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FALL / WINTER 2024

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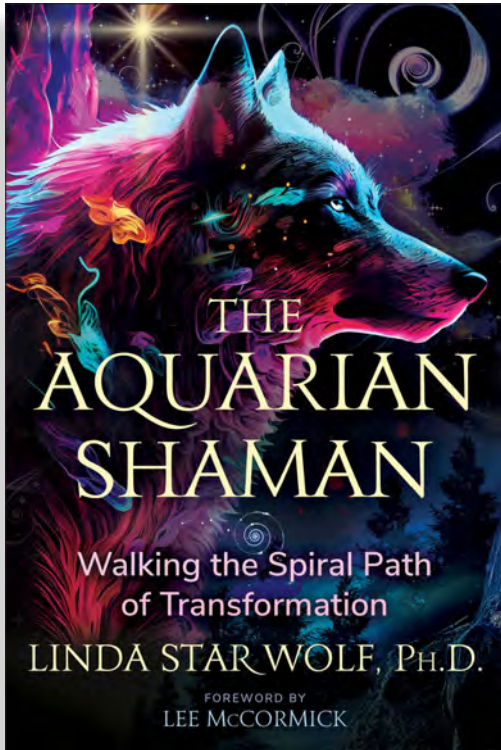
Findhorn Press



Earthdancer
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Sacred Planet
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The Aquarian Shaman

Walking the Spiral Path of Transformation

LINDA STAR WOLF, Ph.D.

A step-by-step guide to awakening to shamanic consciousness

- Shares shamanic practices, rituals, ceremonies, and wisdom to help you reintroduce magic into everyday life and awaken the Aquarian Shaman within
- Explains major components of shamanic practice, including totem animals, spirit teachers, personal altars, medicine wheels, the power of song and dance, and the use of sacred objects and sacred circles
- Explores the shamanic realm of imagination and techniques to access it, including Shamanic Breathwork and spirit journeying

Are you hearing a persistent inner calling to wake up and remember who you really are? Do you have a compelling soul urge to return to ancient wisdom and the deep shamanic medicine within? Are you ready to be reborn into shamanic consciousness and awaken as an elemental being fully connected to life and nature?

Presenting a guidebook to walking the spiral path of transformation, shamanic teacher Linda Star Wolf shares ancient shamanic practices, rituals, ceremonies, and wisdom to help you reintroduce magic and enchantment into everyday life and awaken the Aquarian Shaman within. She explains major components and techniques of shamanic practice, including totem animals, spirit teachers, purification practices, spirit journeying, and the power of the elements, enabling you to create your own “shamanic medicine chest.” She explores the creation of personal altars and medicine wheels, the power of song and dance, the use of art mandalas, the role of archetypes, and the employment of sacred objects and sacred circles.

Describing how to recover the magical sensibility and innate awareness that most of us leave behind in childhood, Star Wolf explores the fundamental stages of the journey to awaken shamanic consciousness and shares essential shamanic techniques, including the Shamanic Healing Initiatory Process and Shamanic Breathwork. She discusses the power of the imagination from a shamanic perspective, showing how imagination is actually a liminal realm rooted in the cellular records of our body through which we can journey to other worlds and connect with our ancestors.

This Aquarian guidebook will help you not only awaken to shamanic consciousness, but also cultivate more love, inner awareness, and personal power as you walk the spiral path of transformation.

Linda Star Wolf, Ph.D., D.Min., has been a visionary shamanic guide for more than thirty-five years. The founder of Venus Rising Association for Transformation and president of Venus Rising University for Shamanic Psychospiritual Studies, she is the creator of the Shamanic Breathwork Process, the Shamanic Ministers Global Network, and the Wise Wolf Council. She lives with her beloved husband, wolf dogs, chickens, and community at Venus Rising’s Elemental Temples near Asheville, North Carolina.



September 2024

Bear & Company

ISBN 978-1-59143-514-3

\$18.00 (CAN \$22.50) Paper

Also available as an ebook

192 pages, 6 x 9

41 black-and-white illustrations

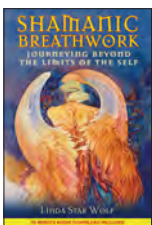
Rights: World

Shamanism/Spirituality



Author
Linda Star Wolf, Ph.D.

Also by Linda Star Wolf



Shamanic Breathwork

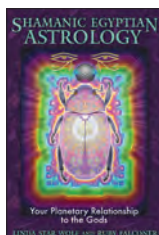
Linda Star Wolf, Ph.D.

Bear & Company

ISBN 978-1-59143-106-0

\$20.00 (CAN \$24.00) pb

13,500 copies sold



Shamanic Egyptian Astrology

Linda Star Wolf, Ph.D. and

Ruby Falconer

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Of Related Interest



Shamanic Dreaming

Carol Day

Findhorn Press

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February 2023 release

Living Your Best 5D Life

Timeless Tools to Achieve and Maintain Your New Reality

MAUREEN J. ST. GERMAIN

A guide to embracing your ascension into 5D consciousness

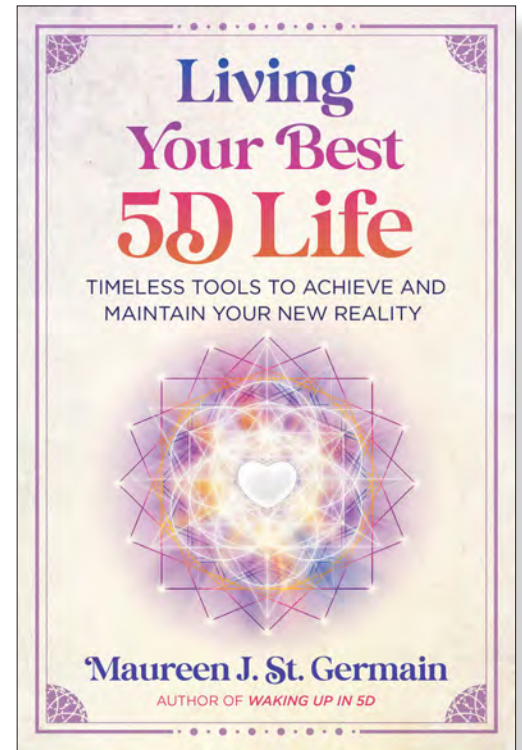
- Explores 5D tools and essential skills for transforming the world around you, including practices for thinking in 5D, accelerating your vibrational rate, transforming beliefs, and cleaning your 12 DNA strands
- Includes meditations to help you upgrade your MerKaBa, anchor in 5D consciousness, and navigate the higher dimensions
- Shares amazing events the author has witnessed since she expanded her consciousness into the Fifth Dimension

The new era of Fifth Dimensional consciousness has arrived! Yet this transition has confused many people. Some are stuck in 3D, grasping at old paradigms. Others are working hard to raise their frequency but unable to stay anchored fully in 5D. As renowned Ascension teacher Maureen St. Germain reveals, it is possible to undergo dimensional shifts and make spiritual “upgrades” that allow you to shift instantly into 5D.

In this enlightening guide, Maureen shares amazing events she has witnessed since she expanded her consciousness into the Fifth Dimension, both her own personal 5D experiences as well as those from her students who have also made the transition. She details through inspiring examples how to navigate your new 5D reality and resolve dynamic challenges that arise in daily life. She explores how to recognize when you are actively in 5D—those experiences where everything went well, interactions were harmonious and loving, and all felt blissful and happy—and explains how to shift into that vibratory zone and stay there.

Sharing everything you need to know to successfully cross over from 3D to 5D, Maureen details how to acquire the Fifth Dimensional tools and skill set essential for transforming the world around you, such as accelerating your vibrational rate. She discusses how to truly transform beliefs and paradigms, especially those that hold the soul in the denser dimensions. She explores practices for thinking in 5D and shares meditations to help you upgrade your MerKaBa and navigate the higher dimensions. She examines how to clear and clean your 12 DNA strands and your chakras. She also explains how to ensure family and friends can cross over into higher dimensions too. With this enlightening guide, you will be able to attract cooperation and kindness and harness your strength and energy to live your best 5D life, in a reality where love is the governing rule.

Maureen J. St. Germain is the founder of the Ascension Institute Mystery School, Transformational Enterprises, and Akashic Records International. An internationally recognized teacher and intuitive, she is also the creator of more than 30 guided-meditation CDs, now available on the app Illuminate. She is the author of 8 books, including *Waking Up in 5D*. She lives near Sedona, Arizona, and offers workshops worldwide.



September 2024

Bear & Company

ISBN 978-1-59143-531-0

\$16.00 (CAN \$19.99) Paper

Also available as an ebook

160 pages, 6 x 9

27 black-and-white illustrations

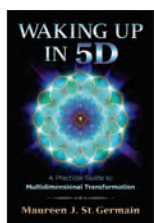
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Spirituality/Self-Transformation

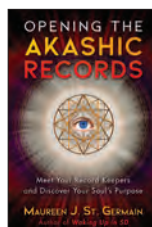


Author
Maureen J. St. Germain

Also by Maureen J. St. Germain



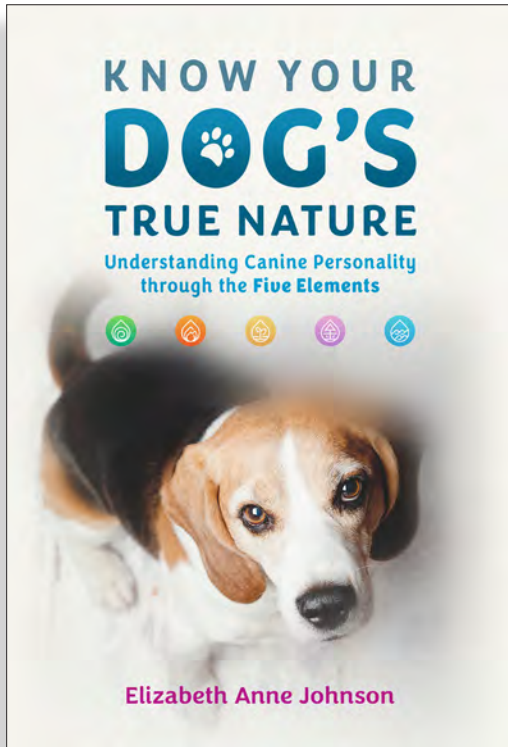
Waking Up in 5D
Maureen J. St. Germain
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Opening the Akashic Records
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Know Your Dog's True Nature

Understanding Canine Personality through the Five Elements

ELIZABETH ANNE JOHNSON, EEBW, CBW

Foreword by Allen Schoen, DVM, M.S., Ph.D. (hon.), CVA

Discover your dog's Five Element archetype to better understand their behaviors and needs

- Looks at each dog element archetype individually, exploring their personality strengths and weaknesses, emotional defaults, how they react under stress, what makes them happy, and their potential physical ailments and conditions
- Offers holistic practices to help support each elemental dog type at any stage of life, including diagrams of acupressure points that can help
- Includes element archetype quizzes to determine your dog's type as well as your own

Presenting a gateway for truly understanding your dog, Elizabeth Johnson reveals how to apply the Five Element model of traditional Chinese medicine to our canine companions to reveal their personality archetype, their behavioral strengths and weaknesses, their relationship dynamics with us, and why they do what they do.

Sharing the five unique patterns of the Five Element dog archetypes, along with quizzes to help you determine your dog's type as well as your own, Elizabeth explains how dogs have predominant element types and how they may shift between elemental archetypes throughout the seasons and as they age, just like we do. Looking at each dog element archetype individually, from Wood Dog to Water Dog, she explores their personality characteristics and emotional defaults, sharing real-life stories of dogs with the same elemental type. She describes how each archetype reacts under stress and what creates stress for them, as well as offering simple stress balancers and lifestyle measures to counteract their anxieties. She explores each type's individual strengths, what makes them happy, their wants and needs, and how to best support them for elemental harmony in your relationship. She looks at potential physical ailments and conditions for each type and suggests holistic and supportive therapies, including sharing diagrams of acupressure points that can help, such as calming points for the Fire Dog. She also explores how the Five Elements express themselves in aging dogs and rescue dogs and how we can best support them.

Guiding you through the deeply embedded personality traits of dogs—and their owners—Elizabeth Johnson reveals the life lessons each dog type brings to us as well as how to create a peaceful and happy home environment for any combination of canine and human elemental archetypes.

Elizabeth Anne Johnson, EEBW, CBW, is a former veterinary technician, wildlife biologist and rehabilitator, and holistic animal healer with over 30 years of experience. She works with companion, sports, and aging dogs in her 4Legged Wisdom and Wellness practice and teaches with her wildlife veterinarian husband through their organization Global Wildlife Resources. She lives on Whidbey Island, Washington.



September 2024

Findhorn Press

ISBN 979-8-88850-064-4

\$18.99 (CAN \$23.99) Paper

 Also available as an ebook

224 pages, 6 x 9

10 black-and-white illustrations

Rights: World

Animal Behavior/Psychology



Author
Elizabeth Anne Johnson

Of Related Interest



Emotional Freedom Technique for Animals and Their Humans

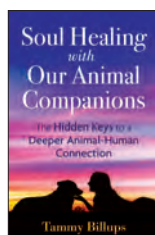
Joan Ranquet

Findhorn Press

ISBN 978-1-64411-807-8

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June 2023 release



Soul Healing with Our Animal Companions

Tammy Billups

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Jin Shin for Cats and Dogs

Tina Stümpfig

Findhorn Press

ISBN 978-1-64411-459-9

\$19.99 (CAN \$24.99) pb

Jim Morrison, Secret Teacher of the Occult

A Journey to the Other Side

PAUL WYLD

A journey into the mystical and spiritual side of the famed Doors front man

- Reveals Jim Morrison as a shamanic initiate and esoteric teacher who used his role as a rock singer to promote the adventure of the spirit and express the power of inner experience
- Examines Morrison's deep occult and artistic influences, including Kurt Seligmann's *The Mirror of Magic*, Colin Wilson's *The Outsider*, and the works of Jack Kerouac
- Draws on Morrison's lyrics and poems, his intimate writings, and the recollections of friends like photographer Paul Ferrara and Doors keyboard player Ray Manzarek

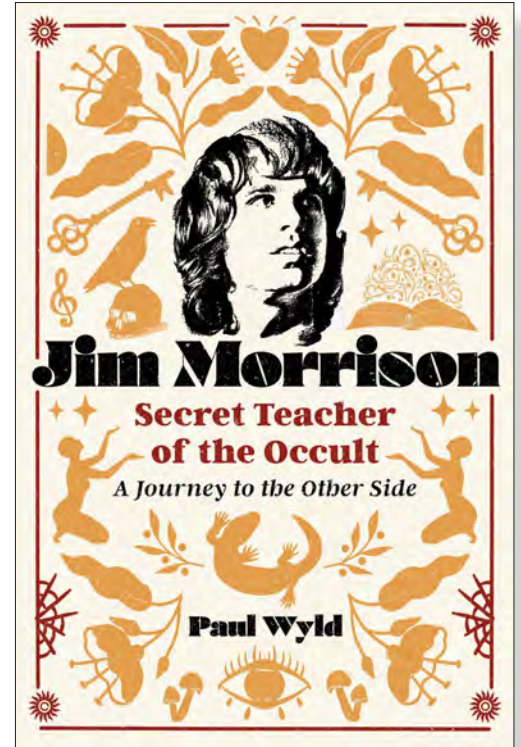
The groundbreaking 1960s band The Doors, named for Aldous Huxley's *The Doors of Perception*, achieved incredible acclaim and influence, ultimately serving as a key group in the development of psychedelic and progressive rock. At the center of it all was complex front man Jim Morrison, who died in 1971 at only 27. Yet, as author Paul Wyld reveals, despite Morrison's reputation as a lewd, drunken performer, he was a full-fledged mystical, shamanic figure, a secret teacher of the occult who was not merely central to the development of rock music, but to the growth of the Western esoteric tradition as a whole.

Wyld looks at the mystical works that inspired Morrison, including Kurt Seligmann's *The Mirror of Magic*, Colin Wilson's *The Outsider*, and the writings of Nietzsche and Jack Kerouac. Drawing on Morrison's lyrics and poems, his intimate writings, and the recollections of friends like photographer Paul Ferrara and Doors keyboard player Ray Manzarek, the author makes the case that Morrison was not simply a superficial dabbler in the occult but an actual secret teacher transmitting knowledge through the golden thread stretching back to Egypt and Thoth-Hermes.

Explaining how Morrison sought to use his role as a rock singer to promote the adventure of the spirit and express the power of inner experience, Wyld shows how praxis was at the heart of Morrison's approach, a commitment revealed in his journey through the arduous ordeals of shamanic initiation. The author also reveals how, like many other esoteric teachers, Morrison paid heavily for his occult teachings, enduring an unjust criminal conviction in 1970 and dying less than a year later after an intense campaign of public persecution.

Revealing Jim Morrison as a shaman, mystic, and sage, Wyld shows how Morrison was part of a great spiritual awakening, a calling to which he gave himself over fully.

Paul Wyld is a singer-songwriter, artist, poet, and author. He lives in Santa Monica, California.



September 2024

Inner Traditions
ISBN 979-8-88850-080-4
\$24.99 (CAN \$31.50) Paper

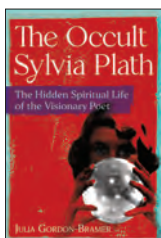
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256 pages, 6 x 9
24 black-and-white illustrations
Rights: World
Rock and Roll History/Occult/Biography

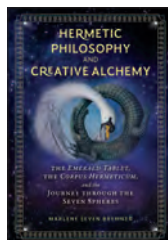
“Wyld evinces the complexities of Morrison’s vital existence as a poet, shaman, mystic, and sage, and at the same time, a Dionysian maelstrom struggling against tides of cultural conformity.”

—Marlene Seven Bremner, Artist and
Author of *Hermetic Philosophy and Creative Alchemy* and *The Hermetic Marriage of Art and Alchemy*

Of Related Interest



The Occult Sylvia Plath
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May 2024 release



Hermetic Philosophy and Creative Alchemy
Marlene Seven Bremner
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Into the Mystic
Christopher Hill
Park Street Press
ISBN 978-1-62055-642-9
\$16.95 (CAN \$21.50) pb

Crystal Body Grids

56 Gemstone Layouts for Energy Healing

SHARON L. McALLISTER

A guide to laying crystals on the body to support healing and vitality

- Includes step-by-step instructions and full-color diagrams for 56 crystal body grids for energetic enhancement, increased vitality and intuition, and overcoming common conditions and ailments
- Explains how to cleanse crystals, imbue them with positive intention, and program them for use in a body grid
- Explores the metaphysical causes of disease and how crystals interact with the body's energy fields to help support healing

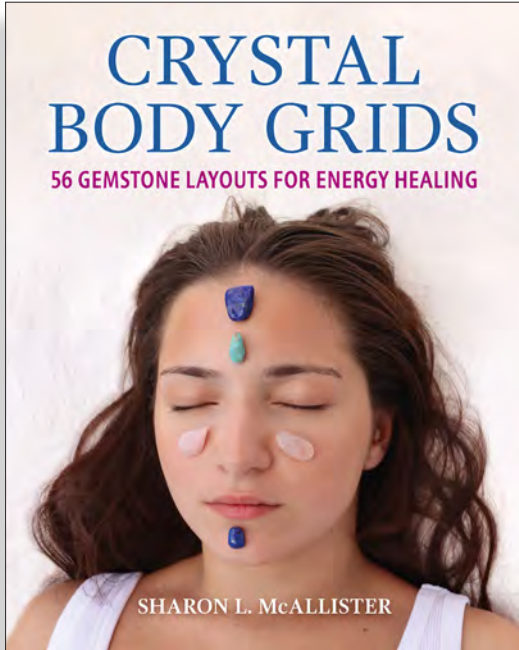
In this practical guide, crystal healer and teacher Sharon L. McAllister explores how to amplify the healing power of crystals and gemstones by placing them directly on the body in specific layouts for energetic balance and focus, increased vitality and intuition, and overcoming common conditions and ailments.

Through easy-to-understand full-color diagrams, the author shares step-by-step instructions for 56 crystal body grid layouts for a range of healing and energetic purposes. She explains how to cleanse crystals, imbue them with positive intention, and program them for use in a body grid. Reviewing how the human energy field works, she explains how blocked chakras can lead to health problems and how karma can impact your overall health throughout life. She reveals how crystals and gemstones interact with and realign our energy fields and help support us for faster healing. She also shares an A-Z directory of more than 70 crystals, a guide to building a crystal healing session, and instructions on working with kyanite, a master crystal of energy healing.

The author presents crystal body layouts for general energetic enhancement as well as for conditions and diseases for the skeletal structure, the heart and vascular system, the digestive system, the immune system, skin and hair, and the head. She explores the metaphysical origins of each ailment, which crystals to use, how to program them for targeted energy channeling, and how to arrange them on the body. Some of the conditions and diseases covered include Long Covid, headaches, tinnitus, asthma, allergies, IBS, gut health, insomnia, and cancer. In addition to physical ailments, the author also includes four gemstone body grids to attract peace, vitality, wisdom, and abundance.

Sharing hands-on techniques for working with crystals, this guide shows how they can help you achieve enhanced health and well-being as well as better connection to your inner wisdom.

For more than 20 years, **Sharon L. McAllister** has been working as a holistic therapist and developing and teaching both crystal healing and reflexology diploma courses for the Hope Healing Clinics in Manchester and Yorkshire, UK. The author of *Awakening Your Crystals*, she lives with her three children, husband, and dog in the Scottish Highlands.



September 2024

Earthdancer Books

ISBN 979-8-88850-086-6

\$24.99 (CAN \$31.50) Paper with French flaps

Also available as an ebook

208 pages, 6¼ x 8¾

Full-color throughout

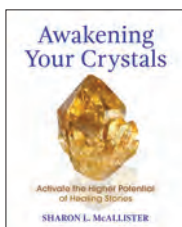
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Crystals & Gemstones



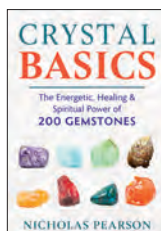
Author
Sharon L. McAllister

Also by Sharon L. McAllister



Awakening Your Crystals
Sharon L. McAllister
Earthdancer Books
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The Beginner's Guide to Crystal Healing

SHIRLEY O'DONOGHUE

A full-color guide to working with gemstones for self-healing, energy work, and spiritual growth

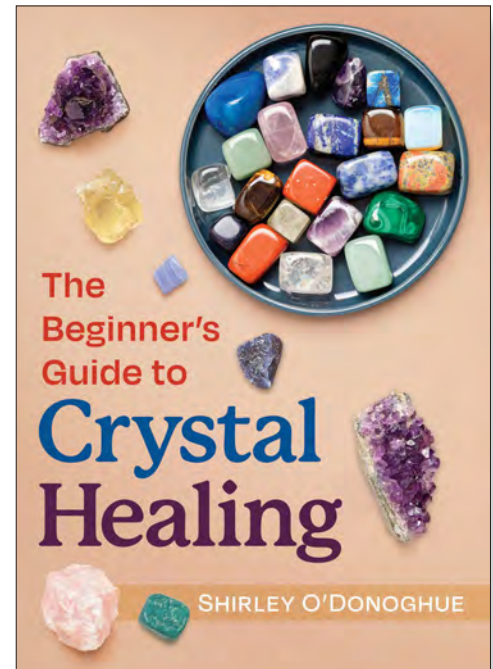
- Explains how to choose your crystals and cleanse them, how to energize and charge them, as well as how to get to know your crystals and attune to them
- Explores the correspondences between gemstones and colors and discusses the effects of crystals on the chakras, the meridians, and the aura
- Reveals how to craft crystal essences, heal animals with gemstones, work with crystal grids, and combine crystal therapy with ancestral healing, Reiki, reflexology, acupuncture, and massage

In this full-color guide to working with crystals, Shirley O'Donoghue shares the basics of crystal therapy, enabling anyone to begin using crystals for self-healing, energy work, and spiritual growth.

The author explains how to choose your crystals and cleanse them, how to energize and charge them, as well as how to get to know your crystals and attune to them. Examining the correspondences between stones and colors, she looks at how to use crystals in color therapy and how to work with color to create crystal mandalas. Exploring the subtle energy system of the body, she discusses the effects of crystals on the chakras, the meridians, and the aura and how to work with gems and these systems for healing, protection, and elevating consciousness. She explains how to craft your own gem essences and how to identify and deal with toxic crystals. The author explores techniques for using crystals for healing animals, including guidance on animal chakras and the benefits of giving healing to animals. She looks at the relationship between crystals and astrology, numerology, and sacred geometry, as well as how to use gemstones for connecting with spirit guides, angels, and ascended masters. She examines how to use gems for energetic space clearing and how to work with crystal grids, providing several grid layouts. She also explores how to use stones for ancestral healing and how to combine crystals with other healing modalities, including Reiki, reflexology, acupuncture, and massage.

Filled with explanatory diagrams and step-by-step photographic instructions, this comprehensive guide also includes a directory of more than 20 common crystals and stones, enabling you to begin your crystal healing journey right away.

Shirley O'Donoghue has been teaching crystal healing for over 30 years. The principal of Lucis College, she is an experienced lecturer and teacher in a wide range of holistic therapies including Reiki, color therapy, and flower and gem essence therapy. She is the host of a podcast, *Consciousness Unveiled*, *Alchemy Unveiled*, as well as a director of Holistic Harmony, a non-profit that provides access to complementary therapies and energy healing for disadvantaged groups and individuals. Born in London, she now lives in Dorking, Surrey, England.



