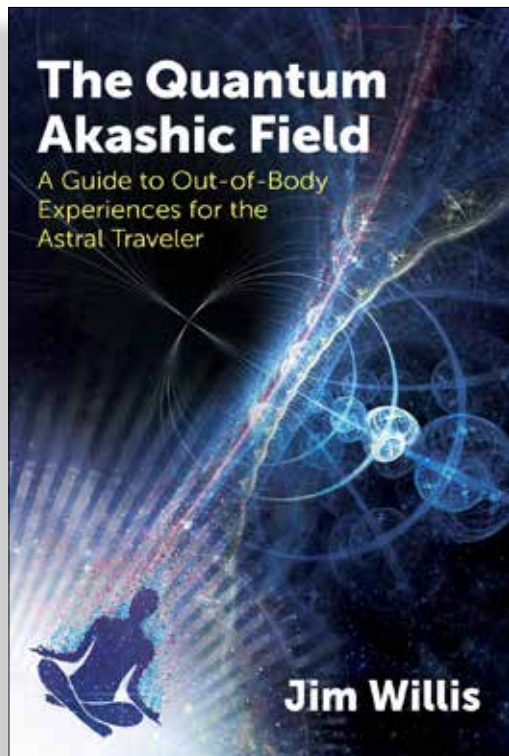
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The Quantum Akashic Field

A Guide to Out-of-Body Experiences for the Astral Traveler

JIM WILLIS

A first-hand exploration of how to consciously step out of your body and navigate the Quantum Akashic Field

- Details a step-by-step process of engaging extrasensory, out-of-body travel
- Examines the quantum landscape of the Akashic Field, meetings with spirit guides, and descriptions of out-of-body experiences from the author's personal journal and from world spiritual traditions, including the Bible and the Baghavad Purana
- Explores current theories about the science of consciousness and sensory perception, including discoveries from quantum physics, and how these discoveries align with the traditional wisdom of shamans, dowsers, and mystics

Physicists have recently discovered a whole quantum-based reality, a multidimensional world where all potentials simultaneously exist. Called the Akashic Field by systems scientist Ervin Laszlo, it is the same quantum reality that mystics, shamans, and dowsers have been exploring for thousands of years through astral travel, spirit journeying, and energy work.

Revealing how to gain awareness of the Quantum Akashic Field through conscious out-of-body experiences (OBEs), Jim Willis shares fascinating firsthand accounts taken from the detailed OBE journals he has kept for nearly 10 years, alongside analysis of recent discoveries in quantum physics and wisdom from the world's spiritual traditions. He details his own experiences with a wide variety of astral beings, spirit guides, landscapes, laws, and activities that he encountered in the Quantum Akashic Field. Drawing on scientifically-based principles that underlie the very nature of biological life, he explains how the brain is an organizer, not a producer, of consciousness. He explores the difference between dreams, visions, and OBEs and powerful ways to harness the imagination.

Detailing a step-by-step process centered on safe, simple meditative techniques, Willis shows how to bypass the filters of your five senses while still fully awake and aware and engage in extrasensory, out-of-body travel. Sharing his journey to connect with universal consciousness and navigate the quantum landscape of the Akashic Field, he reveals how conscious OBEs allow you to penetrate beyond normal waking perception into the realm of quantum perception.

Jim Willis is the author of 11 books on religion and spirituality in the 21st century, including *Supernatural Gods*, along with many magazine articles on topics ranging from earth energies to ancient civilizations. He has been an ordained minister for over forty years while working part-time as a carpenter, musician, radio host, arts council director, and adjunct college professor in the fields of world religions and instrumental music. He lives in the woods of South Carolina.



December 2019

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Jim Willis

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Holistic Keto for Gut Health

A Program for Resetting Your Metabolism

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A step-by-step guide to addressing autoimmune and other health challenges through a healthy digestive system

- Offers a therapeutic ketogenic gut repair program that differs from mainstream ketogenic diets because it excludes inflammatory foods that cause gut damage, immune dysfunction, accelerated aging, and tissue damage
- Provides a science-based explanation for why almost everyone has some degree of gut damage and how this impacts your immune function and health issues
- Details the right kind of lab tests needed for proper diagnosis of food sensitivities and autoimmune disorders
- Includes dozens of delicious, easy-to-prepare recipes that keep you feeling satisfied

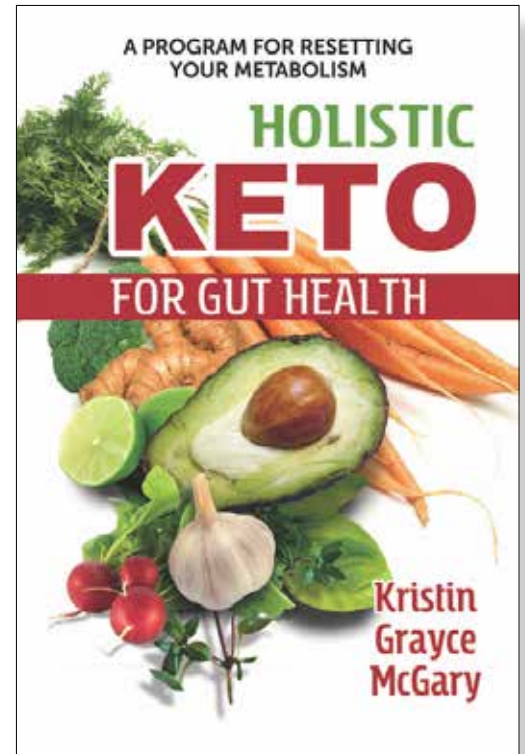
Do you feel exhausted? Experience foggy thinking and mysterious symptoms that come and go—symptoms your doctors can't figure out and yet they keep prescribing more and more medications? Do you have headaches, congestion, or allergies? Do you suffer from joint pain, sleep challenges, hormone imbalances, skin problems such as eczema and psoriasis, thyroid dysfunction, or any other autoimmune disorder? Holistic healthcare expert Kristin Grayce McGary reveals that the answer to resolving your health challenges may lie in comprehensive gut repair.

Combining the best gut-healthy elements of primal, paleo, and ketogenic nutritional plans, McGary offers a one-of-a-kind approach for optimal digestive health. Unlike the traditional keto diet, which contains inflammatory foods, McGary's science-based, functional ketogenic program emphasizes a holistic nutritional and lifestyle plan to repair your gut while avoiding the dangers of gluten, dairy, soy, starches, sugars, chemicals, and pesticides. She reveals how nearly everyone has some degree of gut damage and explains how this impacts your immune function, energy levels, and many health issues.

Drawing on her extensive knowledge of blood chemistry analysis and how to halt and prevent autoimmune challenges, McGary details the right kind of lab tests needed for proper diagnosis of food sensitivities and autoimmune disorders and where to get them—helping readers overcome the ongoing misdiagnosis that millions with gut problems and autoimmunity symptoms suffer. Additionally, she provides a thorough list of supplements and foods for gut healing, delicious recipes that leave you feeling satisfied and strong, and contemplative exercises to help you dive even deeper into healing.

Blending humor, scientific information, client examples, and personal stories with unique insights into achieving optimal health, McGary gives you the practical tools necessary to achieve a healthy digestive system, sustainable well-being, and vibrant longevity.

Kristin Grayce McGary, L.Ac., M.Ac., CFMP, CSTcert, CLP, is an internationally recognized authority on autoimmunity, functional blood chemistry analysis, thyroid and gut health, food as medicine, and integrating mind, body, and spirit in health care. A health and lifestyle teacher, she weaves together more than 22 years of experience, education, and wisdom to empower you to heal on all levels. She lives in Boulder, Colorado.



