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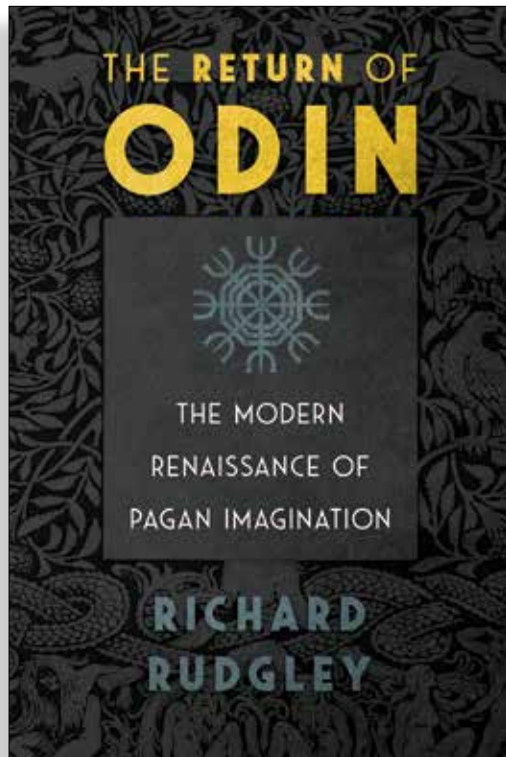
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Rights: World, except Greek and

Czech languages

Occult/Pagan



Author
Richard Rudgley

The Return of Odin

The Modern Renaissance of Pagan Imagination

RICHARD RUDGLEY

A controversial examination of the influence and presence of the Norse god Odin in contemporary history and culture

- Documents Odin's role in the rise of Nazi Germany, the 1960s counterculture revolution, nationalist and ecological political movements, and the occult revival
- Examines the spiritual influence of Odin in relation to Jesus Christ
- Profiles key individuals instrumental in the rise of the modern pagan renaissance

Exploring the influence of the Norse god Odin in the modern world, Richard Rudgley reveals Odin's central role in the pagan revival and how this has fueled a wide range of cultural movements and phenomena, including Nazi Germany, the 1960s counterculture revolution, the Lord of the Rings, the ecology movement, and the occult underground.

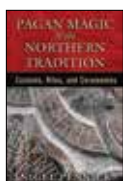
Rudgley argues that it is Odin and not Jesus Christ who is the single most important spiritual influence in modern Western civilization. He analyzes the Odin archetype—first revealed by Carl Jung's famous essay on Wotan—in the context of pagan religious history and explains the ancient idea of the Web—a cosmic field of energies that encompasses time, space, and the hidden potentials of humanity—the pagan equivalent to the Tao of Eastern tradition. The author examines the importance of the concept of *wyrd*, which corresponds to “fate” or “destiny,” exploring techniques to read destiny such as the Runes as well as the existence of yoga in prehistoric and pagan Europe, which later produced the Norse *Uti-seta*, an ancient system of meditation.

Rudgley documents how the Odin archetype came into play in Nazi Germany with the rise of Hitler and the pagan counterculture of the 1960s. He examines how the concept of subterranean and mythic realms, such as the Hollow Earth, Thule, and Agartha, and mysterious energies like Vril were manifested in both occult and profane ways and investigates key occult figures like Madame Blavatsky, Guido von List, and Karl Wiligut. He provides pagan analyses of Tolkien and the Lord of the Rings and documents the impact the Odin archetype has had on nationalist and fascist groups in America and Europe.

Examining pagan groups in Europe and America that use the Norse template, Rudgley reveals true paganism as holistic and intimately connected with the forces at work in the life of the planet. Showing how this “green” paganism can be beneficial for dealing with the adverse consequences of globalization and the ongoing ecological crisis, he explains how, when repressed, the Odin archetype is responsible for regressive tendencies and even mass-psychosis—a reflection of the unprecedented chaos of Ragnarok—but if embraced, the Odin archetype makes it possible for like-minded traditions to work together in the service of life.

Richard Rudgley is a critically acclaimed author, documentary filmmaker, and TV personality whose books have been translated into 13 languages. In 1991 he became the first winner of the British Museum Prometheus Award for his book, *The Alchemy of Culture*. His other books include *The Encyclopedia of Psychoactive Substances*, *Lost Civilizations of the Stone Age*, *Barbarians*, and *Wildest Dreams*. He lives in Victoria, British Columbia.

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Effortless Living

Wu-Wei and the Spontaneous State of Natural Harmony

JASON GREGORY

Foreword by DAMO MITCHELL

A guide for achieving an enlightened mind through the art of non-doing

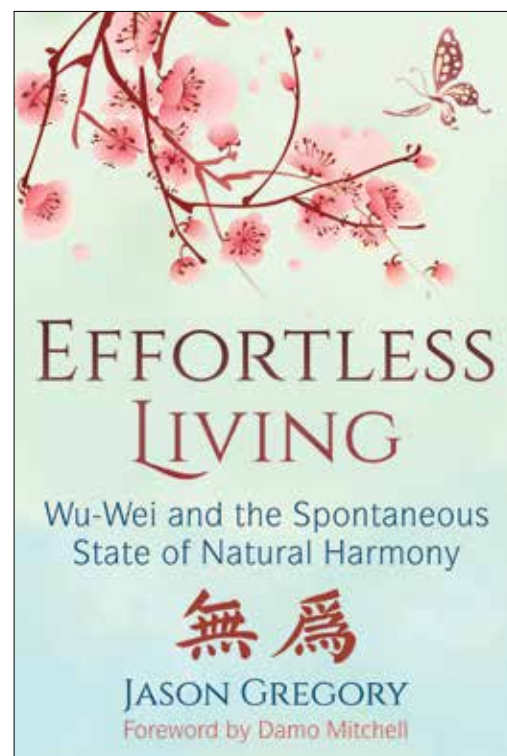
- Details meditation practices, focused on stillness of the mind, along with Patanjali's yoga methods to maintain a consciousness referred to as "being in the zone"
- Builds on Taoist, Confucian, and Hindu principles along with scientific findings to support wu-wei—the art of non-doing, non-forcing—as a way of life
- Explains how wu-wei practitioners cultivate intelligent spontaneity and effortless action to allow the natural harmony of the cosmos to prevail

The practice of non-doing, non-forcing is an essential aspect of Taoism known as wu-wei. Attributed to the great sage Lao-tzu, the philosophy of wu-wei teaches you how to develop a natural state of consciousness not bound by thought or pre-conceived limitations. Experienced by the greatest artists, athletes, musicians, and writers, this heightened state of consciousness, referred to as "being in the zone," is where intelligent spontaneity and effortless action flourish via a practice rooted in permitting the natural harmony of the cosmos to prevail.

Merging Taoist philosophy, Hindu principles, and Confucianism along with scientific findings, Jason Gregory outlines the practice of wu-wei as a vehicle to realize our innate freedom, revealing that when we release our ego and allow life to unfold as it will, we align ourselves more closely with our goals and cultivate skill and mastery along the way. Equating "being in the zone" with a stillness of the mind, Gregory shares meditation practices coupled with yoga exercises from Patanjali that allow you to approach life with a mastery of acceptance, releasing deluded beliefs of how to achieve success that make your mind "sticky" and poised for conflict. The author shows how practicing wu-wei paradoxically empowers you to accomplish all that you desire by having no intention to do so, as well as allowing you to become receptive to nature's blueprint for expressing beauty.

Revealing wisdom utilized by renowned sages, artists, and athletes who have adapted "being in the zone" as a way of life, the author shows that wu-wei can yield a renewed sense of trust in many aspects of your daily life, making each day more effortless. As an avid wu-wei practitioner, he provides keen insight on how you, too, can experience the beauty of achieving an enlightened, effortless mind while reveling in the process of life's unfolding.

Jason Gregory is a teacher and international speaker specializing in the fields of Eastern and Western philosophy, comparative religion, metaphysics, and ancient cultures. Author of *Fasting the Mind*, *Enlightenment Now*, and *The Science and Practice of Humility*, he divides his time between Asia and Australia.



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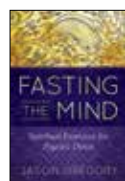
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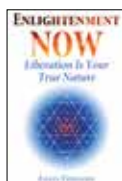
"Gregory uses his heart and critical thinking skills to lay bare the essential, irreducible teachings of Lao-tzu. . . . scholarly, perceptive, culturally and politically right on."

—Robert Sachs, author of
The Passionate Buddha

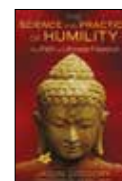
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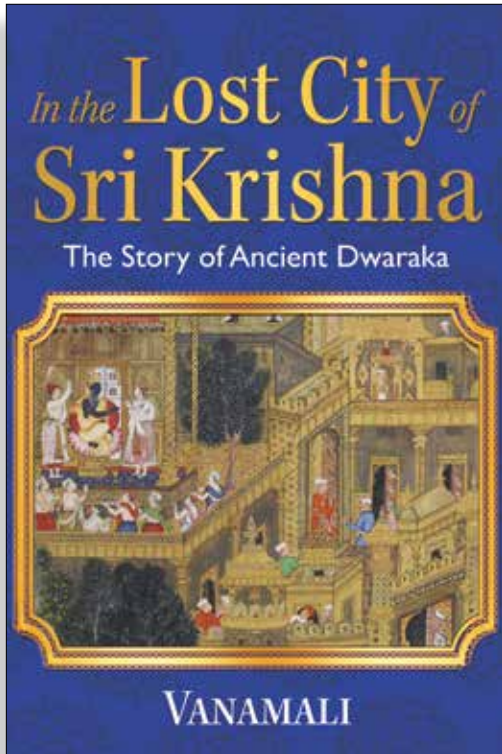
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Rights: World

Religion/Hinduism



Author
Vanamali

In the Lost City of Sri Krishna

The Story of Ancient Dwaraka

VANAMALI

A vivid journey back to the time of Krishna, his holy city, and the Mahabharata War

- Recounts ecstatic celebrations, Krishna's love for his wives and sons, and events surrounding the Mahabharata War
- Offers potent spiritual lessons from Krishna's teachings and stresses Krishna's ability to contain all opposites and stand above duality
- Provides a historical timeline and real dates for the Mahabharata War and the sinking of Krishna's city beneath the sea

Located on the west coast of India in the state of Gujarat, the city of Dwaraka is considered one of the seven holy cities of India. Archaeological discoveries of ruins and artifacts off the city's coast have now conclusively proven what many have long believed: Modern Dwaraka is built on the same site as the famed city of the same name from the Puranas and the Mahabharata, the "Golden City" of Lord Krishna.

Transporting us back five thousand years to the time of Krishnavatara, the age in which Krishna lived, Vanamali leads us on a journey alongside Lord Krishna as he reigns over the ancient port city of Dwaraka and helps the Pandavas through the Mahabharata War. Recounting ecstatic celebrations, Krishna's love for his wives and sons, and events surrounding the epic war, the author stresses Krishna's ability to contain all opposites and stand above duality like a lotus leaf floating on a running stream. Offering potent spiritual lessons throughout her story, she shows how the truly spiritual individual is able to unreservedly accept all dimensions of life and rise above all dualities of existence, war and peace, love and hate, sex and abstinence, action and meditation. She also provides a historical timeline for the Mahabharata War and the sinking of Krishna's city beneath the sea—3126 BCE and 3090 BCE, respectively—and shows how the Mahabharata War occurred under circumstances quite similar to those of the present day, both politically and astrologically.

Through her vivid tale and her personal connection with Krishna across many lifetimes, Vanamali shows how the magic and mystery of Krishna's ancient holy city live on through his spiritual teachings.

Mataji Devi Vanamali has written several books on the gods of the Hindu pantheon, including *Shakti*, *Hanuman*, *Shiva*, *The Complete Life of Krishna*, and *The Complete Life of Rama*, as well as translating the Bhagavad Gita. She is the founder and president of Vanamali Gita Yoga Ashram Trust, dedicated to sharing the wisdom of Sanatana Dharma and charitable service to children. She lives at the Vanamali ashram in Rishikesh, northern India.

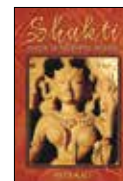
Also by Vanamali



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The Harmonic Origins of the World

Sacred Number at the Source of Creation

RICHARD HEATH

A profound exploration of the simple numerical ratios that underlie our solar system, its musical harmony, and our earliest religious beliefs

- Reveals how the orbits of Jupiter, Saturn, and Uranus relate to the Moon and the inner planets as an octave with musical scales
- Explores how this harmonic planetary knowledge was encoded within ancient monuments and temples then spread within oral traditions
- Explains how the solar system functions as a musical instrument and how this led to the rise of intelligent life, civilization, and culture on our planet

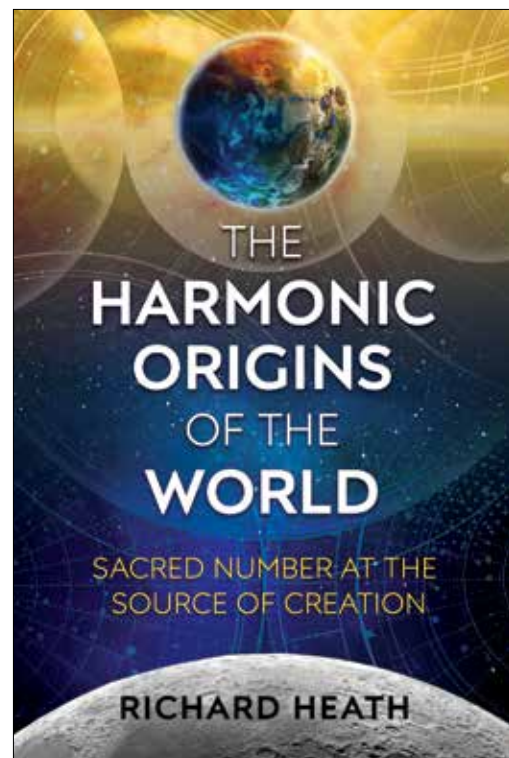
As modern humans first walked the Earth roughly 70,000 years ago, the Moon's orbit came into harmonic resonance with the outer planets of Jupiter, Saturn, and Uranus. The common denominators underlying these harmonic relationships are the earliest prime numbers of the Fibonacci series—two, three, and five—the same numbers that interact to give us the harmonic relationships of music.

Exploring the simple mathematical relationships that underlie the cycles of the solar system and the music of Earth, Richard Heath reveals how Neolithic astronomers discovered these ratios using megalithic monuments like Stonehenge and the Carnac stones, discoveries that informed later myths and stories including the Epic of Gilgamesh, the Resurrection of Osiris, the Rg Veda, the Hebrew Bible, Homer's epic tales, and the Return of Quetzalcoatl. He explains how this harmonic planetary knowledge formed the basis of the earliest religious systems, in which planets were seen as gods, and shows how they spread through Sumer, Egypt, and India into Babylon, Judea, Mexico, and archaic Greece. He exposes how the secret knowledge encoded within the Bible's god YHWH was lost as Greek logic and reason steadily weakened mythological beliefs.

Revealing the mysteries of the octave and of our musical scales, Heath shows how the orbits of the outer and inner planets gave a structure to time, which our Moon's orbit could then turn into a harmonic matrix. He explains how planetary time came to function as a finely tuned musical instrument, leading to the rise of intelligent life on our planet. He demonstrates how this harmonic science of numbers can be read in the secret symbolism and sacred geometry of ancient cities such as Teotihuacan and in temples such as the Parthenon, connecting the higher worlds of planetary time and harmonics with the spiritual and physical life on Earth.

Recasting our understanding of the solar system, Heath seeks to reawaken humanity's understanding of how sacred numbers structure reality, offering an opportunity to recover this lost harmonic doctrine and reclaim our intended role in the outer life of our planet.

Richard Heath is a development engineer with degrees in systems science and computer-aided design. His interest in megalithic astronomy and metrology has resulted in 4 books, including *Sacred Number and the Origins of Civilization*. He lives near Cardigan, Wales.



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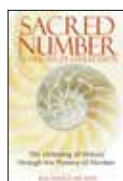
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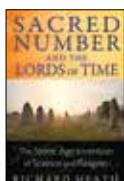


Author
Richard Heath

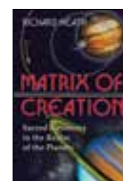
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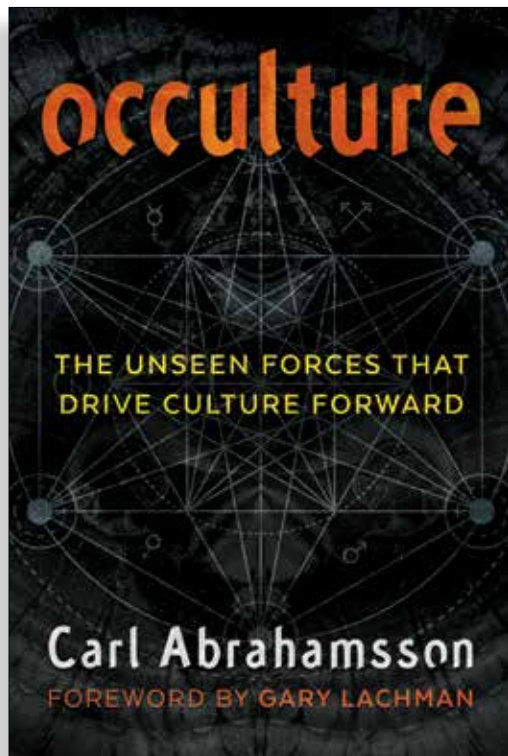
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256 pages, 6 x 9
Rights: World
Occult



Author
Carl Abrahamsson

Occulture

The Unseen Forces That Drive Culture Forward

CARL ABRAHAMSSON

Foreword by GARY LACHMAN

Explores the role of magic and the occult in art and culture from ancient times to today

- Examines key figures behind esoteric cultural developments, such as Carl Jung, Anton LaVey, Paul Bowles, Aleister Crowley, and Rudolf Steiner
- Explores the history of magic as a source of genuine counter culture and compares it with our contemporary soulless, digital monoculture
- Reveals how the magic of art can be restored if art is employed as a means rather than an end and offers strategies to rekindle intuitive creativity

Art, magic, and the occult have been intimately linked since our prehistoric ancestors created the first cave paintings some 50,000 years ago. As civilizations developed, these esoteric forces continued to drive culture forward, both visibly and behind the scenes, from the Hermetic ideas of the Renaissance, to the ethereal worlds of 19th-century Symbolism, to the occult interests of the Surrealists.

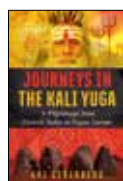
In this deep exploration of “occulture”—the liminal space where art and magic meet—Carl Abrahamsson reveals the integral role played by magic and occultism in the development of culture throughout history as well as their relevance to the continuing survival of art and creativity. Blending magical history and esoteric philosophy with his more than 30 years’ experience in occult movements, Abrahamsson looks at the phenomena and people who have been seminal in modern esoteric developments, including Carl Jung, Anton LaVey, Paul Bowles, Aleister Crowley, and Rudolf Steiner.

Showing how art and magic were initially one and the same, the author explores the history of magic as a source of genuine counter culture and compares it with our contemporary soulless, digital monoculture. He reveals how the magic of art can be restored if art is employed as a means rather than an end—if it is intense, emotional, violent, and expressive—and offers strategies for creating freely, magically, even spontaneously, with intent unfettered by the whims of trends, a creative practice akin to chaos magick that assists both creators and spectators to live with meaning. He also looks at intuition and creativity as the cornerstones of genuine individuation, explaining how insights and illuminations seldom come in collective forms.

Exploring magical philosophy, occult history, the arts, psychology, and the colorful gray areas in between, Abrahamsson reveals the culturally and magically transformative role of art and the ways the occult continues to transform culture to this day.

Carl Abrahamsson is a writer, publisher, magico-anthropologist, filmmaker, and photographer. Since the mid-1980s he has been active in the magical community, integrating “occulture” as a way of life and lecturing about his findings and speculations. The editor and publisher of the annual anthology of occulture, *The Fenris Wolf*, and the author of *Reasonances*, he divides his time between Stockholm, Sweden, and New York City.

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Liver Detox

Cleansing through Diet, Herbs, and Massage

CHRISTOPHER VASEY, N.D.

A practical guide to supporting and maintaining liver health naturally

- Reveals how an overburdened liver can lead to many common ailments such as headaches, constipation, respiratory issues, and skin conditions
- Explains specific foods to avoid, which supplements accelerate the liver's cleansing abilities, and how to perform liver exercises and massage
- Details the 9 plants that are most effective in detoxifying the liver, with instructions for their safe use
- Includes charts and questionnaires to determine to what degree your liver function is compromised

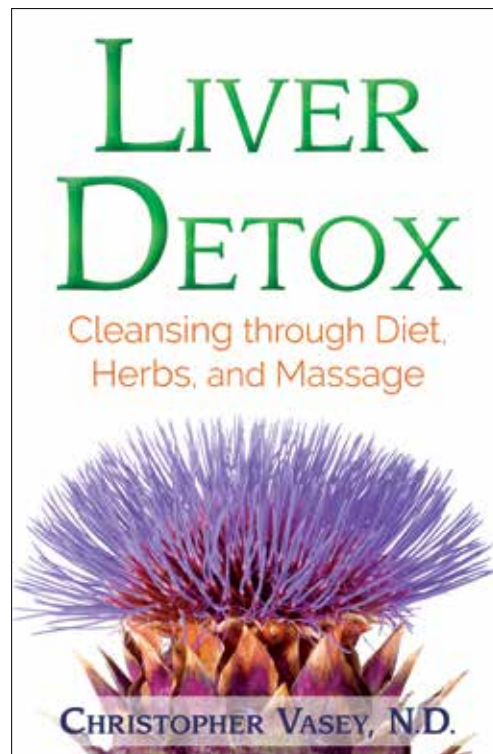
The liver is key to the optimal health of the body. Shouldering the heaviest responsibility for keeping the body's internal terrain clean, the liver not only filters toxins and cellular by-products out of the blood like other excretory organs, it also neutralizes poisons, microbes, heavy metals, and carcinogens. By supporting the liver, we support the health of the entire body.

In this practical guide to cleansing and detoxifying the liver, Christopher Vasey shows how many features of modern living—such as overeating, medications, cigarettes, alcohol, food additives, and environmental pollution—overtax this powerhouse of an organ. This leads to a weakening of the liver and congestion with toxins, which in turn can lead to illness, including cardiovascular problems, allergies, headaches, constipation, respiratory issues, and skin conditions, as the toxins the overburdened liver cannot filter out find their way to other areas of the body.