September 2024

Healing Arts Press
ISBN 978-1-64411-675-3
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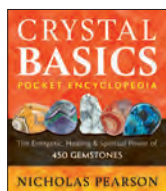
Replaces previous edition:
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ISBN 978-1-91308-808-8 (Lotus Publishing)

192 pages, 6¾ x 9½
Full-color throughout
Rights: World, except Spanish language
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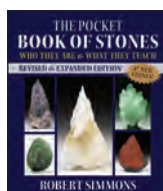


Author
Shirley O'Donoghue

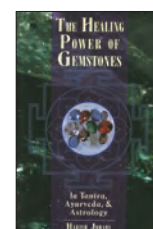
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Le Mini Tarot

MARGOT ROBERT-WINTERHALTER
Illustrated by Nicolas Galkowski

A new deluxe miniature Tarot deck inspired by the famous Rider-Waite-Smith Tarot

- Includes 78 full-color, gilt-edged cards featuring new interpretations of Pamela C. Smith's iconic images
- The accompanying booklet presents a more intuitive interpretation approach by offering quick access to each card's meaning through fundamental keywords
- Features a travel case with a magnetic closure that allows for easy handling and enhanced portability of this mini deck

Accessible to beginners and initiated alike, this new mini Tarot deck inspired by the style of the well-loved Rider Waite Smith Tarot offers a new interpretation of Pamela C. Smith's iconic images by French illustrator Nicolas Galkowski.

Complemented by a 104-page booklet, the 78-card full-color deck features a novel approach to Tarot interpretation by offering the fundamental concepts of the cards in a way that combines tradition and intuition. Each card of both the Major and Minor Arcana is featured with three or four keywords and a few sentences that highlight the main aspects and meanings of the card. These brief yet evocative definitions, alongside original card spreads, enable you to arrive at an interpretation both personal and unique by allowing the space between the words to fill with your own inner knowing and insight into the issues and questions at hand. This accessible approach to the Tarot empowers you to dive deeper into personal development and open yourself to intuitive ways of perceiving and interpreting the world, as well as providing a path for engaging with other, more complex divination tools.

The smaller-sized, gilt-edged cards make for smooth handling while the sturdy case with magnetic closure will serve as an attractive ritual item on any altar as well as making this mini deck a perfect traveling companion.

Margot Robert-Winterhalter is a Tarot reader and psychotherapist, following a career as doula and history teacher. She facilitates courses and retreats, teaching a concrete approach to the Tarot to help people gain deeper insight into themselves and their actions. Margot lives in Troyes, France. **Nicolas Galkowski** is an illustrator and graphic designer who works with specific color palettes to create deeply meaningful images. Nicolas lives in Nantes, France.



September 2024

Findhorn Press
ISBN 979-8-88850-179-5

\$19.99 (CAN \$24.99)

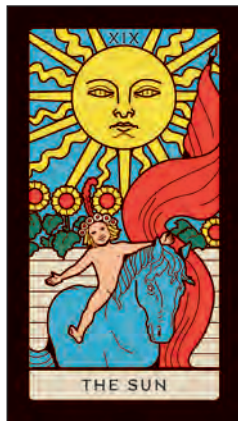
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Includes 78 color cards with gilded edges
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Rights: World English
Tarot/Divination



Page of Swords



The Sun

Of Related Interest



Nature Spirit Tarot
Jean Marie Herzel
Bear & Company
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\$35.00 (CAN \$43.99) boxed set
7,500 copies sold



The Jolanda Witch Tarot
Rosie Björkman and
Hans Arnold
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Shamanic Star Wisdom Oracle

44-Card Deck and Guidebook

LISA BIRITZ

Illustrated by Petra Kühne

Connect to your starseed heritage and integrate cosmic powers into your life

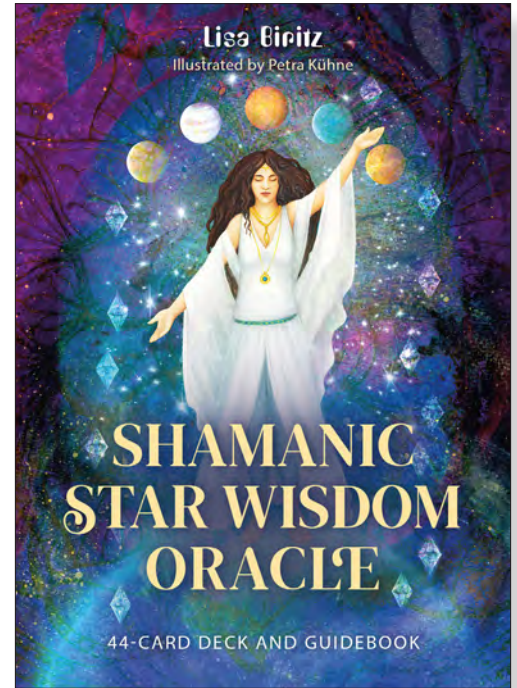
- Includes 44 full-color cards featuring intergalactic star beings and wisdom for the age of ascension
- The guidebook explores each card's message accompanied by a matching exercise
- Discover your cosmic starseed family and the talents and abilities you bring to Earth

Has your intuition told you that your soul originated in the stars? Have you had an encounter with star beings or aliens, or have a deep inner knowing that they are real? You are not alone, nor are you a strange or isolated case. You are part of the cosmic family of starseeds. Welcome home!

With this oracle deck, you are invited to explore the wisdom of star beings from across the galaxy, including the innate spiritual gifts you have inherited through your starseed ancestors. Fourteen star families are represented on the cards, including Pleiadians, Hathors, Draconians, and Sirians, and each card shares a talent or quality from the star being shown, such as courage, empathy, beauty, wisdom, or healing power. The accompanying guidebook explores the meaning of each card and the star being shown as well as providing an affirmation and an exercise to implement the theme of the card. It explains how shamanic and indigenous cultures have long known that human life on Earth has extraterrestrial origins. For example, the ancient cultures of North and South America recognize 12 planets with human-like life in other solar systems, indigenous Hawaiians believe their ancestors came from the Pleiades, and lore in Peru and Bolivia contains accounts of a golden boat that came from the heavens. The book also describes how to use the cards to discover your original spirit family in the stars, get in touch with them telepathically, unleash the dormant power in your DNA, and protect yourself from negative aliens.

Designed to bring you closer to your own star essence as well as support the personal and cosmic healing needed to assist in Earth's ascension process, this deck enables you to learn about your intergalactic connections and remember your soul purpose as a starseed.

Lisa Biritz has traveled around the world learning shamanic traditions, including the Hawaiian tradition of Huna, Sandra Ingerman's core shamanism, and the healing practices of Medicine Chief Sun Bear. She lives with her family in Austria and Hawaii. **Petra Kühne**, illustrator and workshop leader, has been working with visionary teacher Chuck Spezzano for almost 20 years. Her motifs mostly originate in imaginative, almost fairytale scenes, as well as in spiritual worlds. The illustrator for *Oracle of the Birds*, she lives in Germany.



September 2024

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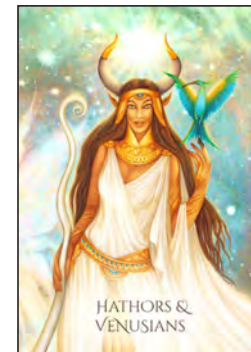
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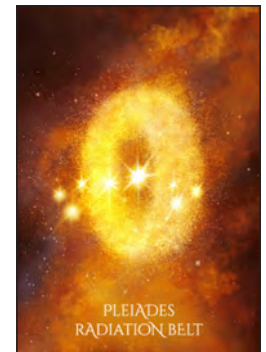
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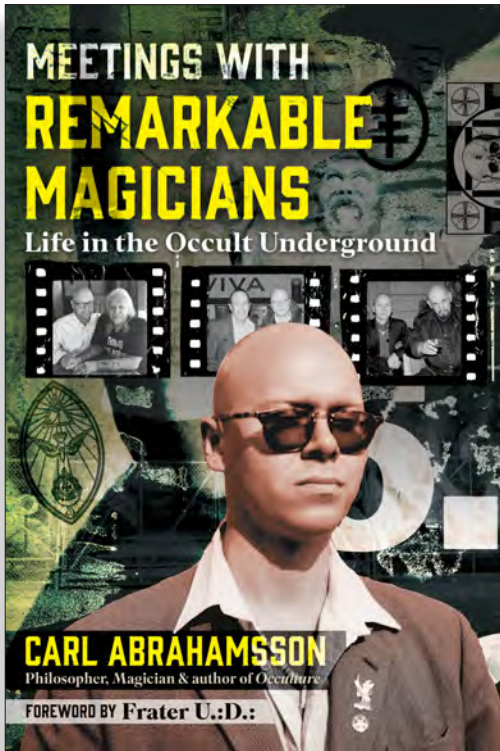
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Meetings with Remarkable Magicians

Life in the Occult Underground

CARL ABRAHAMSSON

Foreword by Frater U.:D.:

[An unconventional memoir of a man immersed in magic and the occult](#)

- Explores the author's extensive connections with infamous occultists and organizations, including Genesis P-Orridge and Thee Temple Ov Psychick Youth, Anton LaVey and the Church of Satan, and the Ordo Templi Orientis
- Details the underlying occult impulses and magical experiences guiding the author's artistic journey, his experiences in psychedelic culture and the punk subculture, and his experimentation with sex magic, occulture, and sigil magic

What does it mean to live a life as an occultist? There may be no single answer, but for Carl Abrahamsson, it has involved work in music, art, and film as well as deep involvement with renowned occult figures and organizations for more than 40 years.

Illustrating the possibilities of a life infused with magic, Abrahamsson reflects on his decades spent in the company of some of the most unconventional thinkers of the late-20th and early-21st centuries. Revealing how his immersion in both the underground and above-ground world of art and the occult only grew through his adolescence and into adulthood, the author details his involvement with psychedelic culture, the punk subculture, and numerous occult figures and organizations, including Genesis P-Orridge and Thee Temple Ov Psychick Youth, Anton LaVey's Church of Satan, the Ordo Templi Orientis, and a branch of the American Golden Dawn.

Interwoven with his occult experiences and meetings with infamous practitioners of magic, Abrahamsson describes his evolution as a multi-disciplinary artist, detailing his pursuits in writing, making music, and working as a photographer and filmmaker, always imbuing his diverse artistic practice with a developing occult philosophy. He also details his ongoing efforts to disseminate the occult arts via publishing companies like Psychick Release, Looking Glass Press, Edda Publishing, Trapart Books, and the occultural journal *The Fenris Wolf*—as well as fieldwork in Tibet, Nepal, and India through The Institute of Comparative Magico-anthropology.

Through each encounter and reflection on the magical, shamanic, and mystical practices that have structured his own life, Abrahamsson richly illuminates how it's possible to experience a rich, wise, and abundant life of wisdom and miracles.

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 author of several books, including *Occulture* and *Source Magic*, and the editor and publisher of *The Fenris Wolf*, he lives in Småland, Sweden.



October 2024

Inner Traditions

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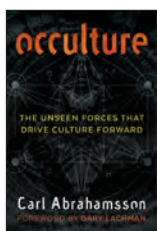
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Author
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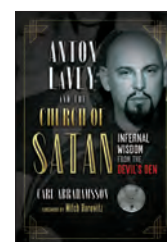
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Anton LaVey and the Church of Satan
Carl Abrahamsson
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Karahan Tepe

Civilization of the Anunnaki and the Cosmic Origins of the Serpent of Eden

ANDREW COLLINS

Foreword by Hugh Newman

An in-depth investigation of the ancient structures at Karahan Tepe, its builders, and its cosmic shamanic purpose

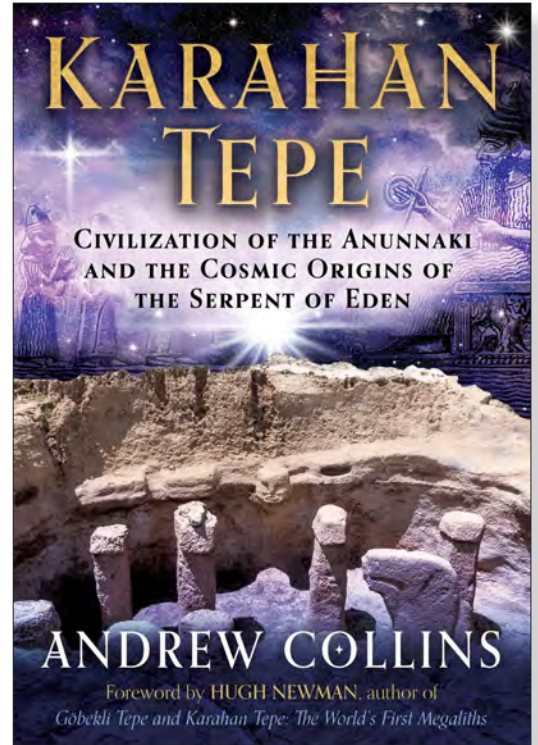
- Examines the intricate carvings, chambers, and structures, revealing the site's acoustical properties, shamanic symbolism, and astronomical alignments
- Reveals how Karahan Tepe was used by shamans to connect with the Milky Way's Galactic bulge in its role as the head of the cosmic serpent
- Explains how the site's builders, who created the world's first post ice age civilization, are remembered in myth and legend as the Watchers and Nephilim of Jewish religious tradition and as the Anunnaki gods of Sumerian mythology

Considered the most important archaeological discovery of the 21st century, Karahan Tepe is an enormous complex of stone structures in southeastern Turkey covering an estimated ten acres. Built more than 11,000 years ago, Karahan Tepe contains some of the oldest monumental architecture anywhere on earth, including human and animal statues, ubiquitous snake carvings, T-shaped pillars, and interconnecting underground enclosures with stone columns carved directly from the bedrock.

Chronicling his explorations of Karahan Tepe, Andrew Collins presents the first in-depth investigation of the discoveries at the site: who built it, its astronomical alignments, and cosmological connections. He examines the intricate carvings and architectural features, including a newly discovered statue of a giant human figure. Explaining how the site functioned as a shamanic oracle center, Collins shows how its rock-cut structures were used to connect with the Milky Way's Galactic bulge and stars of Scorpius in their role as the head and active spirit of a perceived cosmic serpent. He traces this serpent motif throughout history, identifying it with the biblical serpent of Eden, the Kundalini of Vedic tradition, and the black snake of the Yezidis. He demonstrates how the belief in the existence of the Milky Way serpent among the inhabitants of Karahan Tepe went on to influence the foundation of the Gnostic Ophite mysteries suppressed by the Christian Church. He also shows how the founders of Karahan Tepe were recalled in Hebrew myth and legend as the Watchers and Nephilim and in Sumerian and Babylonian mythology as the Anunnaki.

Sharing a wealth of evidence, Collins confirms that Karahan Tepe and its sister site of Göbekli Tepe belonged to the world's first post ice age civilization, which today bears the enigmatic name of Taş Tepeler.

Andrew Collins is a science and history writer who has investigated the true origins of human civilization for more than 30 years. He is the codiscoverer of a massive cave complex beneath the Giza plateau, now known as "Collins' Cave." The author of several books, including *Göbekli Tepe: Genesis of the Gods*, he lives in Essex, England.



October 2024

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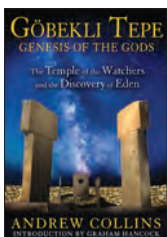
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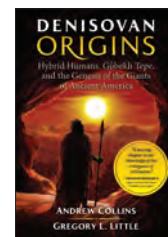
Also by Andrew Collins



Göbekli Tepe: Genesis of the Gods
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The Stained Glass Tarot

An Illuminated Journey through the Cards

JAMES EDWARD

A tarot deck inspired by the intricate symbolism and colors of stained glass

- Includes 78 full-color cards featuring colorful and detailed original adaptations of the tarot archetypes in stained-glass style
- The detailed guidebook provides thorough meanings for each card of both Major and Minor Arcana, for their upright and reversed appearances, as well as exploring each card's esoteric symbolism
- Shares instructions on how to use the cards, explains a variety of card spreads, and offers a glimpse into tarot history and its connections to astrology, numerology, alchemy, the Western esoteric tradition, and the teachings of Carl Jung

Inspired by the intricate symbolism and colors of the stained glass windows of cathedrals and other sacred places, this tarot set features detailed original images on every card as well as an in-depth guidebook.

Created as a traditional 78-card tarot, this deck draws the reader into a meditative state as they contemplate the cards one by one or in a spread, gleanings insights from the mystical symbolism of the tarot archetypes and the stunning stained-glass-inspired artwork of the cards. The accompanying guidebook provides thorough meanings for each card of both Major and Minor Arcana, for their upright and reversed appearances, as well as exploring each card's esoteric symbolism. For the 22 Major Arcana cards, the author also explains how each card fits into the progressive soul's journey from The Fool to The World.

Owing to their importance in his own spiritual journey with the tarot, for the Minor Arcana the author provides detailed write-ups about each card, rather than simply providing keywords as many other tarot guides do. Addressing the most common concerns one might have when divining with the tarot, he describes a number of ways to interpret each card when it appears and how to decide which interpretation to favor over another based on the situation. He also includes instructions on how to use the cards, explains a variety of card spreads, and offers a glimpse into tarot history and its connections to astrology, numerology, alchemy, the Western esoteric tradition, and the teachings of Carl Jung.

This illuminating tarot set provides not only a highly detailed manual for using the cards but also mesmerizing images that draw the eye as well as calm and focus the mind for an authentic divinatory experience.

James Edward has been active in witchcraft and the occult for more than 20 years. A scientist by training, he is an animist as well as a Spiritual Ecologist. He lives in southeastern Texas.



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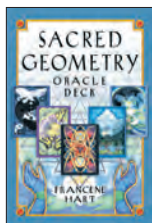


Back of card



The Moon

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The Council of Horses Oracle

A 40-Card Deck and Guidebook

SANDRA WALLIN and KIM McELROY

Foreword by Linda Kohanov, author of *The Tao of Equus*

Tap into the divine wisdom of horses for guidance and self-transformation

- Includes 40 beautifully illustrated cards featuring horse avatars and mythic equine beings such as unicorns, kelpies, Pegasus, and Chiron
- The guidebook shares the message of each card, guidance to help you determine if you are on the right path or need a nudge in a more positive direction, as well as suggested actions to help you integrate the lessons from the Council of Horses

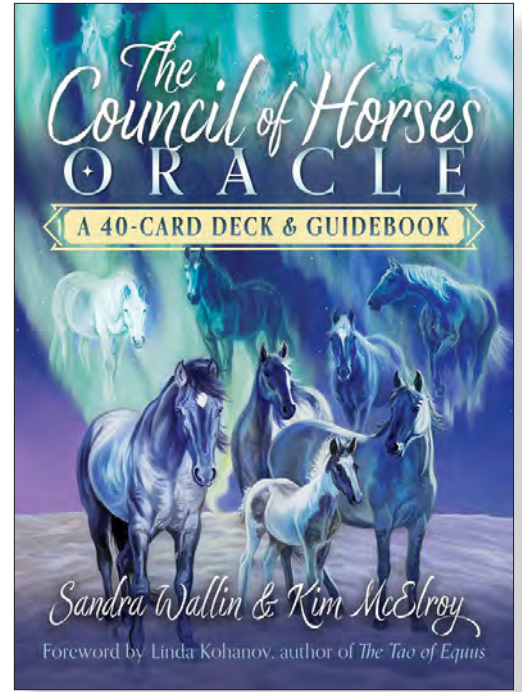
Allowing you to tap into the earthly and spiritual wisdom of horses, this oracle embraces humanity's millennia-old relationship with horses as interactive guides to transformation. It helps you open your heart, navigate through transitions and challenges, and manifest the best version of yourself.

Each beautifully illustrated card conveys the captivating presence of the horse, offering an encounter with the equine soul while transmitting healing frequencies directly from the mystical Council of Horses. Serving as portals of transformation, the cards allow you to actively engage with horses as sentient beings who choose to support the wellbeing of humankind.

The accompanying guidebook explains how to work with the cards, alongside a history of the horse as an intermediary between humans and the divine. The book explores the down-to-earth or archetypal elements of each card—from modern-day mystics to legendary horse avatars like unicorns, kelpies, Pegasus, and Chiron—along with the card's specific message and healing lesson from the Council of Horses. The horse of each card shares their story and offers guidance and courageous questions to help you determine if you are on the right path, off track, or need a nudge in a more positive direction. Each card write-up ends with suggested actions or changes to undertake to integrate the lessons of the Council in your life.

This deck allows you to work with the practical and spiritual wisdom of horses for guidance, healing, and transformation, as well as embrace the divine synergy that occurs when horses and people come together.

Sandra Wallin, M.A., is a beloved educator, psychotherapist, and horse listener. A sought-after speaker and workshop leader, she teaches equine-guided wellness worldwide. Currently, she is writing her doctoral thesis on the healing power of horses. She lives in Maple Ridge, British Columbia. **Kim McElroy** is an award-winning equine artist renowned for her visionary artistic and written creations. Blessed by her horse mentors, she is the illustrator of *Way of the Horse* wisdom cards. She lives in Kingston, Washington.



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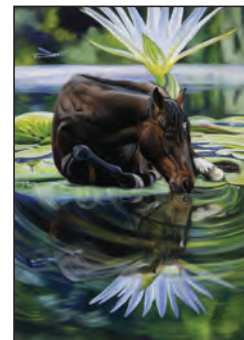
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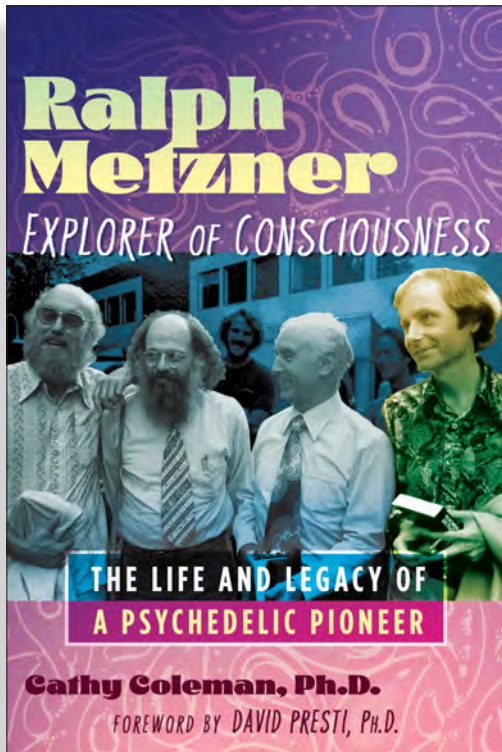
Jeanne Ruland

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October 2023 release



Ralph Metzner, Explorer of Consciousness

The Life and Legacy of a Psychedelic Pioneer

CATHY COLEMAN, Ph.D.

Foreword by David Presti, Ph.D.

Reveals the vast impact of Ralph Metzner’s healing therapies and wisdom on colleagues, students, clients, and the fields in which he worked

- Includes contributions from Rick Doblin, Charles S. Grob, Stan Grof, Stanley Krippner, Dennis McKenna, the late Christian Rättsch, Richard Strozzi-Heckler, Claudia Mueller-Ebeling, Dorothy Fadiman, Luis Eduardo Luna, and others
- Explores Ralph’s childhood, his time at Harvard with Timothy Leary and Richard Alpert (Ram Dass), his work with Agni Yoga and transpersonal psychology, his development of ecopsychology, and his in-depth psychedelic research

Renowned as a pioneering psychologist, psychedelic elder, alchemical explorer, and shamanic teacher, the late Ralph Metzner (1936–2019) contributed profoundly to consciousness research, transpersonal psychology, and contemporary psychedelic studies across his more than 50 year career.

Celebrating the life and legacy of Ralph Metzner, this book explores how Ralph touched the lives of those around him in extraordinary and remarkable ways, recasting people’s worldviews and inspiring the flowering of creativity, personal growth, and spiritual transformation. Ralph’s Harvard graduate school colleague, DeLee Lantz, first wife, Susan Homer, and Gary Bravo, author of *Birth of a Psychedelic Culture*, offer recollections from the pivotal years of the Sixties, when Ralph conducted research with Timothy Leary and Richard Alpert (Ram Dass). Others describe Ralph’s involvement in the School of Actualism in the 1970s and the profound impact that Agni Yoga had on Ralph’s explorations of consciousness and his healing therapies.

We learn about Ralph’s development of Green Psychology, or ecopsychology, his mystical work exploring prenatal realms of consciousness and channeling, and his healing and transformative “Vision Circles.” Academic colleagues and fellow psychedelic researchers share stories from their work with Ralph, including the late Christian Rättsch on meeting the toad goddess with Ralph and Albert Hofmann. Other contributors include Rick Doblin, Charles S. Grob, Stan Grof, Stanley Krippner, Dennis McKenna, Richard Strozzi-Heckler, Ralph Abraham, David Jay Brown, Claudia Mueller-Ebeling, Dorothy Fadiman, Matthew McKay, and Luis Eduardo Luna.

Illuminating his depth of knowledge and broad impact, this book paints a complete portrait of Ralph Metzner in his well-known roles as therapist and psychedelic pioneer and as an intrepid explorer of consciousness until the very end of his life.

Cathy Coleman, Ph.D., was Ralph Metzner’s wife of 31 years. A former dean of students at California Institute of Integral Studies, president of Kepler College, and director of the IONS’ EarthRise Retreat Center, she lives in Sonoma, California.