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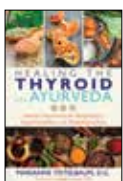
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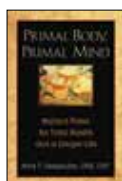
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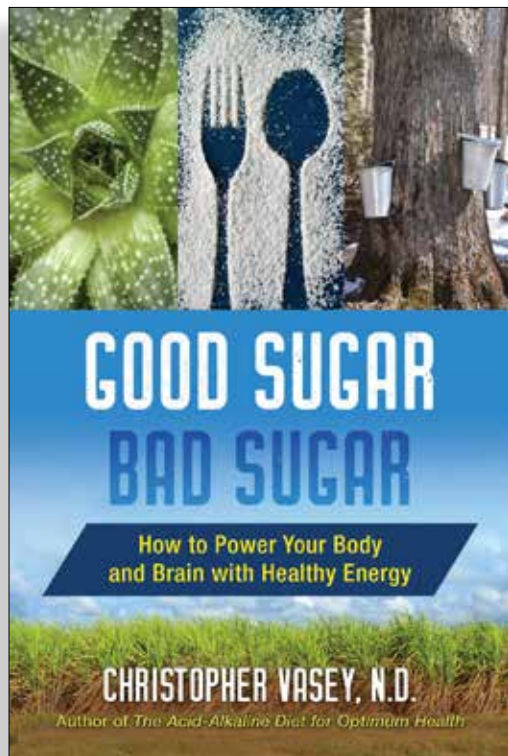
Freedom from Constipation

Christopher Vasey, N.D.

Healing Arts Press

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Good Sugar, Bad Sugar

How to Power Your Body and Brain with Healthy Energy

CHRISTOPHER VASEY, N.D.

A guide to replacing bad sugars in your diet with good sugars for physical, emotional, and mental healing and more energy

- Explains how to easily replace bad sugars, including white sugar and artificial sweeteners, with good sugars, such as those in fruit, honey, and whole grains
- Explores the difference between fast sugars and slow sugars and the regulating role of proteins to slow down the body's use of sugar
- Reveals the harmful effects of bad sugars, including hypoglycemia, diabetes, obesity, cavities, thickened blood, acid-alkaline imbalances, hyperactivity of glands, mood swings, phobias, depression, and delusional states

One of the most valuable nutritive substances we can consume, sugar supplies the essential energy the body and brain need to function. But there are good and bad, healthful and harmful forms of sugar. Good sugars are those found naturally occurring in foods such as fruits, honey, maple syrup, and whole grains. These unrefined sugars not only provide energy but also trace elements, minerals, and vitamins—nutrients crucial to helping the body process sugar. Bad sugars are those that are man-made or refined, such as white sugar, white flour, and artificial sweeteners. Pervasive in the modern diet, bad sugars are difficult for the body to metabolize and lead to a host of health issues, including tooth decay, type 2 diabetes, brain fog, mood swings, and weight gain.

In this practical guide, Christopher Vasey, N.D., explains how to successfully replace bad sugars with good sugars as well as how to reduce sugar cravings and break your sugar addiction. He reveals how refined sugars not only cause well-known, sugar-related health issues such as obesity but also lead to acid-alkaline imbalances, hyperactivity of glands and organs, chronic fatigue, nutrient deficiencies, thickened blood, and mental disorders such as fits of rage, phobias, depression, and confused states akin to dementia—conditions uncommon before white sugar was introduced into the world's food supply more than 200 years ago. Vasey describes how sugar, in the form of glucose, works in the body and explores the difference between “fast” sugars and “slow” sugars, emphasizing the importance of slow sugars for ensuring a constant energy level all day long. He looks at the glycemic index with regard to good and bad, fast and slow sugars and the regulating role of proteins to slow down the body's use of sugar. He explains how dehydration and imbalance in the body's pH level can trigger bad-sugar dependency and provides steps to correct both issues.

Offering a path out of sugar addiction and easy steps to power your brain and body with healthy energy, Vasey gives you with the tools to take ownership of your own health.

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

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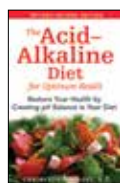
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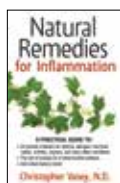


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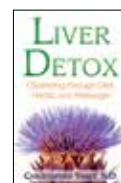
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Restore Hearing Naturally

How to Use Your Inner Resources to Bring Back Full Hearing

ANTON STUCKI

A step-by-step training program to improve your hearing through enhanced perception with all five senses

- Provides detailed instructions for 20 simple, practical exercises you can do at home to improve your hearing and train your senses
- Explains the connection between hearing loss and emotional stress and trauma
- Shares stories from people who have used this method to compensate for deafness in one ear, others who have been able to ditch their hearing aids completely, as well as the positive effect restored hearing has for patients with dementia and Alzheimer's

Through hearing we are connected with everything that surrounds us. Yet millions of people, young and old, suffer from hearing loss, which disrupts this special connection not only with our surroundings but also with our friends, loved ones, and coworkers. As Anton Stucki reveals, onset hearing loss as well as other conditions of the ear canal, such as tinnitus, industrial hearing loss, and vertigo, are not part of our normal physiological aging process. The brain is naturally able to compensate for hearing loss, even in situations with loud background noise, yet as we age, we lose this adaptive ability.

In this step-by-step guide, Stucki explains his revolutionary hearing recovery system, complete with detailed instructions for 20 simple, practical exercises you can do at home to improve your hearing and train your senses. Drawing from physiology, biology, physics, psychology, trauma therapy, and brain research, he goes beyond the mechanical notion that damage in the ear is responsible for hearing loss and shows that hearing recovery is possible in many cases. He shares stories from people who used this method to compensate for deafness in one ear, even after multiple unsuccessful surgeries, and others who have been able to ditch their hearing aids completely as well as the positive effect restored hearing has for patients with dementia and Alzheimer's. He explains how the program does not regenerate inner ear growth directly—the practices work by developing and training your perceptual system to be able to grasp whole meaning from incomplete or partially understood information. Thus the system also helps you establish contact with your inner self and enhances the brain's self-regulation of all five senses.

Exploring the mind-body role of consciousness and belief on overall health, the author reveals how onset hearing loss can be a manifestation of an inner state of imbalance, driven by emotional causes and stress, and how finding the "triggering event" stored in our bodies and dissolving the trauma surrounding it can help restore your hearing. Offering a way to reconnect with the sound environment around us and enhance our inner and outer senses of perception, Stucki shows how improving your hearing can also restore balance to our overall health physically, emotionally, and mentally.

Anton Stucki is an audio expert, well known in Germany for his hearing recovery system. For over 10 years he has helped thousands of people restore their hearing and has trained medical practitioners and therapists to use his system. He lives in Brandenburg, Germany.

RESTORE HEARING NATURALLY

How to Use
Your Inner
Resources
to Bring Back
Full Hearing

Relieve Tinnitus, Overcome Vertigo,
Live Without Hearing Aids

ANTON STUCKI

January 2020

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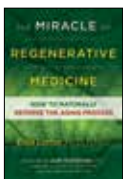
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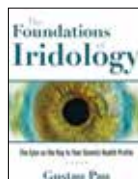
Author
Anton Stucki

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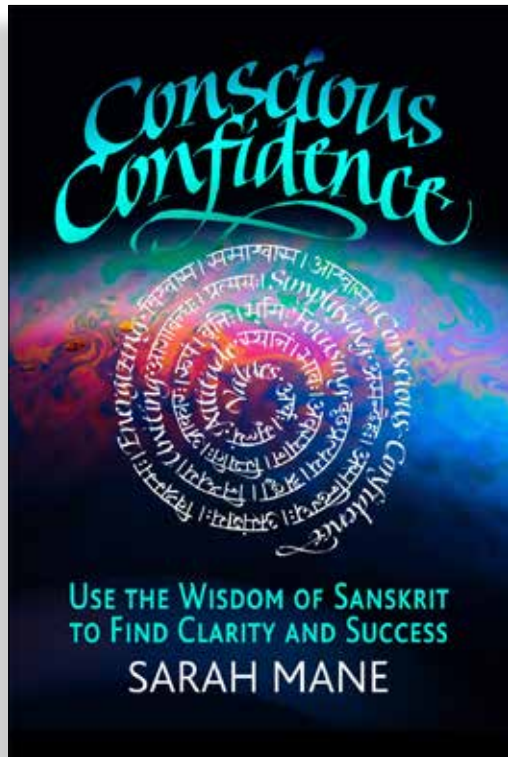
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Conscious Confidence

Use the Wisdom of Sanskrit to Find Clarity and Success

SARAH MANE

A confidence-boosting program based on the spiritual insights of Sanskrit, the language of enlightenment

- Draws on traditional stories from East and West and scholarly works to reveal the wisdom behind Sanskrit words and how to experience them to transform our lives and build confidence, certainty, clarity, and success
- Explains the fourfold energy of the Conscious Confidence program: Focusing, Uniting, Simplifying, and Energizing
- Offers practical exercises for discovering our inner certainty and overcoming fear, anxiety, and insecurity

Called “the language of enlightenment,” Sanskrit is truly unique among all the languages of the world. This ancient language, upon which so many of our English words are based, gives us an entire system to show what to do in order to experience the full meaning of a word. In this profound way, Sanskrit offers a touchstone of timeless wisdom that each of us can access to transform our lives and build confidence, certainty, clarity, and success.