Detailing how the liver functions, the author explains how to use diet, herbs, massage, and other practices to detoxify, strengthen, and regenerate your liver. He includes simple charts and questionnaires to help you determine to what degree your liver function is compromised. He shows how a simple change of diet along with the use of hepatic herbs will often have immediate benefits for the liver and the immune system. He explains specific foods to avoid and how taking supplements, such as trace elements of sulfur, accelerate the liver's ability to neutralize heavy metals. He details 9 plants that are most effective in detoxifying the liver, such as dandelion and rosemary, and provides instructions for their safe use. He also describes liver exercises and massage techniques as well as the use of external aids, such as a hot-water bottle, to stimulate liver activity.

Offering an accessible yet detailed approach to supporting the liver, the author shows how bringing the liver back to full health and function has far-reaching effects for the whole body.

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



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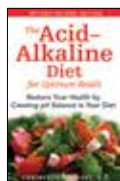
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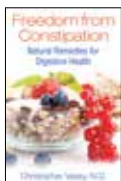


Author
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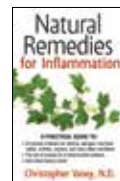
Also by Christopher Vasey, N.D.



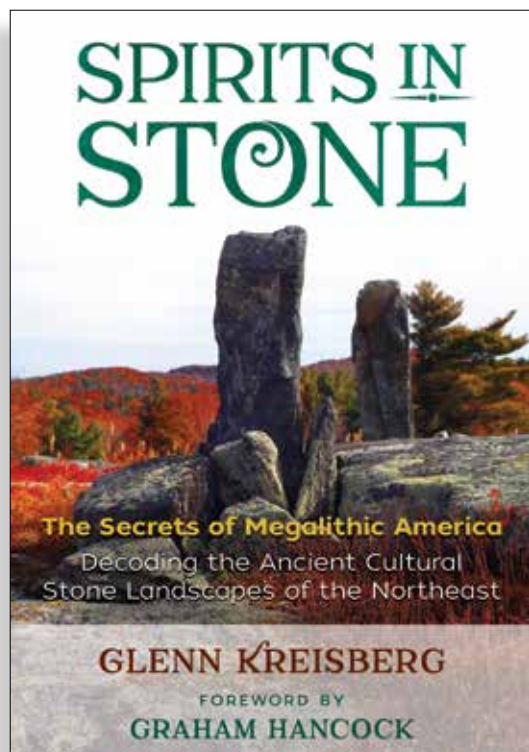
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480 pages, 6⁵/₈ x 9¹/₂

376 black-and-white illustrations

Rights: World

Ancient Mysteries/North America



Author
Glenn Kreisberg

Spirits in Stone

The Secrets of Megalithic America

GLENN KREISBERG

Foreword by GRAHAM HANCOCK

A ground-breaking study of ceremonial stone landscapes in Northeast America and their relationship to other sites around the world

- Features a comprehensive field guide to hundreds of megalithic stone structures in northeastern America, including cairns, perched boulders, and effigies
- Details the Wall of Manitou, the Hammonasset Line, landscape astronomy along the Hudson River, and a several-acre area in Woodstock, NY, with large, carefully constructed lithic formations
- Analyzes the archaeoastronomy, archaeoacoustics, and symbolism of these sites to reveal their relationships to other ceremonial stone sites across America and the world

Presenting a comprehensive field guide to hundreds of lost, forgotten, and misidentified megalithic stone structures in northeastern America, Glenn Kreisberg documents many enigmatic formations still standing across the Catskill Mountain and Hudson Valley region, complete with functioning solstice and equinox alignments.

Kreisberg provides a first-person description of the “Wall of the Manitou,” which runs for 10 miles along the eastern slopes of the Catskill Mountains, as well as narratives about related sites that include animal effigies, reproductive organs, calendar stones, enigmatic inscriptions, and evidence of alignments. Using computer software, he plots the trajectory of the Hammonasset Line, which begins at a burial complex near the tip of Long Island and runs to Devil’s Tombstone in Greene County, New York. He shows how the line runs at the same angle that marks the summer solstice sunset from Montauk Point on Long Island, and, when extended, intersects the ancient copper mines of Isle Royal in Upper Michigan. He documents a several-acre area on Overlook Mountain in Woodstock, New York, with a grouping of very large, carefully constructed lithic formations that together create a serpent or snake figure, mirroring the constellation Draco. He demonstrates how this site is related to the Serpent Mount in Ohio and Ankor Wat in Cambodia and reveals how all of the vast, interlocking sites in the Northeast were part of an ancient spiritual landscape based on a sophisticated understanding of the cosmos, as practiced by ancient Native Americans.

While modern historians consider these sites to be colonial era constructions, Kreisberg reveals how they were used to communicate with the spirit world and may be remnants of a long-vanished civilization.

Glenn Kreisberg is a radio frequency engineer, writer, researcher, licensed outdoor guide, and the former editor of the Author of the Month page at GrahamHancock.com. He serves as a director-at-large for the New England Antiquities Research Association. The editor of *Lost Knowledge of the Ancients* and *Mysteries of the Ancient Past*, he is the co-founder of the Overlook Mountain Center in Woodstock, New York.

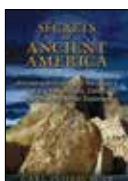
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Lost Knowledge of the Ancients

Edited by Glenn Kreisberg
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JASON LOUV

A comprehensive look at the life and continuing influence of 16th-century scientific genius and occultist Dr. John Dee

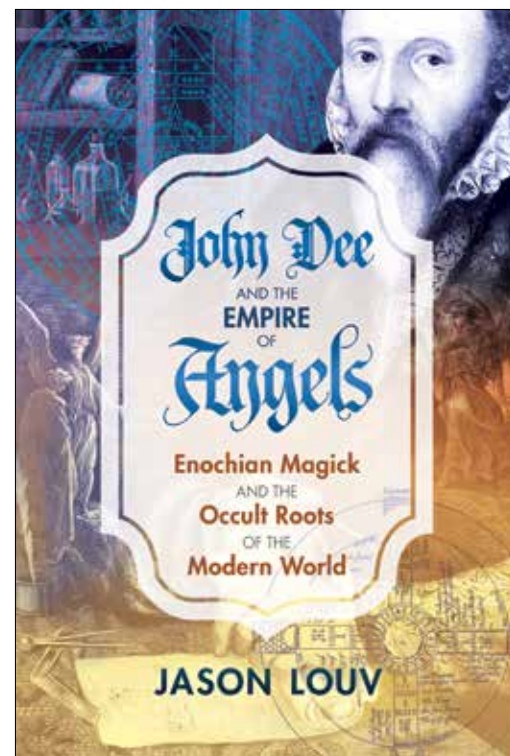
- Presents an overview of Dee's scientific achievements, intelligence and spy work, imperial strategizing, and his work developing methods to communicate with angels
- Pieces together Dee's fragmentary Spirit Diaries and examines Enochian in precise detail and the angels' plan to establish a New World Order
- Explores Dee's influence on Sir Francis Bacon, modern science, Rosicrucianism, and 20th-century occultists such as Jack Parsons, Aleister Crowley, and Anton LaVey

Dr. John Dee (1527–1608), Queen Elizabeth I's court advisor and astrologer, was the foremost scientific genius of the 16th century. Laying the foundation for modern science, he actively promoted mathematics and astronomy as well as made advances in navigation and optics that helped elevate England to the foremost imperial power in the world. Centuries ahead of his time, his theoretical work included the concept of light speed and prototypes for telescopes and solar panels. Dee, the original "007" (his crown-given moniker), even invented the idea of a "British Empire," envisioning fledgling America as the new Atlantis, himself as Merlin, and Elizabeth as Arthur.

But, as Jason Louv explains, Dee was suppressed from mainstream history because he spent the second half of his career developing a method for contacting angels. After a brilliant ascent from star student at Cambridge to scientific advisor to the Queen, Dee, with the help of a disreputable, criminal psychic named Edward Kelley, devoted ten years to communing with the angels and archangels of God. These spirit communications gave him the keys to Enochian, the language that mankind spoke before the fall from Eden. Piecing together Dee's fragmentary Spirit Diaries and scrying sessions, the author examines Enochian in precise detail and explains how the angels used Dee and Kelley as agents to establish a New World Order that they hoped would unify all monotheistic religions and eventually dominate the entire globe.

Presenting a comprehensive overview of Dee's life and work, Louv examines his scientific achievements, intelligence and spy work, imperial strategizing, and Enochian magick, establishing a psychohistory of John Dee as a singular force and fundamental driver of Western history. Exploring Dee's influence on Sir Francis Bacon, the development of modern science, 17th-century Rosicrucianism, the 19th-century occult revival, and 20th-century occultists such as Jack Parsons, Aleister Crowley, and Anton LaVey, Louv shows how John Dee continues to impact science and the occult to this day.

Jason Louv is the author of seven books, including *Generation Hex*, *Ultraculture*, and *Thee Psychick Bible*. He runs the high-traffic site *Ultraculture.org* and teaches courses on magick and spirituality at *Magick.me*. He has written for many popular websites, including *Boing Boing*, *VICE News*, *Motherboard*, and *Esquire Online*. He lives in Los Angeles.



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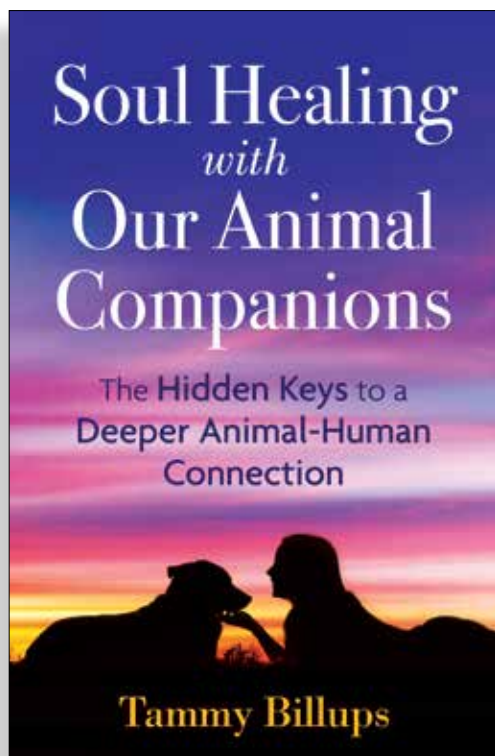
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Author
Tammy Billups

Soul Healing with Our Animal Companions

The Hidden Keys to a Deeper Animal-Human Connection

TAMMY BILLUPS

A guide to understanding the profound connection in animal/human relationships and its potential for mutual healing

- Explains the unspoken connection between people and their animal companions and how they share the same energetic patterns and emotional wounds
- Outlines specific behavioral traits and physical issues that animals may exhibit as they mirror their caregiver's emotional state of being
- Explores holistic modalities humans can employ, such as energy therapy, to promote healing in animals and ultimately themselves

The animals we attract in our lives reflect us in many ways. Our connections with them run deeply, down to the soul level. Just like us, they are also on a journey to evolve their soul through their relationships and experiences, and each has deeply spiritual messages for us and intentions for our personal growth. In this book, Tammy Billups invites you to explore and deepen this profound relationship, showing how you can co-evolve along with your animal companions, experience unconditional love, and, ultimately, enact healing for both animal and caregiver.

Offering a soulful and bioenergetic perspective on decoding our animals' actions, behaviors, and physical issues, Billups explains how our animal companions share our energetic patterns and emotional wounds, revealing issues in our own lives that may be hidden or suppressed. She identifies the five core emotional wounds in animals and the ways in which they manifest, outlining specific behavioral traits and physical issues animals may exhibit as they mirror our emotional states. She explains how to connect with them on a profound level so we can grasp their needs more clearly and learn what they have to teach us. She also provides guidance to help your animals heal the emotional wounds and traumas that create their anxiety, stress behaviors, aggression, and fears.

The author details a three-step process to help you through decisions you will make on your pets' behalf and explains how, when a person works on healing a core emotional issue in their life—abandonment for example—it helps the animal release this same issue and the corresponding negative behaviors as well. She also shows how extremely receptive animals are to energy work, holistic healing, and spiritual practices, explaining how these methods unlock emotional barriers and enable both person and animal to heal and reach their highest potential in conscious evolution.

Providing tools to identify our animals' messages more quickly, the author shows how our pets' higher purpose is to help people understand themselves.

Tammy Billups is a certified Interface Therapist, animal bioenergy healer, and pioneer in the animal-human emotional/energetic relationship. She has appeared on CNN's *The Daily Share*, *Primetime Live* ABC, and *Oprah*. She lives in a suburb of Atlanta, Georgia.

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Foundations of Reiki Ryōhō

A Manual of Shoden and Okuden

NICHOLAS PEARSON

A comprehensive guide to the first and second degrees of Usui Reiki Ryoho as well as Reiki's history and Western evolution

- Details hand positions, self-healing exercises, spiritual development meditations, and the Japanese Reiki techniques introduced in the first degree, *shoden*, and the second degree, *okuden*
- Provides a thorough introduction to the five levels of *byosen*, the energetic mechanism used to scan an individual's energy field and locate areas of disharmony
- Examines the core teachings of Reiki founder Usui Mikao and offers a new comprehensive exploration of Reiki's history and evolution
- Explores tools and techniques adapted by Western lineages, such as working with crystals and the chakras

Bridging Eastern and Western lineages to reclaim Reiki's roots as both a healing art and a spiritual practice, Nicholas Pearson offers a new comprehensive exploration of Reiki's history and evolution, the foundations of Usui Reiki Ryoho theory and practice, and the original techniques and modern tools of both the first degree, *shoden*, and second degree, *okuden*. He explores the etymology of key Reiki terminology and presents a complete discussion of the origins of the symbols used in the second degree, providing new historical, cultural, and spiritual context. He examines the core teachings of Reiki founder Usui Mikao, who taught that Reiki Ryoho enacted healing at the soul level, as well as insights from other important Reiki masters such as Hawayo Takata.

Explaining what Reiki is and how it heals, the author outlines the six core characteristics that all varieties of Reiki share, including initiations and the Five Precepts. He details effective hand positions, self-healing exercises, spiritual development meditations, and the Japanese Reiki techniques introduced in first degree and second degree practice. He also explores a number of other techniques that have been adapted by Western lineages, such as aura sweeping, chakra tune-ups, and charging and programming crystals with Reiki. He provides a thorough introduction to the five levels of *byosen*, the energetic mechanism used to scan an individual's energy field and locate areas of disharmony, allowing you to increase your ability to sense centers of toxic imbalance as well as begin dislodging them, thereby increasing the effectiveness of Reiki treatment.

Offering Reiki tools to transform your life from the inside out, Pearson shows how Reiki Ryoho is a healing system that focuses on the inner and spiritual aspects of your being first, allowing you to polish the heart so it reflects the shining light of the soul.

Nicholas Pearson has been a practitioner of Usui Reiki Ryoho since 2006, has received initiations into several lineages, and is also a practitioner of Jikiden Reiki. A certified teacher of Usui Reiki Ryoho, he offers Reiki and crystal healing classes throughout the United States. The author of *The Seven Archetypal Stones* and *Crystals for Karmic Healing*, he lives in Orlando, Florida.



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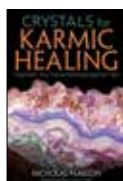
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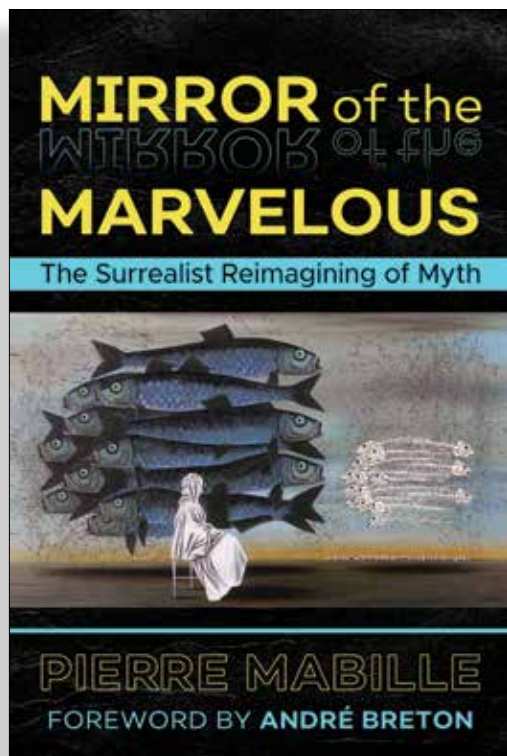
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"One of those monumental works which to leave unread would be to renounce, once and for all, any hope of comprehending the surrealist spirit."

—André Breton, author of
Manifestoes of Surrealism

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Mirror of the Marvelous

The Surrealist Reimagining of Myth

PIERRE MABILLE

Foreword by ANDRÉ BRETON

A surrealist exploration of the marvelous in ancient, classic, and modern works from around the world

- Long considered one of the most significant and original books to have come out of the surrealist movement
- Reveals the "marvelous" in works from William Blake, Edgar Allen Poe, William Shakespeare, Chrétien de Troyes, and Arthur Rimbaud; legends and folktales from around the world; classics from Ovid, Plato, and Apuleius; Masonic ritual texts, Mesopotamia's *Epic of Gilgamesh*, the *Popol-Vuh*, Lewis Carroll's *Alice through the Looking Glass*, Solomon's *Song of Songs*, and Goethe's *Faust*

First published in French as *Miroir du merveilleux* in 1940, *Mirror of the Marvelous* has long been considered one of the most significant and original books to have come out of the surrealist movement and Anaïs Nin suggested it as a source of inspiration, far ahead of its time.

Drawing on sacred and modern texts that share a quality of the marvelous, Pierre Mabille defines "the marvelous" as the point at which inner and outer realities are joined and the individual is simultaneously one with himself and with the world, thus recovering the true sense of the sacred. He shows how "the marvelous" goes beyond simply being a synonym for "the fantastic" to engage the entire emotional realm. Mabille cites a far-reaching range of texts, from the classic to the obscure, from Egyptian myth to Voodoo initiation ceremonies, from the ancient epic to the modern poem, from the creation myth to more contemporary visions of apocalypse. He includes surrealist analyses of works from William Blake, Edgar Allen Poe, William Shakespeare, Chrétien de Troyes, and Arthur Rimbaud; legends and folktales from Egypt, Iceland, Mexico, Africa, India, and other cultures; classics from Ovid, Plato, and Apuleius; Masonic ritual texts, Mesopotamia's *Epic of Gilgamesh*, the *Popol-Vuh*, Lewis Carroll's *Alice through the Looking Glass*, Solomon's *Song of Songs*, and selections from Goethe's *Faust*.

Mirror of the Marvelous actively defines the flame of the marvelous by showing its presence in those works where it burns the brightest.

Pierre Mabille (1904–1952) was a doctor, writer, and editorial director of the famous art review *Minotaure*. Working as a surgeon in the Caribbean during World War II he was appointed French Cultural Attaché to Haiti at the war's end and helped establish the Haitian Bureau of Ethnology. Mabille is one of the most important writers to have participated in the surrealist movement, advancing surrealist concerns into the areas of medicine, hermetic traditions, and social structures. His major works include *La construction de l'Homme*, *Thérèse de Lisieux*, *Égrégories ou la vie des civilisations*, and *Conscience Pictorial*, *Conscience Lumineuse*.

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Tantric Sex and Menopause

Practices for Spiritual and Sexual Renewal

DIANA RICHARDSON and JANET MCGEEVER

A tantric guide to discovering the hidden gifts of menopause

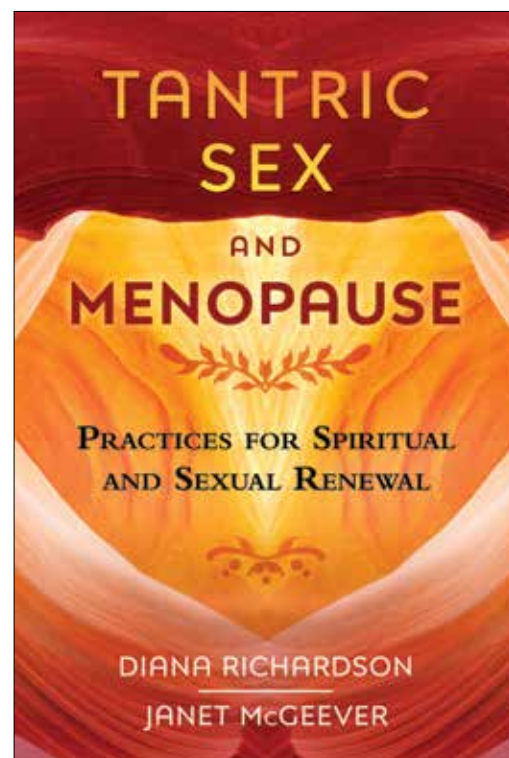
- Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy
- Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond
- Explores what to expect physically, emotionally, and spiritually, and in relationships

As women, we live so closely to the body—through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings.

Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido.

Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

Diana Richardson is the author of several books, including *Tantric Orgasm for Women* and *Slow Sex*. Along with her partner, Michael, she has been teaching weeklong "Making Love Retreats" for couples since 1993. She lives in Switzerland. Janet McGeever is a psychotherapist, writer, and speaker who has been teaching "Making Love Retreats" for couples in Australia since 2012. She lives on the Sunshine Coast in Queensland, Australia.



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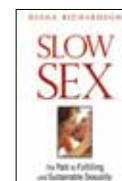
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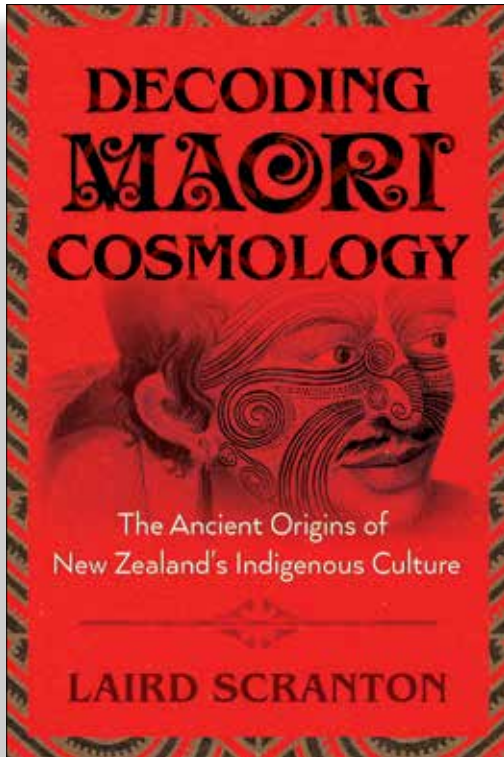
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SHANE VAN BOXTEL

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Laird Scranton

Decoding Maori Cosmology

The Ancient Origins of New Zealand's Indigenous Culture

LAIRD SCRANTON

An exploration of New Zealand's Maori cosmology and how it relates to classic ancient symbolic traditions around the world

- Shows how Maori myths, symbols, cosmological concepts, and words reflect symbolic elements found at Göbekli Tepe in Turkey
- Demonstrates parallels between the Maori cosmological tradition and those of ancient Egypt, China, India, Scotland, and the Dogon of Mali in Africa
- Explores the pygmy tradition associated with Maori cosmology, which shares elements of the Little People mythology of Ireland, including matching mound structures and common folk traditions

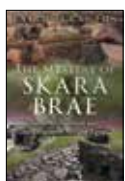
It is generally accepted that the Maori people arrived in New Zealand quite recently, sometime after 1200 AD. However, new evidence suggests that their culture is most likely centuries older with roots that can be traced back to the archaic Göbekli Tepe site in Turkey, built around 10,000 BC.