October 2024

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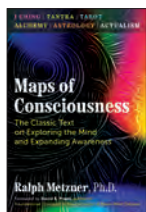
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Author
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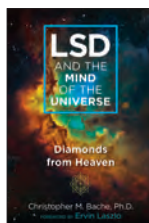
Ralph Metzner, Ph.D.

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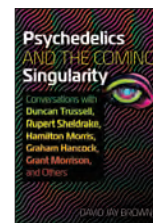
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Psychedelics and the Coming Singularity

David Jay Brown

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June 2024 release

The Neuroscience of Psychedelics

The Pharmacology of What Makes Us Human

GENÍS ONA, Ph.D.

Foreword by José Carlos Bouso, Ph.D.,
Scientific Director of ICEERS

A detailed look at the neural and biological mechanisms of psychedelic use

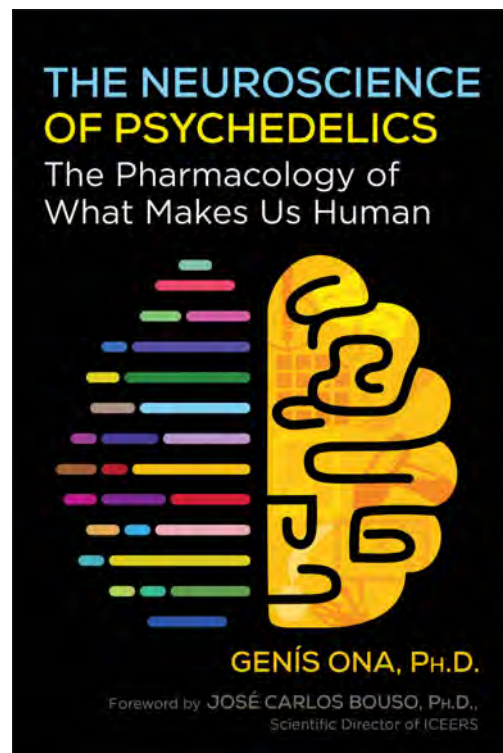
- Examines the main pharmacological properties of psychedelic substances, including LSD, DMT, psilocybin, ayahuasca, mescaline, ketamine, ibogaine, salvia, and MDMA
- Explains the physiological mechanisms behind visionary effects, including what is happening in the brain and how each psychedelic is processed by the body
- Shares safe strategies for using psychedelics, including harm-reduction techniques, and looks at where the future of psychedelic therapies is likely to go

With the widespread legalization of marijuana and increasing use of psychoactives in controlled therapy settings, further research and understanding of psychedelics is now possible. Yet while individual accounts of their use abound, exactly what's happening to the brain and body when using these substances is still not widely understood.

Longtime pharmacological researcher Genís Ona presents a comprehensive look at the main pharmacological properties of psychedelic substances, including LSD, DMT, psilocybin, ayahuasca, mescaline, ketamine, ibogaine, salvia, tropane alkaloids, and MDMA. Exploring how psychedelics work within the brain, Ona shares results from his extensive research to reveal the physiological mechanisms that allow these molecules to have their visionary effects, explaining what is happening at the receptor level as well as the “downstream” and “cascade” effects that differ from substance to substance. He examines how the body processes each substance, describing how each psychedelic is released, absorbed, distributed, metabolized, and eliminated. He also details possible dangerous interactions between these substances and other drugs as well as their potential toxicity.

Although his main focus is the biological and neurological effects of psychedelics, Ona also explores the mystical and spiritual dimension of psychedelic use, particularly as practiced in Indigenous traditions, showing how they enable access to a profound spiritual territory. He shares safe strategies for using psychedelics and looks at where the future of psychedelic therapies is likely to go, with an emphasis on ensuring that traditional knowledge is respected, honored, and protected.

Genís Ona, Ph.D., is a psychologist specializing in pharmacology research. An associate professor at the Universitat Rovira I Virgili, he is a member of the Spanish Society of Psychedelic Medicine and of the working group on psychedelics at the Catalan Society of Psychiatry and Mental Health. Currently working on research at ICEERS and the Medical Anthropology Research Center, he lives in Spain.



October 2024

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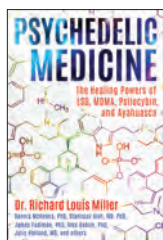
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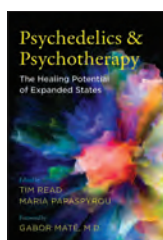


Author
Genís Ona, Ph.D.

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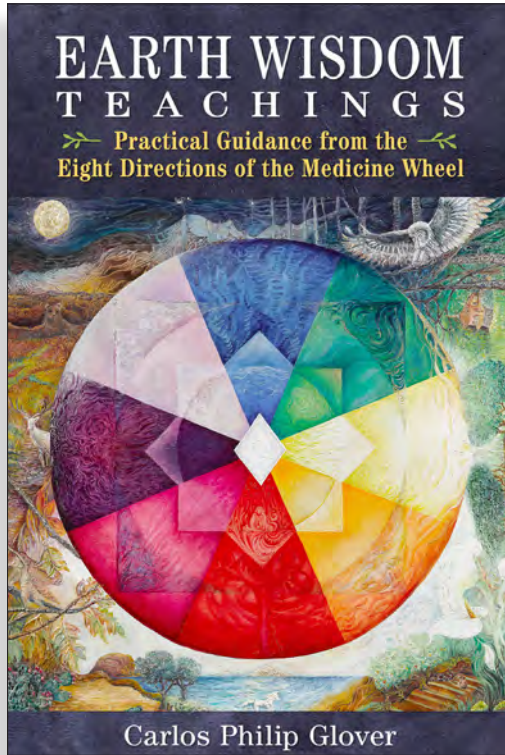
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Dr. Richard Louis Miller
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Earth Wisdom Teachings

Practical Guidance from the Eight Directions of the Medicine Wheel

CARLOS PHILIP GLOVER

A journey of self-empowerment to discover your innate inner wisdom and enact collective healing

- Takes you through the eight directions of the Medicine Wheel to ignite your spirit fire, inspire deeper connection with all life on Earth, and open your creative, sensory, emotional, and intuitive intelligences
- Shares practices such as deep listening, healing with the four elements, making death an ally, transforming limiting beliefs, discovering your animal teacher, and accessing inner wisdom
- Explains how the transformation of consciousness influences those around you, allowing individual inner work to initiate collective change and ecological healing

Revealing how our personal transformation serves the collective healing of our planet, author Carlos Philip Glover takes you on a journey of self-empowerment around the Medicine Wheel of Earth Wisdom to ignite your spirit fire, awaken new levels of consciousness, and inspire you to meet the challenges facing our modern world through deep inner work.

Based on teachings from the Maya, Toltec, and Olmec, each of the eight directions of the Medicine Wheel journey opens different aspects of your innate inner Earth Wisdom, including heart-knowing and your creative, sensory, emotional, and intuitive intelligences, allowing you to grow and deepen your relationship with the Earth and all life on it. The author explores practices such as deep listening, healing with the four elements, and making death an ally. Sharing stories from ancient traditions around the world, he describes how to uncover and transform your limiting beliefs, discover your animal teacher and its medicine, and access inner wisdom.

Explaining how consciousness has “field effects,” just as a magnet has a field around it, the author shows how, as each person awakens expanded states of consciousness in themselves, they influence the fields of consciousness around them, drawing other people into expanded states. In this way, the transformation of our collective human consciousness and the healing of Earth is achievable, one individual awakening at a time. A portion of the royalties for this book will support Survival International and Ehama Institute, New Mexico.

Carlos Philip Glover has trained with teachers from different traditions for more than 40 years, among them Ehama Institute of New Mexico. He is co-leader with WindEagle of the Evocative Leadership Mastery in Spain and for more than 20 years has served as the Dance Chief for the UK Drum Dance. He is the founder of Earth Wisdom Teachings, offering coaching, mentoring, ceremonial work, vision quests, and drum dances. Carlos lives with his wife in Devon, UK.



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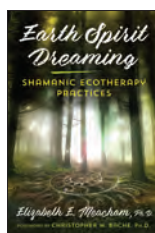
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Della Medicina

The Tradition of Italian-American Folk Healing

LISA FAZIO

Foreword by MaryBeth Bonfiglio

A guide to folk herbal healing and reconnecting with ancestral traditions

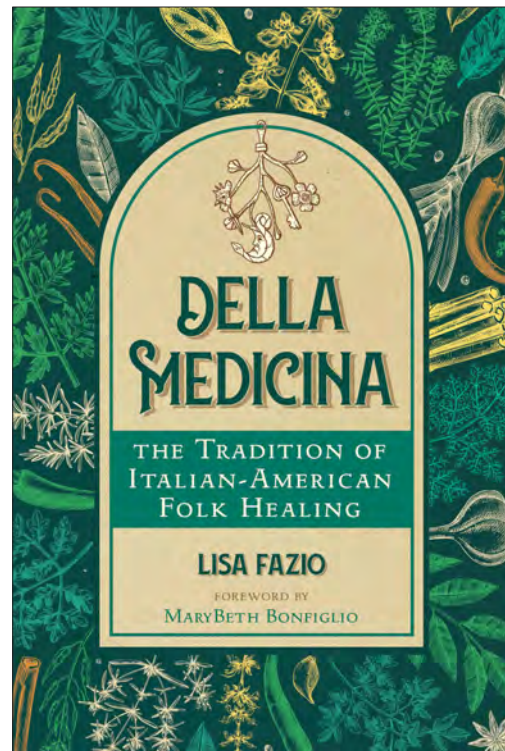
- Details the healing techniques and folk wisdom the author learned from her Italian grandparents and from healers in Southern Italy, including plant preparation methods, medicines, rituals, recipes, kitchen magic, and protective magic
- Provides a materia medica of plants important in this tradition, sharing each plant's history, mythology, and both practical and magical uses
- Reveals how working with traditional plant medicines can help us connect to and revitalize our own ancestral traditions for deep inner healing

Building upon the in-depth folk wisdom she learned from her immigrant grandparents as well as from local healers in Southern Italy, second-generation Italian-American and experienced herbalist Lisa Fazio shares herbal traditions and practices from the Italian diaspora and reveals how working with traditional plant medicines can help us connect to ancestral traditions for deep inner healing.

She explains how the herbal healing practices of her Italian ancestors were simply a part of everyday life, what they called *Benedicaria*, which literally means “the Blessing Way” but is more often translated as “the things we do.” Examining how plants are not only food and medicine but a vital yet invisible part of traditional communities, she describes how working with and communicating with plant allies awakened her epigenetic and ancestral links to them, which included experiencing memories of plants she had never worked with. Looking at the origins of Southern Italian folk healing practices, she details the techniques of *Benedicaria*, folk Catholicism, and the animistic traditions of her ancestors, including plant dialects, preparation methods, rituals, and recipes. Discussing the relationship between Italian folk medicine and Italian witchcraft, she explores kitchen magic and protective magic, including practices for warding off the adverse effects of the evil eye. The author provides a materia medica of plants important in the healing traditions of the Mediterranean, sharing each plant's history, mythology, and both practical and magical uses.

Sharing valuable and nearly forgotten teachings from the Italian herbal tradition, the author also shows how her journey to reconnect with her family's healing practices offers guidance for anyone seeking to reconnect with their ancestors.

Lisa Fazio is a clinical herbalist, plant spirit medicine practitioner, flower essence practitioner, and the founder of “The Root Circle,” a plant medicine educational center. Trained in traditional Western herbalism, Western astrology, and the folk ways of her Italian immigrant family, she has apprenticed with herbalists Kate Gilday, Matthew Wood, and Pam Montgomery. She has an academic background in psychology and ethnobotany and has also done master's level studies in chemistry, botany, and environmental science. She lives in Poland, New York.



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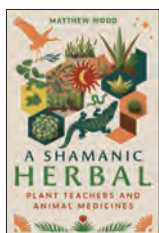
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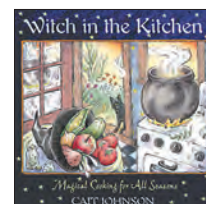
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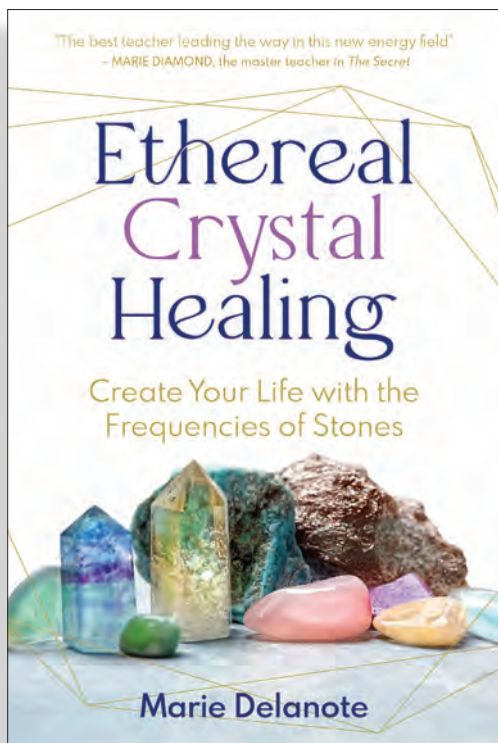
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- Shares practical and powerful energy work and attunement techniques for working with the energies of crystals whether they are physically present or not as well as how to create ethereal gem elixirs for specific healing and manifestation goals
- Explores the healing and creative powers of 33 ethereal crystals, including Kirlian photography of their auras
- Explains how to use ethereal crystal healing practices to heal the body, heal animals, improve relationships, and manifest abundance and success

In this full-color guide, ethereal crystal master teacher Marie Delanote explains how you can manifest healing, abundance, wealth, success, and happy relationships by working with ethereal crystals, stones in their non-physical form whose energetic effect is exponentially stronger than that of physical crystals.

Similar to remote energy healing, working with the ethereal energy of a crystal allows you to engage with highly potent crystal frequencies anywhere, without the need to have every crystal physically at hand. Discussing the healing and creative powers of 33 ethereal crystals, Marie details each crystal's best uses from career support and relationships to health issues and emotional cleansing. Presenting beautiful Kirlian photography of crystal auras, she shows how gemstones are imbued with a palpable energy and how their frequencies can be intuited, felt, and tuned in to. Sharing practical and powerful energy work and attunement techniques, Marie details how to connect with and invoke the frequencies of crystals, whether they are present or not. She explains how to use ethereal crystal healing practices to raise your consciousness, heal animals, cleanse the energies of buildings, improve relationships, and heal the body, including direct energetic interaction with the internal organs. She also details how to create gem elixirs with both etheric and physical stones for healing and manifesting purposes.

Through inspiring examples, Marie reveals how ethereal crystal energies can help transform thinking patterns, physical issues and illnesses, emotional pain, family patterns, as well as generational trauma. She also reveals how ethereal crystals can strengthen the potency of physical gemstones in a healing session and offers guidance on ethereal and physical crystal combinations for enhanced results.

Presenting a unique energetic method for personal transformation, *Ethereal Crystal Healing* will teach you how to heal, how to change, and how to manifest your desires.

Marie Delanote is an ethereal crystal master teacher, chakra and aura healer, Reiki Grandmaster, past-life regressionist, psychic, and transformational leader with more than 20 years of experience. The author of *Acorns to Great Oaks: Meditations for Children*, she lives in Ireland.



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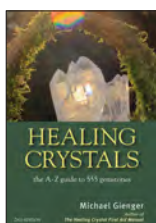
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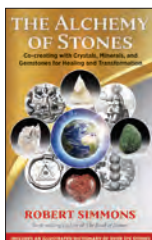
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Alchemy of Nine Dimensions

Activating the Full Spectrum of Consciousness

BARBARA HAND CLOW with GERRY CLOW

Foreword by Judith Corvin-Blackburn

A guide to connecting with the nine dimensions of consciousness

- Examines how each dimension influences Earth, its levels of creative expression, and the sciences that describe each one
- Provides meditations to open you to the experience of each dimension and all nine dimensions as an integrated whole
- Includes new evidence for the nine dimensions from the supercomputer Blue Brain Project and recently discovered ancient technology

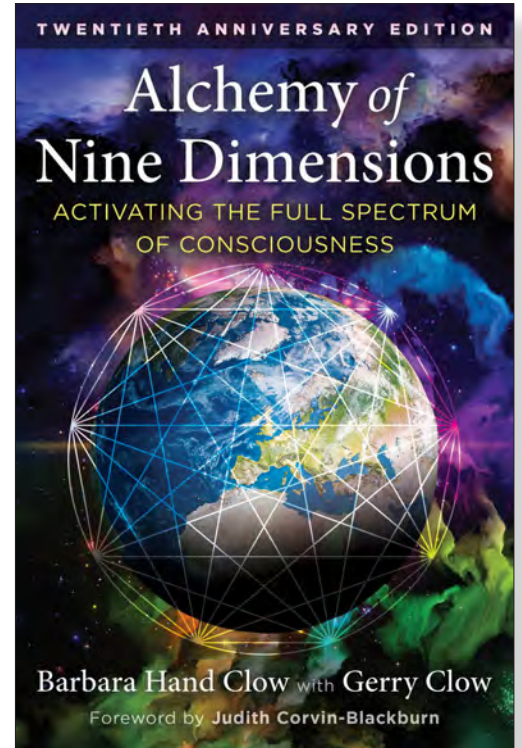
As revealed by the Pleiadians via renowned author Barbara Hand Clow, Earth holds nine dimensions of consciousness that humans can currently access. Long ago, multidimensional awareness and the ability to access all nine dimensions was natural for humans. As we collectively heal from ancestral trauma and enter the Age of Light, our access to the nine dimensions is reopening and our ability to learn from and consciously utilize these higher intelligences in our lives is being restored.

In this illuminating guide, Barbara Hand Clow presents a scientific analysis of the nine dimensions of consciousness and shows how these Pleiadian ideas are now being verified by contemporary science. She explains how the first dimension is the center of the Earth and the source of grounding ourselves, the second dimension is between Earth's center and the surface, the third is linear space and time experienced on Earth's crust, the fourth is the realm of our collective mind, and the higher five celestial dimensions are where we contact the transcendent. She examines how each dimension influences Earth, the sciences that operate there, the levels of creative expression available, as well as providing meditations to open you to the experience of each dimension and all nine dimensions as an integrated whole.

In this 20th anniversary edition, Clow includes updates from her continuing research, including evidence from the supercomputer Blue Brain Project, which mapped nine dimensions in the human brain. She also describes how recent discoveries of ancient technology also mirror the Pleiadian dimensional system.

Providing a journey through the complex ideas of both modern science and esoteric wisdom, this guide allows you to awaken to the full spectrum of multidimensional consciousness and to connect deeply to the center of our planet and the Divine Cosmos that surrounds us all.

Barbara Hand Clow is an internationally acclaimed astrologer, ceremonial teacher, author, and Mayan Calendar researcher. Her numerous books include *The Pleiadian Agenda*, *Awakening the Planetary Mind*, *The Mayan Code*, and her recent fictional trilogy, *Revelations of the Ruby Crystal*, *Revelations of the Aquarian Age*, and *Revelations from the Source*.



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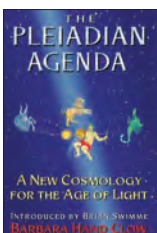
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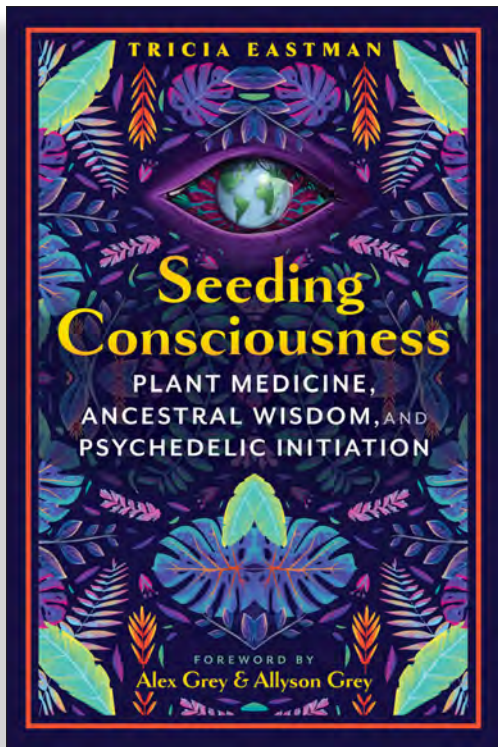
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Self-Transformation/Entheogens



Author
Tricia Eastman

Seeding Consciousness

Plant Medicine, Ancestral Wisdom, and
Psychedelic Initiation

TRICIA EASTMAN

Foreword by Alex and Allyson Grey

Reveals how psychedelics can help us plant new beliefs, awaken latent gifts, and cultivate individual and collective change

- Provides a blueprint for responsible and effective use of psychedelics and plant medicines to transform pain and trauma into profound connections with ourselves, nature, and the spirit world
- Shares exercises to help readers plant the seeds of transformation in their own consciousness, navigate altered states of consciousness and ego death, work with the shadow, and integrate fragmented parts of the self
- Explores ancestral teachings on the interconnectedness of all life, drawing on the author's studies with indigenous elders, including Bwiti initiations with iboga

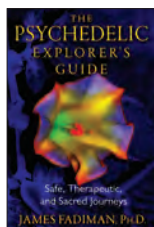
Presenting a deep dive into the world of psychedelic initiation and ancestral wisdom, Tricia Eastman demonstrates the power of plant medicine and psychedelic journeys for planting new beliefs, healing trauma, and cultivating latent gifts within us—an inner alchemical process she calls the “seeding of consciousness.”

Drawing on her studies with indigenous elders, including a decade of iboga initiations with the Bwiti of Gabon, Africa, Eastman provides a blueprint for responsible and effective use of entheogens to transform pain and trauma into profound connections with ourselves, nature, and the spirit world. She explores ancient teachings on the interconnectedness of all life and the forces of nature and shows how colonization and modern culture have disconnected us from our spiritual foundations. She shares exercises to help readers seed their own consciousness, navigate altered states of consciousness and ego death, work with the shadow, and integrate fragmented parts of the self. She also examines how to respectfully engage with these potent transformative substances and ancient traditions, including honoring the wisdom keepers who have safeguarded these traditions across the millennia.

Revealing how to prepare the fertile soil of the mind for mystical experience, this book presents a psychedelic path to awakening that simultaneously facilitates personal transformation and collective societal change.

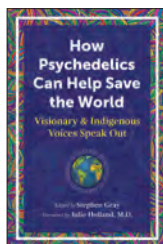
Tricia Eastman, a lineage-honoring medicine woman and founder of nonprofit Ancestral Heart, bridges worlds rooted in her mestiza ancestry with profound insights from a decade of Bwiti initiations and training. A renowned speaker, artist, and writer, Eastman has been privileged to engage with audiences at Stanford University's d.school and the World Economic Forum and on GAIA TV's *Psychedelica*. Eastman has curated transformative retreats worldwide with plant medicines as well as facilitated the psycho-spiritual program with Ibogaine and 5-MeO-DMT at Crossroads Treatment Center in Mexico. Her wellness retreat center, Hu Azores, is scheduled to open in 2025.

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The Poison Path Grimoire

Dark Herbalism, Poison Magic, and Baneful Allies

COBY MICHAEL

A practical guide to the magical and ritual use of poison plant allies

- Shares a detailed formulary, including rituals, magical correspondences, and recipes for working with the baneful herbs of occult herbalism
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- Explores poison history, lore, occult toxicology, and the alchemical power of working with poison

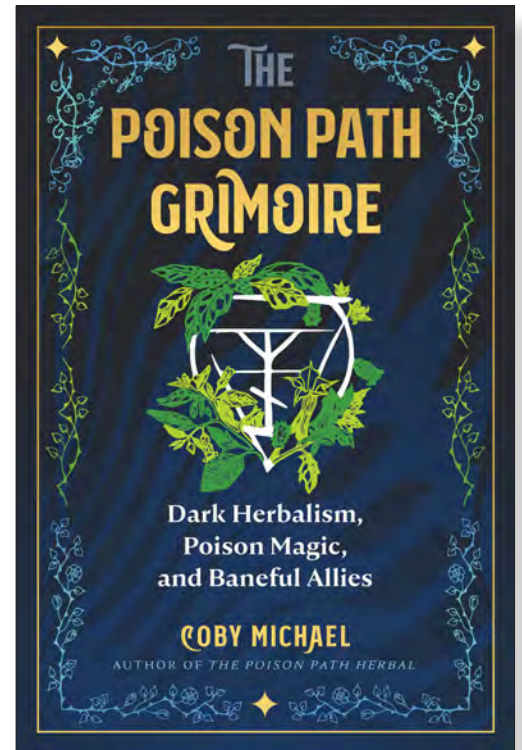
In this practical guide to the magic of the Poison Path, occult herbalist Coby Michael celebrates the deadly, unwanted, and wild plants of dark herbalism and explores how to embrace their power in ritual, magical practice, and spiritual healing.

Examining the art and science of working with noxious and malefic plants and fungi, the author discusses the occult properties of poison and how poison plants can be used in spell work and other magical operations. He looks at the plants of Fate and the divination practices they support, love magic with poison plants, shadow work, the devil's garden, and the use of nightshades as power plants for medicine and magic. Presenting a detailed formulary, he shares rituals, magical correspondences, and recipes for working with specific poison plant allies and other baneful herbs of occult herbalism.