In *Conscious Confidence*, Sanskrit scholar Sarah Mane offers a practical confidence-boosting program, derived from the deepest meanings of Sanskrit concepts, to help you establish a safe and secure reference point from which to see the world and make clear decisions on how to act, what to say, and how to feel. She explores the Sanskrit roots of English words related to confidence and success, unlocking rich, three-dimensional understandings of each word as well as guidance on how to obtain confidence and find your path in life. For example, the word *attitude*, based on its Sanskrit roots, means “our point of view, our intent, and our conduct.” A positive attitude means we have a self-aware point of view, have an intent for the good, and conduct ourselves in ways that reflect both. This true *attitude* gives us a positive and powerful place from which to view the world. The author also incorporates traditional stories from East and West, such as the *Mahabharata* and the works of Plato, scholarly references, and accounts of people discovering hidden depths in their own lives through the ancient truth of Sanskrit.

Drawing upon the deeper meanings behind several Sanskrit words for confidence, Mane outlines principles for harnessing the fourfold energies of Conscious Confidence and offers practical exercises for discovering our inner certainty. She explains how the Conscious Confidence method allows us to tackle the growing anxiety and fear that hang like a shadow over many of us and look to the unchanging core of selfhood for certainty, rather than ever-changing externals.

With the Conscious Confidence program and the wisdom of Sanskrit, you can discover a strong and steady inner source of compassion, self-direction, self-empowerment, and the life force of self-confidence.

Sarah Mane is a Sanskrit scholar with a particular interest in the wisdom of Sanskrit as a practical means to life-mastery. Previously a teacher and school executive, today she is a transformational and executive coach. Sarah lives in Australia.



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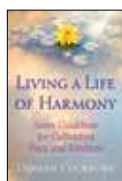


Author
Sarah Mane

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The Return of Collective Intelligence

Ancient Wisdom for a World out of Balance

DERY DYER

Reveals how we can each reconnect to collective intelligence and return our world to wholeness, balance, and sanity

- Explains how collective intelligence manifests in flocks of birds, instantaneous knowing in indigenous peoples, and the power of sacred places
- Offers ways for us to reconnect to the infinite source of wisdom that fuels collective intelligence and underscores the importance of ceremony, pilgrimage, and initiation
- Draws on recent findings in New Paradigm science, traditional teachings from indigenous groups from North, South, and Central America and Siberia, as well as sacred geometry, deep ecology, and expanded states of consciousness

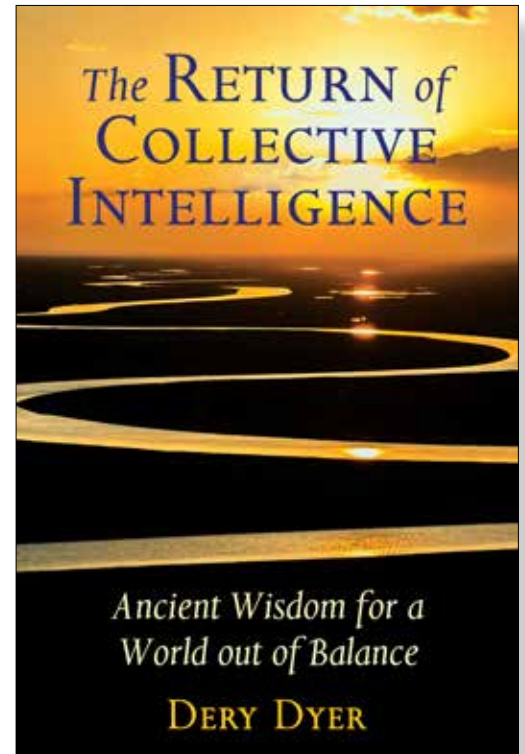
For our ancestors, collective intelligence was a normal part of life. We see it today as the mysterious force that enables flocks of birds, swarms of bees, and schools of fish to function together in perfect synchrony, communicating and cooperating at some undetectable level. At its most subtle, it's an instantaneous knowing, shared by members of a group, of the wisest course of action that will benefit all.

As Dery Dyer reveals, collective intelligence still resides within each of us, and it is the key to restoring balance and harmony to our world. She shows how it occurs spontaneously when individuals who share a need and a purpose instinctively “self-organize” into a group and function with no leader or central authority. Such groups exhibit abilities much greater than what any of their members possess individually—or what can be replicated with artificial intelligence. Dyer explains, due to an unquestioning dependence on technology, modern humanity has forgotten how to connect with collective intelligence and fallen into collective stupidity, otherwise known as mob mind or groupthink, which is now endangering the interconnected web of life on Earth.

Drawing on recent findings in New Paradigm science, traditional teachings from indigenous groups, as well as sacred geometry, deep ecology, and expanded states of consciousness, the author shows how the ability to think and act collectively for the highest good is hardwired in all living beings. She explains how to release ourselves from enslavement by technology and use it more wisely toward the betterment of all life. Underscoring the vital importance of ceremony, pilgrimage, and initiation, she offers ways for us to reconnect to the infinite source of wisdom that fuels collective intelligence and which manifests everywhere in the natural world.

Revealing that once we relearn how to hear the Earth, we can heal the Earth, Dyer shows how each of us has a vital role to play in restoring our world to wholeness.

Dery Dyer is former editor and publisher of Costa Rica's award-winning English-language newspaper, *The Tico Times*, where she worked for over 40 years. She holds degrees in literature and journalism from U.S. and Costa Rican universities and has studied indigenous spirituality in many different parts of the world. She lives in Costa Rica.



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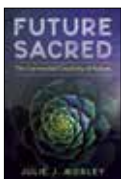
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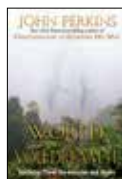


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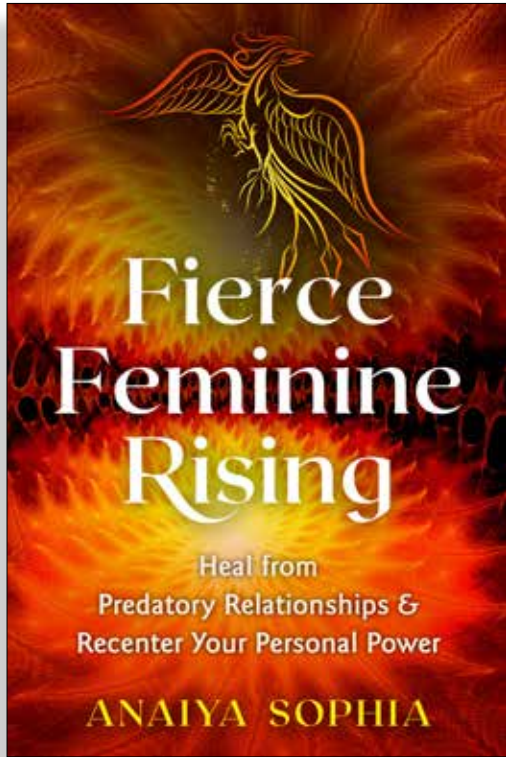
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Fierce Feminine Rising

Heal from Predatory Relationships and Recenter Your Personal Power

ANAIYA SOPHIA

A guide for embodying the courage of the Fierce Feminine, or Dark Mother, to heal yourself and the world at large

- Describes how to embody the sacred rage of the Fierce Feminine and channel the universal outrage collectively rising in many of us to seek justice for those who can't defend themselves
- Details constructive energetic and spiritual practices to help heal from predatory relationships and traumatic experiences, recenter your personal power, and gain control of your sacred rage rather than allowing it to control you
- Explains how to gain access to primordial female wisdom within the brain, embrace your inner Kali, and personally deal with sorrow and anger

After millennia of suppression, the Fierce Feminine, or Dark Mother, is making a dramatic resurgence to express our universal outrage. She is rising collectively now, and many women—and men—are feeling a welling up of sacred rage inside, a calling to set things right in our own lives and seek justice for those who can't defend themselves.