Extending his global cosmology comparisons to New Zealand, Laird Scranton shows how the same cosmological concepts and linguistic roots that began at Göbekli Tepe are also evident in Maori culture and language. These are the same elements that underlie Dogon, ancient Egyptian, and ancient Chinese cosmologies as well as the Sakti Cult of India (a precursor to Vedic, Buddhist, and Hindu traditions) and the Neolithic culture of Orkney Island in northern Scotland. While the cultural and linguistic roots of the Maori are distinctly Polynesian, the author shows how the cosmology in New Zealand was sheltered from outside influences and likely reflects ancient sources better than other Polynesian cultures. In addition to shared creation concepts, he details a multitude of strikingly similar word pronunciations and meanings, shared by Maori language and the Dogon and Egyptian languages, as well as likely connections to various Biblical terms and traditions. He discusses the Maori use of standing stones to denote spiritual spaces and sanctuaries and how their esoteric mystery schools are housed in structures architecturally similar to those commonly found in Ireland. He discusses the symbolism of the Seven Mythic Canoes of the Maori and uncovers symbolic aspects of the elephant-headed Hindu god Ganesha in Maori cosmology.

The author also explores the outwardly similar pygmy traditions of Ireland and New Zealand, characterized by matching fairy mound constructions and mythic references in both regions. He reveals how the trail of a group of Little People who vanished from Orkney Island in ancient times might be traced first to Scotland, Ireland, and England and then on to New Zealand, accompanied by signature elements of the global cosmology first seen at Gobekli Tepe.

Laird Scranton is the author of a series of books on ancient cosmology and language, including *The Science of the Dogon*, *Point of Origin*, and *China's Cosmological Prehistory*. He has presented at conferences throughout the United States and is a frequent guest on *Red Ice Radio* and *Coast to Coast AM*. He lives in Albany, New York.

Also by Laird Scranton



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Of Related Interest

The Cygnus Key

The Denisovan Legacy, Göbekli Tepe, and the Birth of Egypt

ANDREW COLLINS

New evidence showing that the earliest origins of human culture, religion, and technology derive from the lost world of the Denisovans

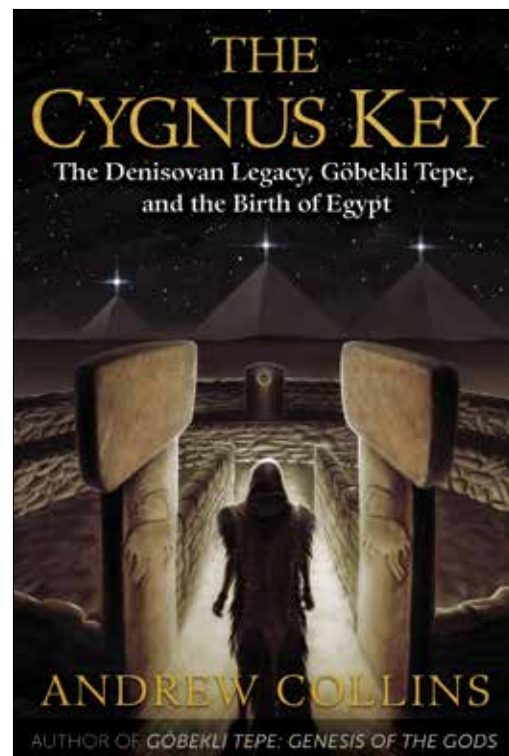
- Explains how Göbekli Tepe and the Giza pyramids are aligned with the constellation of Cygnus and show evidence of enhanced sound-acoustic technology
- Traces the origins of Göbekli Tepe and the Giza pyramids to the Denisovans, a previously unknown human population remembered in myth as a race of giants
- Shows how the ancient belief in Cygnus as the origin point for the human soul is as much as 45,000 years old and originally came from southern Siberia

Built at the end of the last ice age around 9600 BCE, Göbekli Tepe in southeast Turkey was designed to align with the constellation of the celestial swan, Cygnus—a fact confirmed by the discovery at the site of a tiny bone plaque carved with the three key stars of Cygnus. Remarkably, the three main pyramids at Giza in Egypt, including the Great Pyramid, align with the same three stars. But where did this ancient veneration of Cygnus come from?

Showing that Cygnus was once seen as a portal to the sky-world, Andrew Collins reveals how, at both sites, the attention toward this star group is linked with sound acoustics and the use of musical intervals “discovered” thousands of years later by the Greek mathematician Pythagoras. Collins traces these ideas as well as early advances in human technology and cosmology back to the Altai-Baikal region of Russian Siberia, where the cult of the swan flourished as much as 20,000 years ago. He shows how these concepts, including a complex numeric system based on long-term eclipse cycles, are derived from an extinct human population known as the Denisovans. Not only were they of exceptional size—the ancient giants of myth—but archaeological discoveries show that this previously unrecognized human population achieved an advanced level of culture, including the use of high-speed drilling techniques and the creation of musical instruments.

The author explains how the stars of Cygnus coincided with the turning point of the heavens at the moment the Denisovan legacy was handed to the first human societies in southern Siberia 45,000 years ago, catalyzing beliefs in swan ancestry and an understanding of Cygnus as the source of cosmic creation. It also led to powerful ideas involving the Milky Way’s Dark Rift, viewed as the Path of Souls and the sky-road shamans travel to reach the sky-world. He explores how their sound technology and ancient cosmologies were carried into the West, flowering first at Göbekli Tepe and then later in Egypt’s Nile Valley. Collins shows how the ancient belief in Cygnus as the source of creation can also be found in many other cultures around the world, further confirming the role played by the Denisovan legacy in the genesis of human civilization.

Andrew Collins has been investigating the idea of 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 *From the Ashes of Angels* and *Gobekli Tepe: Genesis of the Gods*, he lives in Essex, England.



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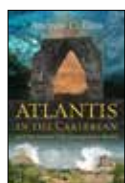
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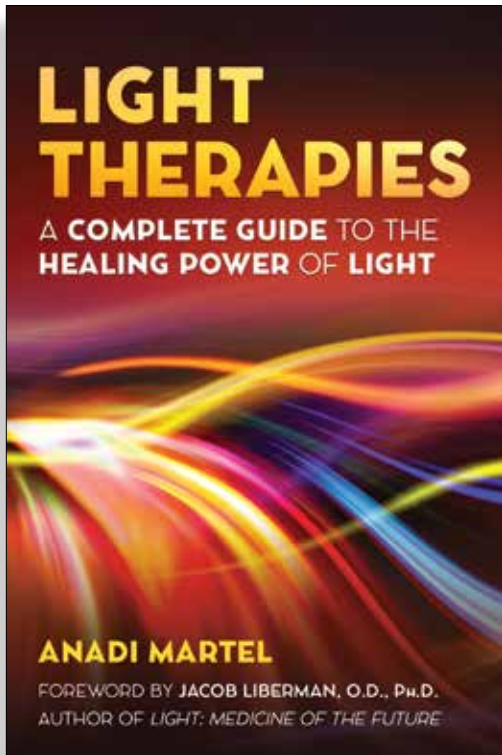


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Origins of the Sphinx
Robert M. Schoch, Ph.D., and
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Light Therapies

A Complete Guide to the Healing Power of Light

ANADI MARTEL

Foreword by JACOB LIBERMAN, O.D., Ph.D.,
author of *Light: Medicine of the Future*

A comprehensive guide to the therapeutic benefits of light and color and how they affect our physical and psychological well-being

- Shares scientific research on how different wavelengths of light influence our cells, brain function, sleep patterns, and emotional stability
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- Explains how to use light and color therapy, maximize the benefits of sunlight, and avoid the health risks of new light sources such as compact fluorescents and LEDs

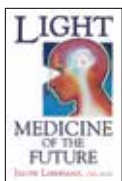
Beginning with sun worship in prehistory and sunshine therapies in ancient Egypt, Greece, and India, light has long been associated with the sublime, the divine, and healing. Yet only recently have we begun to understand how different parts of the light spectrum, from infrared to ultraviolet, can affect our physical and psychological well-being.

Covering the historic, scientific, and spiritual aspects of light and its role in energy medicine, Anadi Martel explores the vibrational nature of light and the interaction between light, biology, and consciousness. He demonstrates light's incredible effects on the physical, energetic, and cognitive dimensions of life and examines several forms of light therapy, including chromotherapy (color therapy), heliotherapy (sun therapy), actinotherapy (ultraviolet therapy), and thermotherapy (infrared therapy). He details how to use light therapy daily, get optimal benefits from sunlight, and avoid the health risks of new artificial lighting such as compact fluorescents and LEDs. Combining his own 30 years of research with practical insight from the many phototherapy pioneers he's encountered, the author examines scientific studies on how specific wavelengths of light influence our cells and DNA, brain function, sleep patterns, and emotional stability; speed the healing of wounds; and are effective in the treatment of disease, including arthritis, stroke, Alzheimer's, Parkinson's, and brain and nerve injuries. Exploring the spiritual aspects of light, the author explains why auras and halos have been used to represent sages and saints of all traditions, revealing the intimate link between light and consciousness.

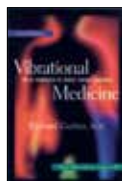
Investigating the many laser, monochrome, audiovisual, and infrared machines designed to heal disease and treat emotional disorders, Martel also reveals promising medical applications for light that are currently in development, inviting the reader not only to appreciate the complexities of light but to maximize its therapeutic dimensions.

Anadi Martel is a physicist and electronics designer, who has acted as a consultant for IMAX, Cirque du Soleil, and the Metropolitan Opera of New York. For more than 30 years he has researched the therapeutic properties of light and the interaction between technology and consciousness, leading to the creation of the Sensora multisensorial system. His sound spatialization devices have been used around the world, including by NASA. He serves as President of the International Light Association (ILA) and lives in Quebec.

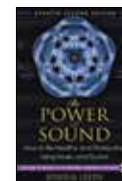
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Jacob Liberman, O.D., Ph.D.
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The Hidden Cause of Acne

How Toxic Water Is Affecting Your Health and What You Can Do about It

MELISSA GALLICO

Foreword by STEPHEN HARROD BUHNER

An investigation into the root cause of the modern acne epidemic—fluoride—and how to remove it from your diet and lifestyle for clear, healthy skin

- Chronicles the existing acne research to reveal fluoride was behind the rise of teenage acne in the mid-20th century and the dramatic increase in adult acne today
- Details how to avoid fluoridated foods and beverages as well as other common sources of fluoride, such as pesticides, pharmaceuticals, and household products
- Explains how to displace fluoride stored in your bones and other tissues through nutrition and the careful use of iodine

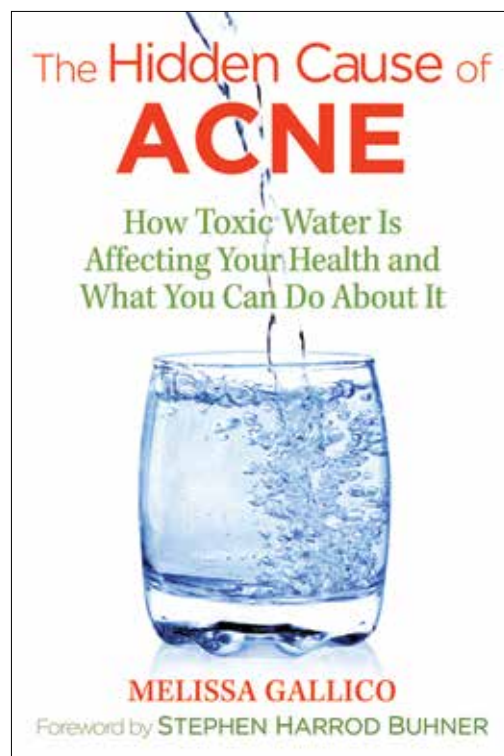
According to a recent study, over 20 percent of men and 35 percent of women experience acne after the age of 30. At the same time, remote indigenous societies—such as the Inuit before they “moved to town” in the 1960s—experience no acne at all, even among their teenagers. Many things have been cited as causing acne, from sugar, chocolate, or pizza to dirty pillowcases, hormones, or genetics, but none of these “causes” have been able to explain the majority of acne cases, nor why chronic acne is on the rise.

Using her FBI intelligence analyst skills, Melissa Gallico identifies fluoride as the root cause of the modern acne epidemic. Chronicling the existing acne research, she reveals where each study went wrong and what they missed. She shares her personal 20-year struggle with severe cystic acne not only on her face, but on her neck, chest, back, and even inside her ears. She explains how her travels around the world and her intelligence work helped her pinpoint exactly what was causing her treatment-resistant flare-ups—fluoridated water, foods, dental products, and the systemic build-up of childhood fluoride treatments. She details how to avoid fluoridated foods and beverages and explains how sources of fluoride work their way deeply into our daily lives through water as well as fluoride-based pesticides, pharmaceuticals, and common household products.

The author exposes the corrupt science used to convince people of fluoride’s health benefits and examines the systemic toxicity of fluoride, including its anti-thyroid and neurotoxin effects, how it remains in the body for years, and how it can cause the symptoms of illnesses, such as arthritis, fibromyalgia, and depression. She explains how to displace fluoride stored in your bones and tissues through nutrition and the careful use of iodine.

Offering a guide to freeing yourself from persistent adult acne, Gallico shows that it is possible to heal your skin even when dermatologists and their prescriptions have failed.

Melissa Gallico is a former military intelligence officer, Fulbright scholar, and intelligence specialist at the Federal Bureau of Investigation. She has instructed classes for FBI analysts at Quantico and provided intelligence support for FBI national security investigations. She graduated with honors from Georgetown University and holds a master’s degree from the University of St. Andrews in Scotland. She lives in South Florida.



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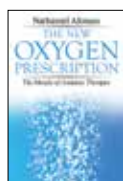
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Health/Alternative Medicine



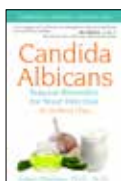
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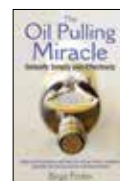
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Divination



The Sibyls Oraculum

Oracle of the Black Doves of Africa

TAYANNAH LEE McQUILLAR

Artwork by KATELAN V. FOISY

A system of divination inspired by the Libyan Sibyls, the African prophetesses of the classical world

- Includes 44 full-color cards in Latin and English with a comprehensive guidebook
- Details how to consult the oracle, providing in-depth write-ups about the meaning of each card and the symbolic language represented by their imagery
- Designed to directly address the spiritual lessons underlying the seeker's query and facilitate self-examination and decision-making
- The cards feature full-color paintings in the style of the Libyan mosaics popular with the Roman elite in the 1st century B.C.E.

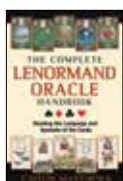
The Oracle of the Black Doves is a system of divination inspired by the Libyan Sibyls, the African prophetesses of the classical world. According to the Greek Historian Herodotus, two black doves flew away from the city of Waset (Thebes) and established the Siwa Oasis oracle in Libya and the first oracle in Greece at Dodona. These powerful Sibyls were consulted by all levels of Greek and, later, Roman society.

Created by tarot reader Tayannah Lee McQuillar, this contemporary oracle pays homage to the oft forgotten African founding mothers of the sibylline traditions. Drawing on both the African and the Classical traditions, it features full-color paintings by artist Katelan V. Foisy, who created the card art in a style reminiscent of the Libyan mosaics popular in the 1st century B.C.E. In the accompanying guidebook, McQuillar details how to consult the oracle, providing in-depth write-ups about the meaning of each of the 44 cards and the symbolic language represented by each card's imagery. She demonstrates how there is only one correct way to phrase a question to the oracle, making it nearly impossible to receive a vague or biased response.

Designed to directly address the spiritual lessons underlying the seeker's query, the oracle facilitates self-examination and decision-making, helping the seeker improve the likelihood of success in all undertakings and choose their best possible future by broadening their perspective of the situation. The author also includes a history of the Sibyls of the ancient world and explores the continuing Sibyl tradition in North Africa today.

Tayannah Lee McQuillar is a tarot reader and researcher of religion, esoterica, and mysticism. The author of several books, including *Rootwork*, she lives in New York City. Katelan V. Foisy is an artist, circle leader, and tarot consultant who has been featured in the *New York Times* and *Elle Magazine*. Her work has appeared in exhibits throughout the United States and UK. She lives in Chicago.

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Ancient Giants

History, Myth, and Scientific Evidence from around the World

XAVIANT HAZE

Investigates physical evidence, history, and myths to reveal the lost race of giants that once dominated the world

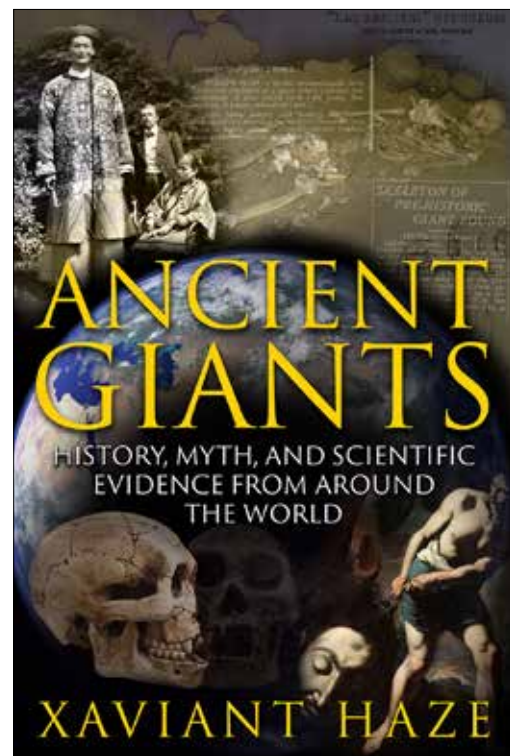
- Reveals suppressed archaeological and scientific discoveries supporting the existence of a worldwide race of giants
- Examines giant myths and legends from ancient religious texts and literature from around the world
- Includes findings from throughout Europe (Britain, France, Spain, Italy, Germany, and Russia), the Middle East (Israel, Egypt, Syria, Iraq, and Iran), Africa, Australia, New Zealand, and the Far East (China, Japan, Malaysia, and the Philippines)

From the Nephilim and Goliath in the Bible to the Titans in Greek mythology and the Fomorians and Frost Giants in Celtic and Nordic lore, almost every culture around the world has spoken of an ancient race of giants. Giant footprints left in the geological bedrock, tens of thousands of years old, have been discovered in India, China, and the war-torn lands of Syria. Giant bones and full skeletons have been found in Europe, the Middle East, Africa, Australia, and Asia. Yet despite mounting evidence, mainstream science continues to consign these findings to the fringe.

Examining global myths, historical records, megalithic ruins, and archaeological findings, Xaviant Haze provides compelling evidence for a lost race of giants in Earth's prehistory. He explores myths that go back thousands of years, including those found in the world's holiest scriptures, as well as medieval and modern myths, such as Geoffrey of Monmouth's account of the first kings of Britain and the stories of giant bones unearthed by Allied soldiers during World War II. He investigates historical reports of ancient giants found in Ireland and the British Isles—the remains of which mysteriously disappeared shortly after their discovery. He explores the legends of giants in Russia and goes deep into the Far East, revealing the multitude of fascinating giant legends in China. Haze explains how giants were responsible for the megalithic wonders of Malta and how the early settlers of Australia discovered the remains of giants but these findings were suppressed by the Royal Academies. He also explores the mythic origins of the giants: Were they the hybrid results from genetic experiments of ancient aliens or from the interbreeding of the fallen angels with the daughters of man?

Covering legends and finds from throughout Europe, the Middle East, Africa, Australia, New Zealand, and the Far East, Haze also presents—in its entirety—*The Book of Giants*, a portion of the Dead Sea Scrolls suppressed due to its overwhelming support for the existence of giants in antiquity.

Xaviant Haze is a researcher of ancient manuscripts and alternative history, exploring and documenting his findings on lost cities and the myths of the pre-diluvian world. The coauthor of *The Suppressed History of America*, he lives in Tucson, Arizona.



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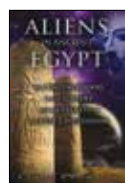
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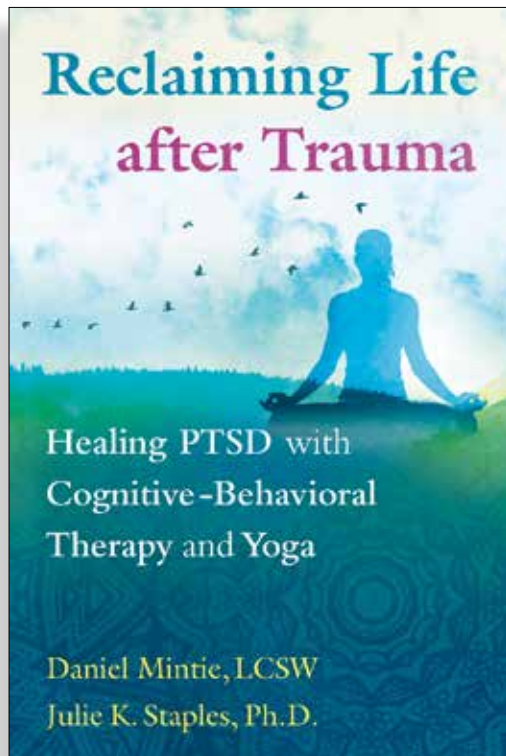
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Rights: World

Psychology/PTSD



Author
Julie K. Staples, Ph.D.



Author
Daniel Mintie, LCSW

Reclaiming Life after Trauma

Healing PTSD with Cognitive-Behavioral Therapy and Yoga

DANIEL MINTIE, LCSW, and JULIE K. STAPLES, Ph.D.

Integrative tools for healing the traumatized mind and body

- Combines cutting-edge Western cognitive-behavioral therapy (CBT) and ancient Eastern wisdom to heal Post-Traumatic Stress Disorder (PTSD)
- Teaches Kundalini yoga practices specifically designed to reset parts of the brain and body affected by PTSD
- Presents a fast-acting, holistic, evidence-based, and drug-free program for eliminating PTSD symptoms and restoring health, vitality, and joy

Trauma, the Greek word for “wound,” is the most common form of suffering in the world today. An inescapable part of living, the bad things that happen to us always leave aftereffects in both body and mind. While many people experience these aftereffects and move on, millions of others develop Post-Traumatic Stress Disorder (PTSD)—a painful, chronic, and debilitating barrier to happiness.