Exploring the path of dark herbalism, the author explains how it encompasses not only Veneficium—poisonous plants and fungi—but all plants that humanity has tried to forget, from “invasive” plants and those we can't domesticate to those that have been regulated arbitrarily or simply feared as “toxic” or “poison.” He shows how the dark herbalist seeks out plants that are adversarial or taboo because they understand that the qualities we consider “dark” are really the plant's spiritual medicine and can offer powerful wisdom and healing. Examining poison history, lore, and occult toxicology, he explains how the aim of using these plants is not to cause physical death, but rather death of the ego. He shows how “poison” in this sense is an alchemical force that allows the practitioner to become a vessel for the forbidden fruit of knowledge and how the transmutation of our personal poisons can lead to powerful self-transformation.

Providing a practical framework for orienting yourself on the Poison Path, this grimoire reveals how dark herbalism can serve as a path of inner illumination.

Coby Michael is an occult herbalist and magical practitioner who teaches about the ritual use of poisonous and psychoactive plants. The author of *The Poison Path Herbal* and coauthor of *Leo Witch*, he owns and operates The Poisoner's Apothecary, an online shop and educational resource for the Poison Path. He has been blogging since 2016 and has written articles for *Alraune: The Poisoner's Guild*, *This Witch Magazine*, and *The Witches' Almanac*. He lives in St. Petersburg, Florida.



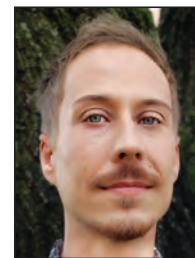
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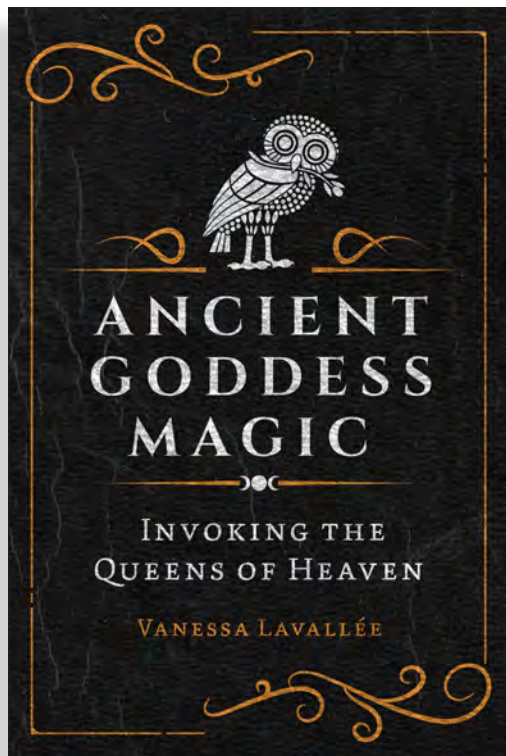
In the most ancient cultures of our world, goddesses were seen not as passive fertility symbols but as powerful, active Queens of the Heavens who protected cities, guided the dead and dying, and oversaw all forms of rebirth and transformation.

Sharing her years of research and personal exploration into ancient goddess mythology, evolution, and ritual, Vanessa Lavallée explores the animistic beliefs of our long-forgotten ancestors, especially in Mesopotamia, ancient Egypt, and around the Mediterranean, and shows how the Queens of the Heavens still have a vital role to play in modern spirituality. She looks at sun goddesses who were often viewed as the mothers of the gods and shows how to spiritually and magically work with the Great Mothers of the Sky. Examining maiden warrior goddesses such as Athena, Circe the sorceress, Britomartis, Dyktinna, and Aphaia from the island of Aegina, the author explains their connections to the Eagle constellation and eagle lore and reveals how to work with the Warrior goddess archetype.

Looking at night goddesses, the author describes their connection to the Goat Star, the Milky Way, Death, and the Underworld and explores their star magic and healing powers, including working with Vega, Sirius, Inanna, Hekate, and Gula-Bau. Exploring lunar goddesses, their role as protectors, and their connections to the Swan and the Cygnus constellation, she looks at how to work with guardian goddesses such as Astarte, Aphrodite, and Tanit. Offering modern adaptations of ancient goddess magic rituals and tools, the author explains how to perform rituals for healing, protection, and purification and how to create divine amulets, figurines, and stones blessed with the goddesses' powers. She also reveals how to practice astral bathing for spiritual help and guidance.

Presenting initiation practices throughout to help you connect with each Queen of the Heavens, this guide to the myth, magic, and history of ancient goddesses reveals that their legacy is still spiritually alive.

Vanessa Lavallée is an animist practitioner and researcher of ancient religions and astral magic. She holds a master's degree and is working toward a doctorate in religious studies with a focus on the demonic feminine and Witchcraft. She lives in Montreal, Canada.



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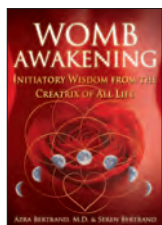
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Mythology/Women's Studies



Author
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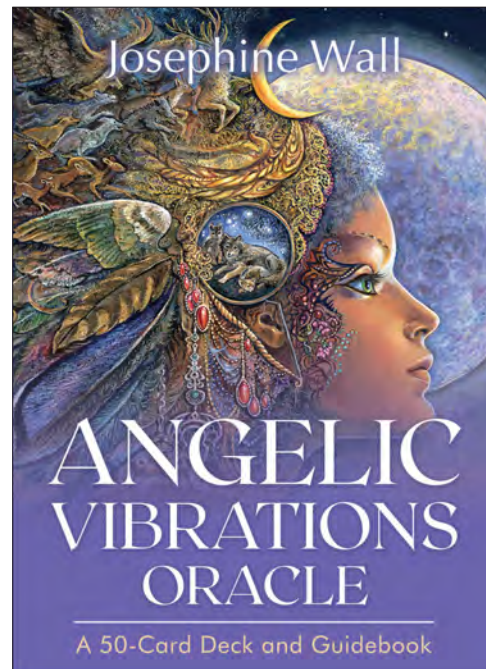
Angels surround us, offering signs of hope and comfort as well as messages of guidance, protection, and healing in difficult times and in everyday life.

Illustrated by renowned surrealist-fantasy artist Josephine Wall, this beautiful 50-card oracle deck and guide presents a hands-on way to connect with the wisdom, support, and healing vibrations of angels. Each card features a luminous angelic being set amidst a surreal landscape surrounded by starry skies, celestial bodies, flowers, animals, shamanic symbols, or mythical beings. Through their evocative portraits on the cards, embedded with heart-opening frequencies, these messengers of the celestial kingdom compassionately support us in reconnecting to and following our intuition, leading to more stability, harmony, and peace in our lives.

The accompanying guidebook describes the wise and loving message of each angel, reminding us that we are never alone and that divine guidance is always available. The book also explains how to use the cards for daily guidance or for insight on a specific issue, including instructions for card spreads.

Whether you are looking for answers, healing, or spiritual transformation, this deck will empower you with angelic support, deepening your connection with angels and helping you trust that they are always at your side.

Josephine Wall is a renowned painter, potter, sculptor, and artist who is known for her intricate fantasy motifs in her surrealist paintings, influenced by artists like Arthur Rackham, Magritte, and Dali. She lives in Dorset, England.



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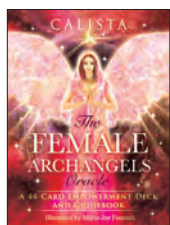


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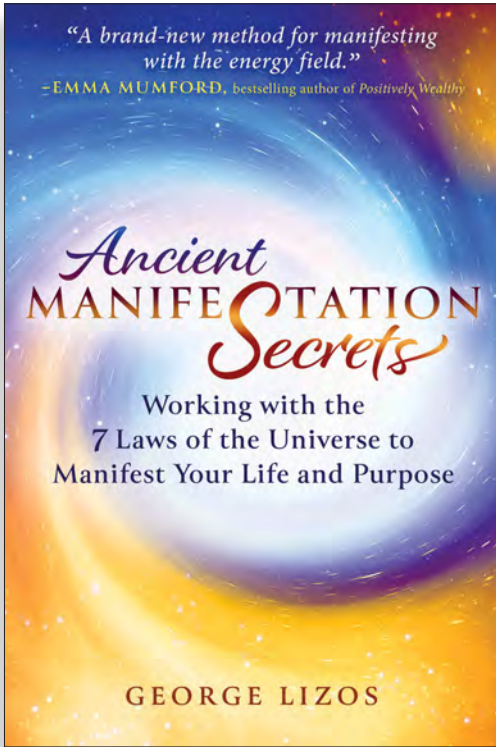
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Ancient Manifestation Secrets

Working with the 7 Laws of the Universe to Manifest Your Life and Purpose

GEORGE LIZOS

Foreword by Emma Mumford, author of *Positively Wealthy*

A guide to manifestation success by working with your energetic field

- Draws on ancient Greek and Egyptian wisdom to explain the 7 manifestation laws of the Universe and how to discover which desires align with your higher purpose
- Shares a 5-step process for manifesting your desires and a 10-day manifestation challenge for achieving a singular chosen goal
- Presents inner work practices for releasing cognitive and emotional blocks and limiting beliefs that hinder your manifestation journey

After limited success with positive-thinking manifestation methods, George Lizos harnessed his life-long interest in hermetics and fluency in Greek to research ancient writings on manifestation practices in their original languages. Through deep investigation of Hermetic philosophy and the initiatic text *The Kybalion* he discovered the energetic processes and Universal laws that underlie effective manifestation work.

In this practical guide, Lizos presents a 5-step process for successful manifestation by working with your energetic field and the laws of the Universe. Drawing on ancient Greek and Egyptian wisdom, he explains the 7 manifestation laws as laid out in *The Kybalion* and how each law connects to your intention of manifesting something specific in life. Disputing the common belief that negative emotions work against manifestation, he shows how to incorporate inner work into the manifestation process and provides energetic practices for releasing and transmuting cognitive and emotional blocks and limiting beliefs, rather than repressing or denying them. He reveals how not all desires are able to manifest and explains how to discover which desires are aligned with your higher purpose and Universal laws. Sharing inspiring examples from his own life and his students, he shows how negative thoughts don't obstruct manifestation and he provides exercises for utilizing negative states for manifestation. He also presents a step-by-step 10-day challenge for achieving a particular goal you have envisioned.

Presenting a clear plan of action for manifestation based on ancient wisdom and techniques to help you overcome any obstacles encountered along the way, this guide enables you to get to work right away on consciously creating the life you desire.

George Lizos is a spiritual teacher, psychic healer, Greek pagan priest, and the creator of Intuition Mastery School. The author of *Be the Guru*, *Lightworkers Gotta Work*, *Protect Your Light*, and *Secrets of Greek Mysticism*, he is the host of *The Lit Up Lightworker* and *Can't Host* podcasts. Named one of the top 50 health and wellness influencers by Health Blog Awards, he regularly teaches workshops and online courses. He lives in Cyprus.



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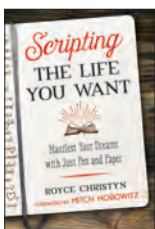
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Psychedelic Medicine at the End of Life

Dying without Fear

DR. RICHARD LOUIS MILLER

A cutting-edge exploration of the role of psychedelics in the end-of-life experience

- Outlines 10 steps for dying gracefully with the help of psychedelics, including how to navigate the complex legal landscape and find the right guide and therapy
- Looks at clinical studies of psychedelics from UCLA, Johns Hopkins, and NYU School of Medicine that show dramatic lessening of end-of-life anxiety in terminally ill patients
- Shares wisdom from experts on psychedelic research and palliative care, including Roland Griffiths, Katherine MacLean, Ira Byock, and Anthony Bossis

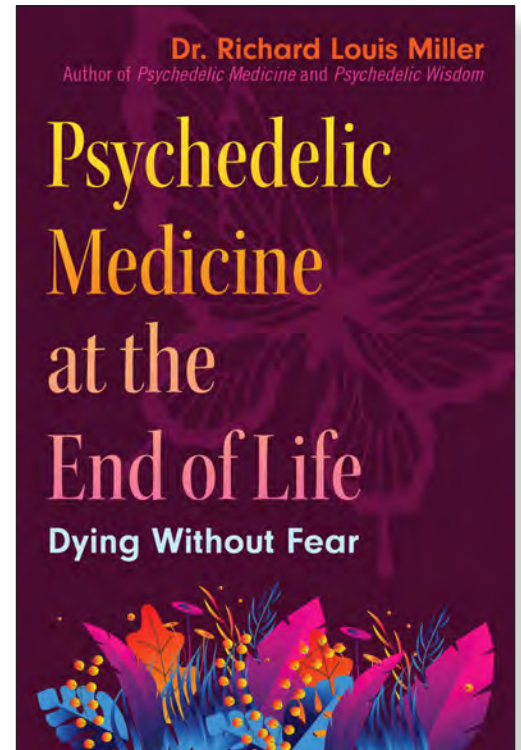
Examining the evolving landscape around end-of-life psychedelic care, Dr. Richard Louis Miller, a clinical psychologist for over half a century, looks at how substances like LSD, MDMA, psilocybin, and others can be vital tools in allowing individuals in all stages of life to confront fears of dying, and in so doing, lead richer lives.

Miller shares wisdom from experts on the frontiers of psychedelic research and palliative care—including Roland Griffiths, Katherine MacLean, Ira Byock, and Anthony Bossis—and examines cutting-edge studies from Johns Hopkins, UCLA, and NYU School of Medicine that show dramatically decreased anxiety in terminally ill patients through the use of psychedelics. He explores different substances, including MDMA, psilocybin, ayahuasca, and LSD, looking at how they can help the dying overcome their end-of-life distress. He also shares testimony from researchers and patients participating in psychedelic-assisted end-of-life therapy that help convey the experience of ego death at the heart of the psychedelic experience.

Miller outlines 10 steps for dying gracefully, without fear, with the help of psychedelics. He examines how to navigate the complex legal landscape and find the right guide, dose, and therapy. He also includes reflections from key figures in the psychedelic community as well as some of his own psychedelically informed mystical and near-death experiences.

Revealing psychedelics as a portal of transformation, Dr. Miller shows how they are singularly valuable in helping individuals face the end of life with courage and serenity.

Dr. Richard Louis Miller, M.A., Ph.D., has been a clinical psychologist for more than fifty years. He is host of the syndicated talk radio show, *Mind Body Health & Politics*. The founder of the nationally acclaimed Cokenders Alcohol and Drug Program, he has been a faculty member at the University of Michigan and Stanford University and an advisor on the President's Commission on Mental Health. He lives in Fort Bragg and Wilbur Hot Springs, California.



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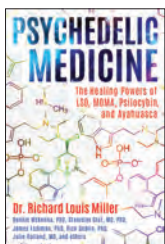
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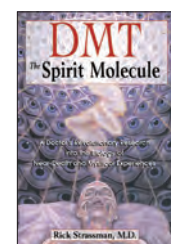
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Richard Louis Miller, Ph.D.

Also by Dr. Richard Louis Miller



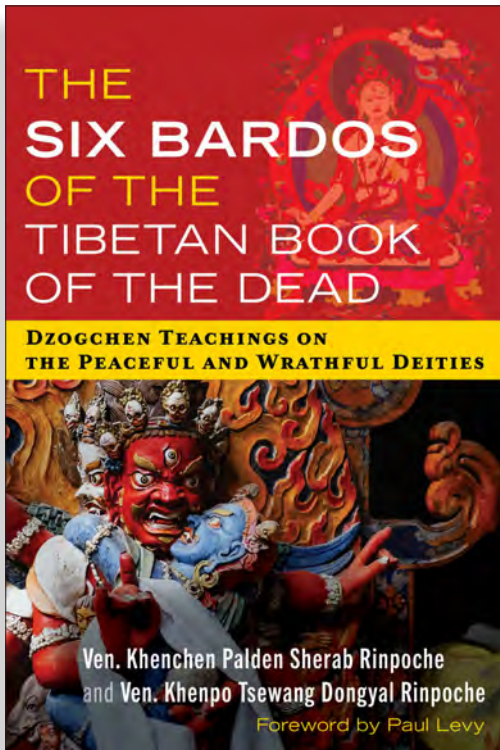
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The Six Bardos of the Tibetan Book of the Dead

Dzogchen Teachings on the Peaceful and Wrathful Deities

VEN. KHENCHEN PALDEN SHERAB RINPOCHE and
VEN. KHENPO TSEWANG DONGYAL RINPOCHE

Foreword by Paul Levy

A guide to implementing the teachings of the bardos of life and death from the classic text, *The Tibetan Book of the Dead*

- Shares ancient Tibetan wisdom to help readers break through the process of “ego-clinging” to find deeper freedom and escape from feelings of lack and scarcity
- Offers authentic guidance and support for confidence in overcoming challenges, bravery in caring for the self and others, as well as fearlessness in the face of dying
- Examines key concepts and history in Dzogchen Buddhism, including a guide to the Vajrayana teachings, the Bardo teachings, and the role of the five elements

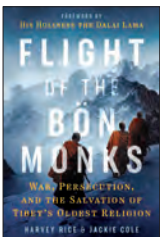
According to the Buddha, all sentient beings are naturally enlightened and have been pure since the beginning. However, in waking life, grasping and fear develops into ego-clinging and a cyclic state of delusion. This interval from the beginning of delusion until we return to our primordial nature is known as the bardo. Until we rediscover enlightenment, everything we feel, know, and experience is bardo phenomena.

Exploring this understanding, so essential to the myriad schools of Buddhism, in rich and practical detail, renowned Dzogchen masters Ven. Khenchen Palden Sherab Rinpoche and Ven. Khenpo Tsewang Dongyal Rinpoche offer a guide to implementing the teachings of the bardos of life and death from the *Bardo Thodol*, commonly known as *The Tibetan Book of the Dead*. Drawing on their Dzogchen background—a Buddhist lineage focused on resting and abiding in our true nature—the authors explore key ideas from the famous Tibetan text, including the Vajrayana teachings, the five elements, peaceful and wrathful deities, and the nature of the Six Bardos (with particular emphasis on the Bardo of Dying). The authors provide practical advice for deeper self-awareness, improved care of the self and others, and for confronting challenges fearlessly, especially the process of dying.

The teachings offered by the authors in this guide are truly universal, offering a path out of delusion and allowing us all to “ignite our inner light” and re-find our inner Buddha nature as we move forward on the path to enlightenment.

Ven. Khenchen Palden Sherab Rinpoche (1938–2010) was a lama, teacher, and Dzogchen master in the Nyingma school of Tibetan Buddhism. **Ven. Khenpo Tsewang Dongyal Rinpoche** (1950–) is an accomplished scholar and Vajrayana master. He travels extensively worldwide to teach. Together the two brothers founded the Padmasambava Buddhist Center in upstate New York, which now has centers around the world.

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Aikido: The Art of Transformation

The Life and Teachings of Robert Nadeau

TEJA BELL, LAURIN HERR, RICHARD MOON,
BOB NOHA, SUSAN SPENCE, and ELAINE YODER

Firsthand accounts of the life, practice, and teachings of pioneering Aikido master Robert Nadeau, direct disciple of Aikido founder Morihei Ueshiba

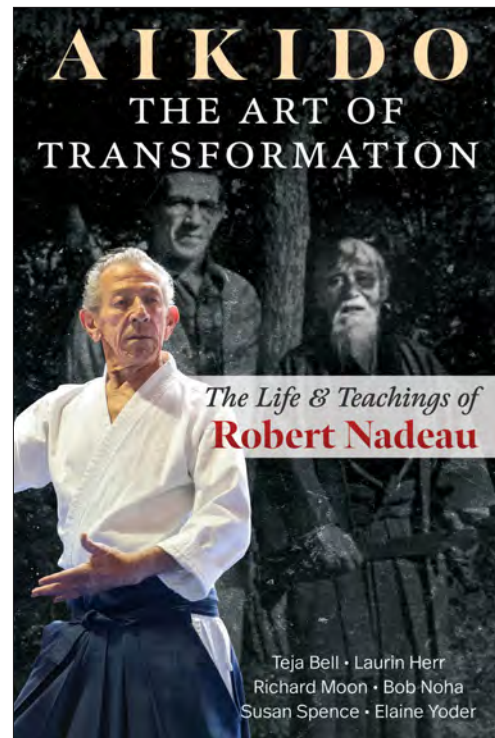
- Explores Nadeau's personal journey and pioneering role in the spread of Aikido, including firsthand accounts and historical photographs published for the first time
- Explains Nadeau's unique teaching, his core concepts, and basic practices centered on energy refinement, direct experience and inner transformation
- Presents inspiring personal stories about Nadeau contributed by students, including Dan Millman, Richard Strozzi-Heckler, Peter Ralston, and Renee Gregorio

A widely influential figure in the development of Aikido in America, Robert Nadeau is known as one of the few American direct disciples of Aikido's founder Morihei Ueshiba Osensei. Now an 8th dan Aikido master teacher, Nadeau has taught generations of students, and several have become prominent teachers in their own right. However, he has never written about his life or philosophy, always reserving his most pointed lessons for those who practice with him in person.

This book tells the story of Robert Nadeau's life journey and his distinctive approach to teaching Aikido as a way to access the inner energetic aspects of the art, a transformational approach with universal applications in daily life, even for non-Aikidoists. The authors explore Nadeau's early interest in martial arts and all things spiritual as a teenager in California in the 1950s, his seminal training under Morihei Ueshiba at Aikido Hombu Dojo in Tokyo in the 1960s, and the following six decades of training, experimenting, refining and teaching as he worked to introduce Aikido to the wider world, even beyond the traditional dojo. They layout Nadeau's core concepts, describe his simple-but-effective practices for personal development, and convey his time-tested approach to the inner training at the heart of Aikido in a very accessible way. They also include first-person accounts from Nadeau's students, including Dan Millman, Richard Strozzi-Heckler, Peter Ralston, and Renee Gregorio, who recall their personal experiences of training with him, retell conversations with him, and describe insights and lessons learned, sharing how he affected their lives, sometimes quite profoundly.

Bringing the story of Robert Nadeau's life into focus, this book presents, for the first time, the profound lessons and deep impact of a pioneering teacher who's been central to the spread of Aikido in the West.

Teja Bell (6th dan), Laurin Herr (6th dan), Richard Moon (6th dan), Bob Noha (6th dan), Susan Spence (3rd dan), and Elaine Yoder (6th dan) are all experienced Aikido practitioners who have trained with Nadeau for several decades.



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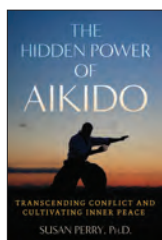
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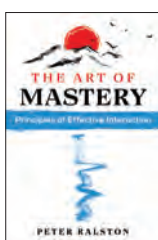
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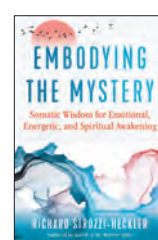
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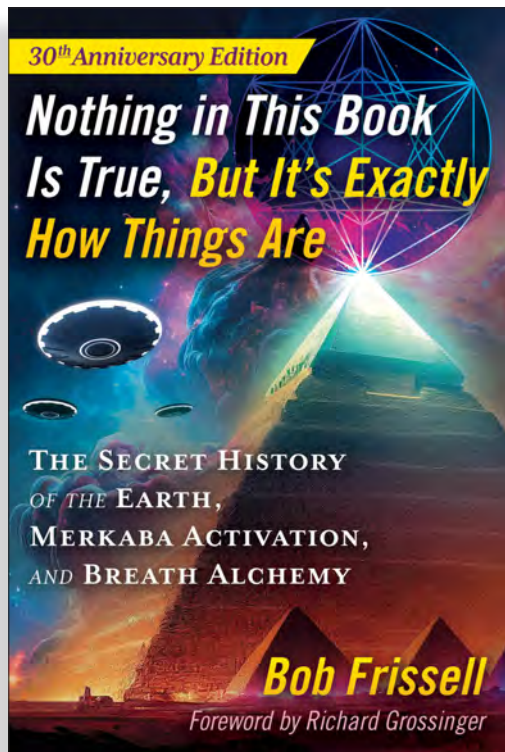
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Nothing in This Book Is True, But It's Exactly How Things Are

The Secret History of the Earth, Merkaba Activation, and Breath Alchemy

BOB FRISSELL

Foreword by Richard Grossinger

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- Describes the forgotten history of the lost civilizations of Atlantis and Lemuria and how, after their destruction due to pole shifts, the Ascended Masters seeded the great civilizations of ancient Egypt, Incan Peru, and the Himalayas
- Explores our impending planetary ascent into higher consciousness and provides tools and exercises to support it, including Merkaba Light Body activation meditation, Breath Alchemy practices, and techniques to access your Higher Self

In this 30th anniversary edition of the underground classic, Bob Frissell shares an updated account of Earth's ancient past as seen through the eyes of the Ascended Masters, in particular Thoth, as well as exploring our impending planetary ascent into higher consciousness—and what you can do to support it.

The author describes the forgotten history of the lost civilizations of Atlantis and Lemuria and how the Ascended Masters seeded the great civilizations of ancient Egypt, Incan Peru, and the Himalayas. Detailing the transformation we must make if we are to stay with the Earth as she moves into higher dimensions, he guides you through the Naacal Mystery School in Lemuria and Atlantis, two Egyptian Schools, and culminates with a final initiation in the Great Pyramid. Providing exercises, tools, and techniques to rediscover the unlimited potential of the Higher Self, he presents clear instructions on Merkaba (Light Body) activation, Breath Alchemy, the Unity Breath, and Christ-Consciousness spherical breathing, detailing how to internally assemble your own Merkaba, through which you can travel beyond the limitations of time and space to access the unified living energy of all creation.