Offering much-needed perspective, advice, and tools for channeling the righteous energy and sacred rage of the Divine Feminine, Anaiya Sophia explains how to distinguish the Fierce Feminine from personal anger and reveals how it is not a feminist movement set to publicly condemn all that is masculine but a collective spiritual uprising for the greater good of humanity. She shares constructive practices drawn from Eastern tradition to help you embody the courage of the Fierce Feminine to heal from predatory relationships and traumatic experiences, recenter your personal power, and gain control of your sacred rage rather than allowing it to control you. She details sacred sexuality exercises, including those with a yoni egg to clear the womb after lovemaking and dispel any energetic imprint left by an ex-partner. She provides instructions to gain access to the primordial wisdom within the untapped portion of the female brain, embrace your inner Kali, and personally deal with sorrow and anger.

Through this passionate step-by-step guide to comfort your spiritual anguish and dispel the helplessness of not knowing what to do, Anaiya Sophia encourages those who feel the call of the Fierce Feminine to embrace their sacred mission and allow it to rebalance the powers that govern the planet as well as harmonize our minds. When we allow the justice of the Fierce Feminine to flow within us, we each become an active participant in the embodiment of change.

Anaiya Sophia is a mystic, author, and teacher of kundalini yoga. She teaches workshops throughout the world and is known for her role in the creation of a mystical temple dedicated to the Sophia-Isis-Magdalene lineage, where women and men come to heal and receive embodied gnosis. The author of *Sacred Sexual Union* and coauthor of *Womb Wisdom*, she lives in the Occitan region of Southern France.



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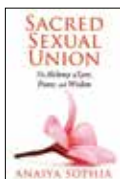
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Author
Anaiya Sophia

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Tarot and the Gates of Light

A Kabbalistic Path to Liberation

MARK HORN

An innovative, spiritual workbook that integrates the Tarot and the Kabbalistic tradition of Counting the Omer

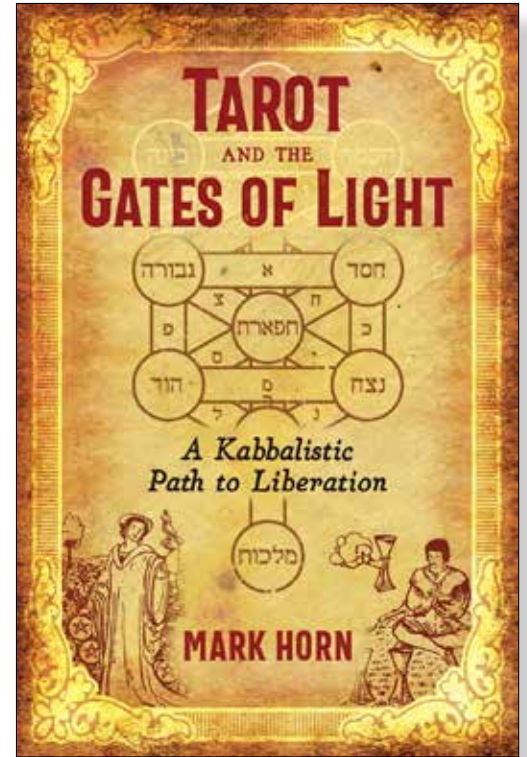
- Explores the origins and meaning of the 49-day Kabbalistic meditative practice of Counting the Omer and how it can lead to spiritual revelation, personal insight, and connection with the Divine
- Reveals the correspondence of the Tarot's minor arcana with the Sephirot of the Tree of Life and explains how both relate to the Omer meditation
- Provides a daily practice workbook that explores the related Sephirot and Tarot cards for each day, examines their Kabbalistic and spiritual meanings, and provides questions for daily reflection and meditation guidance

The 49-day mystical practice known as Counting the Omer is an ancient Jewish ritual observed between the holidays of Passover and Shavuot (also known as Pentecost). As practiced by Kabbalists, it is designed to cleanse and purify the soul in preparation for spiritual revelation and a personal connection with God. The ritual creates a spiritual inner journey that follows the path of the ancient Israelites from the moment of their physical freedom from slavery in Egypt to the establishment of their spiritual freedom forty-nine days later when they arrived at Mt. Sinai.

Adeptly integrating this mystical practice with the transformative symbolism of the Tarot, Mark Horn uses the ritual of Counting the Omer as a template for a guided meditative practice that gives readers insight into their personal life journey and help in overcoming the issues that hinder their growth and spiritual awakening. Examining the correspondence of the Tarot's minor arcana with the Sephirot of the Kabbalistic Tree of Life, he shows how using the cards in connection with Counting the Omer can unlock the gates to a deep experience of the sacred. In the detailed daily practice workbook section, Horn provides day-by-day descriptions of the 49-day meditative practice of Counting the Omer. He divides the journey into seven week-long segments, which in turn are broken down into seven daily practices. For each day, he explains the related Sephirot and Tarot cards and their Kabbalistic and spiritual meanings, providing the reader with questions for daily reflection, guidance for meditation, and insight from traditional Jewish texts as well as teachings from Christian, Buddhist, Hindu, and Muslim traditions.

Unveiling the relationship between Tarot and the Kabbalah, Horn shows readers how uniting these two practices can open them to a deeper experience of the Divine.

Mark Horn has studied Kabbalah with academic, religious, and practical teachers, including Professor Elliot R. Wolfson at NYU, Rabbi Zalman Schachter-Shalomi at Elat Chayyim, and Jason Shulman at A Society of Souls: Spiritual Healing School. He has studied Tarot with many of today's leading teachers, including Rachel Pollack, Mary K. Greer, Robert Place, Ruth Ann and Wald Amberstone, and Ferol Humphrey. His writing has appeared in *The Washington Post*, *The Los Angeles Times*, and *Metrosource*. A teacher of Kabbalistic tarot, he lives in New York City.



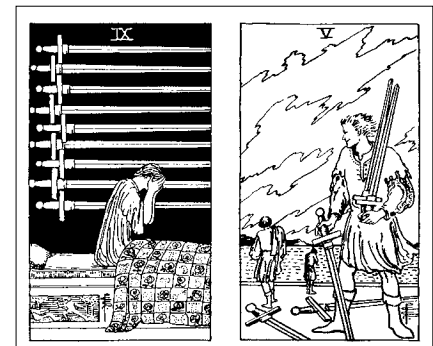
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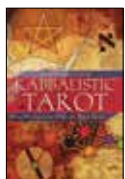


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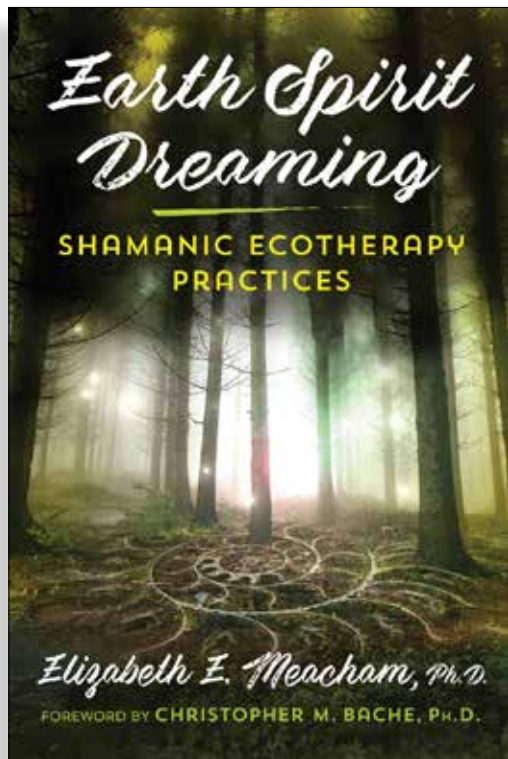
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Earth Spirit Dreaming

Shamanic Ecotherapy Practices

ELIZABETH E. MEACHAM, Ph.D.