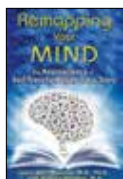
Reclaiming Life after Trauma addresses both the physical and psychological expressions of PTSD, presenting an integrative, fast-acting, evidence-based, and drug-free path to recovery. Authors Daniel Mintie, LCSW, and Julie K. Staples, Ph.D., begin with an overview of PTSD and the ways in which it changes our bodies and minds. They present research findings on cognitive-behavioral therapy (CBT) and yoga, giving the reader insights into how these powerful modalities can counteract and reverse the physical and mental aftereffects of trauma.

The authors provide a suite of simple, powerful, and easily learned tools readers can put to immediate use to reset their traumatized bodies and minds. On the physical side, they teach four Kundalini yoga techniques that address the hypervigilance, flashbacks, and insomnia characteristic of PTSD. On the psychological side, they present 25 powerful CBT tools that target the self-defeating beliefs, negative emotions, and self-sabotaging behaviors that accompany the disorder.

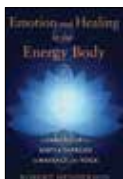
Drawing on many years of clinical work and their experience administering the successful Integrative Trauma Recovery Program, the authors help readers understand PTSD as a mind-body disorder from which we can use our own minds and bodies to recover. Woven throughout the book are inspiring real-life accounts of PTSD recoveries showing how men and women of all ages have used these tools to reclaim their vitality, physical health, peace, and joy.

Daniel Mintie, LCSW, is a cognitive-behavioral therapist, researcher, and trainer with over 27 years’ experience healing trauma. Julie K. Staples, Ph.D., is the Research Director at the Center for Mind-Body Medicine in Washington, D.C. and a certified Kundalini yoga teacher. Together the authors developed their Integrative Trauma Recovery Program combining yoga and cognitive-behavioral therapy for healing PTSD. Both authors live in New Mexico and conduct mind-body wellness workshops at universities and training centers worldwide.

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Power Places and the Master Builders of Antiquity

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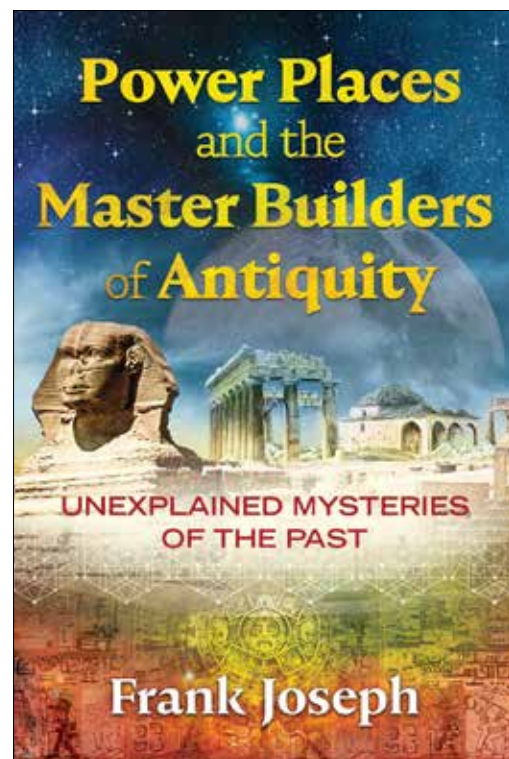
Sharing his personal investigations into a wide range of ancient mysteries and paranormal enigmas in America and abroad, Frank Joseph takes us on a journey into the high strangeness of our world.

Beginning with the work of the master builders of antiquity, the author examines Old World connections with New World sacred centers, such as the similarities between Ohio's Mound City and the pyramids and tombs of the Giza Plateau, as well as ancient American cities of the Sun, China's Great Pyramid, and the possibility of a Templar treasure on Oak Island. He explores modern sacred sites, such as Iowa's Grotto of Gems, Tennessee's Greek Temple of the goddess Athena, and Florida's Coral Castle. He investigates pre-Columbian sites and underwater pyramids in the Midwest, Wisconsin's UFO hot-spot, lost Aztec Cities of Gold in Kansas, and giant-built constructions in Illinois. He details how the intriguing acoustics of Newgrange in Ireland are echoed in its spiral carvings. Exploring spiritual uses of altered states, he looks at the practices of Minoan snake handlers, Mayan shamans, remote viewers, and prophets through the ages.

Providing his own investigations into classic paranormal phenomena and ancient mysteries, the author also examines evidence of the Bermuda Triangle, Atlantis, and the Ark of the Covenant. He explores the forgotten or suppressed work of some of history's most extraordinary personalities, including Jules Verne, Sir Francis Bacon, Mother Shipton, and the real-life inspiration for Indiana Jones, Count Byron de Prorok. He investigates wonders of our natural world, including communication with elemental beings, the numinous secrets of water, and the living soul of matter.

Including fresh, never-before-published discoveries and imagery, Frank Joseph investigates these phenomena not to explain them away, but to expose their power to affect and elevate human consciousness.

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



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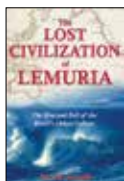
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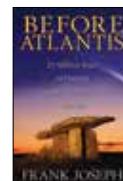
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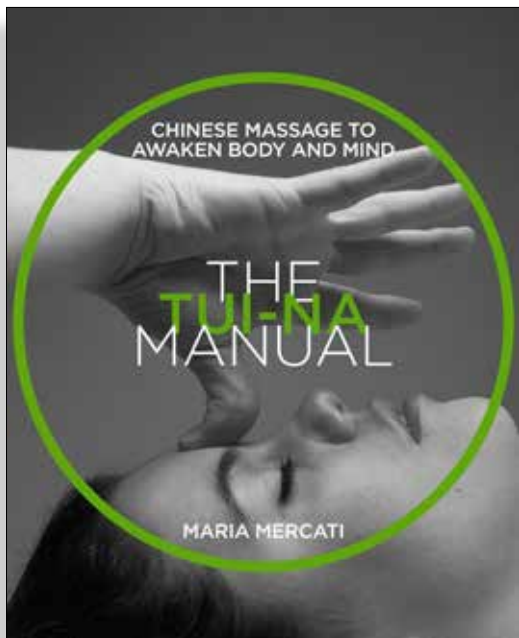
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Health/Bodywork



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Maria Mercati

New edition of *The Handbook of Chinese Massage*

The Tui-Na Manual

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MARIA MERCATI

A full-color, illustrated guide to Chinese tui-na massage techniques for whole-body health

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- Details how to use Tui-Na in all ages to release stress, re-energize the body, invigorate the mind, and relieve pain, sciatica, headache, sports injuries, and other common ailments

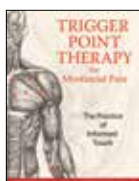
Tui-Na, which means “grasp and push,” is a Chinese system of therapy that uses massage and bodywork manipulation to relieve pain, release tension, and treat common ailments. Often practiced in conjunction with acupuncture and Chinese herbalism, Tui-Na is also used as a treatment to address specific patterns of disharmony and stimulate the overall flow of Qi, or vital energy, throughout the body.

The leading authority on Tui-Na in the West, with years of study in China, Indonesia, and Thailand, Maria Mercati combines the individual techniques of Tui-Na into an easy-to-use method for whole-body health. Providing rich full-color photos with step-by-step instructions, she demonstrates each of the 15 unique Tui-Na techniques, showing clearly where to place your hands as well as offering clear diagrams of the meridian energy channels and more than 100 powerful Qi points, where Qi energy can be directly affected to restore balance and harmony. She explains how to use the Qi points to treat conditions in close proximity as well as enact healing in tender or injured regions through the use of distant yet connected Qi points. The author details how to use Tui-Na treatments to relieve neck, shoulder, and back pain, sciatica, headache, and many other common ailments, treat sports injuries, and improve athletic performance. She also shows how it can release stress, re-energize the body, and invigorate the mind, as well as provide healing massage for adolescents, the elderly, and babies.

Offering a healing method that requires no special equipment and is simple enough to do at home or in a chair at work, this fully illustrated guide provides a hands-on program to help yourself and others find whole-body health.

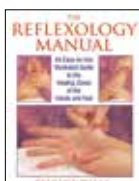
Maria Mercati is the leading teacher of Tui-Na in the West and an internationally renowned Thai massage practitioner. Having trained extensively throughout Asia she founded Bodyharmonics, an integrated approach to therapy that blends Chinese, Thai, and Indonesian treatment methods to promote health and harmony. She practices at the Bodyharmonics Centre in Cheltenham, UK.

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Donna Finando, L.Ac., L.M.T. and
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The Fraternitas Saturni

History, Doctrine, and Rituals of the Magical Order of the Brotherhood of Saturn

STEPHEN E. FLOWERS, Ph.D.

The most in-depth work in English on the most influential secret magic group of 20th-century Germany, the Fraternitas Saturni, or Brotherhood of Saturn

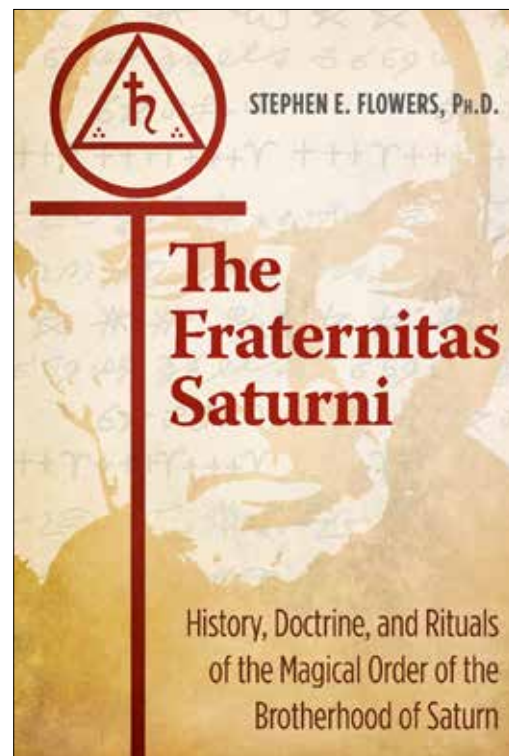
- Explores the history of the Order from its founding the late 1960s
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- Includes biographies of prominent members, including founder Gregor A. Gregorius, Karl Spiesberger (Frater Eratus), and Albin Grau (Master Pacitius)

The most influential magical group in Germany during the 20th century, the Fraternitas Saturni, or Brotherhood of Saturn, is still the most active and important magical society in Germany today. But from its formal beginnings in 1926 in Weimar Berlin until around 1970 it was almost totally secret. Most of what is known about the Order in the English-speaking world is fragmentary and focuses exclusively on the sensational sex-magic practices and Luciferian tendencies of this magical lodge.

Presenting the most in-depth work in English on the Fraternitas Saturni, Stephen Flowers examines the history of the Order from the mid-1920s to the late 1960s when the Order was fundamentally reformed. He details their path of initiation, secret doctrines, ritual practices, and magical formulas and offers biographies of the Order's most prominent members, including founder Gregor A. Gregorius, Karl Spiesberger (Frater Eratus), Albin Grau (Master Pacitius), and Franz Saettler (Dr. Musallam). Exploring the Brotherhood's guiding principles, he shows that at the heart of Saturnian ideology is the idea of Saturn-Gnosis: the interplay of opposing forces in the universe leading to the realization of the individual self as a god-like entity. He examines the Order's teachings on cosmology, the Kabbalah, the Saturnian Sacraments, electrical magic, sexo-cosmology, sex-magic rites, and sexual mysticism—the Yoga of the Dark Light—and transcribes many of their actual rituals and practices, including the highly controversial Gradus Pentalphae, in such detail that readers will be able to undertake their own experiential work.

Explaining the meanings of all 33 grades of the Order, the author also looks at the infamous Freemasonic Order of the Golden Centurium, the cult of Adonism, the links between Thelema and the Fraternitas Saturni, and the rare teachings of Master Pacitius (Albin Grau), the visual genius behind the film *Nosferatu*. He also includes rare reports by Aleister Crowley concerning his interaction with some of the forerunners to the Order and letters from the Order's founder, Gregor A. Gregorius, to the "Great Beast."

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.



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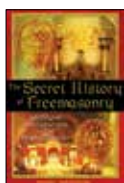


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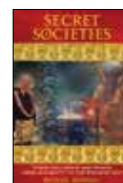
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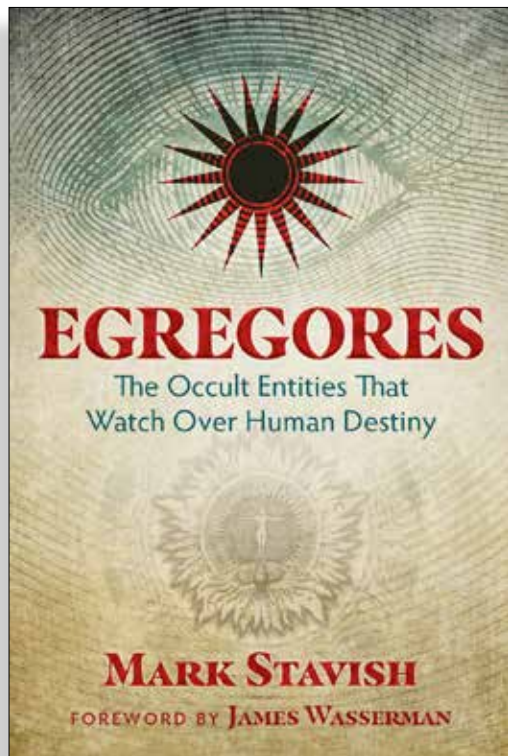
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Rights: World

Occult



Author
Mark Stavish

Egregores

The Occult Entities That Watch Over Human Destiny

MARK STAVISH

Foreword by JAMES WASSERMAN

The first book to explore the history and influence of *egregores*, powerful autonomous psychic entities created by a collective group mind

- Examines the history of egregores from ancient times to present day, including their role in Western Mystery traditions and popular culture and media
- Reveals documented examples of egregores from ancient Greece and Rome, Tibetan Buddhism, Islam, modern esoteric orders, the writings of H. P. Lovecraft and Kenneth Grant, and the followers of Julius Evola and Aleister Crowley
- Provides instructions on how to identify egregores, free yourself from parasitic and destructive entities, and destroy an egregore, should the need arise

One of most important but little known concepts of Western occultism is that of the *egregore*, an autonomous psychic entity created by a collective group mind. An egregore is sustained by belief, ritual, and sacrifice and relies upon the devotion of a group of people, from a small coven to an entire nation, for its existence. An egregore that receives enough sustenance can take on a life of its own, becoming an independent deity with powers its believers can use to further their own spiritual advancement and material desires.

Presenting the first book devoted to the study of egregores, Mark Stavish examines the history of egregores from ancient times to present day, with detailed and documented examples, and explores how they are created, sustained, directed, and destroyed. He explains how egregores were well known in the classical period of ancient Greece and Rome, when they were consciously called into being to watch over city states. He explores the egregore concept as it was understood in various Western Mystery traditions, including the Corpus Hermeticum, and offers further examples from Tibetan Buddhism, Islam, modern esoteric orders such as the Order of the Golden Dawn and Rosicrucianism, the writings of H. P. Lovecraft and Kenneth Grant, and the followers of Julius Evola and Aleister Crowley. The author discusses how, even as the fundamental principles of the egregore were forgotten, egregores continue to be formed, sometimes by accident.

Stavish provides instructions on how to identify egregores, free yourself from a parasitic and destructive collective entity, and destroy an egregore, should the need arise. Revealing how egregores form the foundation of nearly all human interactions, the author shows how egregores have moved into popular culture and media—underscoring the importance of intense selectivity in the information we accept and the ways we perceive the world and our place in it.

Mark Stavish is a respected authority on Western spiritual traditions. The author of 26 books, published in 7 languages, including *The Path of Alchemy* and *Kabbalah for Health and Wellness*, he is the founder and director of the Institute for Hermetic Studies and the Louis Claude de St. Martin Fund. He has appeared on radio shows, television, and in major print media, including *Coast to Coast AM*, the History Channel, BBC, and the *New York Times*. The author of the blog VOXHERMES, he lives in Wyoming, Pennsylvania.

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Handbook of Chinese Medicine and Ayurveda

An Integrated Practice of Ancient Healing Traditions

BRIDGETTE SHEA, L.Ac., MAcOM

A comprehensive reference tool for maximizing healing of the mind, body, and spirit through a holistic synergy of Chinese medicine and Ayurveda

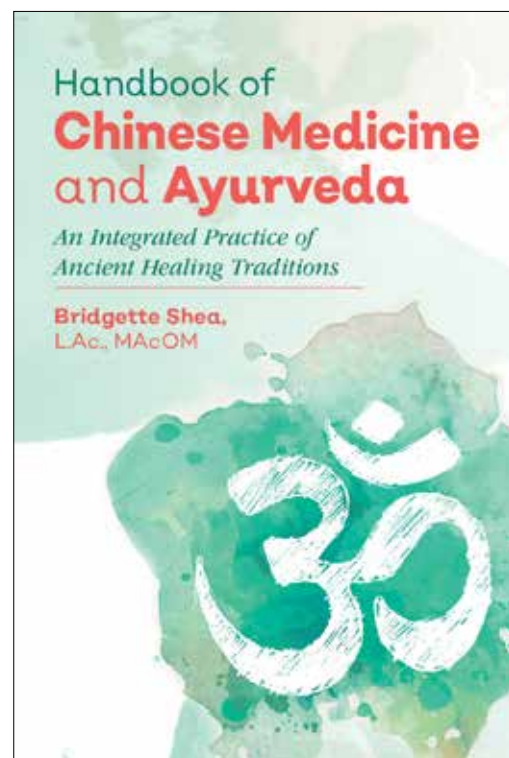
- Details the foundational principles of each tradition and the many concepts they share, such as qi and prana, meridians and nadis, and energy centers and chakras
- Provides tools for self-assessment including a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire
- Offers breathing exercises, dietary regimens, herbal recommendations, and guides for detoxification, including safe and gentle at-home cleansing

Chinese medicine and Ayurveda are two of the oldest healing systems in use today. Each is a complete art, in and of itself, and has profoundly contributed to the health and well-being of millions of people around the world. Drawing on their shared roots and spiritual principles, Bridgette Shea, L.Ac., MAcOM, shows how these two practices integrate seamlessly, with the two traditions' individual strengths harmonizing to form a practical basis for prevention, wellness, detoxification, and treatment.

The author explains the foundational principles of both Chinese medicine and Ayurveda in detail, providing the reader with a working understanding of both disciplines. She examines shared concepts such as qi and prana, meridians and nadis, and energy centers and chakras. She explores the strengths of each practice, such as the clinical efficiency of diagnosis and the use of acupuncture for pain relief, improving fertility, and stress reduction in Chinese medicine and the dietary, detoxification, and spiritual guidance of Ayurveda, including the detox branch of Ayurveda known as *Panchakarma*. Moving beyond theory into practical application, she explores the Elements, known as the Five Phases and the *Panchamahabhutas*, and how they affect our well-being. She provides tools for self-assessment including a primer on tongue diagnosis and a mental, emotional, and physical constitutional questionnaire. Offering treatment and prevention strategies that draw from both disciplines, she encourages the reader to implement an integrated practice of these two systems in daily life or clinical practice. She details breathing exercises, dietary regimens, herbal recommendations, and guides for detoxification, including safe and gentle home cleanses, all rooted in the holistic synergy between Ayurveda and Chinese medicine.

Sharing case studies that highlight the interconnectedness of these approaches, Shea provides a comprehensive guide for self-healing of body, mind, and spirit and a practitioner's resource to cross-reference complex questions with respect to both healing traditions.

Bridgette Shea, L.Ac., MAcOM, is an acupuncturist, Chinese medicine practitioner, and Ayurveda educator whose private practice is an integration of Chinese and Ayurvedic medicine. She writes and teaches workshops on Ayurveda, energy medicine, and healthy breathing. She lives with her family in Saratoga Springs, New York.



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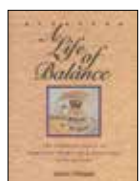
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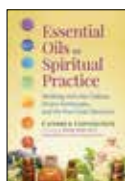
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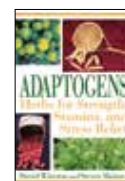
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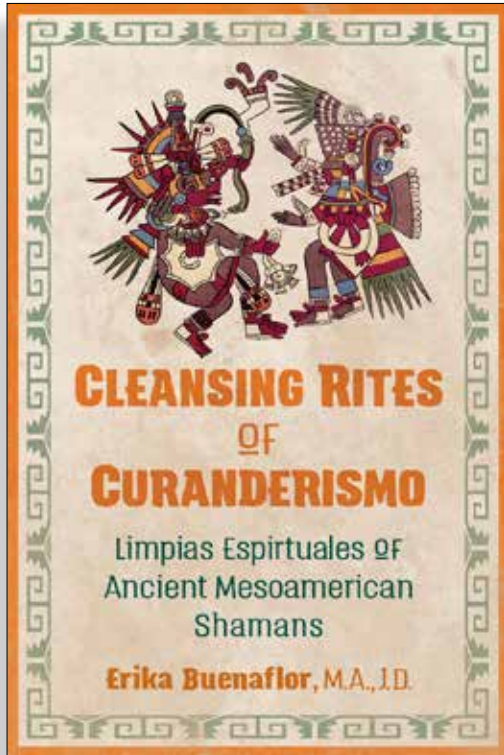
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Rights: World

Shamanism



Author
Erika Buenaflor, M.A., J.D.

Cleansing Rites of Curanderismo

Limpas Espirituales of Ancient Mesoamerican Shamans

ERIKA BUENAFLOR, M.A., J.D.

A tutorial on the ancient practice of *limpias* to heal the mind, body, and soul

- Offers step-by-step instructions for the practice of *limpias*, shamanic cleansing rituals to heal, purify, and revitalize people as well as physical spaces
- Examines different types of *limpia* ceremonies, such as fire rites for transformation, water rites for cleansing and influencing, and sweeping rites for divination
- Explores the sacred stories behind *limpia* rituals and traces these *curanderismo* practices to their indigenous roots

Exploring the essential tools and practices of Mesoamerican shamans and curanderos, specifically the ancient Yukatek Maya and Mexica (Aztec), Erika Buenaflor, M.A., J.D., provides a step-by-step guide for conducting the most common practice within *curanderismo*: *limpias*. These practical and incredibly effective shamanic cleanses heal, purify, and revitalize people and spaces with herbs, flowers, eggs, feathers, fire, and water. They are also powerful tools for self-empowerment, spiritual growth, soul retrieval, rebirth, and gracefully opening up pathways for new beginnings.