Allowing you to move out of the darkness and into the light, this book shares the wisdom of the Ascended Masters about our past, reveals how present “reality” is a holographic projection of our consciousness, and shows how you can activate your Light Body to ascend to higher dimensions and join the Ascended Masters.

Bob Frissell is the founder of the Breath Alchemy Technique and has been a teacher of breathwork for more than 35 years. A senior student of Jim Leonard in breathwork and Drunvalo Melchizedek in the “Flower of Life,” he is the author of several books, including *Catching the Ascension Wave*. He lives in Sonoma, California.

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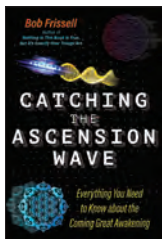
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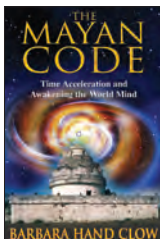
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My Altered States

A Doctor's Extraordinary Account of Trauma, Psychedelics, and Spiritual Growth

RICK STRASSMAN, M.D.

An investigation based on direct experience into the meaning and message of altered states

- Recounts several dozen of the author's experiences of drug and non-drug altered states of consciousness from birth to early adulthood
- Applies the lenses of four explanatory models—psychoanalysis, psychopharmacology, Zen Buddhism, and medieval Jewish metaphysics—in understanding how and why they occurred
- Demonstrates the importance of careful unflinching recollection and documentation of both heavenly and hellish altered states in one's psychological, emotional, and spiritual life

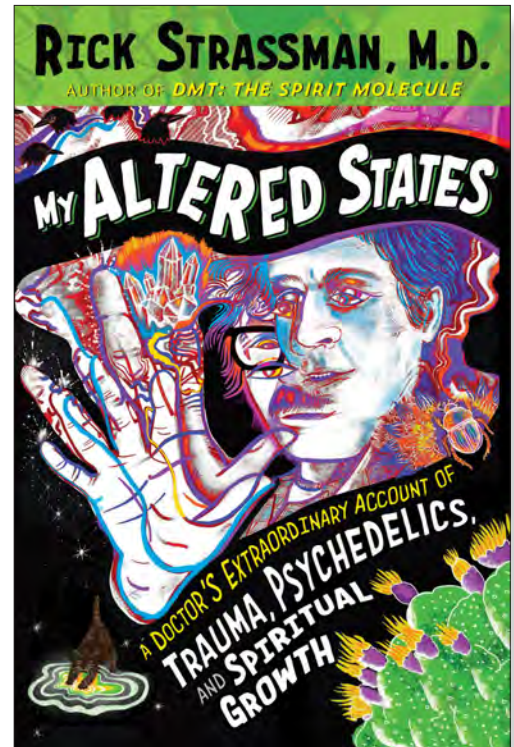
Why do we seek out altered states of consciousness; or, in some cases, why do they happen unbidden? What do we see and hear, and what happens emotionally, physically, and psychologically? How and why are these experiences different from or similar to one another? Are they meaningful? And, what do we do with them after they have passed?

Addressing these questions, renowned psychedelic researcher Rick Strassman, M.D., draws upon his journals and analyses of dozens of episodes of altered consciousness that occurred during, or are intimately tied to, his life between birth and young adulthood. Just as significant as the ecstatic blissful experiences are the uncensored and, at times, painfully unvarnished narratives of less elevated ones. Visually augmenting these accounts are the striking images of renowned artist Merrilee Challiss.

Strassman's episodes of altered consciousness resulted from a wide variety of methods, drugs, and conditions: cannabis, alcohol, psychoanalysis, psychedelics, meditation, disordered mood, and childhood trauma. Regardless of their origin, he attempts to understand them using an array of models he has studied carefully over the years: psychopharmacology, Zen Buddhism, psychoanalytic psychology, and medieval Jewish metaphysics.

Understanding and applying the meaning and message of any altered state—its integration—first requires a clear-eyed recollection of the actual experiences in all their aspects, neither pushing away the ugly nor grasping after the beautiful. This book provides a profound example of how one might go about accomplishing this daunting task.

Rick Strassman, M.D., is adjunct associate professor of psychiatry at the University of New Mexico School of Medicine. From 1990 to 1995 he performed the first new human research with psychedelic drugs in the United States in more than 20 years, studying the powerful naturally occurring compound DMT as well as psilocybin. The author of several books, including *DMT: The Spirit Molecule*, he lives in Gallup, New Mexico.



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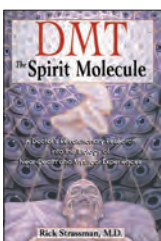
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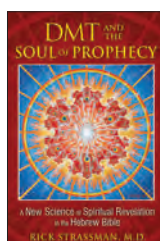


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Rick Strassman, M.D.

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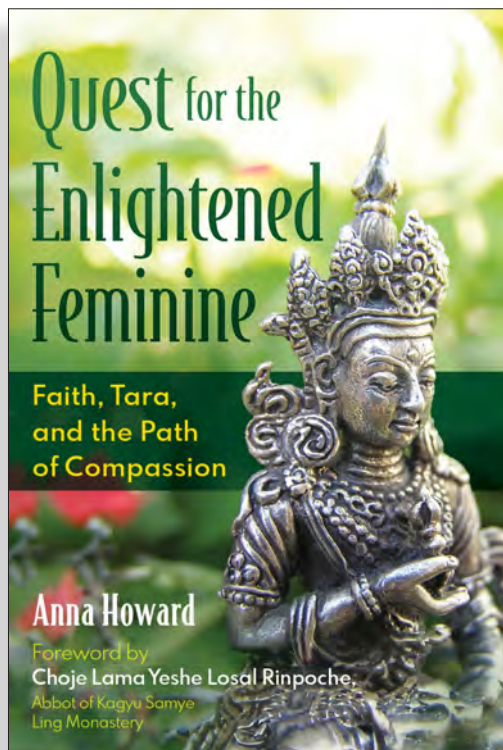
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Quest for the Enlightened Feminine

Faith, Tara, and the Path of Compassion

ANNA HOWARD

Foreword by Choje Lama Yeshe Losal Rinpoche, Abbot of Kagyu Samye Ling Monastery

A spiritual journey to discover the feminine face of God

- Describes how the author gave up her life of comfort to move to the first Tibetan Buddhist monastery in the West, Kagyu Samye Ling
- Details her 18-month pilgrimage around the world inspired by the compassion and wisdom of the female Buddha Green Tara and her entourage of 21 emanations
- Woven throughout with Tibetan Buddhist teachings and methods, including practices with Green Tara and White Tara

After a life-changing dream encounter with Jesus the Christ, broadcaster and healer Anna Howard embarks on a journey of spiritual awakening and transformation culminating in an 18-month global pilgrimage inspired by the female Buddha Green Tara.

Beginning with the early dramatic years of “following the call,” Anna details the profound dream that ignited her quest, her spiritual roots in mystical Christianity, and how she gave up her life of comfort and privilege in pursuit of the enlightened feminine. She discovers the depths of Vajrayana Buddhism, which leads her to move to the first Tibetan Buddhist monastery in the West, Kagyu Samye Ling, in Scotland. She endures homelessness, heartbreak, suffering, and exile, but also discovers her root teacher, Akong Tulku Rinpoche, who awakens her to the feminine face of God. She discovers Green Tara and her entourage of 21 emanations, each with her own specific focus in the general field of fearless compassion, spiritual protection, and liberation from suffering.

Detailing her 18-month peace pilgrimage, Anna describes how she worked with the 21 emanations of Green Tara, both on the inner level through her Tara practice and in the outer through “Tara in Action”: distributing 21 small statues of Tara, blessed by Akong Rinpoche, around the world. Trusting and following her emerging inner guidance, she places the first statue on the holy island of Lindisfarne, with the other statues landing in locations from Alaska and France to Tibet and South Africa. Interwoven with Tibetan Buddhist teachings and methods, including practices with Green Tara and White Tara, Tonglen meditation, and exercises for working with the 21 Taras, the book offers direct ways to put these sacred and powerful teachings into practice in your own life.

Anna Howard, M.A. (Oxon), is an Oxford-educated student of Buddhism, whose work focuses on the healing and transformative energies of Tara. A workshop facilitator, teacher, and healer, she is also a former radio broadcaster and author of two books, *Death: Breaking the Taboo* and *Oxford: Images and Recollections*. She lives in Dorset, England.



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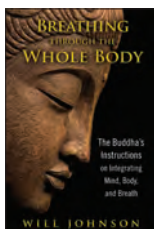
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PHOTO: ANDRÉ DE SMET

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Spiritual Aging

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CAROL ORSBORN, Ph.D.

Foreword by Harry R. Moody, Ph.D.

Inspiring readings for spiritual seekers growing older, wiser, and fiercer

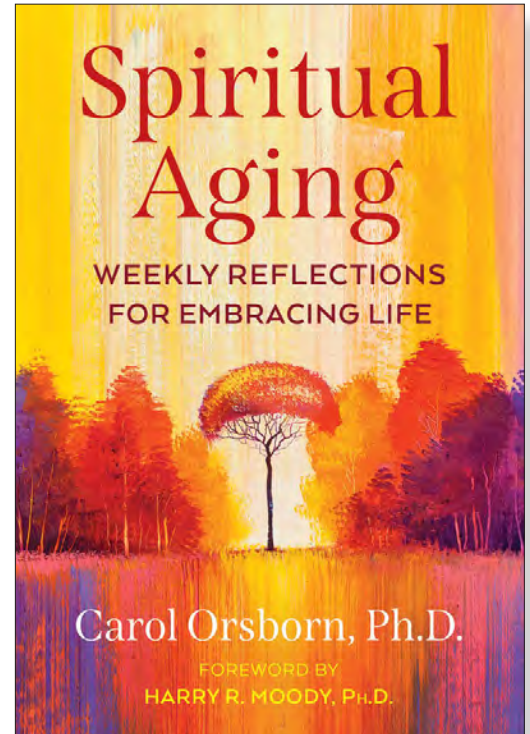
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- Includes quotes and stories by and about mystics, sages, and old souls from ancient through contemporary times who have walked this path before us
- Shares insightful guidance on transforming loneliness to solitude, loss of identity to freedom, anger to self-protection, fear to faith, and envy to love

Many of us navigating the years beyond midlife report high levels of self-acceptance, freedom, and joy, but there can also be bouts of second-guessing and regret as well as the occasional longing to be reminded that you're not in this alone. Walking readers through the most uplifting, passionate, as well as dangerous passages on the path of aging consciously, Carol Orsborn, Ph.D., presents inspired guidance to show you the way forward through every conceivable mood, opportunity, and stumbling block that may arise on the journey through the second half of life.

Designed to be read weekly in two-year cycles, the 120 timeless readings focus on the issues and concerns that arise among those who view aging as a path to spiritual culmination. From transforming loneliness to solitude, loss of identity to freedom, anger to self-protection, fear to faith, and envy to love, Orsborn's wise and compassionate insights are seasoned by quotes and stories by and about mystics, sages, and old souls from ancient through contemporary times who illuminate the path to living a full life while embracing old age. The connecting thread is the reminder that you have what it takes to shift from reacting with fear to the challenges of aging to instead accept them in a spirit of gratitude as they help you grow not just old, but whole.

At once unflinching and triumphant, the readings are both archetypal and personal, reminding readers of how far they've come and that, regardless of their circumstances, aging can be a life stage with spiritual meaning and purpose of its own.

Carol Orsborn, Ph.D., is a leader in the conscious aging movement and editor-in-chief of *Fierce with Age: The Digest of Boomer Wisdom, Inspiration, and Spirituality*. The author of more than 35 books, including *The Spirituality of Age*, with Robert Weber, Ph.D., and *Older, Wiser, Fiercer*, as well as popular blogs on Huffington Post and BeliefNet.com, she has served on the faculties of Georgetown University, Loyola Marymount University, and Pepperdine University. She lives with her husband in Madison, Tennessee, and Toronto, Ontario.



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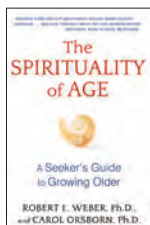
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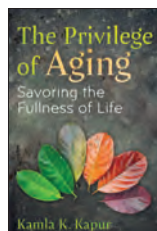
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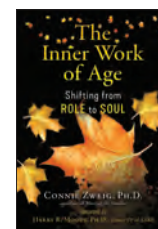


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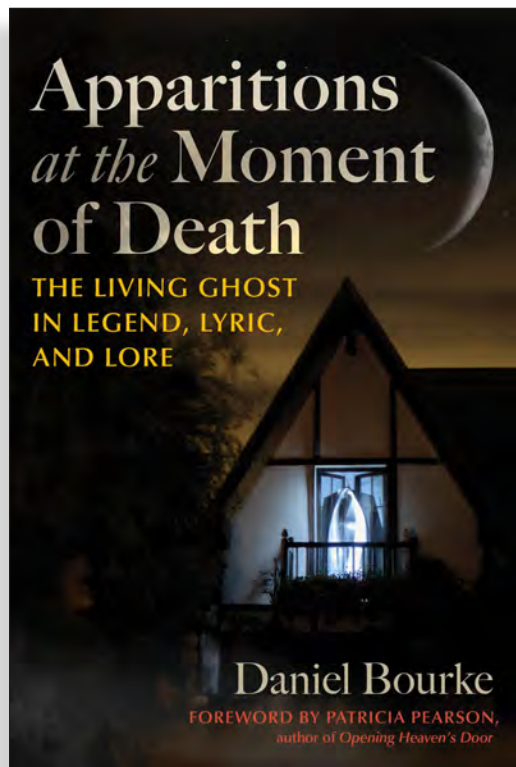
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Apparitions at the Moment of Death

The Living Ghost in Legend, Lyric, and Lore

DANIEL BOURKE

Foreword by Patricia Pearson, author of *Opening Heaven's Door*

Discover how the bonds of life and love transcend death

- Explains the phenomenon of crisis apparitions: visions of loved ones that are experienced simultaneously with their deaths, even at great distances
- Examines a wide range of sources, including history, literature, folklore, theology, and contemporary culture that demonstrate the timelessness and ubiquity of these ghostly encounters
- Presents hundreds of vivid accounts of crisis apparitions, many never before compiled in a single volume

Since ancient times, people from nearly every culture and corner of the world have experienced visions of loved ones that coincided with their faraway deaths. These otherworldly synchronicities, known as crisis apparitions, are not rare; in fact, they have always been a part of our collective experience, blurring the lines between our knowledge of life and our beliefs about the afterlife. In this work of spiritual scholarship, academic researcher Daniel Bourke explores the moment of death from a deeply illuminating perspective, giving readers unprecedented access to mystifying corner of paranormal study.

From the temples of Ancient Egypt to the bustling emergency rooms of New York, from the works of Homer to the monks of the Middle Ages, from the saint to the shaman, Bourke examines the crisis apparition and the phenomena of the “living ghost” in legends, lyric, and lore, demonstrating their universal nature for the first time. He shares profound accounts from a wide range of sources, including history, literature, folklore, theology, and contemporary culture to reveal how widespread these ghostly encounters are throughout the ages.

In demonstrating how these remarkable encounters with “living ghosts” aren’t fearsome experiences but leave the recipient full of healing and hope, this book offers insight into how the beloved dead seem to communicate and the intertwined nature of humanity in this world and the next.

Daniel Bourke is an academic researcher, poet, and singer/songwriter. He has previously been published in the *Darklore* journal. He lives in Dublin, Ireland.



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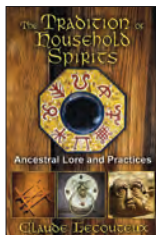


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Soul Making

The Realization of the Mystical Life

DOUGLAS M. GILLETTE, M.A.R.S., M.Div.

A profound guide to embracing your Divine nature

- Explains how to embrace the paradox of the spiritual path—that we are already reflections of the Divine—and manifest our soul's transcendent nature in everyday life
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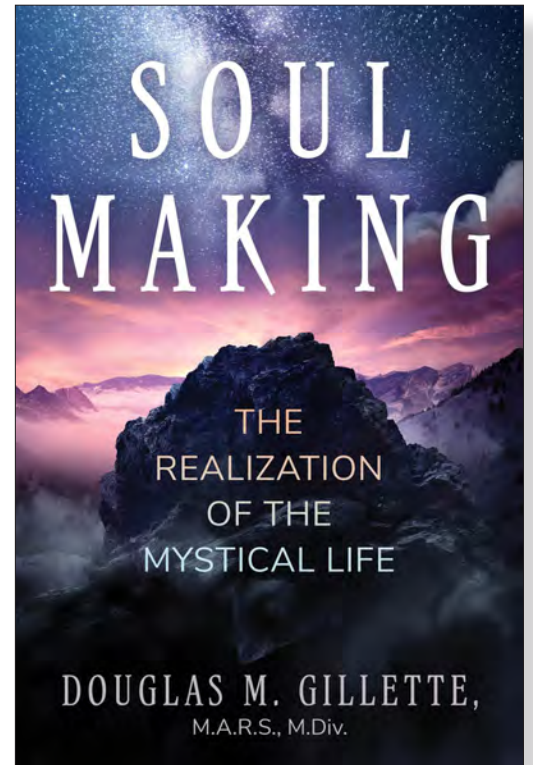
In the mind of the Divine, every person has Infinite, Eternal, and Absolute Worth. But how do we manifest our transcendent nature in everyday life? How can we construct our lives in the material world so they reflect the Divine nature of our souls?

Through his own story of spiritual self-realization, Douglas M. Gillette explores the paradox that lies at the heart of the quest for union with the Divine. As the author explains, those of us on the mystical path are each working on our souls to better reflect their Divine nature, yet we are already reflections of the Divine. To help you embrace this paradox on your spiritual journey the author provides mythic stories of soul development and intuition from Maya and Pythagorean traditions, ancient Egyptian thought, and Zoroastrianism. He shows how embracing the power of emotions like wonder, dread, and awe provide a mirror allowing us to see ourselves as infinite and immortal persons on finite and mortal adventures of becoming attuned to our deepest divine self. In addition to myth, the author's personal synthesis of theistic Neoplatonism and Panentheism provides readers with the contemplative tools necessary to fulfill their mystical journey.

Bringing together a wide range of contrasting worldviews and sometimes-controversial ideas assumed to be in opposition, the author shows how unifying views that are often considered polar opposites is a primary vehicle for actualizing our core purpose as souls in the physical world. He deeply investigates the emergence of personhood as we build our material lives and explores how images of God and the Divine are rememberings of the Infinite and Immortal Person within which we all are contained.

Seeking to convey the thrill of actually entering into the Sacred, Gillette details the philosophical and mystical path of soul making, the paradoxical journey of becoming in the physical world what we already are in the infinity and eternity of the Divine Psyche.

Douglas M. Gillette, M.A.R.S., M.Div., has a Master of Religious Studies degree from the University of Chicago and a Master of Divinity degree from the Chicago Theological Seminary. He taught in the Emeritus Program at Oakton College for nearly two decades as well as serving as a pastor, pastoral counselor, and a Jungian-influenced life guide. The bestselling author of several books, including *King, Warrior, Magician, Lover* coauthored with Robert Moore, he lives in the Chicago area with his wife.



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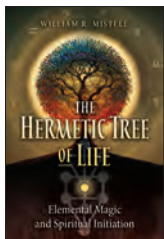
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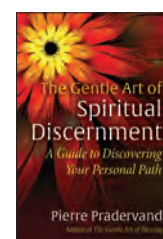
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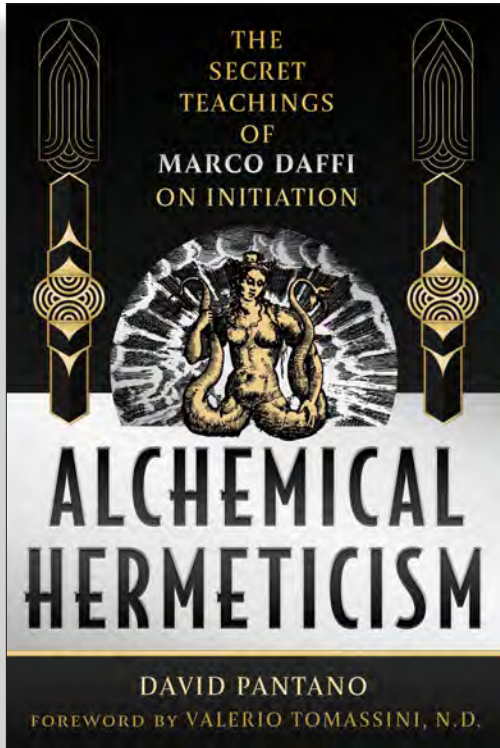
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Alchemical Hermeticism

The Secret Teachings of Marco Daffi on Initiation

DAVID PANTANO

Foreword by Valerio Tomassini, N.D.

[An in-depth investigation into the Alchemical-Hermetic practices of Marco Daffi](#)

- Presents Daffi's writings on unique and unusual experiences from five decades of alchemical and hermetic practice, available for the first time in English
- Offers a view of Daffi's "Inner Laboratory" and his pioneering investigations into consciousness, past-life regression, Hermetic healing, and divination
- Offers a psychological portrait of Daffi through writings by initiates, artists, and scholars who knew or had firsthand knowledge of the Baron

Following the path set by renowned alchemist Giuliano Kremmerz, Marco Daffi was one of the most interesting and controversial protagonists of magical Hermeticism in the 20th century, a master initiate who illuminated the more esoteric aspects of Hermetic practice in terms of initiation, gnosis, eros, divination, and consciousness.

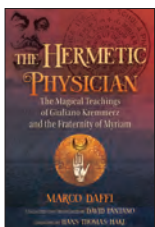
In this comprehensive look at the man born Baron Ricciardo Ricciardelli yet better known by his spiritual name Marco Daffi, historian and researcher David Pantano presents Daffi's writings on some of the most unique and unusual topics within alchemical Hermeticism, available for the first time in English. Through his visionary writings, Daffi elucidates firsthand accounts of "initiatory experience" and the inner visions of Hermetic practices, supported by relevant experiential praxis. Readers are able to enter Daffi's "Inner Laboratory" and experience his pioneering investigations into the numinal or interdimensional aspects of consciousness. Daffi details the *descensus ad inferno* he took into the dark cavernous recesses of past-life regression for purposes of Hermetic healing. His writings also reveal his practical applications of oracular-modes of consciousness, especially by exercising his considerable mediumistic capabilities.

Exploring the more human side of Daffi as well, Pantano shares biographical information on Ricciardelli and writings from initiates, artists, and scholars who knew or had firsthand knowledge of the Baron. These never-before-translated writings provide context and additional depth for the insights that permeate Daffi's alchemical and magical work and philosophy. Pantano also includes Daffi's own account of the infamous "Trial of the Magus," which pitted him against the grandson of Giuliano Kremmerz at the height of Italy's fascist era.

Providing an inside view of the magus at work, a glimpse into the far-reaching spiritual horizon of a man who explored the depths of the astral realm and the most occult aspects of alchemy and Hermeticism, this book allows the reader to see with an initiate's eyes the kaleidoscopic prism of Daffi's expansive vision of reality.

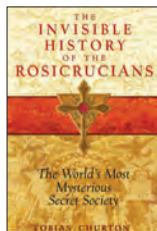
David Pantano is an independent researcher, translator, historian, and writer specializing in spirituality, philosophy, and the initiatic practices of West and East. Author of *The Magic Door* and translator of *The Hermetic Physician*, he lives in Toronto.

Also by David Pantano



The Hermetic Physician
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The Quantum Revelation

Awakening to the Dreamlike Nature of Reality

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Foreword by Jean Houston, pioneer of the Human Potential Movement

Reveals quantum physics as a modern-day spiritual path for awakening and expanding consciousness

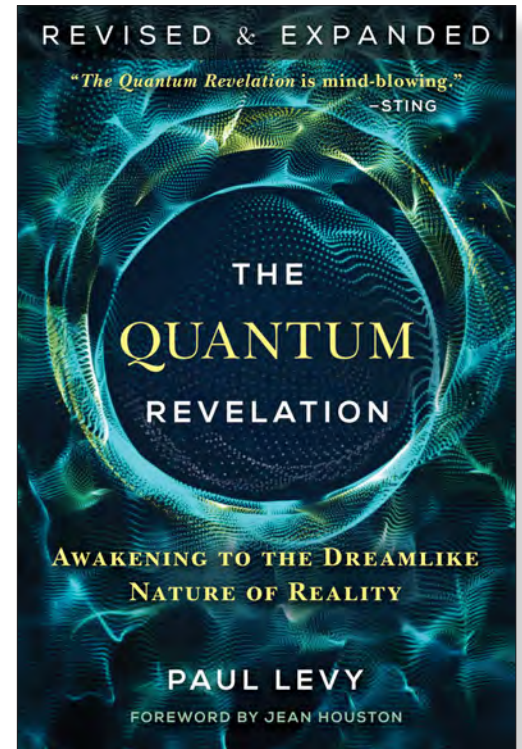
- Shows how the revelations emerging from quantum physics can wake us up from the disempowering spell of the scientific materialist worldview and help dispel the collective madness that has befallen our species
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- Shows how quantum physics can help us awaken to the malleable, dreamlike nature of reality, a realization that unlocks the creative spirit within us

Quantum physics is not just some esoteric abstract theory for scientists. As Paul Levy makes clear, quantum physics offers radical and mind-blowing revelations that not only have day-to-day relevance for all of us, but also offers us a way forward in healing the myriad world crises we are facing today.