Foreword by CHRISTOPHER M. BACHE, Ph.D.

A guide to co-creating a healing vision for humanity and the Earth through nature-connected shamanic rituals

- Explains the Earth Spirit Dreaming process for rebirthing inherent shamanic abilities with dozens of practices in three categories: Earth-connecting practices, Spirit-connecting practices, and Dream-connecting practices
- Provides experiential exercises to foster interactions with the intelligences and elemental energies of nature and the Spirit realm, realign you with the rhythms and flow of life, and co-create a healing dream for humanity and all of life on our planet
- Contains step-by-step directions for connecting with the light guides of the planet for guidance and healing

Humanity has become profoundly disconnected from the web of life on Earth as well as from nature as a whole. In this practical guide, Elizabeth E. Meacham details her field-tested method of shamanic ecotherapy practices to resolve this centuries-long trend toward disconnection. Through these practices, you will learn how to reconnect to Earth's systems and help restore health and balance to people and the planet.

Translating transformative ideas from visionary environmental thinkers into engaging shamanic rituals for profound spiritual growth, Meacham offers dozens of practices in three categories: Earth-connecting practices, Spirit-connecting practices, and Dream-connecting practices. Building on one another, the exercises open channels to allow you to directly experience the intelligences of the Earth and Spirit realms, rebirth your inherent shamanic abilities, realign you with the rhythms and flow of life, and reclaim your ancestral power for co-creating a healing dream for our species and all of life on our planetary home. Guiding the reader through a progressively deepening journey toward connection with ourselves, each other, and the consciousness of our biosphere, the practices also invite profound mindfulness, as we work to hold a vision of connection with the Earth and Spirit realms, while choosing consciously to focus on joy, beauty, gratitude, love, and healing.

Illuminating a shamanic awakening within Western culture at the dawn of an ecological age, *Earth Spirit Dreaming* reveals how the birth of a global consciousness of healing depends upon our commitment to individual and collective spiritual evolution. Calling us back to our shamanic heritage of a living nature spirituality, this manual offers much needed guidance on the essential journey back to an intimate love of Earth.

Elizabeth E. Meacham, Ph.D., is an environmental philosopher, teacher, healer, spiritual mentor, and musician. She is the founder and codirector of the Lake Erie Institute for Holistic Environmental Education. Her workshops and training courses offer initiatory experiences that reflect her long-term engagement as a student of the Earth and Cosmos. She lives in Cleveland, Ohio.



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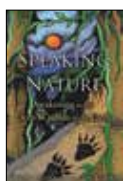
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Life Design for Women

Conscious Living as a Force for Positive Change

ARIANE BURGESS

A hands-on guide for designing a passionate, meaningful life that benefits you and the whole planet

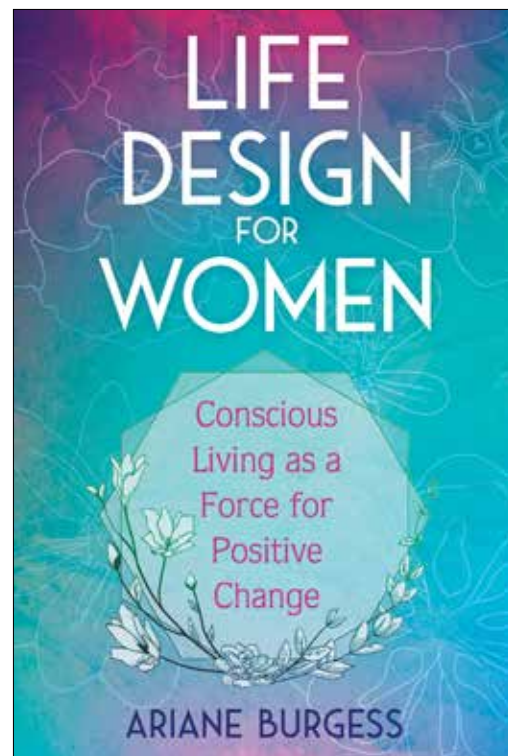
- Provides reflective visioning exercises and practical tools to help you examine your life as it is, the influences of your past, and the future you envision for yourself
- Supports you to consciously weed out the thoughts and activities that get in the way of your authenticity and resonant heart
- Helps you gain clarity in how to contribute more fully to a thriving regenerative future for both yourself and our world through your choices and actions

When we choose to live more consciously, we benefit not only ourselves but all of life. In these turbulent times of transition and healing, women in particular are being called to reevaluate their lives and redirect their passion and actions toward purpose and meaning. By consciously redesigning our lives, we can reclaim our life force, connect more deeply with Nature and all life, and bring positive change to the world around us. Thus we become the true sovereign of our lives.

Life Design for Women engages you in a simple, reflective visioning process to help you redesign your life to be more satisfying, meaningful, and aligned with your goals. Step by step, you will examine your life as it is, the influences of your past, and the future you envision for yourself. You will survey the domains of your life—from how you create “home” to your relationships with loved ones, food, your body, the Earth, and even Death. Applying the regenerative principles of sustainability to life design, author Ariane Burgess provides reflective exercises and practical tools to help you examine each of these domains, engage with natural systems, honor the feminine life force, and design your future. She shows how deep work in these areas gives you the resources needed to cut ties with the past and redirect your energy and passion toward your authentic purpose. You will learn to consciously weed out the thoughts and activities that get in the way of your resonant heart, take full responsibility for being the creator of your experiences, and make decisions that nurture your authentic self, rather than living your life through the dreams and fears of others.

With this hands-on guide, you can reclaim your power through the Life Design process and choose to live more consciously. Gaining clarity on how you want to be, you bring well-being into your life and become a force for positive change, contributing to a thriving, regenerative future for life on Earth.

Ariane Burgess is a regenerative designer. She is constantly designing and implementing regenerative projects, which include the Labyrinth for Contemplation in Battery Park, New York, and the Findhorn Food Forest in Scotland. She is passionate about facilitating transformative learning spaces for people who want to embrace regenerative design as a response to the crisis points currently converging on Earth. She lives in the Findhorn community, Scotland.



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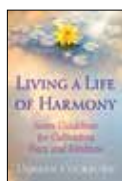
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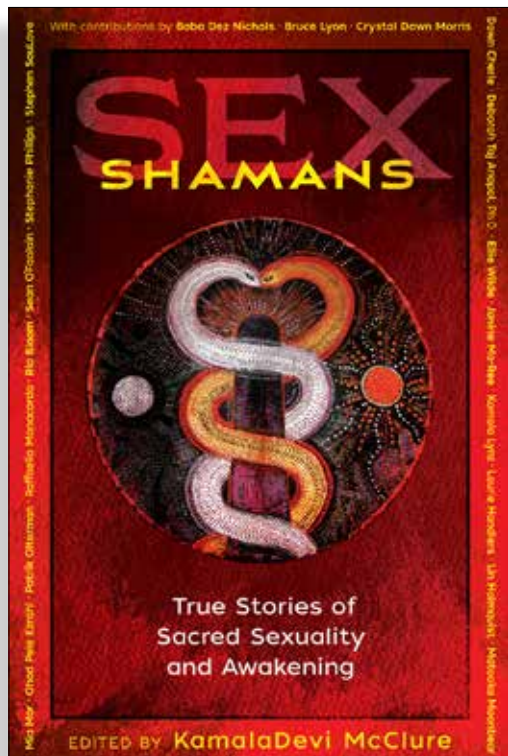
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Sex Shamans

True Stories of Sacred Sexuality and Awakening

Edited by KAMALADEVI McCLURE

20 transformative stories and sexual healing practices from international pioneers in the sexual shamanism movement

- Reveals intimate details about how each sex shaman overcame personal struggles with heartache, jealousy, mental illness, or social shame to realize their calling as a sacred sexual healer
- Includes 20 in-depth embodiment exercises such as soul gazing, contacting your spirit guides, sexual divination, energetic sex, self-pleasuring, moon blood rituals, and sacred sexual storytelling
- Includes contributions from 20 diverse voices in the sexual shamanism community, all part of the mystery school ISTA: International School of Temple Arts

Drawing on traditional and modern practices, a sex shaman uses the power of erotic energy as a healing medicine. They channel divine love and embrace sexuality freely, practicing polyamory, sexual healing, and even sex magic. They teach tantra, trance dance, kundalini yoga, and other techniques for healing shame, guilt, fear, and sexual trauma.