Drawing on her 20 years' experience as a curandera and her graduate studies focused on Mesoamerican shamanism, the author traces modern *curanderismo* practices to their indigenous roots. She explores the sacred stories behind *limpia* rituals and examines different types of *limpia* ceremonies in depth, such as fire rites for transformation, water rites for cleansing and influencing, and sweeping rites for divination. She outlines how *limpias* work holistically to enable one to let go and cleanse the body, mind, and spirit of limiting beliefs, traumas, and broken stories; heal acute and chronic illnesses such as depression, insomnia, and anxiety; and revitalize and activate sacred spaces by renewing their essence and clearing negative energies. She explains the healing properties of the plants used in *limpia* rites and how to perform the medicinal chants used by the curanderos. In addition, the author details how the practice of *platicas*, heart-straightening talks, supports *limpia* rites by encouraging one to vocalize their needs as they eject traumas and unwanted energies from the body, setting the stage for self-awareness and healing.

Sharing the story of her own complete healing from a catastrophic injury with *limpias* as well as inspirational testimonies from others who have experienced *limpias*, the author provides a personal and thoroughly practical guide to the ancient shamanic method of *limpias* to promote healing and personal transformation in our times.

Erika Buenaflor, M.A., J.D., has a master's degree in religious studies with a focus on Mesoamerican shamanism from the University of California at Riverside. A practicing curandera for over 20 years, descended from a long line of grandmother curanderas, she has studied with curanderas/os in Mexico, Peru, and Los Angeles and gives presentations on *curanderismo* in many settings, including at UCLA. She lives in Altadena, California.

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Sacred Messengers of Shamanic Africa

Teachings from Zep Tepi, the Land of First Time

CARLEY MATTIMORE, MS, LCPC, and LINDA STAR WOLF, Ph.D.

Foreword by MANDAZA AUGUSTINE KANDEMWA

A guide to connecting with the wisdom and energies of ancient Africa and awakening the lion-hearted spiritual warrior within

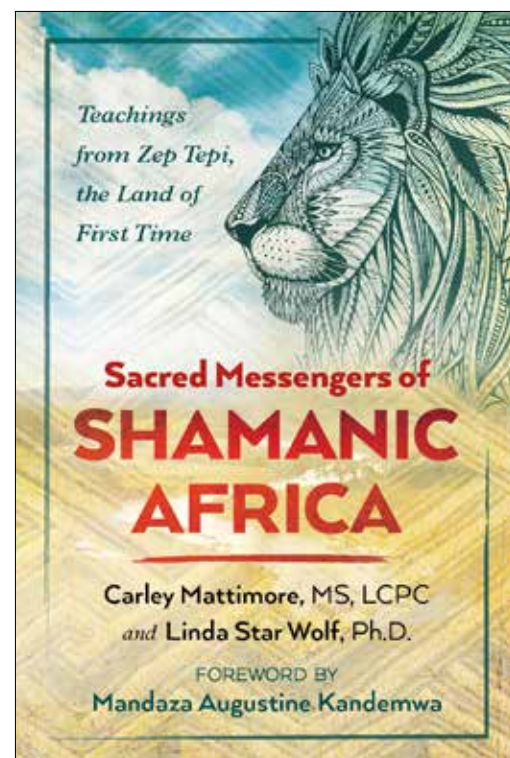
- Reveals the wisdom and love of the White Lions of Timbavati, who have returned to help us remember our divine origins
- Explores how to reconnect to our original roots in Africa hidden deep within our DNA and remember our sacred contract to guard and protect the natural world
- Offers shamanic journeys to connect with African power animals as well as the energetic hologram of the 31st meridian, the spine of Mother Earth

It was predicted by indigenous tribes in Africa that when the White Lions return to their sacred lands in Timbavati we would be in a time of evolutionary and spiritual awakening. On Christmas Day in the year 2000, Marah the White Lion was born, the first “way-shower” to arrive and help us awaken to our divine origins, when we were one with all life in Zep Tepi, the land of first time. Our spiritual warrior selves are being summoned to heal the separation between us and nature, to be the change agents of heart, as we evolve to a higher consciousness.

Exploring how to awaken to the energies and messengers of ancient Africa that reside along the 31st meridian, the spine of Mother Earth, Carley Mattimore and Linda Star Wolf take you on a journey to connect with our original roots in Africa, hidden deep within our DNA. They share shamanic journeys and teachings to connect with the strengths of Africa’s spirit animals, including the inner authority and heart of Lion, the loyalty and wisdom of Elephant, the love and compassion of Giraffe, and the shadow side of Hyena. They explore the power of shamanic sacred sites and offer teachings on the African Tree of Life and the energetic hologram of the 31st meridian. Sharing wisdom from Mhondoro Mandaza Kandemwa, Grandmother Twylah Nitsch, and other wisdom keepers, the authors explain how, as we connect with the messengers along the 31st meridian, we begin to remember our sacred contract to protect the natural world.

Offering a guide to reconnect with the ancient African wisdom of love and higher consciousness buried in our cellular memory, the authors show how we can help reopen the heart of humanity and heal the world around us.

Carley Mattimore, MS, LCPC, is a shamanic psychotherapist with 30 years’ experience as well as a therapeutic energy worker. She has traveled to Timbavati, South Africa, and Zimbabwe several times. She teaches shamanic workshops at the Aahara Spiritual Community in Springfield, Illinois. Linda Star Wolf, Ph.D., is the founding director and president of Venus Rising Association for Transformation. The creator of the Shamanic Breathwork Process, she is the author of 10 books and resides at Isis Cove Community near Asheville, North Carolina.



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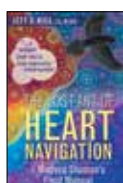
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Also by Linda Star Wolf, Ph.D.



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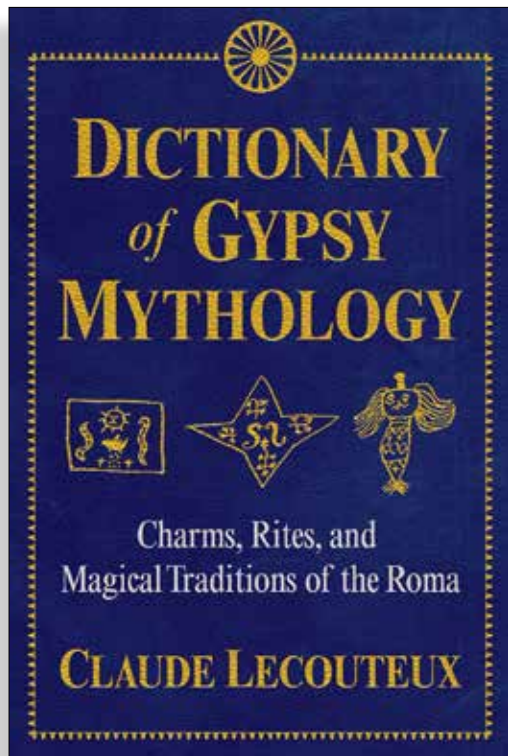
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Folklore & Mythology



Author
Claude Lecouteux

Dictionary of Gypsy Mythology

Charms, Rites, and Magical Traditions of the Roma

CLAUDE LECOUTEUX

A comprehensive A-to-Z reconstruction of the oral tradition of the Rom—gypsies—based on sources never before available in English

- Presents the origin myths and magical traditions of the gypsies, including their legendary ties to Egypt, animal ancestors, and tree spirits
- Examines the three major settings of gypsy folktales—the forest, the waters, and the mountain—and shows how their world is full of spirits
- Shows how the religious concepts of the Rom testify to a profound syncretism of the pagan traditions and Christianity

Although their own myths and their common name point to Egyptian origins for the gypsies, the Rom, as they call themselves, originated in India, as evidenced by studies of their language. They arrived in Europe in the ninth century and spread across the continent from East to West, reaching England in the 15th century and Scandinavia by the end of the 16th century. A nomadic people, these wanderers were reviled by local populaces wherever they went and regarded as misfits, intruders, foreigners, and thieves.

Drawing on a number of sources never before available outside of Eastern Europe, Claude Lecouteux reconstructs the gypsy oral tradition to provide a comprehensive A-to-Z look at gypsy mythology, including their folktales, rites, songs, nursery rhymes, jokes, and magical traditions. His main source is material collected by Heinrich Adalbert von Wlislöcki (1856–1907), an ethnologist who lived with gypsies in Romania, Transylvania, and Hungary in the latter half of the 19th century. He presents the origin myths of the gypsies, legends which form the ancestral memory of the gypsy tribes and often closely touch on their daily life.

Lecouteux explores the full range of supernatural beings that inhabit the gypsy world, including fairies, undines, ogres, giants, dog-people, and demons, and he examines the three major settings of gypsy folktales—the forest, the waters, and the mountain, which they worshiped as a sacred being in its own right. He also reveals how coexisting with peoples of different religions led the gypsies to adapt or borrow stories and figures from these groups, and he shows how the religious concepts and sacred stories of the Rom testify to a profound syncretism of pagan traditions and Christianity.

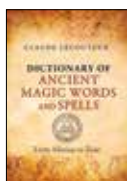
Complete with rare illustrations and information from obscure sources appearing for the first time in English, this detailed reference work represents an excellent resource for scholars and those seeking to reconnect to their forgotten gypsy heritage.

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

Also by Claude Lecouteux



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DMT Dialogues

Encounters with the Divine Molecule

Edited by DAVID LUKE and RORY SPOWERS

Introduction by ANTON BILTON

Cutting-edge explorations and discussions of DMT experiences and plant sentience from leading luminaries in the field of psychedelic research

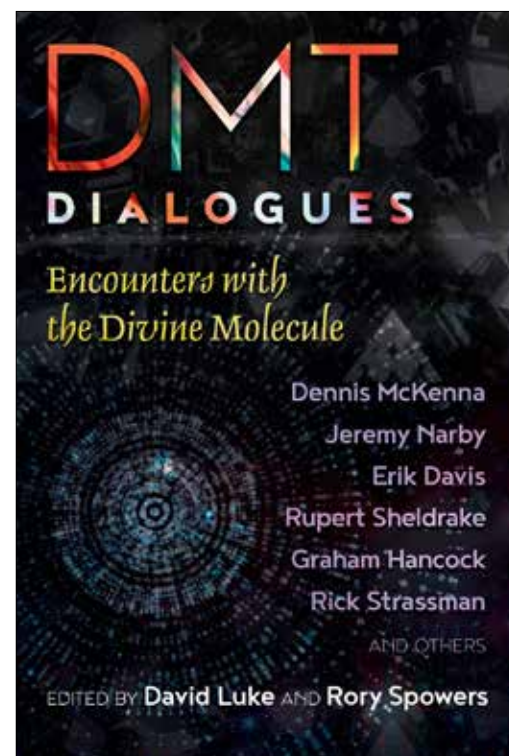
- Includes contributions from Rupert Sheldrake, Rick Strassman, Dennis McKenna, Graham Hancock, Jeremy Narby, Erik Davis, Peter Meyer, David Luke, and many others
- Explores DMT beings, plant sentience, interspecies communication, discarnate consciousness, dialoguing with the divine, the pineal gland, the Amazonian shamanic perspective on Invisible Entities, and the science behind hallucinations

Encounters with apparently sentient beings are reported by half of all first time users of the naturally occurring psychedelic DMT, yet the question of DMT beings and plant sentience, interspecies communication, discarnate consciousness, and perhaps even dialoguing with the divine has never been systematically explored.

In September 2015, ten of the world's leading luminaries noted for exploring the mysterious compound DMT (dimethyltryptamine) gathered with other researchers at Tyringham Hall in England to discuss the subject. Over three days, they pooled their expertise from a wide range of subjects—archaeology, anthropology, religious studies, psychology, neuroscience, chemistry, and psychopharmacology, to name a few—to explore the notion of “entheogenic plant sentience” and the role of DMT as a conduit between Spirit and Matter.

Offering cutting-edge insights into this visionary domain, this book distills the potent exchange of ideas that occurred at Tyringham Hall, including presentations and discussions on DMT entities, the pineal gland that houses the Spirit Molecule, the possibility of DMT as a chemical messenger from an extraterrestrial civilization, the Amazonian shamanic perspective on Invisible Entities, morphic resonance, and the science behind hallucinations. Contributors to the talks and discussions include many leading thinkers in this field, including Rupert Sheldrake, Rick Strassman, Dennis McKenna, Graham Hancock, Jeremy Narby, Erik Davis, Ede Frecska, Luis Eduardo Luna, Peter Meyer, Jill Purce, David Luke, and Cosmo Feilding Mellen, among many others.

David Luke, Ph.D., is a senior lecturer in psychology at the University of Greenwich and a guest lecturer at the University of Northampton. He has published over 100 academic papers on transpersonal experiences and altered states of consciousness and regularly gives public lectures and conference presentations. A cofounder and director of Breaking Convention, a biennial international conference on psychedelic research, he lives in East Sussex, England. Rory Spowers is an ecological writer, filmmaker, and author. He is the founder of The Web of Hope, a UK charity and ecological education resource, and the creative director for the Tyringham Initiative. He lives in Ibiza, Spain.



August 2018

Park Street Press

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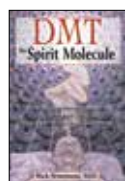


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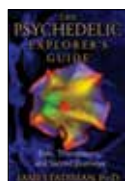


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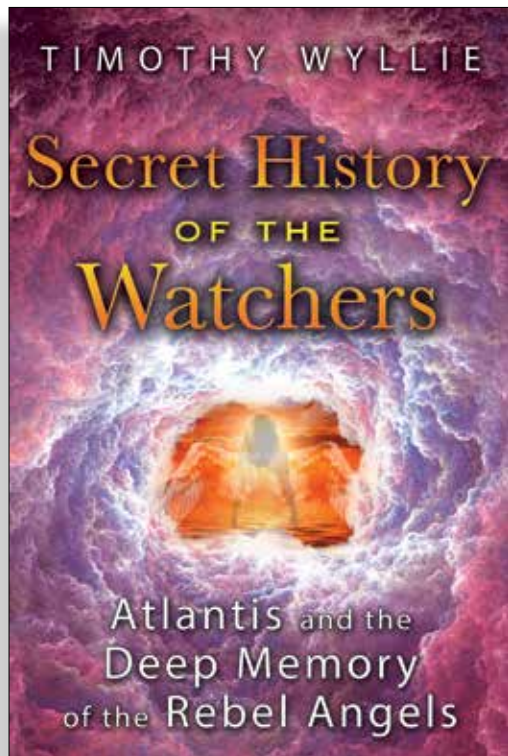
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Author
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Atlantis and the Deep Memory of the Rebel Angels

TIMOTHY WYLLIE

Writing together with Timothy Wyllie, the angel Georgia details the events of Earth's ancient history in the 8th millennium BC

- Reveals how Atlantis had copper mines in North America and tin mines in England, which initiated the Bronze Age and made Atlantis outrageously wealthy
- Explains the true purpose of Gobekli Tepe as part of Prince Caligastia's plan to enslave mortal souls
- Interwoven with observations about Wyllie's current and previous lives, such as his involvement with the Process Church and his profound near-death experience

After Lucifer's angelic rebellion 203,000 years ago, Earth and 36 other planets were quarantined from the larger Multiverse. Despite aligning with the rebel angels, Georgia—an angel of Seraphic status—was permitted to remain on Earth and continue her role as a Watcher. In this book, Georgia, writing together with Timothy Wyllie, shares her personal account of Earth in the 8th millennium BCE, the first era of Atlantis.

Georgia shares her experiences being present as Atlantis was recovering from the first of three natural disasters that would ultimately destroy it. She reveals how the Atlanteans had become confident mariners, beginning to turn to piracy, and how Atlantean ships had reached the west coast of North America. The copper the Atlanteans mined in North America, together with tin from England, powered the Bronze Age and initiated the first truly technological civilization on Earth, making Atlantis outrageously wealthy. Georgia also shows how Gobekli Tepe was an attempt by Prince Caligastia to sabotage the planet's electromagnetic energy grid and interfere with mortal ascension, all in order to enslave souls to an endless series of mortal incarnations. After Caligastia put this plan into action, Georgia found that 70 percent of Atlanteans were now rebel angel incarnates—the Multiverse Administration had thwarted his efforts to recycle souls.

Interwoven with Georgia's narrative of Earth's ancient history are her observations of Timothy Wyllie's current and previous lives, including his involvement with the Process Church and his profound near-death experience in 1973. Georgia shares her words, in part, to awaken the 100 million rebel angels currently living their human lives, most unaware of their angelic heritage. She reveals how a mortal incarnation for a rebel angel is an opportunity to redeem their past and help prepare the way for the imminent transformation of global consciousness as the rebel-held planets, including Earth, are welcomed back into the Multiverse.

Trained as an architect, Timothy Wyllie is a graphic artist and writer who, after a near-death experience in 1973, specializes in the study of non-human intelligences, such as angels, ETs, and dolphins. The author of several books, including *The Return of the Rebel Angels* and *Awakening of the Watchers*, he lives in the high desert of New Mexico.

Also by Timothy Wyllie



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Confessions of a Rebel Angel
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Cannabis in Spiritual Practice

The Ecstasy of Shiva, the Calm of Buddha

WILL JOHNSON

An exploration of the use of cannabis as a sacrament in spiritual practice

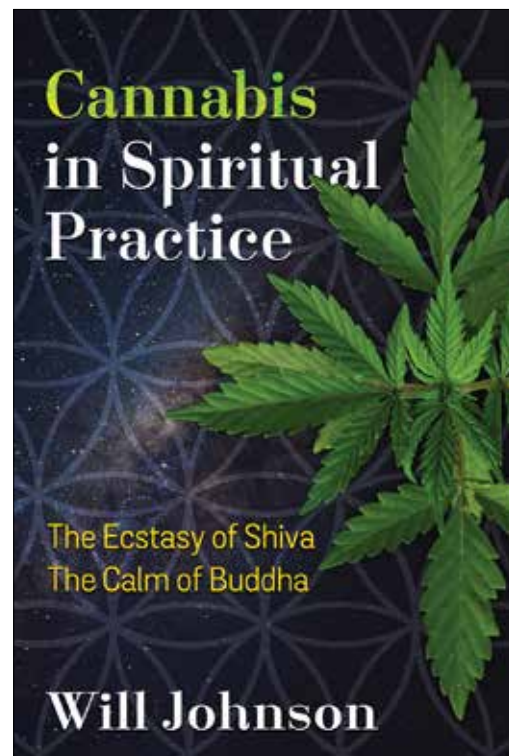
- Provides instructions for using marijuana for the spiritual practices of spontaneous movement, ecstatic dance, sitting meditation, and gazing meditation, allowing you to open the body's energies more fully and get closer to the Divine or your higher self
- Includes a new translation of the Five Moral Precepts of Buddhism, adapted to include energetic practices and the judicious use of entheogenic substances as a legitimate support for spiritual growth

With the end of marijuana prohibition on the horizon, people are now openly seeking a spiritual path that embraces the benefits of cannabis. Drawing upon his decades of experience as a teacher of Buddhism, breathing, yoga, and embodied spirituality, Will Johnson examines Eastern spiritual perspectives on marijuana and offers specific guidelines and exercises for integrating cannabis into spiritual practice.

The author explains how the great Hindu god Shiva enjoyed consuming *bhang*, a marijuana mixture that would cause his body to make spontaneous movements. From these cannabis-inspired movements, Shiva brought the body-focused practices of dance and yoga to the world. Examining the spiritual path of Shiva, including the Sadhu tradition, Johnson provides specific instructions and protocols for using marijuana as a sacrament as Shiva did. He explores how to embrace cannabis for the practices of spontaneous movement, ecstatic dance, sitting meditation, and gazing meditation. He reveals how the ecstatic surrender to the feeling energies of the body in these practices is enhanced through the ingestion of Shiva's herb, allowing you to open the body's energies more fully and get closer to the Divine or your higher self.

Exploring the Buddhist practices of calming the mind and grounding yourself in sensory awareness, Johnson shows that, while traditional Buddhist teachings forbid the use of intoxicating substances, Buddhists who use cannabis are not committing a cardinal sin—in following our dharma, we must embrace what best supports our spiritual practice. He concludes with a new translation of the Five Moral Precepts of Buddhism—what he calls the Five Precepts of Embodied Responsibility—adapted to include energetic practices using breath, interaction with the energies of nature, sacred sex, and the judicious use of entheogenic substances, such as cannabis, as legitimate support for spiritual growth.

Will Johnson is the director of the Institute for Embodiment Training, a teaching school in Costa Rica that views the body as the doorway, not the obstacle, to real spiritual growth and transformation. The author of several books, including *Breathing through the Whole Body*, *The Spiritual Practices of Rumi*, and *Eyes Wide Open*, he teaches a deeply body-oriented approach to sitting meditation at Buddhist centers around the world.



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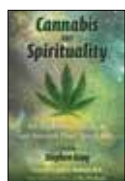
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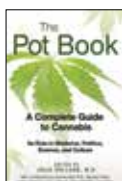
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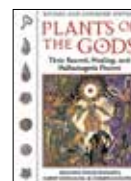
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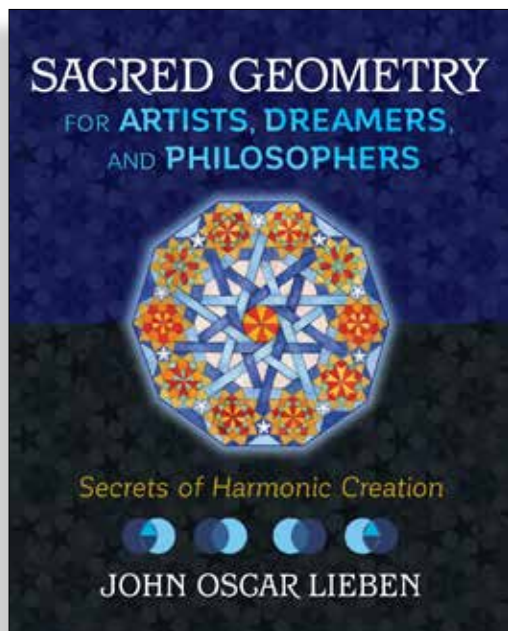
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Sacred Geometry



Author
John Oscar Lieben

Sacred Geometry for Artists, Dreamers, and Philosophers

Secrets of Harmonic Creation

JOHN OSCAR LIEBEN

An illustrated guide to harmonics—the sacred geometry principles that underlie the natural world—and its practical applications

- Demonstrates how the *vesica piscis* is a matrix from which ideas and forms emanate, connecting cosmic time cycles, measures of space, and musical tones
- Provides harmonic analyses of ancient sculpture, architecture, the solar system, the Earth-Moon relationship, and the structure of water and waves
- Explains how to apply sacred geometry to create building floor plans, pottery figures, gardens, and sacred ceremonial spaces

We are in the midst of a revival of an ancient way of looking at the world—an approach that enabled great civilizations of the past to bring forth inventions of great beauty and power. This school of thought—*harmonics*—envisioned the natural world and the solar system as an interlocking matrix of harmonious numbers, perfectly woven into the creative fabric of life and the surrounding universe.