Explaining the world-transforming effects of quantum physics, widely considered the greatest discovery in the history of science, Levy shows how it can wake us up from the disempowering spell of the reductionist, materialist worldview, thereby helping to dispel the collective madness that has befallen our species. He explains how quantum physics helps us to consciously realize our vast evolutionary potential and awaken us to the malleable, dreamlike nature of reality, a realization that unlocks the creative spirit hidden within our own minds. In a radical synthesis of quantum physics with spirituality, psychology, lucid dreaming, and alchemy, Levy contemplates the deeper philosophical and metaphysical underpinnings of quantum mechanics, exploring what it means that quantum physics has empirically proven that there is no such thing as “objective reality” and how we are active participants in creating our experience of reality, whether we realize it or not.

Revealing the quantum nature of our world and ourselves, *The Quantum Revelation* shows how quantum physics has become a modern-day spiritual path for awakening and expanding consciousness with particular relevance for the challenging times we are living through.

Paul Levy is a pioneer in the field of spiritual emergence and a Tibetan Buddhist practitioner for 40 years. He is the founder of the Awaken in the Dream Community in Portland, Oregon, and the author of several books, including *Undreaming Wetiko* and *Wetiko*. He lives in Portland, Oregon.



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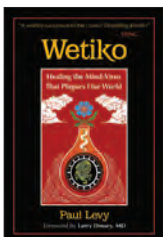
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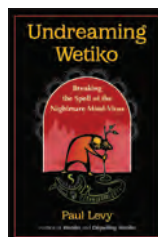


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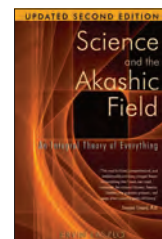


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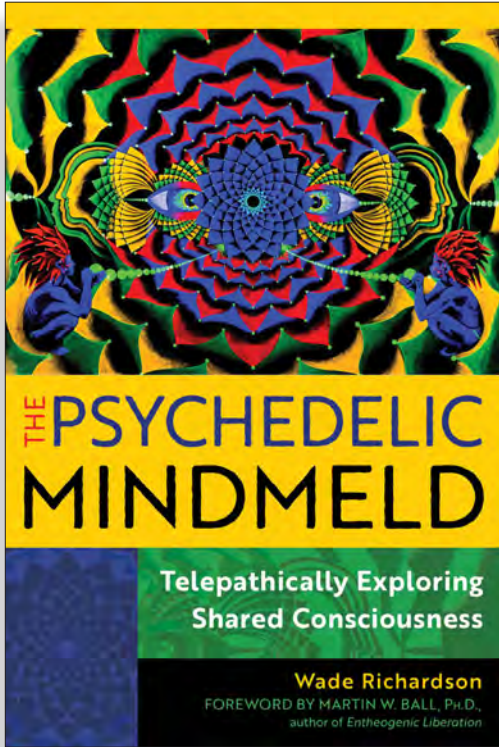


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The Psychedelic Mindmeld

Telepathically Exploring Shared Consciousness

WADE RICHARDSON

Foreword by Martin W. Ball, Ph.D., author of *Entheogenic Liberation*

An experienced psychonaut's guide to telepathically sharing consciousness

- Teaches you how to work in pairs to meld your consciousness and explore the inner universe together with the help of psychedelics
- Presents techniques for entering and maintaining a psychedelic mindmeld, including holotropic breathing and Vipassana meditation
- Looks at safe set and setting for psychedelic telepathic work, including preparations, finding the right partner, safety protocols, and potential challenges

Many psychonauts have spontaneously experienced telepathy, but how does one intentionally share consciousness? In this guide to psychedelic mindmelding, experienced psychonaut Wade Richardson shows how, with the aid of psychedelics, sharing consciousness is possible.

Drawing on years of personal experience with mindmelding, Richardson teaches you how to work in pairs to telepathically share consciousness and explore the inner universe with the help of psychedelics. He details techniques for entering and maintaining a telepathic mindmeld, including Vipassana meditation practices and holotropic breathwork, and explains what to expect during your sessions as well as presenting a map of the territory of consciousness to be explored. He also looks at safe set and setting for telepathic work, including dosages, types of psychedelics, physical and mental health preparations, structuring the session, finding the right partner, safety protocols, and potential challenges.

Sharing accounts from the many sessions he has participated in or facilitated, the author shows how mindmelders can fully experience each other's emotions, help process and release each other's traumas, jointly travel to other worlds and dimensions, and enter into the non-dual infinity of what Buddhists call "Clear Light Mind." He stresses that this process not only makes visible the shadows you carry, but also those of your fellow psychonaut. Offering guidance for debriefing and integrating telepathic sessions, he recommends treating these experiences as something more akin to a dream and, like the fluid nature of a dream, open to different interpretations.

As Richardson reveals, psychedelic journeying with a partner can help you shatter illusions, expand consciousness, dissolve our egoic separations, and enable a cooperative exploration of non-duality.

Wade Richardson is a psychonaut with more than fifteen years of experience participating in and facilitating hundreds of psychedelic sessions. He lives in Santa Fe.



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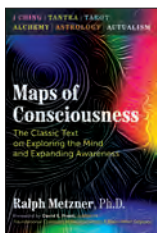
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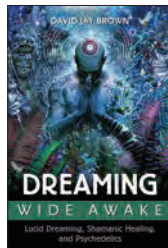
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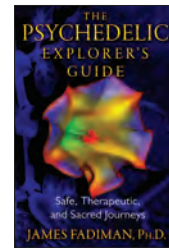
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Psychedelics and Mental Health

Neuroscience and the Power of Psychoactives in Therapy

IRENE DE CASO, Ph.D.

Foreword by José Carlos Bouso, Ph.D., Scientific Director of the ICEERS Foundation

A scientific guide to psychedelic-assisted mental health treatment

- Details how psychedelics alter our experience from a neurological perspective, including what neurons they interact with, their effects on cognitive and emotional processing, and why those effects can be therapeutic
- Looks at clinical results with LSD, psilocybin from magic mushrooms, and DMT from ayahuasca, as well as empathogens such as MDMA, found in ecstasy
- Provides an illustrated introduction to neuroscience and a vision for a new model of psychotherapy where psychedelics help bring lasting healing

Presenting a comprehensive guide to the new and evolving landscape of psychedelic-assisted mental health treatment, neuroscientist Irene de Caso takes you on a journey through the brain, revealing how psychedelics and empathogens, if taken in a safe and therapeutic environment, can lead to positive and lasting changes.

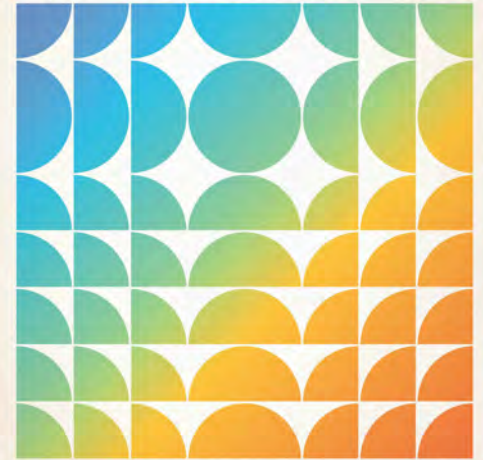
Providing an illustrated introduction to neuroscience and molecular actions in the body and brain, the author details how psychedelics alter our experience, including what neurons they interact with, how they impact cortical activity and connectivity, their effects on cognitive and emotional processing, and how those effects can be therapeutic. She explores the wide body of evidence behind the psychedelic revolution in psychiatry and psychotherapy and looks at clinical studies on hallucinogens such as LSD, psilocybin from magic mushrooms, and DMT from ayahuasca, as well as empathogens such as MDMA, found in ecstasy. She reviews the efficacy of psychedelics in treating alcoholism and other addictions, post-traumatic stress disorder, autism and social anxiety, treatment-resistant depression, and other conditions, offering statistical comparisons to conventional antidepressants and mood-enhancing drugs. She also explores the psychedelic experience through neuroimaging and phenomenological experience, considering mystical states, synesthesia, and the therapeutic benefits of momentary ego-dissolution.

Laying the foundation for a new model of psychotherapy, de Caso shows how psychedelics can help break down our defense mechanisms, offer direct access to the subconscious, and provide a path to deeper, lasting healing.

Irene de Caso, Ph.D., is a neuroscientific consultant specializing in psychedelic neuroscience at the Beckley Foundation. She has masters of science and a doctorate in cognitive neuroscience and neuroimaging from the University of York. A co-organizer of the 2020 Interdisciplinary Conference on Psychedelic Research and the co-director of the Madrid Psychedelic Society, she lives in Madrid, Spain.

Psychedelics and Mental Health

Neuroscience and the Power of Psychoactives in Therapy



Irene de Caso

Foreword by José Carlos Bouso, Scientific Director of the ICEERS Foundation

January 2025

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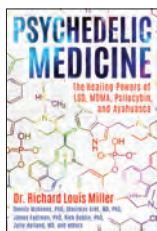
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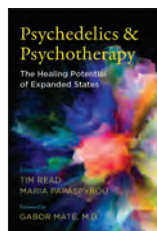


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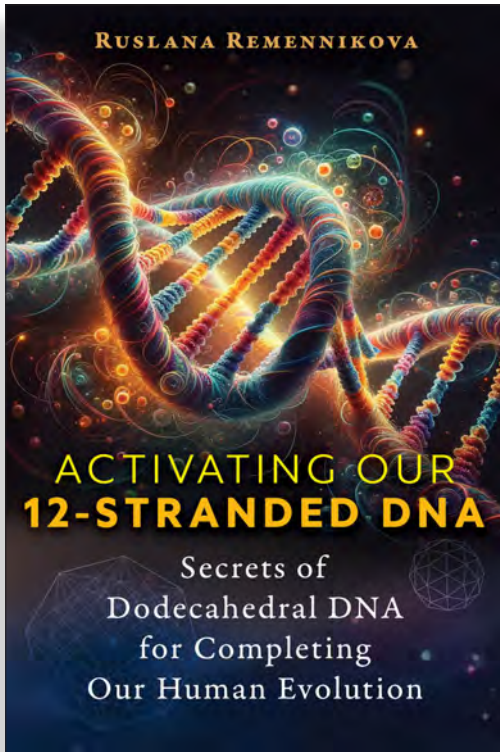
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Activating Our 12-Stranded DNA

Secrets of Dodecahedral DNA for Completing Our Human Evolution

RUSLANA REMENNIKOVA

Awaken your DNA for personal healing and spiritual transformation

- Reveals how vibration and intention can transform DNA from the standard double helix to its 12-stranded form, unlocking your physical and spiritual potential
- Explores the intimate relationship of water and DNA and how they both react to sound and consciousness
- Shares ten specific frequencies that resonate with DNA as well as techniques and meditations to activate your 12-stranded DNA for emotional and physical healing, resolution of ancestral trauma, and conscious evolution

In this vibrant guidebook, sound healer and former corporate scientist Ruslana Remennikova reveals how, through vibration and intention, you can shapeshift DNA from the standard double helix to its 12-stranded, dodecahedral form—unlocking your spiritual potential and opening the way for deep healing of the past, the present, and the future of your deeper self.

Examining the alchemy behind the 12 strands of our DNA, the author looks at the intimate relationship between water and DNA, showing how both respond to vibrational frequencies as well as consciousness. She also shows how, through similar energetic resonance, unresolved grief creates oxidative stress in the body that targets our cellular mitochondrial DNA, leading to psychological and physical illnesses. She explains how sound can stabilize the strands of our DNA, helping the body to detox, resolve grief and trauma, and address stress-induced imbalances at the cellular level.

Through her inspired studies of gematria, alpha-numerology, Solfeggio tones, and Pythagorean formulas, Remennikova details ten special sound frequencies, including the DNA-repairing vibration of 432 Hertz, which allow us to transform our DNA into an evolutionary activator and healing mechanism. She shares techniques and meditations to help you activate all 12 strands of your DNA, including sound healing, dream work, water practices, and ancestral and angelic communication.

Revealing the revolutionary healing powers inherent in each of us, this book shows how to awaken your 12-stranded DNA for personal healing, spiritual transformation, and the completion of our human evolution.

Ruslana Remennikova is a former research scientist for the Fortune 100-ranked company ThermoFisher Scientific where she worked with vaccine sciences. In a 2016 leap of faith for a more meaningful life, she left the world of corporate science to later open a sound medicine practice while writing her first book. She is the founder of Songbird Science, a research company exploring frequency and consciousness. Born in Ukraine, she currently resides in central Virginia.

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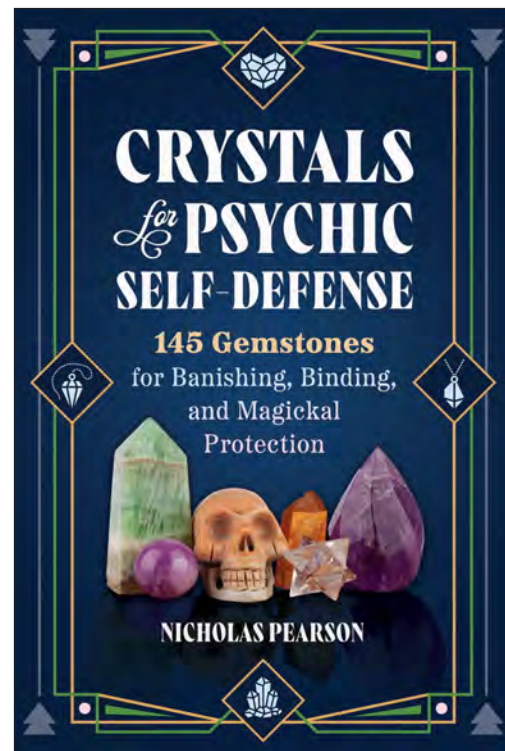
- Presents magickal techniques with crystals for warding off harmful energies, binding, and curse breaking, including crystal grids, amulets, spells, and rituals
- Explains how to discern the symptoms of psychic attack and offers multiple methods for cleansing your energy field and your crystals
- Includes an in-depth directory of 145 of the most powerful and effective crystals and gemstones for protection, banishing, and recovery from psychic attack

In this full-color guide to crystals for psychic self-defense, crystal healing teacher Nicholas Pearson explores how to partner with the mineral kingdom for protection, cleansing, and counter Magick. He begins by introducing common sources of psychic harm and explains best practices for discerning the symptoms of psychic attack and harmful energies. Looking at spiritual hygiene and the energy field, he shares several cleansing and purifying techniques, including magickal baths, selenite sweeps, aura scrubbing, and smoke cleansing, as well as how to cleanse, program, charge, and activate crystals. He also looks at special techniques aimed at strengthening the boundaries of empaths and highly sensitive people.

Detailing practical methods for protection, the author explores passive approaches, such as psychic shields, jewelry, and carrying gemstones, as well as more active practices, such as spells, meditations, and rituals. He shares magickal techniques for warding your home, vehicle, and work space and for counteracting geopathic stress, EMF pollution, and ill-wishing from those around us. Exploring how to combat and neutralize psychic attack, he examines the necessary yet challenging territory of binding, banishing, reversal, curse-breaking, and exorcism, sharing crystal spells, grid layouts, and rituals for spirit release. In the in-depth directory of 145 of the most powerful and effective crystals and gemstones for protection, banishing, and recovery from psychic attack, the author describes the uses of traditional gems and stones, like ruby, garnet, diamond, and emerald, as well as more recent additions to the healer's toolbox, like vivianite, mohawkite, arfvedsonite, labradorite, brucite, and others not found in ancient and medieval lapidary manuscripts.

Revealing how crystals are ideally suited for confronting negative energies and providing enduring protection, this guide will teach you everything you need to know to counter and protect yourself from psychic and magickal attacks.

Nicholas Pearson has been immersed in all aspects of the mineral kingdom for nearly 30 years. The award-winning author of several books, including *Crystal Basics*, he offers classes online and in-person around the globe. He lives in Orlando, Florida.



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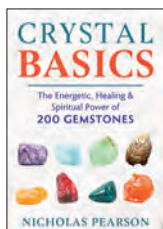
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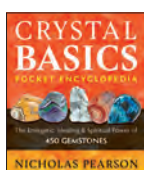


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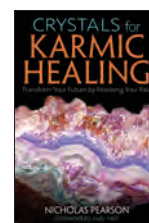
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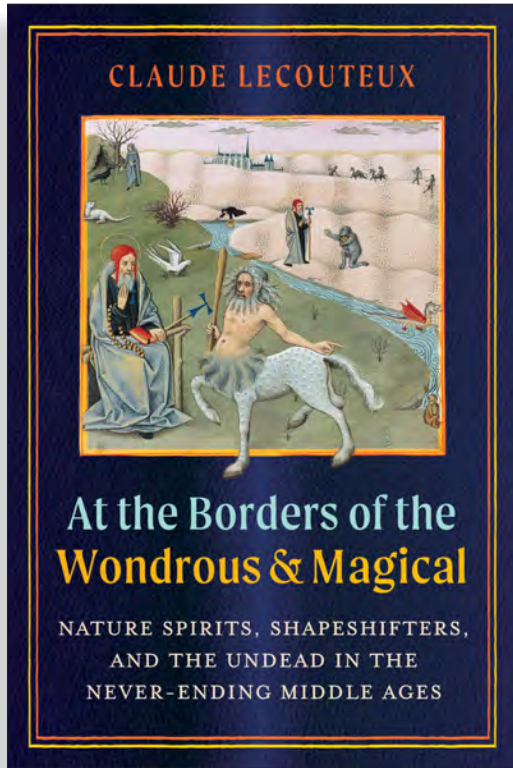
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At the Borders of the Wondrous and Magical

Nature Spirits, Shapeshifters, and the Undead in the Never-Ending Middle Ages

CLAUDE LECOUTEUX

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Explores how the haunted, magical world of medieval times still surrounds us

- Examines the esoteric side of texts and tales from the Middle Ages, including the enduring presence of haunted areas and power places and the roles of witches, house spirits, rune priests, shapeshifters, and the undead
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- Serves as a guide to a still-present magical and imaginal realm, pointing readers to the borderlands and liminal thresholds that enable access to the other world

In this new collection of his writings, scholar and Sorbonne instructor Claude Lecouteux reveals that the magical world of the distant past is real and still very present—if you know where to look. Explaining how he makes the texts he studies reveal their hidden teachings, Lecouteux directly explores the esoteric side of medieval myths and tales, peeling back the Christian veneer to show the enduring presence of haunted areas and power places, of witches, house spirits, rune priests, vampires, shapeshifters, and the undead.

In tales originating from Greenland and Iceland to Saxony, Romania, and beyond, the author discusses the dividing line between magic and devilry as well as the significance of grimoires, bells, blacksmiths, and other magical objects and characters. He explores magic in the elements of nature and as illustrated by the art of witches and magicians specializing in weather magic—storm callers and storm dispellers. He examines the medieval mythology surrounding clouds and the mythic significance of mountains in the haunted world of our ancestors, which is still as close to us today as it was to them in the past. Looking at borderlands and liminal thresholds that can serve as gateways to other worlds, the author also discusses land spirits and the shapeshifting needed to engage with them, including how their ownership of the land can never fully be usurped.

Through these writings Lecouteux acts as a ferryman, transporting readers into the realms of the wondrous and magical. He enables us to see how the haunted magic of the Middle Ages never ended and how the imaginal realm, standing just beyond the borders of our own, is as vividly real as the material world.

Claude Lecouteux is a professor emeritus of medieval literature and civilization at the Sorbonne. He is the author of numerous books on medieval beliefs and magic, including *Tales of Witchcraft and Wonder*. He lives in Paris.

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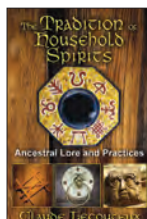


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The Great Architects of Mars

Evidence for the Lost Civilizations on the Red Planet

GEORGE J. HAAS

A deep investigation of mysterious geometric structures on the surface of Mars

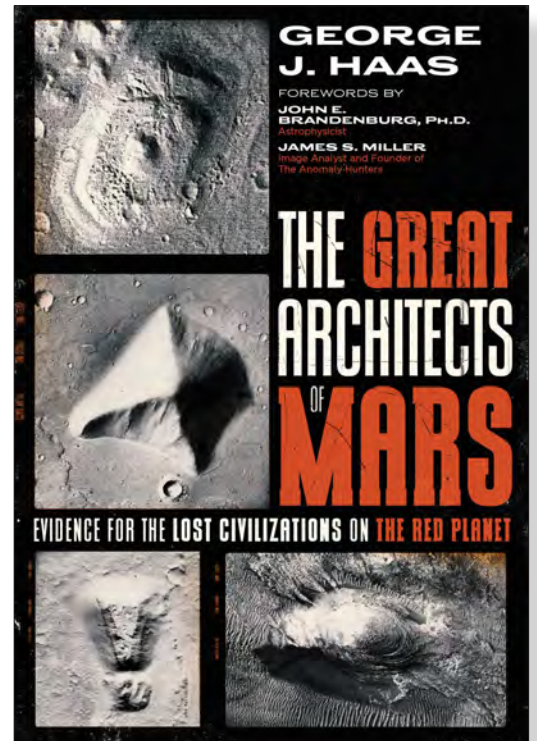
- Explores a wide variety of anomalous structures on Mars's surface that display a high degree of geometric and pictographic design
- Examines sites such as the Elysium pyramid famously described by Carl Sagan and city complexes in the Nepenthes Mensae and Atlantis Chaos regions
- Argues that Mayan creation stories of a Star War and Sumerian myths of the Anunnaki provide ancient evidence for the existence of a Martian culture

Exploring evidence of a lost Martian civilization and its contact with life on Earth more than 800,000 years ago, investigator George Haas examines a wide variety of anomalous structures and geoglyphs on Mars's surface that display a high degree of geometric and symbolic design. He takes a closer look at Carl Sagan's famous pyramid of Elysium, including high-resolution images released after Sagan's death. Investigating a pair of city complexes in the Nepenthes Mensae region of the Red Planet, the author shows how the settlements include geometric formations of a five-sided star and a hexagonal pyramid, along with geoglyphic formations representing a dove, a killer whale, and a bat. Examining the Libya Montes region, he reveals a keyhole-shaped formation identical in design to ancient tombs built in Japan. In the Atlantis Chaos region, he investigates the remains of an ancient city nestled along a dead lake, an urban-like array of gridded broken walls and shattered foundations. He then explores a detailed parrot-shape geoglyph in the large-impact crater known as Argyre Basin that four veterinarians found to possess 22 points of anatomical correctness with terrestrial parrots.

Providing an ancient Mesoamerican connection to the civilizations of Mars, Haas looks at a lesser-known Mayan creation story about a Star War that occurred between the ancient cities of Naranjo and Tikal with the occupants of the planet Mars 800,000 years ago. He reveals parallels between this story and ancient Sumerian stories of the Anunnaki occupation of the Earth and Mars as documented by Zecharia Sitchin. He also shows how there is a direct correlation between the ruins on Mars and the art and architecture of Mesoamerican cultures.

Revealing an ancient bond between the Earth and Mars, this book provides evidence of a long-disappeared Martian civilization that we are only now rediscovering.

George J. Haas is the founder and premier investigator of the Mars research group known as The Cydonia Institute. A member of the Society for Planetary SETI Research, he has co-authored two books and six peer-reviewed science papers related to anomalous formations on the surface of Mars. He has appeared on *Coast to Coast AM* with George Noory and on the History Channel's *Ancient Aliens* and *The UnXplained* with William Shatner. He lives in Waterford, Virginia.



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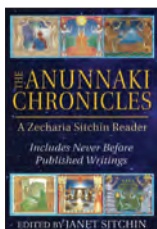
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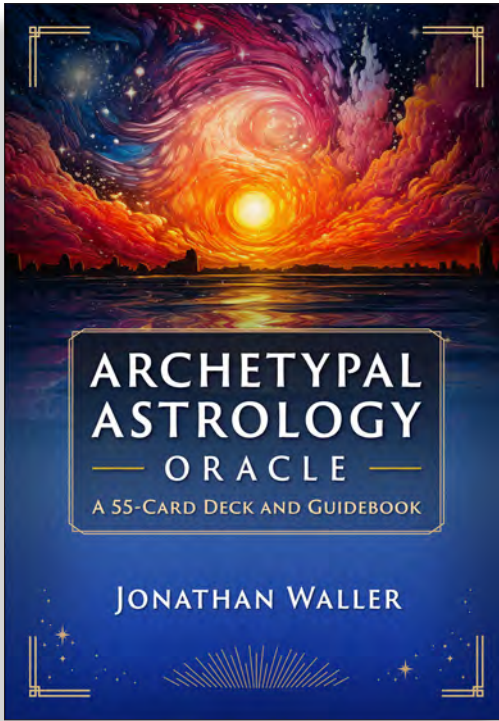
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- Explores different ways to work with the deck: as a divination oracle, as a part of a daily spiritual practice, as an aid with dream work, or by creating a tableau of your Archetypal Astrology birth chart for deep insight

In Archetypal Astrology one works solely with the planetary bodies of our solar system and their geometric relationships, which are known as “aspects.” This system offers a rich method for discovering your personal emotional, psychological, and spiritual make-up and how to best develop your path through life.