Designed to guide the reader on a journey into their own sacred sexual awakening, this book shares true stories from 20 visionary pioneers in the sexual shamanism movement, all of them associated with the International School of Temple Arts (ISTA), a mystery school that works to illuminate the path of sexual shamanism and heal the split between sex and spirit, release the shame surrounding sexual awakening, and inspire more sexual liberation around the world. The teachers reveal intimate details of their life stories and sexual awakening journeys, showing how, by surrendering to the wisdom of the erotic current of the universe, transformation occurs.

Each story is accompanied by an in-depth embodiment exercise with step-by-step instructions, including soul gazing, contacting your spirit guides, sexual divination, energetic sex, self-pleasuring, moon blood rituals, and sacred sexual storytelling. Underlying these exercises is the belief that the body is a temple that opens with pleasurable worship so spirit may dwell more fully within.

The 20 contributors include Baba Dez Nichols, Bruce Lyon, Crystal Dawn Morris, Dawn Cherie, Deborah Taj Anapol, Ellie Wilde, Janine Ma-Ree, KamalaDevi McClure, Komala Lyra, Laurie Handlers, Lin Holmquist, Matooka Moonbear, Mia Mor, Ohad Pele Ezrahi, Patrik Olterman, Raffaello Manacorda, Ria Bloom, Sean O'Faolain, Stephanie Phillips, and Stephen SouLove.

KamalaDevi McClure is a lead facilitator for the International School of Temple Arts (ISTA), traveling the world teaching the Spiritual Sexual Shamanic Experience. A spokesperson for tantra, polyamory, kink, and LGBTQ communities, her family starred in Showtime's docuseries *Polyamory: Married & Dating*. She has also appeared on Dr. Drew, Tyra Banks, and in the award-winning documentary *Sex Magic*. She is the author of 4 books and lives in San Diego with her husband and their son.



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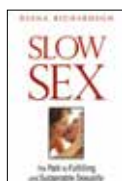
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A Burst of Conscious Light

Near-Death Experiences, the Shroud of Turin, and the Limitless Potential of Humanity

DR. ANDREW SILVERMAN

Provides evidence that human consciousness can never be reproduced and exposes the perils of artificial intelligence

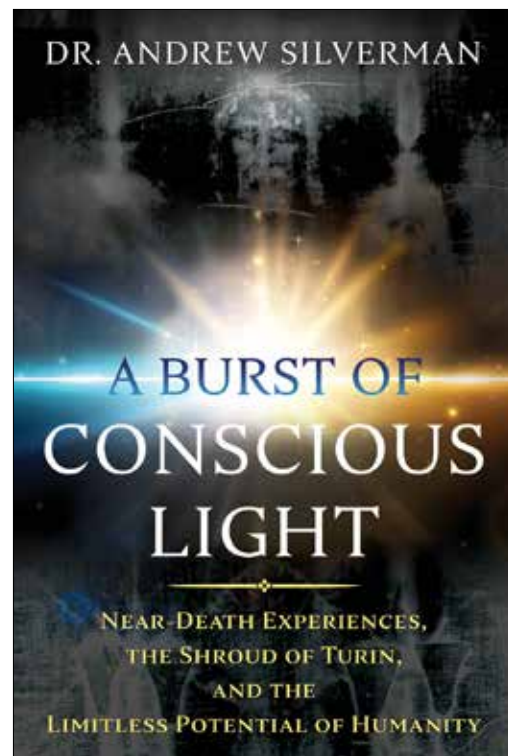
- Explains how consciousness transcends the brain and body through quantum theory and accounts of consciousness in the clinically dead
- Shares scientific evidence of how the image on the Shroud of Turin was produced and connects these findings to evidence concerning near-death experiences
- Reveals how consciousness cannot be reproduced by a machine and how attempts to do so threaten what makes us human

Stephen Hawking once said that the unanticipated consequences of artificial intelligence will be the greatest threat to humanity's survival. In this book, Dr. Andrew Silverman reveals why the powerful consciousness of the human mind could never be manufactured and so cannot be reproduced with technology.

Integrating extensive scientific research from three seemingly unrelated fields of study—quantum mechanics, near-death experiences, and the Shroud of Turin—Silverman reveals the pitfalls and perils of artificial intelligence and addresses the fundamentally flawed thinking that underlies it. Drawing on his work as one of the leading experts on the Shroud of Turin as well as research by scientists from NASA and Los Alamos, he shows how the image on the Shroud could only have been produced by a flash of light as intense as a nuclear explosion—a burst of light that occurred after the body was in the tomb. Sharing medical evidence of consciousness in people declared clinically dead, the author shows how the light of consciousness evidenced by the Shroud is also a consistent feature of most near-death experiences.

Exploring the non-local nature of consciousness—how it transcends the physical brain and body, Silverman explains why the human mind cannot be reduced to a computer and examines what separates sentient beings from machines. He shows how getting caught up in the push for artificial intelligence and the technological quest for immortality—through the attempt to “download” our minds onto computers—will only lead us to devalue and erase what makes us unique and irreplaceable in this cold, dark universe: our humanity.

Recognized as a leading scientific expert on the Shroud of Turin, Dr. Andrew Silverman is a medical doctor with a background in physics. For over thirty years, he has been conducting research on the mind-matter continuum, near-death experiences, and the Shroud. He has presented his findings in peer-reviewed scientific papers and at international scientific conferences. He lives in Buckinghamshire, England.



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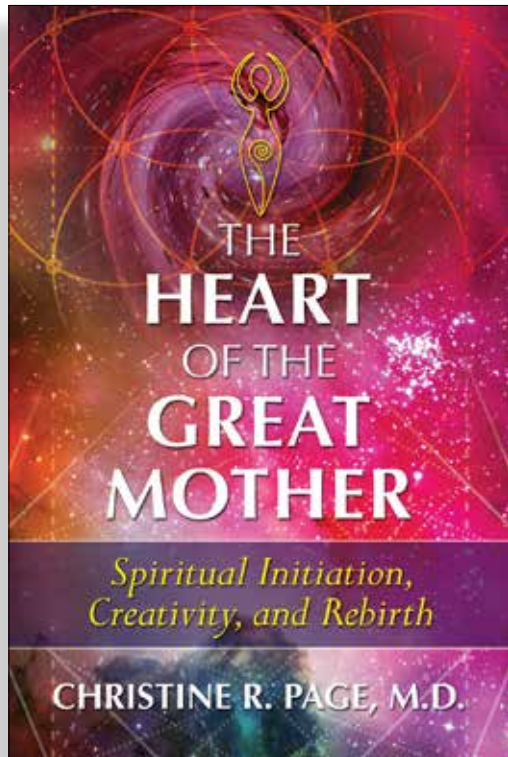
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The Heart of the Great Mother

Spiritual Initiation, Creativity, and Rebirth

CHRISTINE R. PAGE, M.D.

Reveals sacred spiritual tools to connect with the love, passion, and creative powers of the Great Mother for spiritual transformation

- Explores the three faces of the Great Mother's love and wisdom in our lives and how to build our magician's wand, which enables us to be masters of our creativity
- Details the journey of the soul through the twelve signs of the zodiac to integrate the shadow self and embody the soul's true light
- Explains how we are being called to birth a new world, one that embraces the divine feminine qualities of intuition, emotional creative power, and rhythmic renewal

The year 2012 marked the birth of a new cycle of time that will last for the next 26,000 years. In charge of such birth is the Great Mother, the eternal source of all creation. She is calling on the feminine within us all to create a world worthy of the next seven generations and begin an era of peace, abundance, and spiritual evolution. To birth this new world, we must release our hold on old destructive patterns and instead embrace the divine feminine qualities of intuition, powerful creativity, and rhythmic renewal.