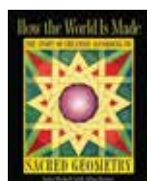
Exploring the art and science of harmonics, John Oscar Lieben shows how to create harmonious forms using the ancient tools of number, geometry, and musical tone—an approach that resonates with nature's own ways of creation. He demonstrates many practical applications that result from the study of harmonics, providing analyses of ancient sculpture and architecture, as well as original examples of building floor plans, pottery figures based on planetary proportions, gardens based on harmonic principles, and ceremonial spaces that honor cosmic harmonies and sacred geometric relationships.

Showing how harmonics can also be applied to the mysteries of time and space, the author demonstrates how the *vesica piscis* and many other variations of the vesica shape reveal numerical synchronicities and correspondences that connect cosmic time cycles, measures of space, and musical tones. The author applies harmonics and the “vesica construction” matrix to illustrate many of nature's wonders, including the Earth-Moon relationship, the interactions of the Golden Number and the musical scale, and how the the Flower of Life symbol connects the universal field with the pattern of raindrops falling on a pond.

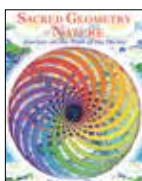
Offering an approach to sacred geometry that pairs the mystical with the practical, the cosmic with the earthly, the author reveals how the art and science of harmonics should be required study for both the artist and the seeker of eternal truths as well as the scientist who seeks an entrance into the sacred foundations of nature.

John Oscar Lieben is a geometer who has researched sacred geometry and harmonics for over 25 years. A graduate of New York University, he also studied at Oregon School of Arts and Crafts and Roehampton College in London. A designer and builder of gardens and ceremonial spaces proportioned by sacred geometry, he lives in Bellingham, Washington.

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Chi Nei Tsang and Microcurrent Therapy

Energy Massage for Pain Relief, Self-Healing, and Rejuvenation

MANTAK CHIA and AISHA SIEBURTH

An illustrated guide to combining the new healing modality of microcurrent therapy with Chi Nei Tsang energy massage

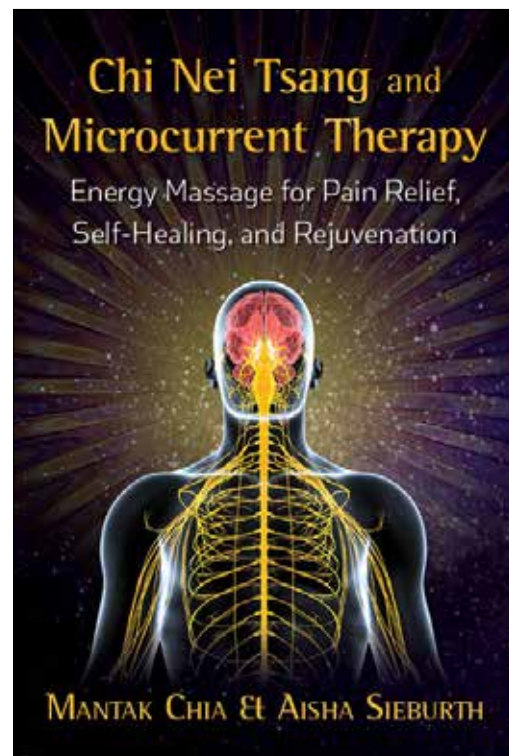
- Explains how microcurrent therapy harmonizes the body's cells, regenerates the nervous system, and boosts the body's natural self-healing abilities
- Provides illustrated, step-by-step instructions for using microcurrent therapy during massage and for the basic techniques of Chi Nei Tsang massage
- Shows how combining these therapies can relieve pain, reduce inflammation, and help specific ailments, such as arthritis, sciatica, fibromyalgia, and shingles

Each cell of the body is animated by a highly organized and intelligent bioenergy, or bioelectricity. When cells are damaged, they become electrically imbalanced. Recently it has been discovered that microcurrent therapy—applying low-amperage electrical currents to the body—harmonizes the cells, returns them to a normal state of cellular activity, and boosts the body's natural self-healing abilities. Combining this innovative new modality with ancient Taoist healing methods, Mantak Chia and Aisha Sieburth detail how to integrate microcurrent therapy with Chi Nei Tsang energy massage for pain relief, self-healing, and rejuvenation.

The authors explain how microcurrent has a regenerative effect on the nervous system, helping to increase energy levels, promote circulation of blood and lymph, relieve acute or chronic pain, restore pH balance of the blood, balance hormone function, and improve the immune system. Its effects on circulation extend to all the body's vessels, tissues, and cells as well as enhancing toxin elimination and reducing inflammation. The authors show how microcurrent therapy pairs extraordinarily well with Chi Nei Tsang massage. The microcurrent, flowing through the hands of the massage practitioner into the body, enhances the effects of the massage within the nerves and tissues, making it easier to harmonize the flow of energy, release tensions, and dissolve energetic knots in the meridians.

With illustrated, step-by-step instructions, the authors explain how to use microcurrent therapy during massage and describe the basic techniques of CNT massage. They also show how CNT microcurrent therapy is beneficial for general physical health and for a host of specific ailments, such as nerve pain, arthritis, sciatica, fibromyalgia, shingles, headaches, slow-healing wounds, and tendon and ligament pain.

Mantak Chia, world-famous Inner Alchemy and Chi Kung master, founded the Universal Healing Tao System in 1979. The director of the Tao Garden Health Spa and Resort in northern Thailand, he is the author of more than 60 books, including *Chi Self-Massage* and *Chi Nei Tsang*. Aisha Sieburth is a senior instructor of the Universal Healing Tao System. She lives and works in Avignon, France, as director of the school of the Tao of Vitality and Soulimet Association.



August 2018

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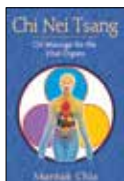


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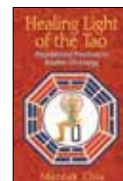
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Their new titles for Spring-Summer 2018, to be published as part of the Inner Traditions family, are on the following pages. A list of their bestselling titles appears on pages 49 and 50.



Greek Mythology Reading Cards

ALISON CHESTER-LAMBERT, MA
Illustrated by RICHARD CROOKES

A powerful deck of oracle cards combining the insight and wisdom of ancient Greece with iconic images from the world of art

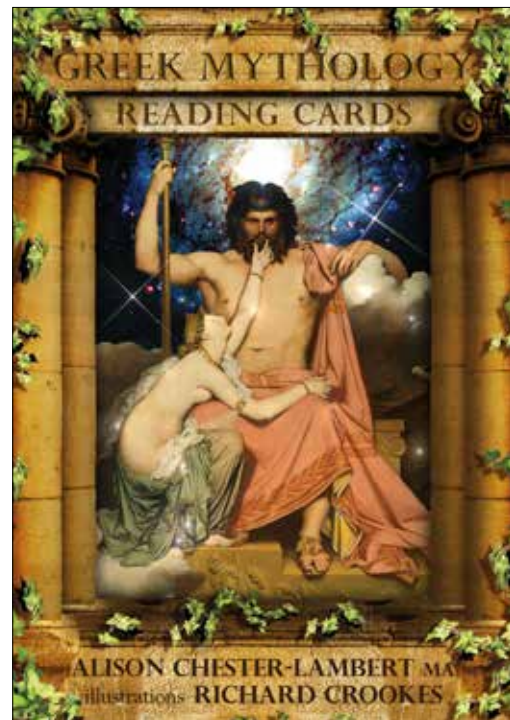
- Consult the gods and goddesses of the Greek pantheon and receive their spiritual guidance and wisdom, as part of your soul's awakening and growth
- Includes a 128-page guidebook and 50 full-color cards featuring a treasury of old art images, beautifully enhanced by illustrator Richard Crookes
- Explains how the deities of the Greeks are still embedded in our world and reveals how to bring their powerful influence into our consciousness again

The mythology of ancient Greece gave the people their history, moral principles, laws, and their spiritual support. All aspects of human nature and experience had accompanying gods and goddesses that could be consulted or learned from. Deities could be implored for support and guidance in times of stress. If you suspected a lover of infidelity, you could consult Hera for help. If you needed strength in a task, Athena might assure you of victory. Perhaps Eros would tell of a passionate, new relationship, or you might seek the supremacy and confidence of Zeus. This thinking shaped a millennium of spiritual understanding and sacred thought. Now, with the *Greek Mythology Reading Cards*, you can easily consult the Greek pantheon and receive their guidance and wisdom.

Pairing authoritative messages from Greek philosophy and mythology with classic and inspiring god and goddess imagery, beautifully enhanced by artist Richard Crookes, astrologer and Greek mythology scholar Alison Chester-Lambert offers an oracle to bring the Greek deities back into your consciousness, and ultimately the Collective Consciousness, as part of your soul's awakening and growth. You can consult the oracle for decision-making, spiritual support, guidance, or life advice. The enlightenment and power infused in these cards flows upward from ancient times through the centuries into our new dawn, still as valuable now as it was then.

The author explains how the gods and goddesses of the Greeks are still embedded in our world; we just stopped recognizing them. She reveals how using these cards brings them into consciousness again, for their sacred influence could be as powerful today as it was then. They are waiting in the wings to help us. We simply have to ask.

Alison Chester-Lambert, MA, studied Greek literature and mythology at the University of Wales where she graduated with a master's degree with distinction in cultural astronomy and astrology. As an astrologer, she is a regular contributor to the UK's *Daily Mail Online*, has written columns for many leading astrology and spiritual magazines, and has BBC and American TV credits including *The Daily Politics Show* on BBC2. She lives in Tamworth, England. Richard Crookes has more than 30 years' experience as a freelance artist, illustrator, and calligrapher. He has worked on many card decks, including the award-winning *Angels of Atlantis Oracle Cards*, *The Angel and Gemstone Guardians Cards* and, with Alison, *Astrology Reading Cards*. He lives in Bangkok, Thailand.



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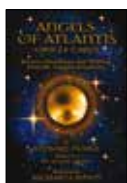


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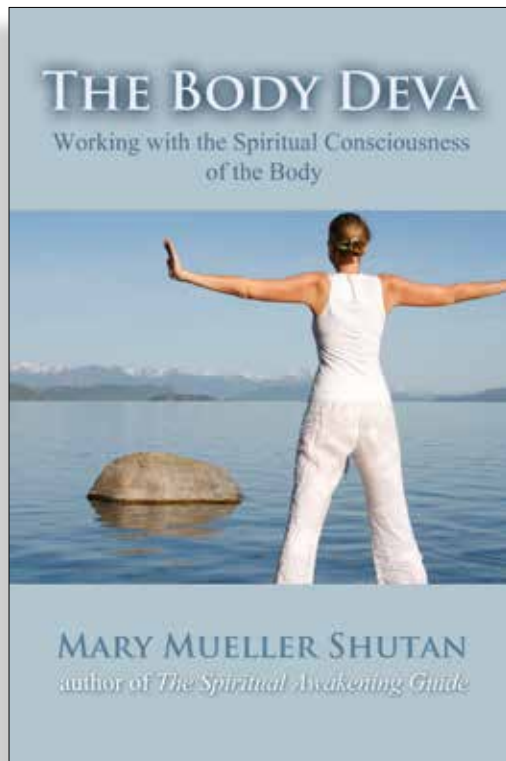
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Author
Mary Mueller Shutan

The Body Deva

Working with the Spiritual Consciousness of the Body

MARY MUELLER SHUTAN

A step-by-step guide to accessing the body deva, your body consciousness, for physical, emotional, mental, and spiritual healing

- Details how to dialogue with the consciousness of your body to heal a variety of issues, from physical pains to limiting beliefs
- Explains how our bodies, consciousness, and spirit are interconnected and how our physical bodies hold emotions and past traumas
- Explores how to work with the body deva to heal spiritual patterns through the physical body, including techniques of ancestral healing, past life healing, and karmic resolution

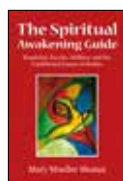
We are not our pain or our disease, nor are we defined by our limitations, restrictions, or the labels given to us. We are a whole body, a consciousness, and a spiritual being. As a holistic, interconnected being, our emotions, beliefs, physical pain, past traumas, and even imbalances created through spiritual issues are held within our physical form. By accessing them through the physical body with the body deva—the spiritual consciousness of our human body—we can heal the continuum of mind, body, and spirit. Understanding this is the true key to healing.

In this step-by-step guide to understanding and working with the body deva, the consciousness of your body, Mary Mueller Shutan explains how our bodies hold the traumatic energies, emotions, physical issues, and restricting beliefs that cause us pain and feelings of disconnection. She details how to make contact and dialogue with your body deva to heal a variety of issues, from physical pains to ancestral and past life patterns to limiting ideas about what we can accomplish in this world. By working with the body deva, she shows how we can discover the reasons why our pain, beliefs, or imbalances developed and resolve them to heal mind, body, and spirit, every layer of our being. She explores how to work with the archetypes, labels, limiting beliefs, and myths that underlie our unique history and reasons for being. Shutan also examines how to work with the body deva to heal spiritual patterns through the physical body, including techniques of ancestral healing, past life healing, and karmic resolution.

By learning to dialogue with the body deva, you can understand who you are on the deepest levels. You can learn why your pain and imbalances came to be and what lies unhealed within you. You can evolve beyond the limitations and restrictions in your body and your life and evolve into greater health, connection, joy, and consciousness.

Mary Mueller Shutan is an acupuncturist, herbalist, craniosacral therapist, zero balancer, and spiritual healer. Author of *The Spiritual Awakening Guide* and *Managing Psychic Abilities*, she has helped hundreds of people worldwide through her programs and consultations. She lives near Chicago, Illinois.

Also by Mary Mueller Shutan

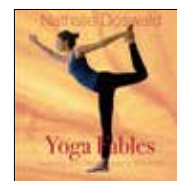


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The Power of the Infinity Symbol

Working with the Lemniscate for Ultimate Harmony and Balance

BARBARA HEIDER-RAUTER

A guide to the spiritual meaning and magic of the infinity symbol and how to activate its positive powers

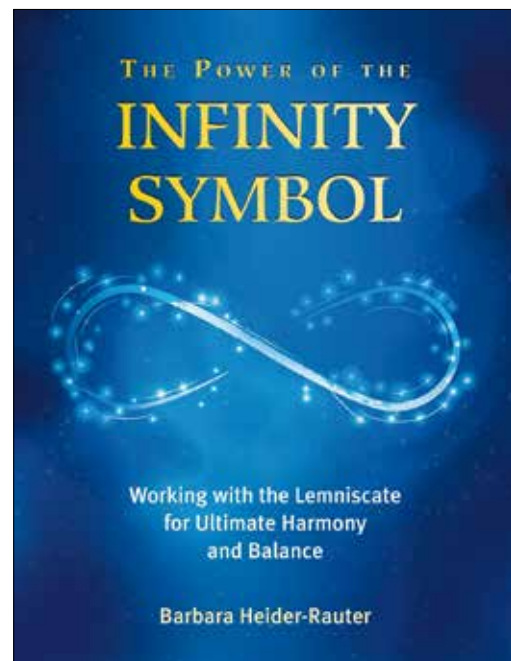
- Explains how the infinity symbol is the antidote to a negative, imbalanced world and how it can help reconnect the two halves of the brain and achieve balance and harmony in yourself, your relationships, and the wider world
- Offers simple and practical exercises that harness the power of the infinity symbol for balance and harmony, including simple visualizations, physical exercises, and directed drawing of the symbol
- Explores the many appearances of this universal symbol in history, mythology, different cultures, and the natural world

Through the ages, the infinity symbol, a sideways figure eight, has represented eternal development and balance. Also known as the lemniscate, this powerful symbol stands for equilibrium, harmony, and the interconnectedness of all things. Although magical knowledge of symbols has often been kept secret throughout history, today the power of this symbol is available to all.

In this accessible, hands-on guide, Barbara Heider-Rauter explores the spiritual world of the infinity symbol in a personal and practical way, allowing each of us to benefit from its positive influence for balance and harmony in ourselves, our relationships, and the wider world. She begins with a short exercise to attune readers to the energy field of the lemniscate. She explains how the infinity symbol offers the perfect response to a system that encourages separation and a world in which the negation of our feelings is often the source of illness and pain. She details simple exercises to reconnect the two halves of the brain, the analytical and the emotional, resulting in harmony and healing. She teaches how to use simple visualisation, physical exercises, and directed drawing of the symbol to achieve practical results in our daily lives.

Beautifully illustrated in full color, the book also offers a wealth of information on the appearance of the infinity symbol through the ages in all its forms and contexts, from history and mythology to our own tiny body cells and the natural world. This book urges the reader to establish wholeness, to balance the scales of duality and find harmony. With the power of the lemniscate at hand, decisions will be made with greater ease and relationships filled with harmony and a lighter heart.

Barbara Heider-Rauter is a qualified educator and therapist with many years' experience. One of the leading aura-soma experts in the world, she leads meditation evenings, seminars for personal development, and spiritual journeys. For more than 15 years, she has run a specialist spiritual shop in Salzburg, where seekers can meet kindred spirits.



March 2018

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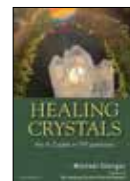
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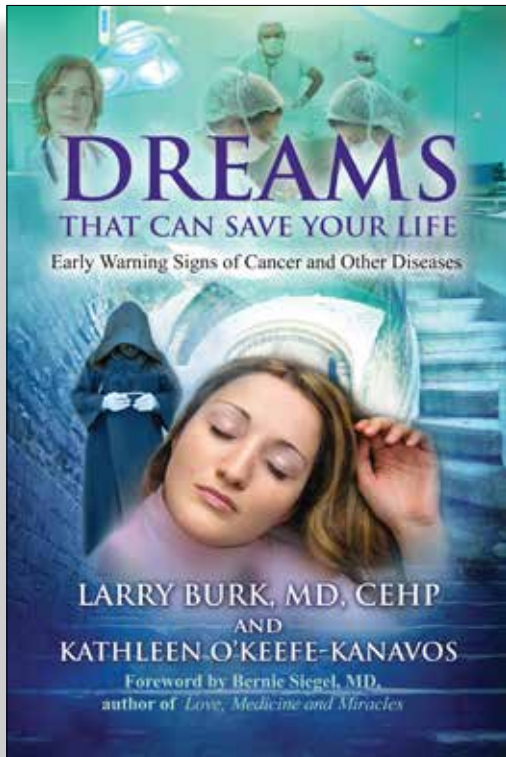
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Health/Dreams



Author

Kathleen O'Keefe-Kanavos



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Larry Burk, M.D., C.E.H.P.

Dreams That Can Save Your Life

Early Warning Signs of Cancer and Other Diseases

LARRY BURK, M.D., C.E.H.P., and KATHLEEN O'KEEFE-KANAVOS

Foreword by BERNIE SIEGEL, M.D.

An exploration of dreams as a spiritual source of healing and inner guidance for your health and well-being

- Shares stories—confirmed by pathology reports—from subjects in medical research projects whose dreams diagnosed illness and helped heal their lives
- Explores medical studies and ongoing research on the diagnostic power of precognitive dreams, including Dr. Burk's own medical research
- Includes an introduction to dream journaling and interpretation techniques

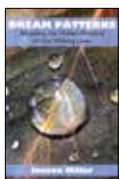
Your dreams can provide inner guidance filled with life-saving information. Since ancient Egypt and Greece, people have relied on the art of dreaming to diagnose illness and get answers to personal life challenges. Now, dreams are making a grand reappearance in the medical arena as recent scientific research and medical pathology reports validate the diagnostic abilities of precognitive dreams. Are we stepping back into the future as modern medical tests show dreams can be early warning signs of cancer and other diseases?

Showcasing the important role of dreams and their power to detect and heal illness, Dr. Larry Burk and Kathleen O'Keefe-Kanavos share amazing research and true stories of physical and emotional healings triggered by dreams. The authors explore medical studies and ongoing research on the diagnostic power of precognitive dreams, including Dr. Burk's own research on dreams that come true and can be medically validated. They share detailed stories—all confirmed by pathology reports—from subjects in medical research projects whose dreams diagnosed illness and helped heal their lives, including Kathleen's own story as a three-time breast cancer survivor whose dreams diagnosed her cancer even when it was missed by her doctors.

Alongside these stories of survival and faith, the authors also include an introduction to dream journaling and interpretation, allowing the reader to develop trust in their dreams as a spiritual source of healing and inner guidance.

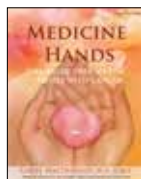
Larry Burk, M.D., C.E.H.P., President of Healing Imager, PC, specializes in teleradiology, Emotional Freedom Technique (EFT), hypnosis, and dreamwork. He attended medical school and residency training at the University of Pittsburgh and later trained in acupuncture and hypnosis, becoming a Certified Energy Health Practitioner. The author of *Let Magic Happen*, he lives in Durham, North Carolina. Kathleen O'Keefe-Kanavos has spent years studying and teaching about dreams. A three-time breast cancer survivor whose premonitory dreams diagnosed her cancer, she credits her survival to conventional treatment combined with her dreams as a diagnostic tool. Kathleen is one of 20 case studies from a paper on precognitive dreams that diagnosed breast cancer recently published in a medical journal. She lives in Palm Beach, Florida.

Of Related Interest



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Source Code Meditation

Hacking Evolution through Higher Brain Activation

DR. MICHAEL COTTON

Learn to mobilize latent energy in your body and direct it to energize and awaken your higher brain

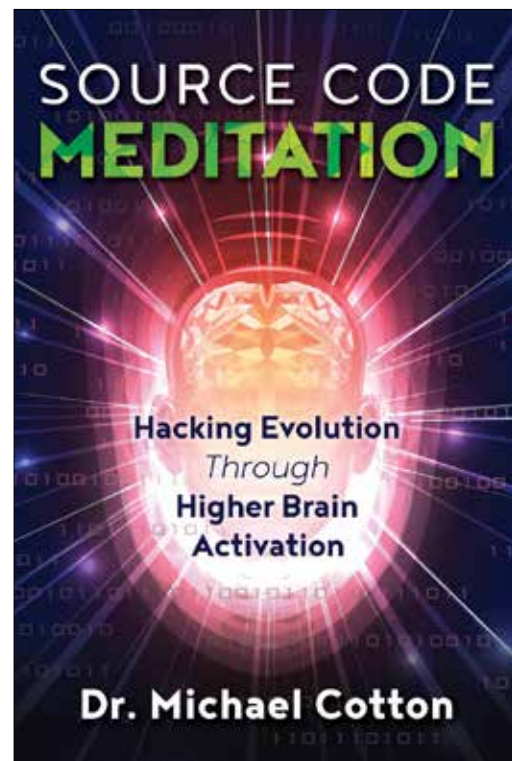
- Provides a simplified step-by-step guided process to the higher-brain activation techniques of Source Code Meditation
- Explains how to shift energy out of the lower “survive” brain into the higher “thrive” brain to bring confidence, clarity, and empowerment for transformative change in all areas of life
- Reveals how the “brain first” techniques of SCM tune the brain to receive meditation, enabling access to deep flow states, transcendent states of consciousness, and higher brain potential

The human brain is like a flowing river of potential. Until now, that river has been blocked, barricaded, and diverted by the primitive lower brain. The lower brain hijacks our ability to experience deeper flow and higher transcendent states of consciousness. It also guards against the full expression of the passionate human heart. Source Code Meditation (SCM), with its nine summits of transformation, effortlessly re-routes that lower brain diversion, allowing you to activate latent energy in your body, awaken your higher brain, enlighten your mind, and set your heart on fire to create a new world.