Pairing evocative cosmic art with in-depth interpretations, this oracle presents a hands-on way to intuitively learn and work with Archetypal Astrology, inviting you to deepen your relationship to self and cosmos, increase awareness and self-development, and proactively work through challenges. The 55 full-color cards feature every planetary archetype—the Sun, Moon, and planets individually—as well as each possible combination of two celestial bodies. The guidebook draws together insights from Jungian and contemporary psychology, research into psychedelic therapy and the work of Stanislav Grof, as well as many ancient mythological, mystical, and religious traditions to offer an introduction to Archetypal Astrology, followed by in-depth interpretations for each of the 10 planetary bodies and the gifts and challenges of each pair.

The card interpretations within the guidebook include helpful keywords for each planet or pairing and explore how this particular cosmic body or aspect can positively or negatively affect your life, how to integrate their lessons, and how to navigate their transits. The guidebook looks at different ways to work with the deck: as a divination oracle, as a part of a daily spiritual practice, as an aid with dream work, or by creating a tableau of your Archetypal Astrology birth chart for deeper insight. The book also includes reflective exercises grounded in the insights of the mystical traditions and depth psychology.

With this deck and guide, you can work directly with each planet and its aspects, allowing you to intuitively absorb their meanings while deepening your astrological practice.

Jonathan Waller is a respected archetypal astrologer, life coach, visual artist, essayist, and poet. He is the student and colleague of author and renowned astrologer Renn Butler and co-host of *Awakenings—The Archetypal Astrology Podcast*. Jonathan lives in southwest England.

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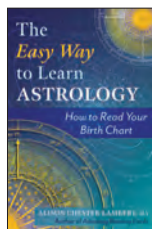


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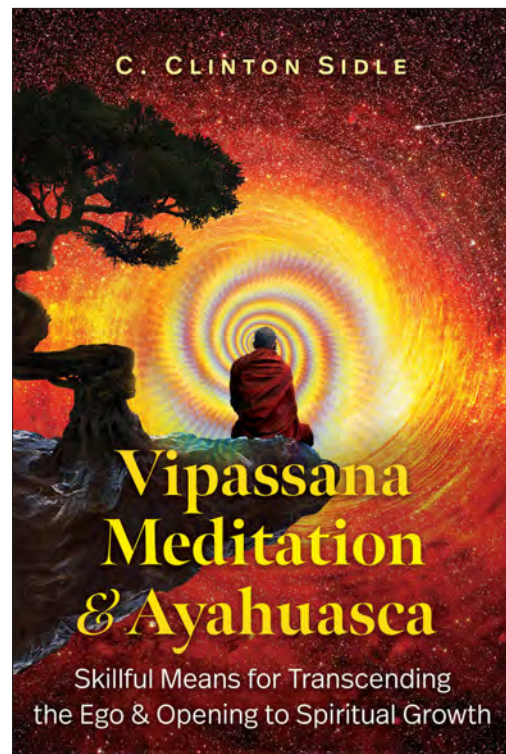
Over the last several decades, serious study of Tibetan Buddhism and the use of ayahuasca as an agent for spiritual growth have both become widespread in the West. Though the two traditions originate in widely different parts of the world, both are effective in working with the ego and creating a genuine spiritual opening.

Uniting the two paths, C. Clinton Sidle takes readers through his own journey as a long-time but sometimes-struggling Buddhist practitioner whose sojourn to Peru for a series of ayahuasca ceremonies provided an invaluable shift in his own spiritual approach. Sidle reveals how ayahuasca was a remarkable catalyst in pointing out self-deception in his spiritual path, providing insight into psychoemotional obstacles to spiritual growth and ultimately reinvigorating his practice and authentic presence in daily life. But, as the author points out, although a skillful means and a useful aid, ayahuasca is not a complete path on its own.

Introducing Tibetan Buddhist philosophy and the calm mindfulness of Shamata Vipassana meditation, as a sustainable developmental path to support and integrate the awakenings catalyzed by ayahuasca, Sidle emphasizes the complementary nature of both his work in Peru and his longer-term studies in Buddhism. He describes his own challenges with spiritual self-deception and stagnation—not uncommon on the Buddhist path—and explains the structure of the Nyingma School of Tibetan Buddhism. Finally, the author shares how he integrated the lessons of his ayahuasca experiences into his Buddhist practice, offering readers a methodical and guided introduction to four progressive techniques of Shamata Vipassana meditation.

Whether readers are long-term seekers or novices, this book can provide a singular means of aligning and re-invigorating the spiritual path.

C. Clinton Sidle is the founding director of the Roy H. Park Leadership Fellows Program at Cornell University's Johnson Graduate School of Management, where his leadership programs are nationally recognized. A long-time Buddhist practitioner and author of several books, including *The Leadership Wheel*, he lives in Ithaca, New York.



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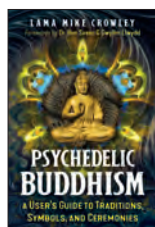
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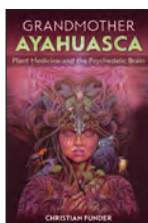


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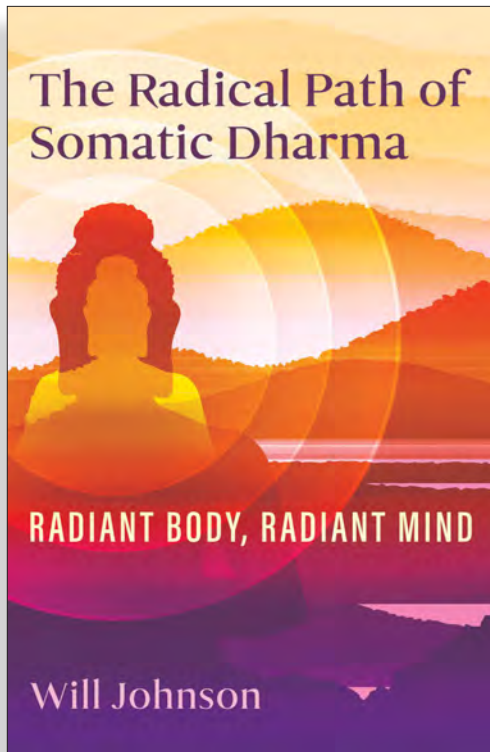
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The modern practice of seated meditation is in serious need of reformation. What began as a living, vibrant, and felt practice—the primary practice of the Buddhist path to spiritual realization—has painted itself into a corner of frozen stillness, divorced from lived, bodily experience.

Presenting an accessible and deeply felt guide to sitting meditation as an active exploration, Will Johnson offers a revitalized understanding of this essential spiritual practice and helps meditation practitioners find their own inner radiance through deeper connection with the body. Johnson argues that the thought-focused mode of consciousness of modern rigid seated meditation introduces patterns of holding and tension into our bodies and virtually guarantees that awakening will not occur. He explains how our focus on thought, rather than embodied experience, results in a numbing of our connection to our physical self and the dimming of the body's natural somatic radiance, which in turn leads to the nagging presence of chronic pain and a general sense of malaise and the inability to get comfortable in our own bodies.

However, this “consciousness of separation” can be overcome. Johnson presents a wide range of practices, including 14 audio meditations, to support the awakening of breath and presence in the body, drawing on techniques from Buddhist, Sufi, and somatic wisdom traditions, as well as methods from his studies with Ida Rolf and Judith Aston.

Through the radical path of conscious sitting, Johnson shows how to transform your sitting meditation practice from one of tension and struggle into a fully natural mudra of greater grace from which radiance will naturally flow. As the egoic perspective is dissolved, and chronic pain and discomfort are lessened, practitioners begin to feel a new, enlightened, bodily radiance—what Johnson calls “The Great Wide Open.”

Will Johnson is the director of the Institute for Embodiment Training and the founder of Bambu Hueco, a retreat center in Costa Rica that views the body as the doorway to spiritual growth and transformation. The author of several books, including *Breathing through the Whole Body* and *Eyes Wide Open*, he teaches a deeply body-oriented approach to sitting meditation at Buddhist centers around the world.



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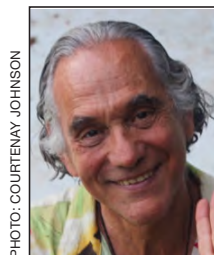
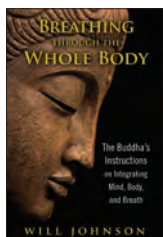


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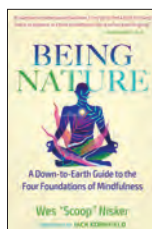
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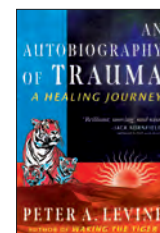


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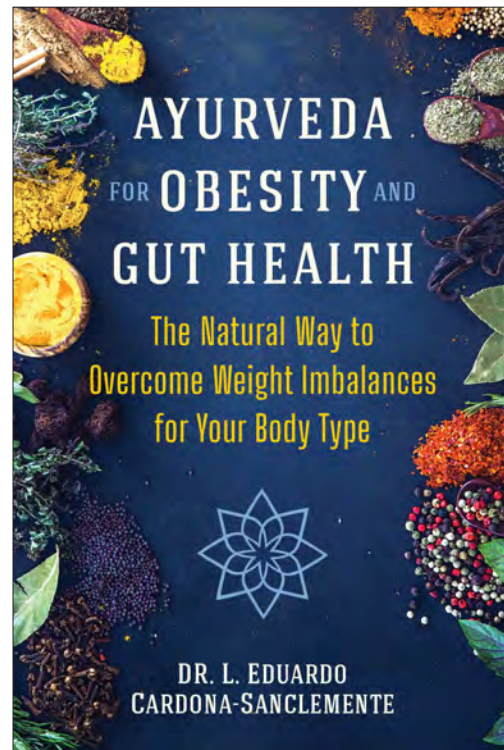
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- Presents several Ayurvedic body-mind protocols and suitable food intakes, detailing their effects on the gut, microbiota, and the gut-heart-brain axis as well as how they help rebalance metabolism at the tissular, cellular, and molecular levels

Managing excess weight and developing a healthier body can be extremely challenging. But, as Dr. Eduardo Cardona-Sanclemente reveals, Ayurvedic medicine, the ancient Indian healing modality, has successfully managed obesity for centuries—and by integrating it with modern medicine, you can develop a personalized, practical, and cost-effective approach to lose weight and keep it off.

Illustrating the “why-how-when” of weight gain and fat from an Ayurvedic understanding, backed up by modern science, Dr. Cardona-Sanclemente explains how Ayurveda addresses obesity based on gut health, metabolism, lymph, fascia, and the vagus nerve for physical and mental health. He shows how what is common to all is imbalance and Ayurveda’s core aim is to rebalance us and restore us to good health. He explores individual Ayurvedic body types, how wrong foods and wrong lifestyles affect each type, and how all these components coalesce with our unique metabolic rhythms in the process of weight management. He presents several Ayurvedic body-mind protocols and treatments, detailing suitable food intakes and their effects on the gut, microbiome, and the gut-heart-brain axis as well as how they help rebalance the metabolism. He also provides self-assessments to help you determine your Ayurvedic body type.

Supported throughout by up-to-date clinical research on Ayurvedic medicine, this guide explains Ayurvedic concepts and practices through the lens of recent biomedical discoveries and shows how to apply this integration of ancient medicine and modern science to your own life for lasting management of obesity and gut health.

Dr. L. Eduardo Cardona-Sanclemente, DSc, PhD, MSc, is a certified Ayurvedic doctor (NAMA) with a masters in Ayurvedic medicine from Middlesex University, London, and Doctor of Science in Physiopathology of Nutrition from the Sorbonne, France. The author of *Ayurveda for Depression*, he lives in both the United States and Europe.



January 2025

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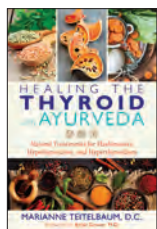
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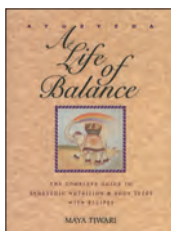


Author
L. Eduardo Cardona-Sanclemente

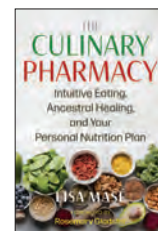
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Medicinal Lichens

Indigenous Wisdom and Modern Pharmacology

ROBERT DALE ROGERS, RH(AHG)

Photographs by Jason Hollinger

A comprehensive illustrated guide to the lichens of North America

- Explores more than 400 species of lichens, alongside full-color photos
- Shows the ways that indigenous peoples of North America have traditionally used lichens for food, clothing, dye, paint, and medicine
- Explains in detail the scientific research behind the potency of lichen chemicals to heal many human conditions

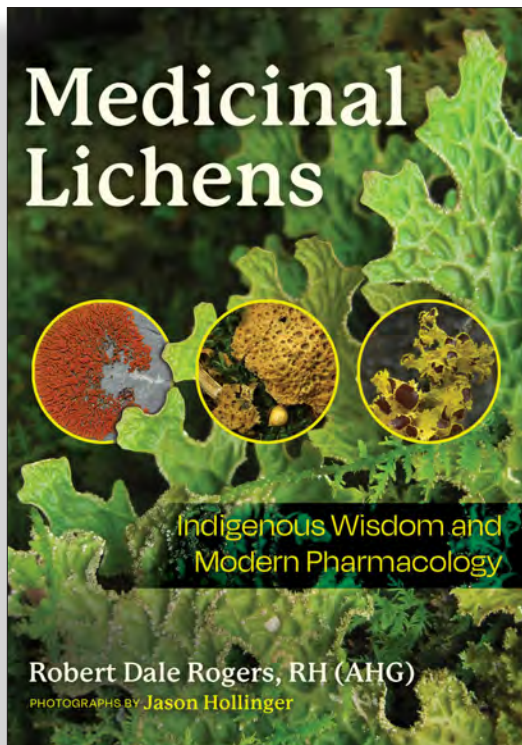
Lichens—a symbiosis of fungi, algae, bacteria, and yeast—can grow on nearly any surface and thrive in an extremely wide range of environments, from trees in old-growth forests, to hot deserts, cold polar regions, and even on the International Space Station. Used for millennia by indigenous people for food, clothing, art, and medicine, lichens are now being recognized by modern science for their unique medicinal potential against antibiotic-resistant bacteria, viruses, cancer, diabetes, and cardiovascular disease.

In this full-color illustrated encyclopedia, Robert Dale Rogers, RH(AHG), explores more than 400 species of North American lichens, detailing their traditional indigenous uses, mythology, chemistry, pharmacology, and possible healing applications, along with naturalist observations from the 19th and 20th centuries. He explains how lichens, along with mushrooms, molds, and yeasts, are members of the Fungi Kingdom and, surprisingly, more biologically related to humans than to plants. He looks at what types of lichens we can find in specific geographic regions and habitats and shows how lichens are an indicator species, revealing the health of their surrounding environment and neighboring life forms, including us.

Interpreting modern research on the chemistry of lichens and showing how they can be used as powerful medicines, Rogers explores their chemical constituents, detailing each lichen chemical's healing properties, from easing coughs to inhibiting the proliferation of cancer cells. He reveals how pharmacological researchers often are rediscovering the ancient wisdom of lichens long known by indigenous peoples, such as how the Navajo use dried *Xanthoparmelia* for impetigo caused by *Streptococcus*.

Showcasing the benefits as well as the beauty of lichens, this book reveals how lichens are the perfect example of strength, cooperation, and harmonious living.

Robert Dale Rogers, RH(AHG), is an herbalist with more than 50 years of experience in clinical practice and the classroom. He is the author of more than 60 books, a professional member of the American Herbalists Guild, and on the editorial board of the *International Journal of Medicinal Mushrooms*. A former clinical professor in family medicine at the University of Alberta, he lives in Edmonton, Alberta, Canada.



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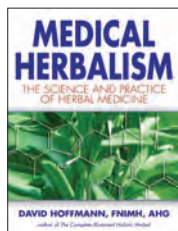
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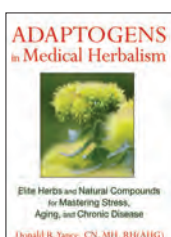
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The Herbal Dog

Holistic Canine Herbalism Applications and Practice

RITA HOGAN, C.H.

Foreword by Isla Fishburn, Ph.D.

A hands-on guide to holistic canine herbalism

- Teaches the tenets of holistic herbalism for the individual dog
- Presents safe, clinically proven, and effective protocols for common canine conditions, from acid reflux to allergies to itching, scratching, and yeast
- Lays out a comprehensive materia medica of canine-specific herbs, including what conditions they are good for, their energetics, internal and external use, safe dosages, and contraindications

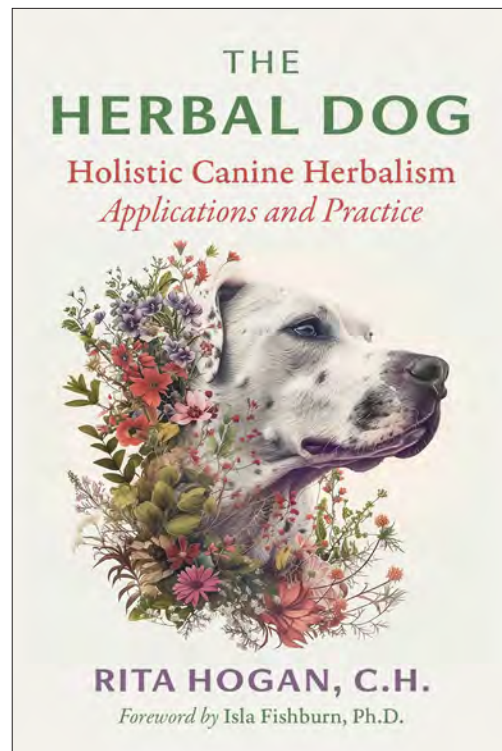
In this comprehensive guide to holistic care for dogs, clinical canine herbalist Rita Hogan explains that by looking at dogs as individual ecosystems with their unique personalities, physiology, and needs, we can select effective and personalized herbal remedies to support their constitutions and provide relief from many different ailments.

Hogan, who has spent more than two decades working with canines, uses energetic principles (cool, warm, dry, damp) to reveal how herbs are not “one size fits all” and to explain how to choose herbs and herbal combinations for dogs as individuals. She moves you, step-by-step, through the tenets of holistic canine herbalism, including exploring how to find the root cause of chronic imbalances. She discusses in depth how a dog’s main organ systems work, how they are connected to each other, and why we need to understand them when choosing specific herbs and foods.

Presenting safe, clinically proven, and effective protocols for common canine conditions, from acid reflux to allergies to itching, scratching, and yeast, Hogan explores a wide variety of holistic and herbal remedies, from herbal tinctures, glycerites, and phytoembryonics to flower essences, essential oils, medicinal mushrooms, and homeopathy. She provides readers detailed options and guidance according to their dog’s energetics. Sharing a comprehensive materia medica of canine-specific herbs used in her practice, she explains what herbs are good for which conditions and why, what types of energetics are involved, safe dosage recommendations for each herbal remedy, and when to discontinue an herb.

Allowing each of us to take a hands-on approach to our canine companions’ health and longevity, this herbal guide outlines how to heal them and support them as the individuals they are and help them live their best lives by our sides.

Rita Hogan, C.H., is a clinical canine herbalist with more than twenty years of experience specializing in holistic canine herbalism. An educator, speaker, writer, and herbal medicine maker, she lives and practices in Olympia, Washington.



February 2025

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384 pages, 6 x 9
11 black-and-white illustrations
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Author
Rita Hogan, C.H.

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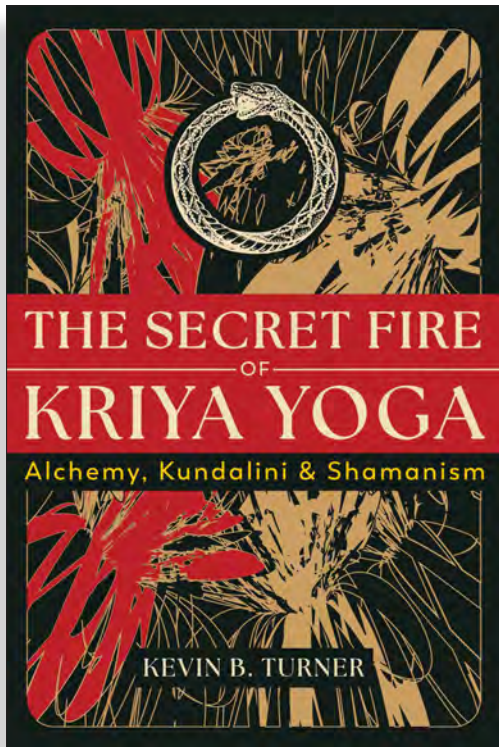
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The Secret Fire of Kriya Yoga

Alchemy, Kundalini, and Shamanism

KEVIN B. TURNER

A spiritual journey of alchemical initiation in both Eastern and Western traditions

- Describes the initiatory stages of Kriya Yoga and Tibetan Buddhism with high-level yogis and lamas
- Shares the author's experiences of spontaneous dream initiations, astral travels, Kundalini awakening, and an out-of-body journey through the *Bardo* to a past life—which led him to pursue spiritual studies in Asia
- Reveals the profound parallels between Western Alchemy's search for the Philosopher's Stone and the Indo-Tibetan quest for Spiritual Liberation

Guided by a profound series of dream initiations, astral travels, intense Kundalini activation, and an out-of-body journey to a past life, Kevin Turner embarks on an around-the-world quest in pursuit of the secret fire of alchemical enlightenment.

Detailing his intensive studies to discover the meaning behind his spontaneous nighttime initiations, Turner finds resonance with Goethe's alchemical quest and Descartes' assertion that the pineal gland is the seat of the soul. Turning to Eastern traditions, the author finds exact descriptions of his experiences in books on Kundalini yoga and answers to his questions about death, rebirth, and the Soul's Immortal Light in writings on Tibetan Buddhism—as well as profound parallels between the Alchemists' search for the Philosopher's Stone and the Indo-Tibetan quest for Liberation.

Realizing his calling to accelerate the evolution of the Soul, Turner travels to Asia where he eventually meets the highest living Kriya yogi and last living disciple of Sri Yukteswar, Swami Paramahansa Hariharananda Giri, who initiates him into Kriya Yoga. Continuing his pursuit of the Eastern alchemical tradition, he travels to the Himalayas in Nepal to study with Shamarpa Rinpoche at Nagi Gompa Monastery, where he is initiated into the Karma Kagyu School of Tibetan Buddhism. He journeys on to Taipei, where he studies Taoist alchemy and Tai Chi, followed by travels in Indonesia, then rejoins Swami Hariharanada in Europe to continue his studies with him as well as to renew his studies of Western Alchemy.

Deeply personal and spiritually uplifting, Turner's story of initiation into alchemical traditions of East and West offers insight into the initiatory process known as the "Great Work" and powerful guidance to others on the spiritual path toward enlightenment.

Kevin B. Turner is Director for Asia of the Foundation for Shamanic Studies. He is initiated in the Kriya Yoga of Swami Sri Yukeswar and the Kagyu School of Tibetan Buddhism, among others. He has lived in Asia for more than thirty years.



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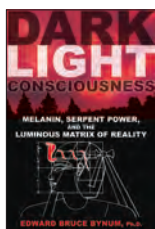
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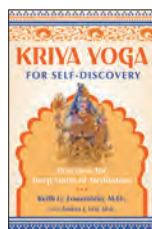


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Kevin B. Turner

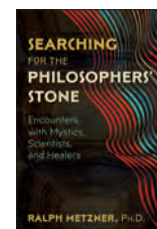
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Searching for the Philosopher's Stone
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The Illustrated Field Guide to DMT Entities

Machine Elves, Tricksters, Teachers, and Other Interdimensional Beings

DAVID JAY BROWN and SARA PHINN HUNTLEY

A full-color exploration of DMT beings and Ayahuasca spirits

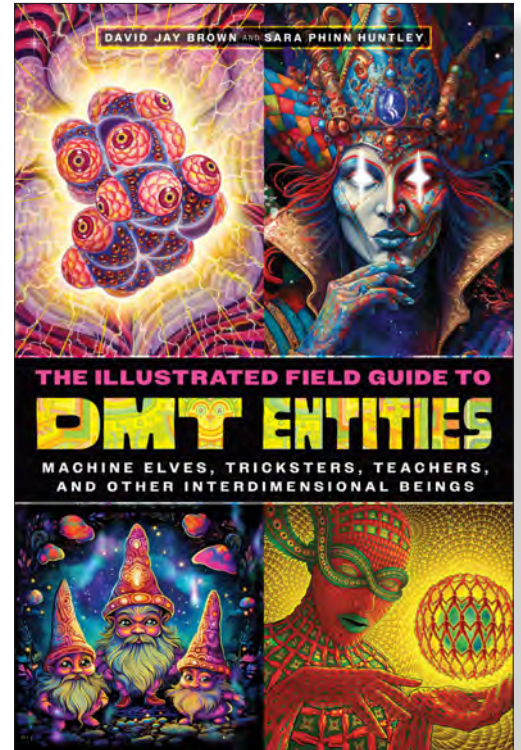
- Examines 25 of the most commonly encountered DMT entities, from machine elves and fairies to insectoids, Reptilians, and divine beings such as Grandmother Ayahuasca
- Discusses each entity in depth, including people's encounters with them from trip reports and scientific studies, descriptions of how the entities appear and behave, and communications or teachings they impart
- Features visionary art by Sara Phinn Huntley and other artists, including Alex Grey, Andrew Jones, Luke Brown, Juliana Garces, Erial Ali, and Harry Pack

One of the features consistently noted by visitors to the hyperspace realm invoked by DMT is the existence of many different entities. In this full-color illustrated handbook for understanding the intelligent alien species of hyperspace, psychedelic explorer David Jay Brown and visionary artist Sara Phinn Huntley explore 25 of the most commonly encountered DMT beings and Ayahuasca spirits, from "Self-Transforming Machine Elves," ancestor spirits, tricksters, and metallic spheres to insectoid Mantis Beings, Reptilians, Gray Aliens, Nature spirits, and divine beings, such as the Virgin Mary, Gaia, Angels, Grandmother Ayahuasca, and deities from Hindu, Egyptian, and South American spiritual traditions.