As Christine Page reveals, the Great Mother hears our heart's yearning to escape our old ways of suffering and struggle to find peace, fulfillment, and joy. She is reaching out to us across the dimensions, offering spiritual initiation and the chance to know ourselves fully right now. Dr. Page explains how important it is to acknowledge and integrate our shadow selves—the unloved parts of us—so we can radiate our light from the fullness of who we are without shame or judgment. Drawing on alchemy and mythology, the author details the journey of the soul through the twelve signs of the zodiac until our inner light shines. She also explores how to connect with and use sacred spiritual tools to open our hearts and merge with the Great Mother's love and creative powers.

Exploring the mythology of the Triple Goddess, the author explains how the three faces of the Great Mother help us on our spiritual journey of transformation: As virgin she inspires us to manifest our dreams. As mother, she teaches us to celebrate and nurture all living things, especially ourselves. As crone, she shows us that creativity changes like the seasons, encouraging us not to be possessed by our creations but to embrace mystery and impermanence. Finally, the Great Mother emboldens us to build our magician's wand, the rod of light along the spine which enables us to be masters of our creativity, bringing forth transformation for ourselves and generations of children still to come as we embark into a new era of expanded consciousness and love.

Known as a mystical physician, Christine R. Page, M.D., has been a pioneer in the fields of spiritual wisdom and holistic health care for over 40 years. She offers individual soul readings, astrology workshops, sacred journeys, and retreats for women, empowering them to embody the gifts of the Great Mother. Author of 8 books, including *The Healing Power of the Sacred Woman*, she lives in Albuquerque, New Mexico.



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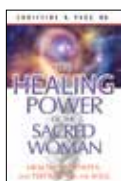
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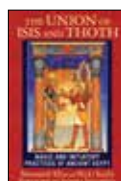
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Awakening the Ancient Power of Snake

Transformation, Healing, and Enlightenment

DAWN BAUMANN BRUNKE

A look at the mythic, archetypal, and transformational aspects of Snake

- Explores how and why Snake was transformed from esteemed advisor and guardian of ancient wisdom to a symbol of deception and evil
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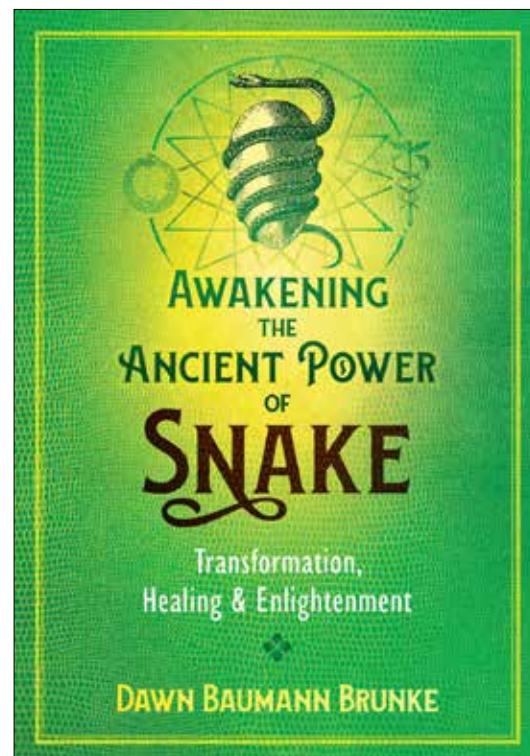
Entwined with human consciousness since prehistoric times, Snake has always been associated with transformation—from the shedding of its skin to the rising of kundalini energy. In ancient times, Snake served as protector and advisor to gods, goddesses, and royalty. But with the story of Adam and Eve, Snake became the enemy—a tempter and deceiver. How did this happen and why do humans continue to fear and vilify Snake? Inspired by a vivid dream of an immense snake that lost its tail, animal communicator Dawn Baumann Brunke investigates the interwoven history of Snake and humanity and explores how we can once again access Snake's wisdom and harness its powerful ability to heal, transform, and awaken.

Uncovering ties between Snake and Goddess, the author demonstrates how both were systematically suppressed millennia ago with the spread of a patriarchal perspective that valued mastery over nature, God over Goddess. Brunke reveals how myths that originally extolled the virtues of Snake and Goddess were refashioned, recreating their images as debased and untrustworthy. She explores why snakes show up in shamanic journeys and transformational dreams and how their unique presence in our world can serve as catalysts of change, truth-telling, and enlightenment.

Examining Snake's role in awakening human consciousness, Brunke considers the alchemical role of the serpent as well as Snake's connections to ancient healing, modern medicine, and even the DNA molecule. She shares psycho-activating stories to help trigger transformation and provide graceful movement through the chaos of change. And she offers practical techniques to journey with Snake through inner worlds, to shed confining aspects of self, and to integrate experiences more holistically.

Brunke shows how we need to re-embrace the ancient power of Snake to better support our return to a more balanced consciousness—one that reunites nature with spirit, sacred masculine with sacred feminine—as we strive for global change and personal awakening.

Dawn Baumann Brunke is an animal communicator and the author of 7 books that explore ways to learn from animals and deepen our connection with all life. Her works include *Animal Voices*, *Animal Guides* and *Dreaming with Polar Bears*. She lives in Alaska.



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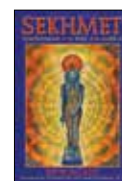


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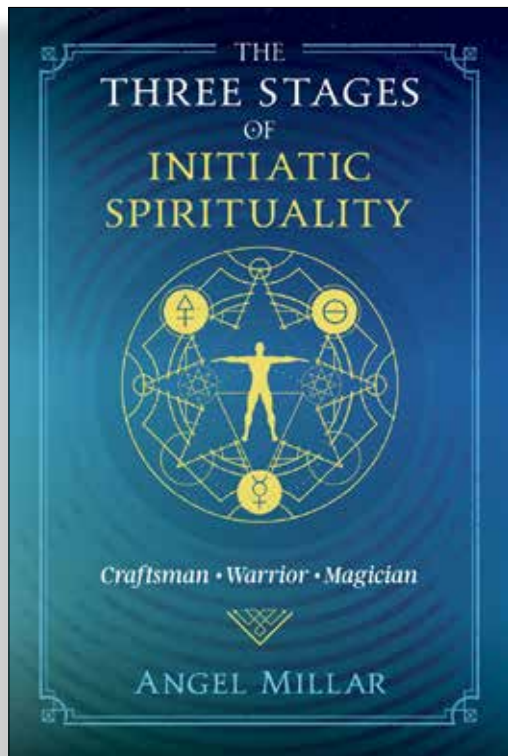


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The Three Stages of Initiatic Spirituality

Craftsman, Warrior, Magician

ANGEL MILLAR

A detailed guide to the three successive initiatic archetypes: Craftsman, Warrior, and Magician

- Investigates the symbolism, rituals, and metaphysical aspects of each initiatic archetype, from the alchemy and shamanism of the craftsman, to the subtle energy work of the warrior, to the sex magic practices and Higher Self work of the magician
- Shares meditations, practices, and transformational techniques for each archetype
- Investigates the similarities between contemporary Western occultism, from Crowley to Chaos Magic, and the “positive thinking” mind metaphysics movement

Exploring the craftsman, warrior, and magician archetypes—three vocations that echo the traditional tripartite division of society—Angel Millar reveals how these archetypes represent the three successive stages of spiritual growth in an individual’s life. He shows how they provide structure for the initiatory process to develop one’s mental, physical, and spiritual potential. As craftsman, the individual experiences “mnemonic” initiation: the cultivation of memory as well as language. As warrior, “somatic” initiation: development of the physical body and cultivation of the spirit body. And as magician, “gnostic” initiation: cultivation of the self and manifestation of the Higher Self.

Investigating the metaphysical aspects of each archetype, the author explores their symbolism, spiritual practices, and rituals. Examining the craftsman archetype, he looks at metallurgy, alchemy, and the “Craft” of Freemasonry, as well as the ancient role of blacksmith as shaman. He explores the idea of God as a “Creator” or “Craftsman,” especially in relation to ancient Greek philosophy, Islamic neoplatonism, and the Kabbalah. Examining the warrior archetype, he reveals how the way of the warrior was affected by religion and mysticism, such as how the Persian martial art of Zoorkhaneh was profoundly shaped by Sufism and why the Buddhist Shaolin temple became synonymous with Kung Fu. The author places special emphasis on the cultivation of subtle energy as practiced in martial arts, especially in relation to Taoist inner alchemy. Examining the magician archetype, he reveals how each individual has two “selves”—a lower self and a Higher Self—and explores the union of opposites studied by the magician, such as in the tantric arts and sacred sex magic. Sharing meditations, practices, and processes associated with each archetype, as well as techniques for transforming one’s consciousness, he also investigates similarities between contemporary Western occultism, from Crowley to Chaos Magic, and the “positive thinking” mind metaphysics movement.