With traditional meditation techniques, it often takes decades of practice for hours each day to confer significant changes in the mind and the higher brain. Few of us make it to these rarified states of mind, due to the amount of time and the intensity of focus needed. With “brain first” SCM techniques, you mobilize latent energy in the body and direct it to energize and awaken the higher brain before meditation begins. With the higher brain prepped and tuned, meditation is efficiently received, leading to quantum breakthroughs in higher consciousness without years of practice as well as access to deep flow states, transcendent states of consciousness, and higher brain potential.

Providing a simplified step-by-step guided process to SCM, Dr. Michael Cotton explains how to shift energy out of the lower “survive” brain into the higher “thrive” brain to bring confidence, clarity, and empowerment for transformative change in all areas of life. Distilled from the world’s most comprehensive philosophy, Integral Metatheory, SCM offers not only a way to create the brain state necessary to change the mind, but the crystal clarity needed to use these advanced meditative states to actualize your potential and live your destiny to the fullest.

Dr. Michael Cotton, D.C., is a leading theorist in the evolution of consciousness, culture, and the brain. The creator of the Higher Brain Living technique with more than 30 years’ experience in personal and cultural transformation, he holds a doctorate in Chiropractic. He lives in Chicago, Illinois.



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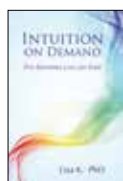
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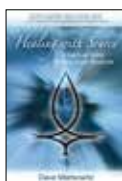


Author
Dr. Michael Cotton

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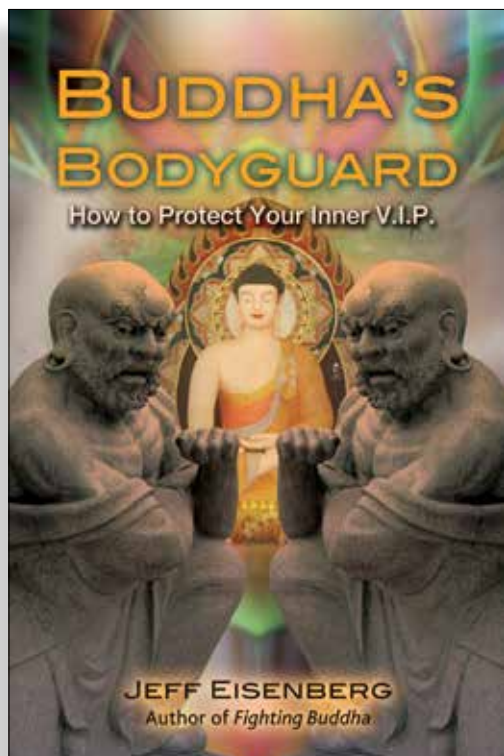
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Rights: World

Buddhism/Martial Arts



Author
Jeff Eisenberg

Buddha's Bodyguard

How to Protect Your Inner V.I.P.

JEFF EISENBERG

An innovative guide to applying the strategies of a bodyguard to create a Buddhist "security plan" for protecting ourselves from suffering

- Presents the unique concept of the "bodyguard" and its protection tactics as a metaphor for explaining and implementing Buddhist teachings
- Recasts the Four Noble Truths as the Four Noble Tactical Truths, the Eightfold Path as the Eight Tactics Plan, and the notion of Interbeing in the Buddhist world as the Tactics of Interdepending
- Offers a new, modern understanding for the new generation of Buddhist practitioners intrigued by a more Western take on Buddhism

Drawing from his extensive experience as a professional protection agent, Jeff Eisenberg uses the tactics and strategies that a bodyguard employs in protecting a client from a threat as a blueprint for creating a Buddhist "security plan." This plan provides the practical tools to protect one's self from the threat of suffering in our world. Using the metaphor of being the Buddha's bodyguard to understand the Buddhist teachings, the book details how to protect our inner "Buddha nature" and secure our mental and emotional wellbeing.

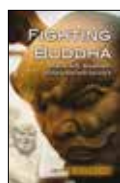
We all have the chance to train ourselves to be more proactive in our own safety and avoid becoming a victim. And if we are victimized, this training will prepare us to take appropriate actions that will aid in our ability to survive with much less injury and trauma. As the author affirms: *"It is vital to realize that a physical altercation is the last thing that happens in a chain of events. And while we must never blame the victim, our safety is our responsibility. Many situations can be avoided, or their severity greatly lessened, if we pay attention during the chain of events that leads up to it and respond appropriately."*

While this book is not about personal protection per se, it applies personal protection theory and specific tactics utilized by bodyguards to Buddhist practice, laying out strategies to protect our inner Buddha from attack. Thus the Four Noble Truths are applied to the concept of "threat" in the form of Four Noble Tactical Truths, the Eight Tactics Plan echoes the Eightfold Path, and the Tactics of Interdepending embrace the notion of Interbeing in the Buddhist world.

With "paying attention" and mindfulness being key concepts of both a bodyguard's profession and Buddhist practice, this pioneering book speaks to Buddhists and non-Buddhists alike.

Jeff Eisenberg is a Grand Master level martial arts and meditation teacher with over 40 years of training and 25 years of teaching experience. He has run his own Dojo for nearly fifteen years and trained thousands of children and adults in the martial arts. He has also worked as a bodyguard, investigator, and director of crisis response in the emergency and psychiatric ward of a major hospital. Author of the bestselling book *Fighting Buddha*, he lives in Long Branch, New Jersey.

Also by Jeff Eisenberg



Fighting Buddha
Jeff Eisenberg
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The Inner Cause

A Psychology of Symptoms from A to Z

MARTIN BROFMAN

Foreword by CHRISTIAN TAL SCHALLER, M.D.

Explores the body as a map of consciousness, where physical symptoms reflect stresses on our minds, emotions, and Higher Self

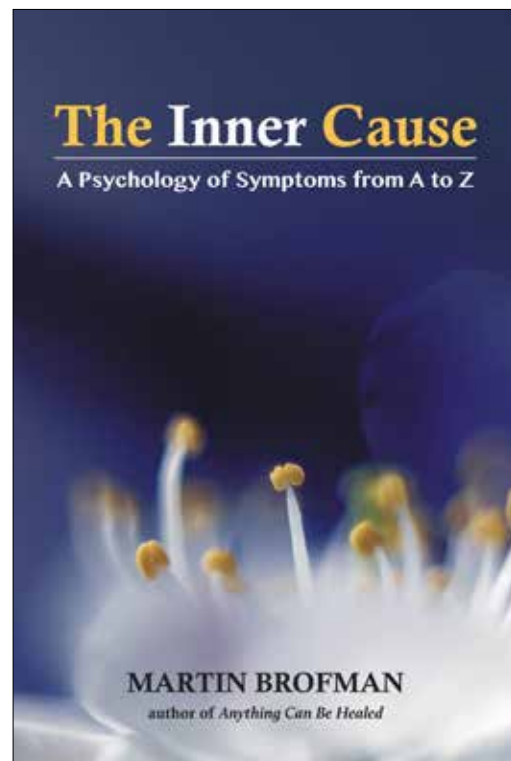
- Offers a comprehensive guide to 800 physical symptoms with the description of their inner cause and the message they are sending to our consciousness
- Explains how learning a symptom's message empowers the individual affected to take charge and effect change on the inner level
- Addresses the individual as well as the helping professions, healers and therapists, to help them understand more fully the dynamics of the body-mind interface

The body is intimately connected to the mind and the Spirit. Each physical symptom reflects a deeper part of our Spirit and consciousness, the part the Western traditions know as the "unconscious" or "subconscious." When we make a decision that leaves us with stress, it affects our consciousness, and therefore our energy field or aura. When the tension increases in intensity, it reaches the physical level where it creates a symptom. This means that if we make a different decision, or change our mind about something, we can let go of this stress, and the symptom. The symptom itself is not the problem, just a message that, once understood, has fulfilled its purpose and can be released.

Integrating Martin Brofman's more than 30 years of research and healing practice, *The Inner Cause* comprises an A to Z compendium of 800 symptoms and a psychology of their inner causes, the messages they are trying to send to our consciousness. Woven into the descriptions of symptoms, the author also discusses personality profiles associated with certain symptoms, derived from his understanding of the chakras, the body-mind interface, and the connections he discovered when developing his Body Mirror System of Healing. He explains that when you explore the inner cause to a symptom, you recognize that you have created this symptom through the stressed way you chose to respond to the conditions in your life. By learning a symptom's message, you become empowered to take charge and effect change on the inner level.

For each symptom discussed, the author explores the message of the symptom, which chakras are involved, how you may be affected, and which issues you might need to look at to resolve the tension or stress—although a specific solution will always depend on the individual's personal situation. With its correlation of symptoms and psychological states of being, *The Inner Cause* provides invaluable insight into how we can effectively support our own healing process physically, emotionally, and spiritually.

Martin Brofman, Ph.D. (1940–2014), a former Wall Street computer expert, was a renowned healer and founder of the Brofman Foundation for the Advancement of Healing. He developed a special healing approach, the Body Mirror System, after he cured himself from a serious terminal illness in 1975. He helped many people over his more than 30 years in practice. Since 2014, his wife, Annick Brofman, continues the legacy of his work within the Brofman Foundation in Geneva, Switzerland.



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Health/Healing



Author
Martin Brofman

Also by Martin Brofman



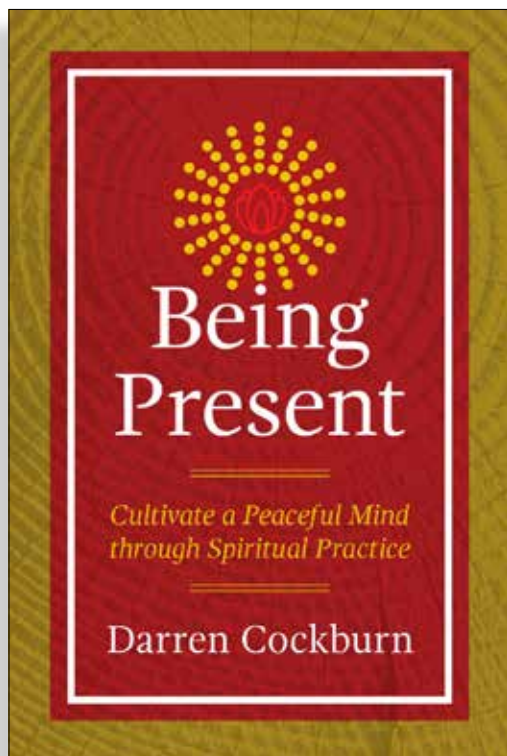
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Martin Brofman
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Nauman Naeem
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Rights: World

Spirituality/Meditation

JOHN HAYWORTH



Author
Darren Cockburn

Being Present

Cultivate a Peaceful Mind through Spiritual Practice

DARREN COCKBURN

Free yourself from unhelpful thoughts and emotions and learn to live peacefully in the present

- Provides practical exercises, meditations, and reflections centered on mindfulness, breath, and immersion in nature to simplify your life and anchor you in the present
- Learn to use your body as a tool for raising consciousness, work with occurrences like tiredness, illness, and pain as spiritual teachers, as well as identify and release addictions, including harmful thought patterns
- Can be integrated with any religion or spiritual teaching with examples pertaining to everyday experiences in the Western world

Offering a synthesis of spiritual teachings viewed through the lens of modern personal experiences, Darren Cockburn provides practical insight into how to cultivate a peaceful mind, live skillfully, and nurture a spiritual connection through the power of the present moment.

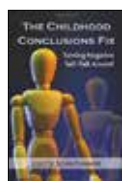
The author shares practical exercises, meditations, and reflections, revealing how to free yourself from becoming lost in unhelpful thoughts and emotions, while bringing acceptance to what life presents you with. He explains how to generate true mindfulness through connection to your breath as well as immersion in nature. He details how to use your body as a tool for raising your level of consciousness as well as how to weave exercise, diet, breathing techniques, and sexuality into your spiritual practice. He explores how to work with occurrences like tiredness, illness, and pain as spiritual teachers for enriching your presence of mind and being.

The author explains how simplifying life where possible will also bring a better understanding to all types of existing addictions, including harmful thought patterns, providing precious breathing space for our overly busy minds. In addition, he shows how a stable practice of mindful presence can enhance the quality of communication with others, be it with family, with friends, or at work.

Alongside an introduction to meditation techniques and supportive wisdom teachings from Buddhist and other spiritual traditions, Cockburn provides useful guidance on successfully integrating a regular spiritual practice into your day-to-day activities. He also includes pointers on how to create your own unique and personal structure in order to support your ongoing spiritual practice, the fruits of which will ultimately be a peaceful, calmer, and more connected experience of life.

Darren Cockburn has been practicing meditation and mindfulness for over 20 years, studying with a range of teachers from different religions. As a coach and teacher, he has supported hundreds of people in meditation, mindfulness, and finding a connection to spirituality, with a focus on applying spiritual teachings in everyday life to cultivate a peaceful mind. Darren works in marketing and lives in Bournemouth, England.

Of Related Interest



The Childhood Conclusions Fix

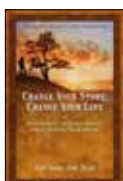
Lisette Schuitemaker

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Change Your Story, Change Your Life

Carl Greer, Ph.D., Psy.D.

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The Fearless Path

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Plants That Speak, Souls That Sing

Transform Your Life with the Spirit of Plants

FAY JOHNSTONE

Engage with the intelligence of nature to discover your unique role and deepen your spiritual path on Earth

- Presents practical ways to rekindle your connection with nature and open up to plant consciousness as a way to enrich your spiritual path
- Offers guidance on how to meet plant allies with wisdom teachings specific to you and your path
- Provides over 40 exercises, including shamanic journeys, as well as links to digital downloads for a shamanic drumming track and guided meditations

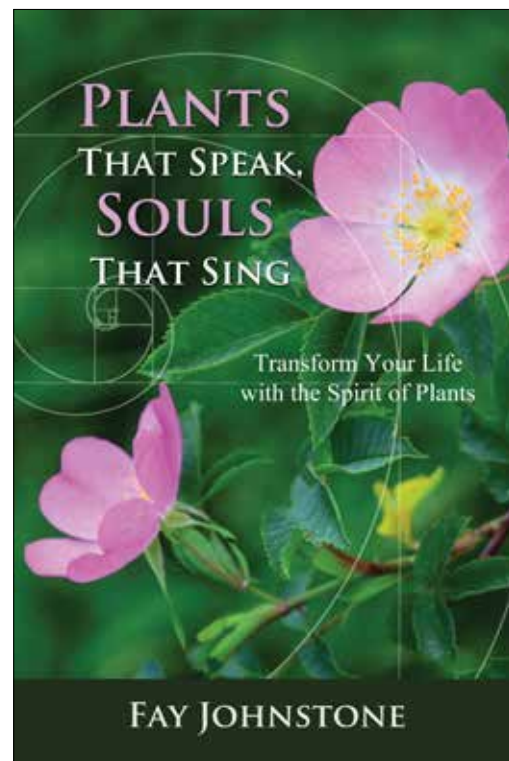
As our lives become more absorbed in screen time rather than the great outdoors, it feels essential to open up our senses again to the riches of nature, reestablishing our connection with the heartbeat of the Earth. In this book, Fay Johnstone provides a road map for bridging the gap between plants and people, allowing our sacred relationship with the Green Kingdom to be restored.

Fay shows how to confidently meet, explore, and build relationships with key plant allies to enjoy a more balanced connection with yourself and your environment. Sharing her passion for the plant world, she provides a practical guide to rekindling your connection with nature, opening up to plant consciousness as a way to enrich your path and weave the enchantment of nature back into your own life. She includes more than 40 simple, practical exercises and meditations to guide you on a heart-centered journey of transformation and commune with the environment, the seasons, the cycles of the moon, and the Earth Heart. Addressing plants as conscious beings we meet their spirit, while at the same time aligning with our own true nature and sense of purpose as a creature of this Earth.

The book also introduces the shamanic practice of plant spirit healing, emphasizing that ceremony begins at home with our local plants, rather than with the famous plant healers of the Amazon. Guided meditations and shamanic journeys enable a deeper exploration and interaction with the spirit of plants for healing and support. The author offers practical advice on how to initiate a conversation with plants and meet a plant ally with wisdom teachings specific to you and your path.

Whether you explore your back garden, office plants, or morning cup of tea, Fay reveals how to introduce the magic of plants into your daily routine and appreciate the important role plants play. Reaching out to interact with nature is a step forward not only on your personal journey to wholeness but also toward healing our Earth.

Fay Johnstone draws on her experience as a former owner of a flower and herb farm in Nova Scotia and her shamanic training to assist personal transformation with the subtle whispers of nature. She offers workshops on plant spirit connection and shamanic treatments across the UK, online, and from her home near Edinburgh, Scotland.



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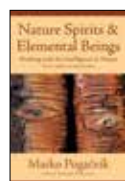
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Author
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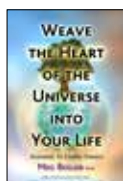
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Weave the Heart of the Universe into Your Life

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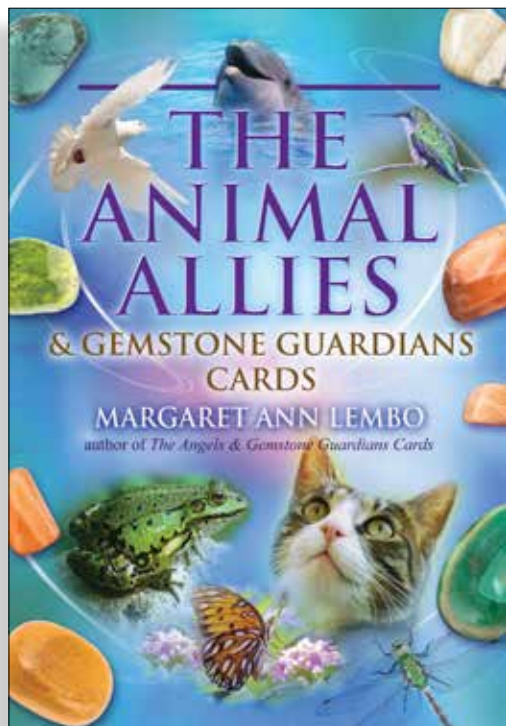
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Rights: World

New Age

The Animal Allies and Gemstone Guardians Cards

MARGARET ANN LEMBO

Illustrated by RICHARD CROOKES

A full-color oracle deck pairing animal allies and gemstones to increase your awareness and bring inspiration to light your path

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- Includes 44 full-color cards, each with a question for contemplative thought, a positive affirmation, and Divine Guidance
- From the creators of the bestselling *Angels & Gemstone Guardians Cards*, *Archangels & Gemstone Guardians Cards*, and *Masters, Mystics, Saints & Gemstone Guardians Cards*

When an animal, insect, bird, or other creature from nature appears repetitively, whether in real life or dreams, it is time to pay attention and find the message that nature is bringing you. This deck of 44 oracle cards by Margaret Ann Lembo pairs 44 gemstones with the teachings of their vibrationally matching animal allies to provide guidance and messages of hope, happiness, and well-being.

Animal allies are helpers, supporters, and your spiritual entourage, here to reveal self-knowledge and provide clarity on life's challenges. The Gemstone Guardians are the devic force of the gemstone, which adds energetic assistance in achieving goals and desires through the color and geometric structure of the stone. Each of the cards in this deck offers a question for contemplative thought, a positive affirmation, and Divine Guidance.

Add these cards to angel communication sessions and tarot card readings for added insight and direction. Pull a card a day for inspiration and use the affirmation throughout your day. Follow the Divine Guidance and repeat the affirmations from animals to transform your reality into joy, wealth, health, protection, and happy relationships.

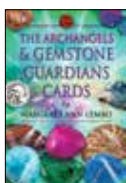
Margaret Ann Lembo is a noted author and speaker, sought after for close to 30 years. The author of *The Essential Guide to Crystals, Minerals, and Stones* and *Color Your Life with Crystals*, she is a spiritual entrepreneur and practitioner, aromatherapist, and the owner of The Crystal Garden, a bookstore, gift store, and spiritual center in southeast Florida. Richard Crookes has more than 30 years' experience as a freelance artist, illustrator, and calligrapher. He has worked on the award-winning *Angels of Atlantis Oracle Cards*, *Astrology Reading Cards*, and, with Margaret, *The Angels & Gemstone Guardians Cards*, *The Archangels & Gemstone Guardians Cards*, and *Masters, Mystics, Saints & Gemstone Guardians Cards*. He lives in Bangkok, Thailand.



Also by Margaret Ann Lembo



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Animal Totems and the Gemstone Kingdom

Spiritual Connections of Crystal Vibrations
and Animal Medicine

MARGARET ANN LEMBO

Shares the wisdom of animals and their matching gemstones to help work on yourself mentally, emotionally, physically, and spiritually

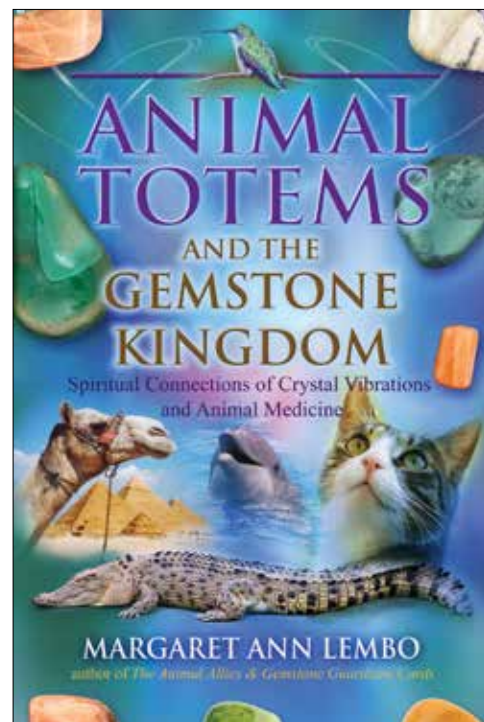
- Reveals the energetic connections between 88 different animal allies and 88 gems, stones, and crystals from the mineral kingdom
- Includes animal medicine teachings from a variety of creatures, from hummingbirds and cats to dolphins and bears, to help you find inner peace, knowledge, and wisdom
- Explains how the color, formation, and the manner in which a stone grows in the Earth offers a teaching to know yourself and your life purpose

All creatures, great and small, in all species on this planet are interconnected. When an animal, insect, bird, or other creature from nature appears repetitively, whether in real life or dreams, it is time to pay attention and find the message that nature is bringing you. There are many teachings available to us through the observation of a particular animal totem and their habits and patterns. For example, parrot medicine can teach us to see life from another perspective as we mimic the wise ones who have walked on the path before us. Mouse medicine teaches us to scrutinize all the details before taking action. Bear may teach you to go within yourself to find answers within your personal cave. Every animal is an ally, and every animal has a story to help you find inner peace, knowledge, and wisdom.

The associated gemstone for each animal totem is a further indication of the energy of the animal as symbolism and a teaching on your sacred journey. Crystals, minerals, and stones hold the history of the Earth and all this planet has to offer you to evolve your soul and spirit in this incarnation. The color, formation, and the manner in which the stone grows in the Earth offers a teaching to know yourself and your life purpose. It takes time and inner reflection to understand the messages and clues throughout the gemstone kingdom.

Matching the teachings of animals with the teachings of gemstones, Margaret Ann Lembo shows how there is symbolism in all around offering clues to light your path. Exploring 88 gems, stones, and crystals and 88 different animal allies, she details the spiritual connections of crystal vibrations and animal medicine, providing you with a deeper understanding of the interconnected energies of everything around us. She shows how the spiritual fulfillment you seek is available to you in so many ways and this path of working with gemstones and animal medicine is just one of many.

Margaret Ann Lembo is a noted author and speaker, sought after for close to 30 years. The author of *The Essential Guide to Crystals, Minerals, and Stones* and *Color Your Life with Crystals*, she is a spiritual entrepreneur and practitioner, aromatherapist, and the owner of The Crystal Garden, a bookstore, gift store, and spiritual center in southeast Florida.




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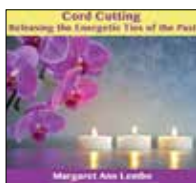


Author
Margaret Ann Lembo

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Margaret Ann Lembo
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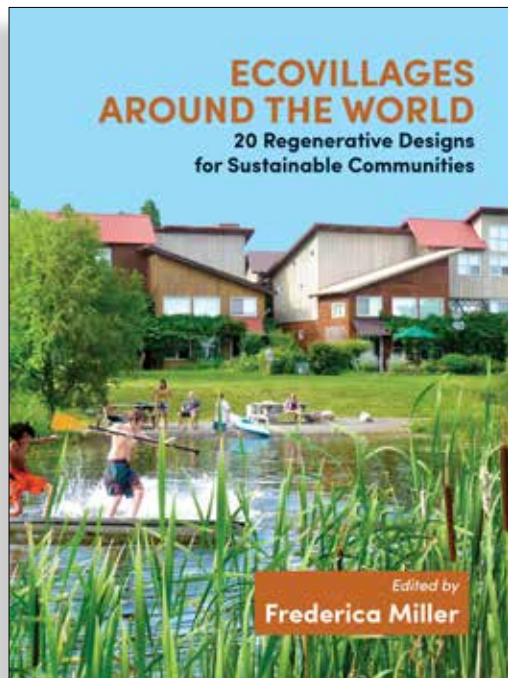


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Frederica Miller

Ecovillages around the World

20 Regenerative Designs for Sustainable Communities

Edited by FREDERICA MILLER

A beautiful, full-color book showcasing 20 best practice designs from ecovillages around the world

- Features well-established ecovillages such as Findhorn in Scotland or Auroville in India and newer initiatives such as Hua Tao in China
- Highlights the unique features of each project and their solutions to the global social and environmental challenges that confront us
- Includes more than 300 full-color photographs, maps, and diagrams

In 2015, the United Nations introduced 17 sustainable development goals to end poverty, protect the planet, and ensure prosperity for all. Aligning perfectly with the practices of ecovillages around the world, these initiatives show that ecovillages and sustainable communities are leading by example as we move into a future focused on partnership, environmental protection, prosperity, and peace for all life and the planet we live on.

Offering a visual tribute to the work ecovillages do to alleviate climate change, social conflict, and environmental damage, including more than 300 full-color photographs, maps, and diagrams, this beautiful book highlights 20 best practice designs from ecovillages around the world to show how we can live lightly on the planet no matter where on earth we live, in all climate zones and cultures. It demonstrates how ecovillages have already achieved the climate goals all of us are now striving toward through practical lifestyle changes that promote peaceful and joyful coexistence both among people and between people and nature. Far from being only aesthetic choices, these changes give an increased quality of life, healthy homes, delicious organic food, playful interdependence, a new spiritual connection to our living planet, and much more. Through their regenerative, sustainable, and peace-promoting practices, ecovillages continue the culture of traditional village living in a modern way that addresses the critical challenges of our time.

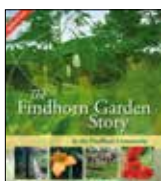
The book features the following 20 ecovillage projects: Hurdal Ecovillage and Hurdal Sustainable Valley, Norway; Svanholm, Denmark; Permatopia, Denmark; Solheimar, Iceland; Lilleoru, Tallin, Estonia; Findhorn, Scotland; Sieben Linden, Germany; Tamera, Portugal; Damanhur, Italy; Torri Superiore, Italy; Kibbutz Lotan, Israel; Sekem, Egypt; Chololo, Tanzania; Tasman Ecovillage, Australia; Narara, Australia; Hua Tao Ecovillage, China; Auroville, India; Ecovillage at Ithaca, New York, USA; Huehucocoyotl, Mexico; Ceo do Mapia, Brazil.

English-Norwegian Frederica Miller is a qualified architect from the architectural school in Oslo (AHO) as well as a permaculture designer. With more than 30 years' experience in ecologically-sound building and planning, she is a popular lecturer on these subjects and regularly holds courses. The author of *Levende Hus* [Living buildings] and the *10 Ecovillages in 10 years in Norway* report, she was awarded Oslo's Environmental Prize for her work in 2010. She lives in Norway.

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Before I Go

The Essential Guide to Creating a Good End of Life Plan

JANE DUNCAN ROGERS

A compassionate, practical guide to end-of-life matters, empowering us to clarify and share our wishes and continue to live life to the fullest

- Addresses the emotional, spiritual, and practical aspects of end-of-life planning to help you prepare well for your death
- Enables the reader to make well-informed decisions about their end-of-life care and facilitate conversations with family and friends about this difficult topic
- Includes guiding questions, exercises, and recording tools, as well as worksheets available for download and supportive online courses

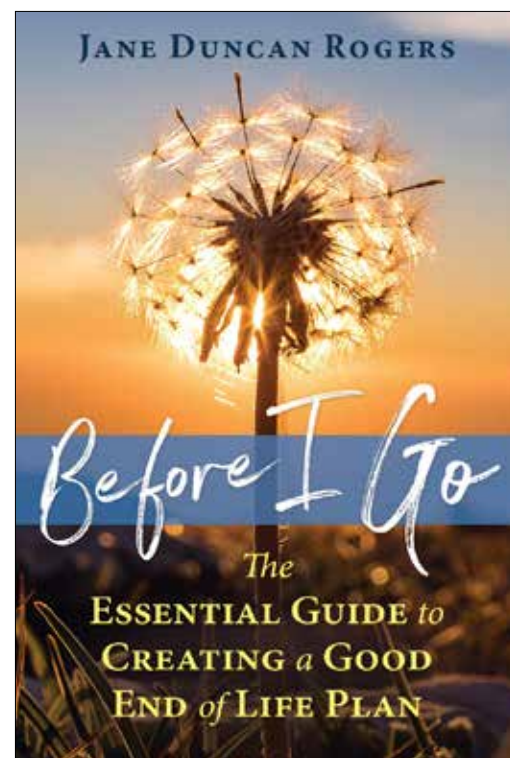
Many people say “I wish I had known what they wanted” when their loved one has died. Too often, a person’s wishes for end-of-life care, and for after they have gone, have not been recorded. With this valuable guide, you can now begin to do this for yourself, so your relatives will be able to honor your wishes more easily, saving them unnecessary stress and upset at a potentially intense time.

Before I Go addresses the emotional, spiritual, and practical aspects of end-of-life planning to help you make well-informed decisions about your end-of-life care and prepare well for your death. Jane Duncan Rogers guides you with equanimity, care, and humor through subjects such as how to have a conversation about dying, the impact of grief on relatives responsible for estate matters, DIY funerals and what that entails. She states clearly what you need to have in place to ensure the best end of life possible, helps you identify your values and beliefs in this area, and demonstrates which actions you then need to take, and when. With a full resource pack of essential information available to you, including guiding questions, exercises, and recording tools, as well as downloadable worksheets and supportive online courses, decision-making will be much easier and you will find relief and peace of mind knowing you have taken care of outstanding matters.

You will also be giving a great gift to your loved ones. When they have this information in advance, you spare them many difficult decisions and administrative hassle at a time when they will be grieving and not in a fit state to cope. It can bring great comfort to those left behind to know they are indeed carrying out your wishes. It also provides an opportunity for you to record your achievements and history, giving them a legacy they would otherwise not have.

You can update your wishes at any time, meaning you’ll have a sense of control of your life and its ending and feel confident that if anything happens to you suddenly, you and your family will be as well-prepared as possible to deal with it. With your end-of-life wishes clearly defined, you gain the freedom to continue living your life to the full, knowing the difficult decisions have been handled.

Jane Duncan Rogers is an award-winning life and death coach who helps people prepare well for a good end of life. Having been in the field of psychotherapy and personal growth for 25 years, she is founder of Before I Go Solutions, dedicated to educating people about dying, death, and grief. Jane lives within the Findhorn community in Scotland, UK.



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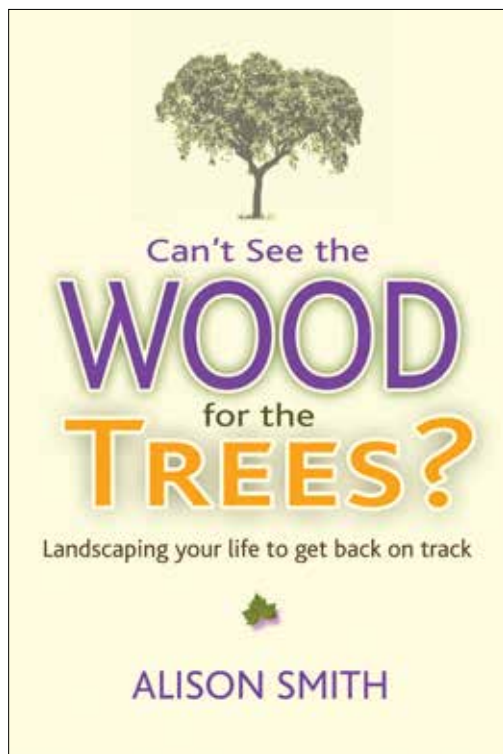
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Can't See the Wood for the Trees?

Landscaping Your Life to Get Back on Track

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A guide to using the metaphorical language of a “stuck” situation to discover the solution

- Shares an easy, fun process of exploring well-known sayings as a means to identify new solutions and get unstuck in life and work
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- Details the author’s “Landscaping Your Life” method, which has been used successfully in business strategy development, team development, project problem resolution, and in one-to-one coaching

If you can’t see the wood for the trees, feel like a fish out of water, or are going around in circles, we’ve got good news for you: that saying is also a clue to where you’ll find the solution. Yes, you read right—you can use the language you’re using to describe the stuck situation to discover the solution. It’s not even the language as much as the landscape contained within your description of the situation that can give you pointers. As Alison Smith explains, “If a picture paints a thousand words, then a metaphor paints a thousand pictures. In other words, the metaphor in the saying you’re using will provide a million words that will undoubtedly have the solution contained within them.”

That’s what this book is all about—taking these sayings that you’re using to describe being stuck and using them to get unstuck again. The language you apply provides clues to how you perceive the current situation. Subconsciously, you know the solution. Exploring the metaphors contained within your language allows your subconscious to communicate to your conscious awareness more easily. The metaphor reduces resistance and the barriers we put up to change. It’s as if we enjoy exploring the metaphor and forget what it means in reality, and before we know it, we have a metaphorical solution that we cannot help but translate into real life.

Offering an effective, easy process based on the power of metaphors, Alison Smith introduces her “Landscaping Your Life” method as a means to bring clarity to a problem, highlight alternative perspectives, and allow solutions to emerge organically, from within ourselves.

Alison Smith is a coach, facilitator, and trainer who has developed the “Landscaping Your Life” method to help people get unstuck and back into their flow. She works with teams as well as individuals in both business and personal contexts. Since her own personal transformation 18 years ago, Alison has increasingly found the more unconventional tools to be more effective and powerful at bypassing the blocks and resistance we have to moving forward in our lives. Alison lives in Fife, Scotland.

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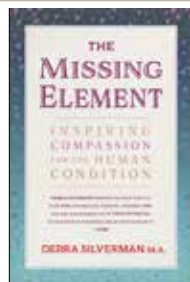
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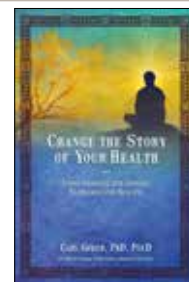
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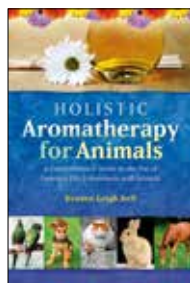
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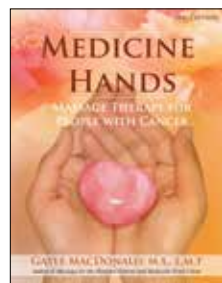
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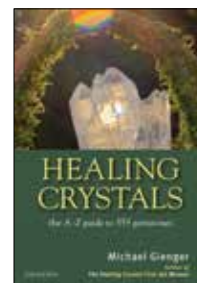
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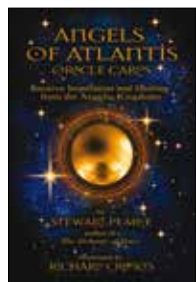
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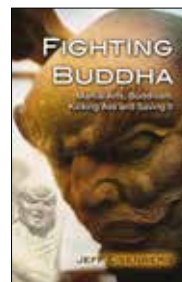
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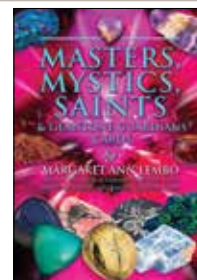
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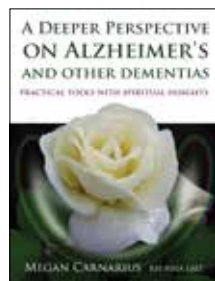
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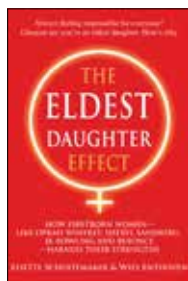
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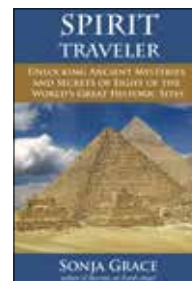
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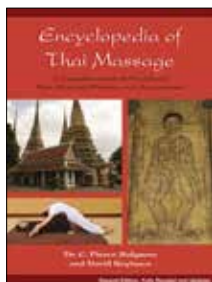
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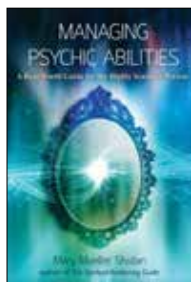
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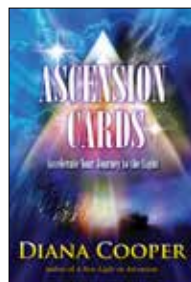
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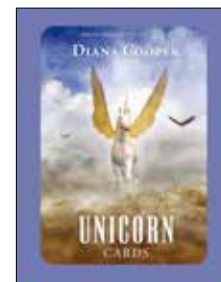
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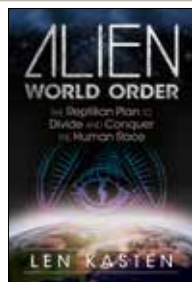
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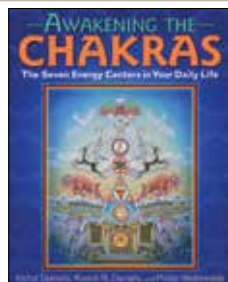


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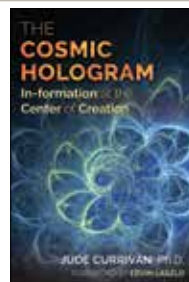
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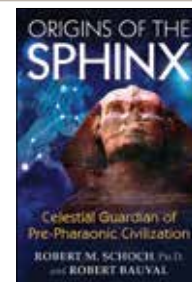
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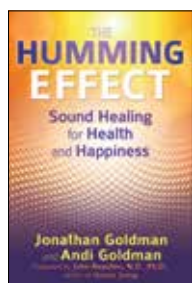
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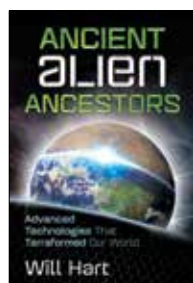
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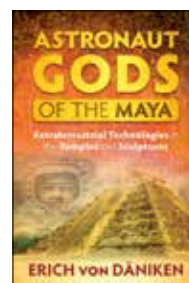
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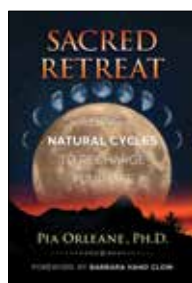
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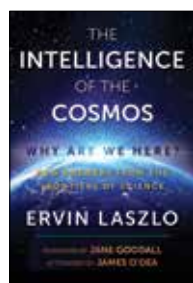
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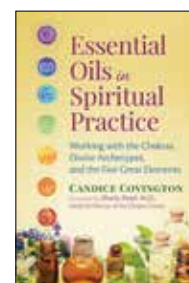
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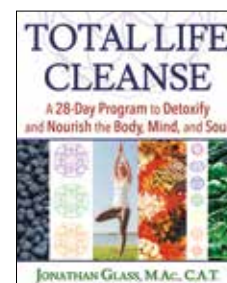
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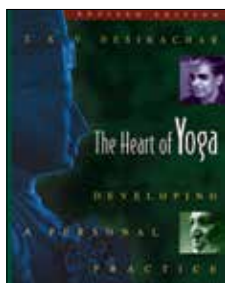
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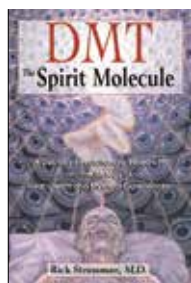
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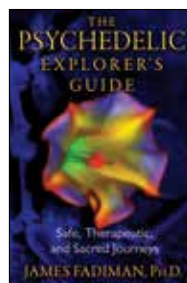
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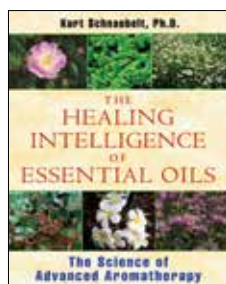
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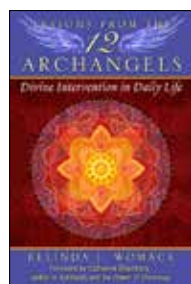
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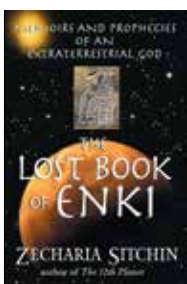
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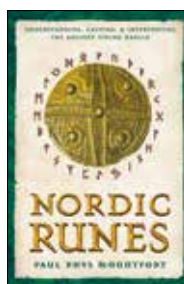
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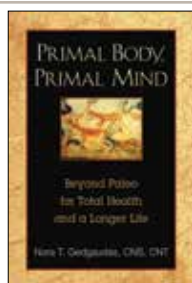
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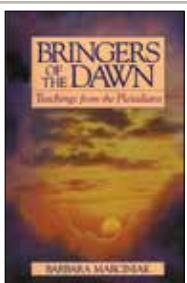
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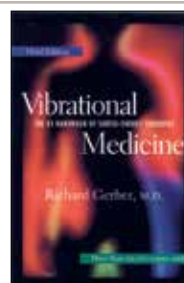
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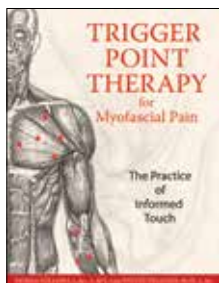
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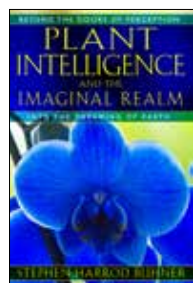
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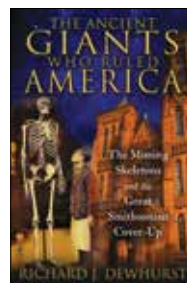
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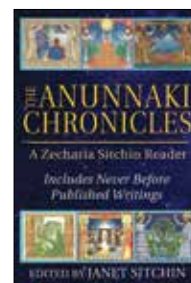
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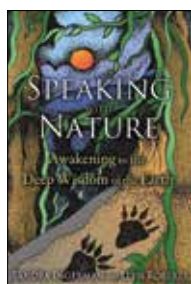
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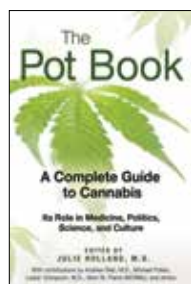
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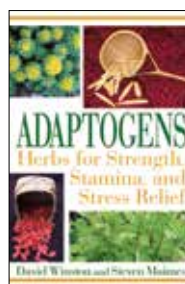
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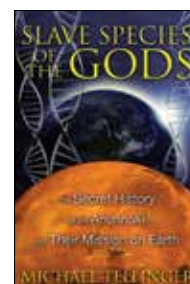
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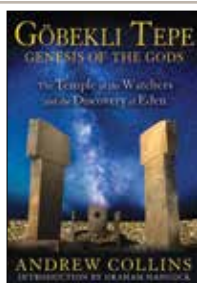
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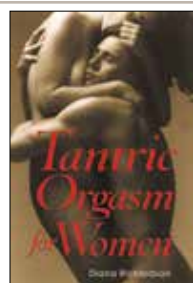
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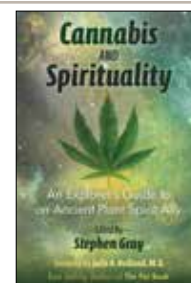
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