Structured to parallel the three archetypal stages of the initiatic process, this comprehensive guide offers a literary initiation through three degrees of esoteric knowledge.

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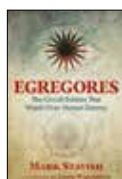


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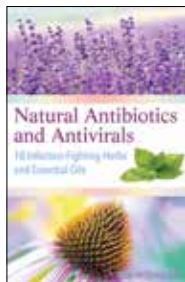
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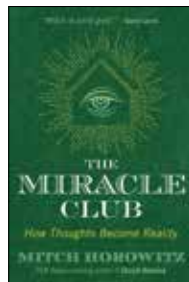
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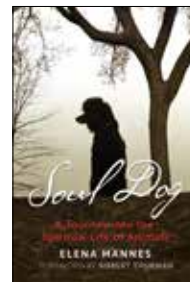
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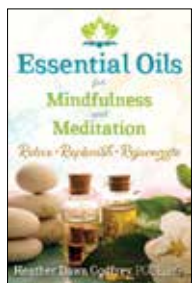
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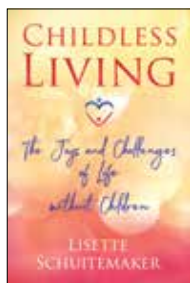
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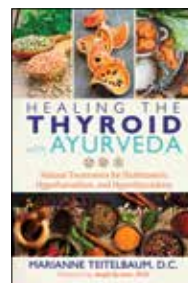
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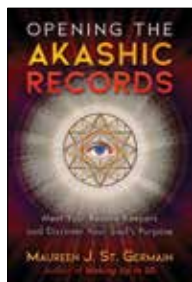
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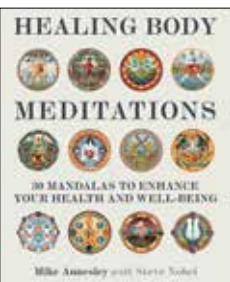
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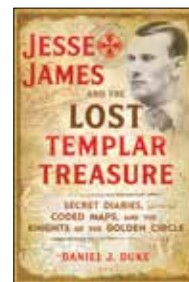
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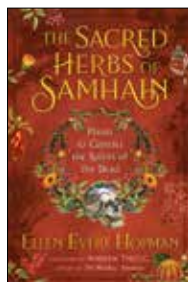
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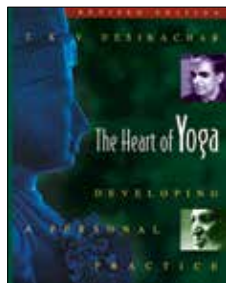


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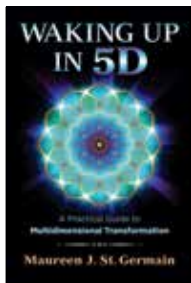


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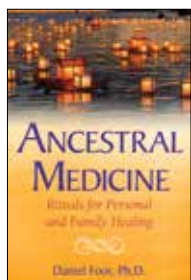
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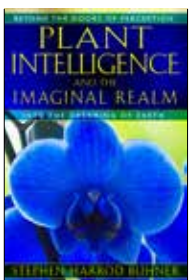
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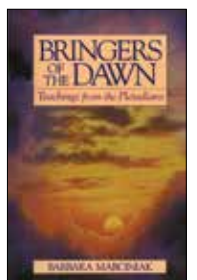
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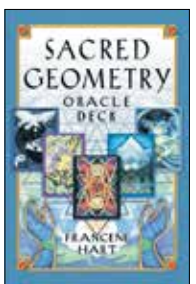
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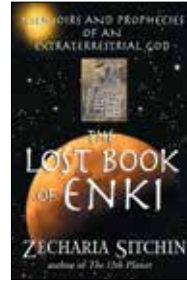
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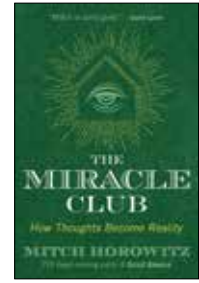
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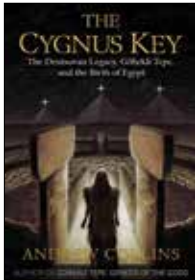
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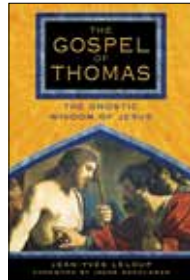
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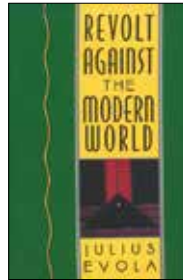
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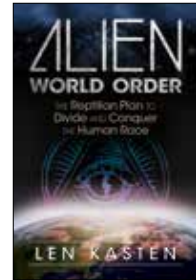
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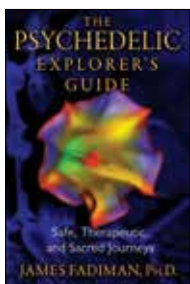


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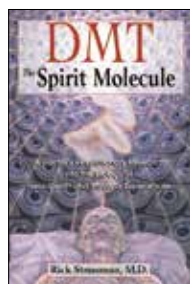


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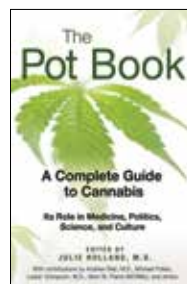
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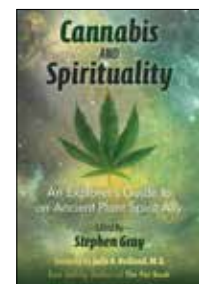
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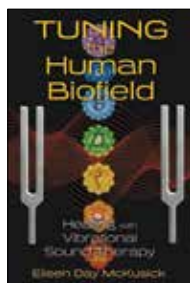


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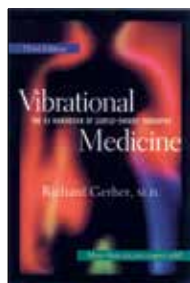


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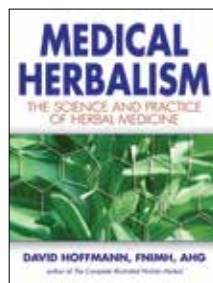
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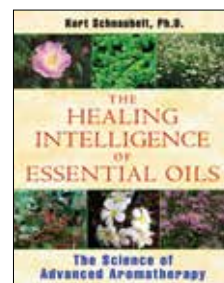
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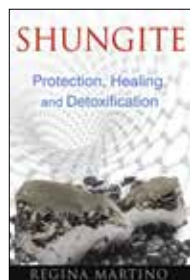
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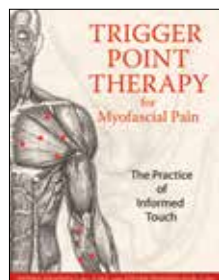
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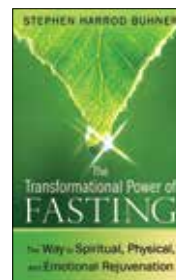
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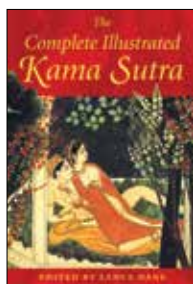


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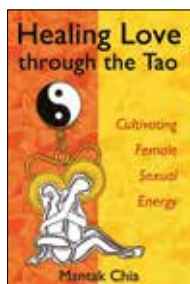


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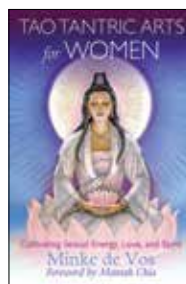
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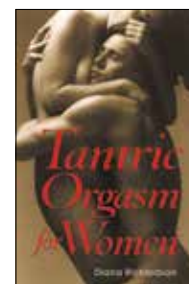
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