Profiling the DMT entities in the style of a naturalistic field guide, complete with evocative illustrations by Huntley and other artists such as Alex Grey, Andrew Jones, Luke Brown, Juliana Garces, Erial Ali, and Harry Pack, the authors discuss each entity in depth, including people's encounters with them, descriptions of how they appear, and summaries of the communications they impart. They explore whether these beings are generated by our minds or if they exist independently of the DMT trip. In addition to personal experiences and collected trip reports from drug forums like Erowid and DMT Nexus, the authors also look at studies from Johns Hopkins University and Imperial College London as well as the extensive DMT research of Dr. Rick Strassman.

Providing a comprehensive exploration of this world, this guide seeks to help people who have encountered DMT beings integrate their experiences and learn more about the alien residents of interdimensional space.

David Jay Brown holds a master's degree in psychobiology from New York University. He is the author of more than a dozen books, including *Psychedelics and the Coming Singularity*. He lives in Santa Cruz, California. **Sara Phinn Huntley** is a visionary artist, writer, and researcher whose work explores the intersection of psychedelics, technology, and philosophy. She lives in San Diego, California.



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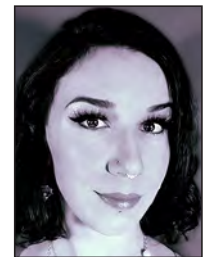


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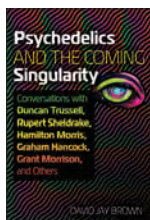


Author
David Jay Brown

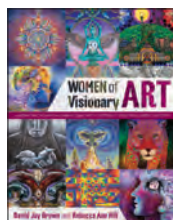


Author
Sara Phinn Huntley

Also by David Jay Brown



Psychedelics and the Coming Singularity
David Jay Brown
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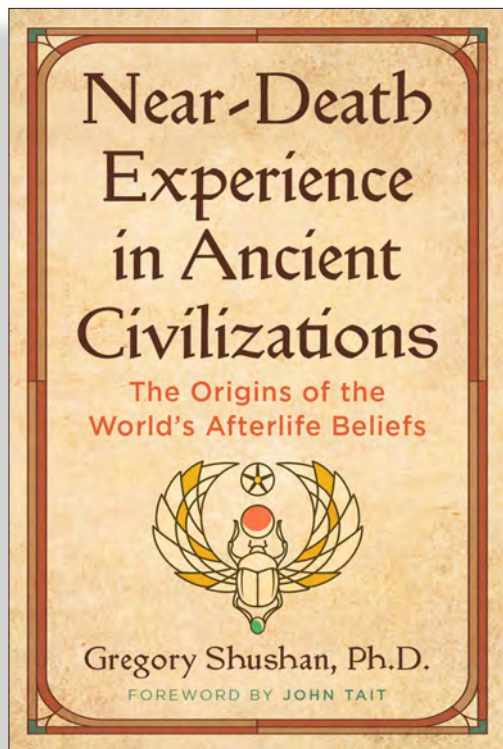


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Near-Death Experience in Ancient Civilizations

The Origins of the World's Afterlife Beliefs

GREGORY SHUSHAN, Ph.D.

Foreword by John Tait, Professor Emeritus of Egyptology

A cross-cultural comparison of ancient beliefs about death and the afterlife

- Reveals the powerful influence of near-death experiences (NDEs) on the formation of religious beliefs, mystical literature, and ritual practices
- Focuses on the afterlife beliefs of five ancient world regions: Old and Middle Kingdom Egypt, Sumer and Old Babylonian Mesopotamia, Vedic India, pre-Buddhist China, and Maya and Aztec Mesoamerica
- Shows how the similarities among afterlife beliefs and their correspondences with NDEs reveal that they both stem from universal truths

Taking readers on a thought-provoking journey into our ancestors' beliefs about death, dying, and the afterlife, Gregory Shushan, Ph.D., reveals the powerful influence of near-death experiences (NDEs) on religious beliefs and ritual practices throughout human history. Focusing on five ancient world regions—Old and Middle Kingdom Egypt, Sumer and Old Babylonian Mesopotamia, Vedic India, pre-Buddhist China, and Maya and Aztec Mesoamerica—Shushan expertly explores each civilization's afterlife beliefs, highlighting their similarities with NDEs and comparing them with each other. He explains how each of these civilizations developed independently of one another, with little or no cultural contact between them, yet there is a series of similarities between afterlife beliefs among these groups too consistent and specific to be mere coincidence. This leads to the profound implication that afterlife beliefs are not entirely invented by cultures: they also stem from universal truths derived from NDEs.

Drawing on anthropology, psychology, and philosophy, the author explores how each civilization interpreted NDEs to form their beliefs and presents a rich understanding of how afterlife beliefs develop over time. He also explores the metaphysical implications of his discoveries, including what an actual afterlife would look like based on cross-cultural similarities and differences.

Revealing that NDEs have occurred throughout human history, Shushan shows how they continue to influence our understanding of what lies beyond death to this day.

Gregory Shushan, Ph.D., is the leading authority on near-death experiences and afterlife beliefs across cultures and throughout history. He is an award-winning author affiliated with Birmingham Newman University, University of Winchester, Marian University, and the Parapsychology Foundation. A former researcher at the University of Oxford and University of Wales, he lives in San Francisco.



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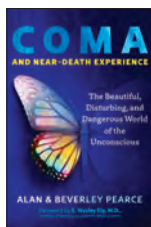


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Gregory Shushan, Ph.D.

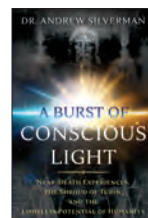
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Mysteries of the Round Towers

The Subtle Energies of the Stone Structures of Ireland

CHRISTOPHER FREELAND

Foreword by Jeremy Massey

An investigation of the round towers of Ireland and Scotland

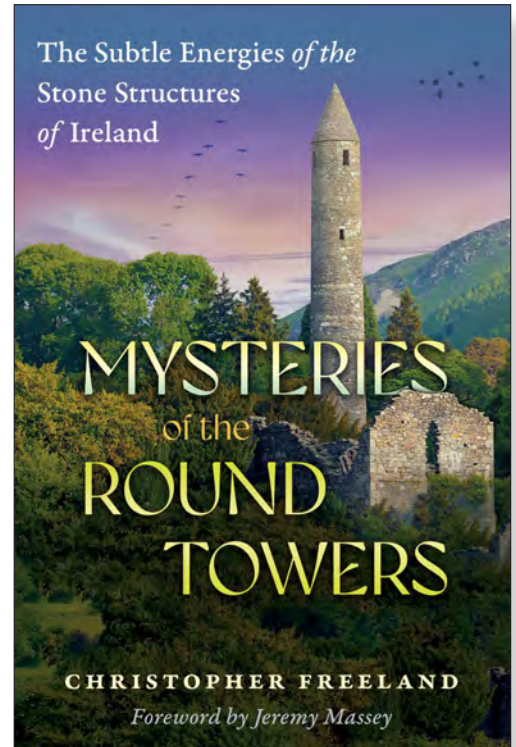
- Reveals how the round towers were built over the crossing of underground waterways and with every stone in magnetic polarity alignment
- Explains how the siting and magnetic properties of the towers energetically enhances the surrounding environment, akin to *feng shui* and *vastu*
- Presents a guide to the energetic principles behind the creation and purpose of the round towers

In Ireland, and to a lesser extent Scotland, in seemingly unconnected locations, there can be found more than 60 enigmatic round towers, often over 30 meters tall and nearly uniform in their construction. Believed to have been built between the 7th and 10th centuries CE, the Roman Catholic Church long ago laid claim to them. Yet who built them—and why—is completely unknown, and even their date of construction is debatable.

Presenting a professional dowser's radiesthetic and magnetic analysis of the round towers of Ireland, Christopher Freeland examines two previously unexplored yet fundamental facts common to all of the round towers: that they are built over the crossing of underground waterways and that every stone of each tower is laid with its negative magnetic polarity pointing upward. Explaining the basics of radiesthesia, the energetic science of dowsing, the author shows how siting the towers above underground water crossings has far-reaching ramifications for the health and well-being of humans, animals, and plants in the surrounding area and aligns with the energy-harmonizing practices of *feng shui* and *vastu*. He reveals how the systematic magnetic orientation of the stones used in the construction of each tower's double walls results in the phenomenon of low-field magnetism, which, along with the towers' precise placement, allows them access to the Earth's telluric forces and further enhances their energetic effects on the surrounding environment. Investigating previous research on the round towers, the author explores the types of stone used, speculates on how many towers once existed, and firmly debunks the assertion that they were built by the Church.

Concluding with a guide to the energetic principles behind the creation and purpose of the round towers, Freeland shows that we can once again embrace the ancient wisdom of our ancestors about the flow of energy in the Earth and bring back balance and harmony through understanding Nature's alchemy of stone, water, and magnetism.

Christopher Freeland is a professional dowser and radiesthesia researcher who conducts workshops in Ireland and internationally on resolving geopathic stress. A retired French-English technical translator, he lives in Ireland and Thailand.



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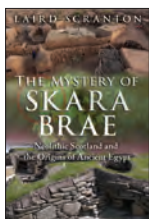
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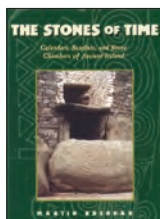


Author
Christopher Freeland

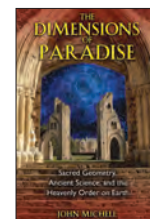
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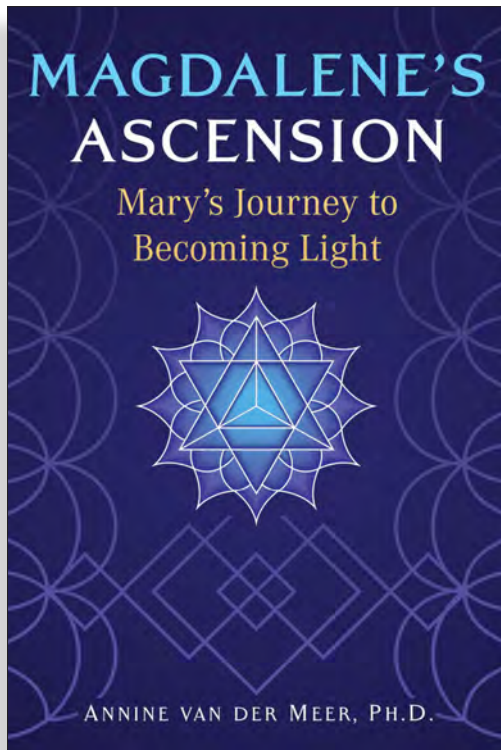
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Mary's Journey to Becoming Light

ANNINE VAN DER MEER, Ph.D.

A new, integrative account of the life and work of Mary Magdalene

- Examines the lives of Jesus and Mary Magdalene, using biblical, historical, apocryphal, and recent channeled sources as well as regression reports
- Explains the concept of ascension through a quantum-physics framework, detailing Mary Magdalene's ascension along the Tree of Life
- Explores Mary's family background, her education in Egypt, her mission in Western Europe, and her life and work alongside Jesus, including her role as his wife and his appointed successor

Expanding the scholarship and understanding of the early Christian period and the world of the Essenes from a feminine perspective, religious historian Annine van der Meer offers a detailed new account of the life of Mary Magdalene, also known as Mary of Bethany or Miryam the Migdalah, showing how Mary's spiritual path is intimately connected to our current times of ascension. She explores Mary's family background, her education in Egypt, her mission in Western Europe, and her life and work alongside Jesus, also known as Yeshua, including her presence at his baptism in the River Jordan and her anointing as his wife and his appointed successor—which was not recognized by the patriarchal disciples, Peter, Andrew, and Paul, who later claimed to be Jesus's successors. The author also explores biblical, historical, apocryphal, and recent channeled sources and regression reports, including those of Dolores Cannon, Stuart Wilson, Joanna Prentis, and Claire Heartsong, to provide eye-witness details of the lives of Jesus and Mary Magdalene, including Jesus's travels to England and India and Mary Magdalene's time in France.

Examining Mary's ascension process through seven branches and portals along the Tree of Life, detailed in *The Gospel of the Beloved Companion*, written by Mary herself, the author shows how we are currently undergoing a collective and individual ascension process as the frequency of Earth accelerates. Scientifically explaining ascension—the changing of the physical body into a light body—through recent developments in quantum physics, she then takes the reader through seven portals from individual ascension to collective ascension, illuminating Mary's heavenly journey of becoming light and its spiritual significance for each of us as individuals and for the world as a whole.

Annine van der Meer, Ph.D., is a Dutch historian of religion who holds a doctorate in theology from the University of Utrecht. In 2008 she founded the Pansophia Foundation, a Wisdom school dedicated to the raising of consciousness and empowerment of women. The author of nineteen books in Dutch, English, French, and German, she lives in the Netherlands.



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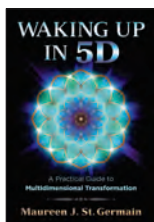
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Author

Annine van der Meer, Ph.D.

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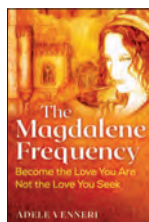
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8 Steps to Living a Long Life

The Earth Path of Taoism

SIFU PETER NEWTON

Foreword by Mary Davies Turner, Ph.D.

A guide to healthy and happy longevity based on the wisdom of ancient Chinese sages

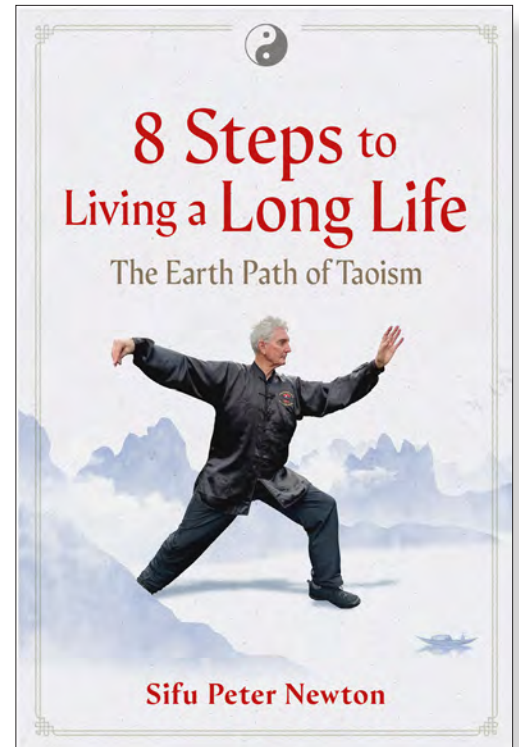
- Shares an eight-step process based on the life-prolonging and health-enhancing methodology of the Earth Path of Taoism
- Includes practices focused on posture, breathing, mental health, energy flow, and meditation, as well as eight mind-body Daoyin longevity exercises, complete with illustrated instructions
- Explores what causes premature aging and how to avoid it, along with longevity secrets of the legendary Eight Immortals

According to the ancient Chinese sages, the most achievable way to health, longevity, and enlightenment starts with the Earth Path of Taoism, which guides people to physically nurture the body, calm the mind, and stir the spirit.

In this practical guide, Sifu Peter Newton explains the principles and practices underlying the life-prolonging and health-enhancing methodology of the Earth Path and provides an easy-to-follow eight-step process to integrate this longevity wisdom into daily life. Sharing clear illustrations and instructions, Peter explores each of the eight steps in detail: Step one focuses on learning what causes premature aging and how to avoid it, sharing wisdom from Tai Chi and Qi Gong. Step two explores the importance of erect posture and the importance of thinking with a long perspective and flexibility. Step three looks at profound breathing to nourish the system with oxygen and movement. Step four reveals the secrets of longevity icons, including legendary Chinese figures and deities who grew old living according to Taoist doctrine.

In step five, the author explores the rhythms of yin and yang, including how to work with their energies. Step six offers thoughts on “how to sit quietly,” looking at the benefits of sitting and standing meditation. Step seven, “stirring the *shen*,” introduces the notion of primordial shen, the root of life, which resides in the heart and can be circulated through the body to stabilize and center the mind. The final eighth step consists of eight mind-body Daoyin longevity exercises, which help you redirect and refine qi, the internal energy of the body. Revealing how the Earth Path of longevity is accessible to everyone, regardless of your physical ability or age, this guide shows how each of us has the ability to live a long and healthy life.

Sifu Peter Newton is a registered senior instructor and honorary vice president of the Tai Chi Union for Great Britain. An expert in his field, he specializes in medical Tai Chi, applying Tai Chi and Qigong as a remedial therapy to alleviate ailments. With more than forty years of experience and training directly with Chinese masters, Peter lives in Llandudno, Wales.



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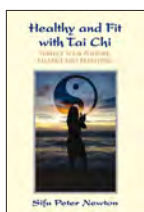
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Holistic Health/Taoism/Qi Gong



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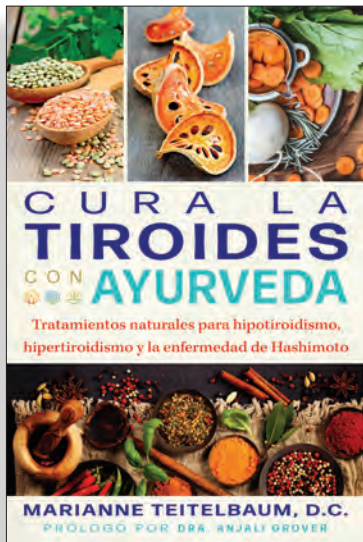
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Espiritualidad / Muerte y morir

Cura la tiroides con ayurveda

[Healing the Thyroid with Ayurveda]

Tratamientos naturales para hipotiroidismo, hipertiroidismo y la enfermedad de Hashimoto

MARIANNE TEITELBAUM, D.C.

Prólogo por Dra. Anjali Grover

Una guía completa para abordar la creciente epidemia de enfermedades de la tiroides desde la perspectiva de la tradición ayurvédica

- Detalla los protocolos de tratamiento exitosos de la autora para el hipotiroidismo, el hipertiroidismo y la tiroiditis de Hashimoto, desarrollados durante más de 30 años de práctica ayurvédica
- Explora las causas subyacentes del mal funcionamiento de la tiroides, las conexiones de la tiroides con el hígado y la vesícula biliar, y la importancia de la detección temprana
- También incluye tratamientos para los síntomas comunes de la enfermedad de la tiroides, como insomnio, depresión, fatiga y osteoporosis, así como para la pérdida de peso y el crecimiento del cabello

En esta guía completa basada en el tratamiento de miles de pacientes, la autora integra ayurveda con los hallazgos científicos modernos para abordar las enfermedades de la tiroides y brindar protocolos de tratamiento para el hipotiroidismo, el hipertiroidismo y la tiroiditis de Hashimoto. Explora las causas subyacentes del mal funcionamiento de la tiroides e incluye remedios para el insomnio, la depresión, la fatiga, la osteoporosis, el aumento de peso y la caída del cabello.

Un nido de paz para la muerte

[Death Nesting]

Prácticas compasivas del cuidado físico, emocional y espiritual de una doula de la muerte

ANNE-MARIE KEPPEL

Prefacio por Dra. Karen Wyatt

Una guía práctica y compasiva para cuidar física, emocional y espiritualmente a los moribundos

- Comparte prácticas para calmar las emociones, técnicas de respiración para reducir la ansiedad y el dolor, formas de reducir el estrés durante el proceso de muerte activa y técnicas para cuidar físicamente a los moribundos
- Explora ceremonias y pautas de límites energéticos, reiki y técnicas de apoyo ancestrales, además de cuidados a base de hierbas para nutrir y curar en el aspecto espiritual
- Presenta métodos de autocuidado para sobrellevar el duelo, ideas de “cosas que hacer” cuando no hay nada que hacer, prácticas para contemplar su propia mortalidad y orientación para hablar con los niños sobre la muerte y el morir
- Ganador del premio “IPPY” de editor independiente de 2020

Anne-Marie Keppel, educadora de doulas de la muerte, muestra cómo cualquier persona puede cuidar conscientemente a los moribundos, ya sea en casa, en un hospicio o en la UCI. Presenta prácticas para calmar emocionalmente y aliviar la ansiedad, técnicas para cuidar físicamente a los moribundos y pautas ceremoniales y de límites energéticos para nutrir y sanar en el aspecto espiritual.

Ritos de veneración del curanderismo

[Veneration Rites of Curanderismo]

Invocando la energía sagrada de nuestros ancestros

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

Prólogo por Luis J. Rodríguez

Una guía para conectarte con tus ancestros y sanar tu linaje

- Comparte ritos y prácticas de veneración tradicionales para conectarte con tus antepasados, incluidos rituales de limpieza, viajes de trance, trabajo energético y jardinería sagrada
- Explora las prácticas ancestrales de elaboración de altares, herramientas sagradas para los altares y cómo invitar a tus antepasados a tomar un papel activo para intervenir en tu nombre
- Describe el proceso de deificación de antepasados estimados y cómo esta práctica abre el acceso a poderes especiales para aquellos que comparten el linaje de ese antepasado

Explorando los ritos de veneración ancestral de la antigua Mesoamérica y el curanderismo contemporáneo, Erika Buenaflor muestra cómo podemos reconectarnos con nuestros antepasados y dar forma a nuestras vidas. Ella comparte prácticas de elaboración de altares, ritos de limpieza, viajes de trance y trabajo energético, así como formas de invitar a tus antepasados a tomar un papel activo para intervenir en tu nombre.

Oráculo del fuego de los arcángeles

[Archangel Fire Oracle]

Mazo de 40 cartas con guía

ALEXANDRA WENMAN / ILUSTRACIONES POR AVELIYA SAVINA

Prólogo por Diana Cooper

Un mazo de oráculo a todo color y una guía para interactuar directamente con los Arcángeles e iniciar un poderoso proceso alquímico de ascensión

- Incluye 40 cartas a todo color y de alta vibración, cada una con un Arcángel y el rayo de color curativo o llama sagrada específica que encarna ese ángel
- Proporciona una interpretación detallada de cada carta, en la que se explica los poderes y beneficios del Arcángel, la constelación correspondiente, los símbolos y colores sagrados, las energías de los chakras y las asociaciones de cristales y aceites esenciales
- Comparte ejercicios y visualizaciones para ayudar a conectarte con tu Arcángel elegido, encarnar su energía y vibraciones curativas e iniciar el proceso para reunirte con tu ser divino

Este oráculo te permite interactuar directamente con los Arcángeles para acelerar tu ascensión y alinearte con tu divinidad interior. La guía proporciona una interpretación detallada de cada carta, además de explicar los poderes del Arcángel, junto con un hermoso mensaje para conectarse directamente con cada guía divino.



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LSD y la mente del universo

[LSD and the Mind of the Universe]

Diamantes del cielo

CHRISTOPHER M. BACHE, Ph.D.

Prefacio por Ervin Laszlo

Un profesor de estudios religiosos documenta meticulosamente sus ideas a partir de 73 sesiones de altas dosis de LSD realizadas a lo largo de 20 años

- Crónicas, con un rigor sin precedentes, del viaje sistemático del autor hacia un campo unificado de consciencia que subyace en toda existencia física
- Presenta argumentos poderosos a favor del valor de la experiencia espiritual inducida psicodélicamente y analiza el desafío de integrar estas experiencias en la vida cotidiana
- Muestra cómo la experiencia psicodélica puede llevarte más allá de la autotransformación hacia una transformación colectiva y ayudar a que nazca el futuro de la humanidad

En este libro, el profesor Christopher Bache documenta el viaje para explorar su mente y la mente del universo a través de 73 sesiones de altas dosis de LSD realizadas a lo largo de 20 años. Al defender poderosamente el valor de la experiencia espiritual inducida por psicodélicos, su viaje también revela un campo unificado de consciencia que subyace en toda existencia física.

La sabiduría del dragón

[Dragon Wisdom]

Un mazo de 43 cartas y libro

CHRISTINE ARANA FADER / ILUSTRACIONES POR ANJA KOSTKA

Una forma práctica de conectar con la sabiduría, el amor y la magia de los dragones

- Cada una de las 43 cartas presenta ilustraciones de dragones a todo color que te permiten experimentar y activar las energías del dragón y usarlas de modo intuitivo
- La guía adjunta detalla el mensaje de cada carta de dragón y ofrece viajes meditativos e información práctica sobre cómo dejar que la energía del dragón entre en tu vida, incluido cómo encontrar a tu dragón personal

Este mazo de cartas ofrece una forma práctica de conectarse con la sabiduría espiritual de los dragones. Cada una de las 43 cartas presenta hermosas ilustraciones que te permitirán activar las energías del dragón y usarlas de modo intuitivo. La guía detalla el mensaje de cada carta y ofrece viajes meditativos al mundo de los dragones.

Cuentos clásicos de la India

[Classic Tales from India]

Cómo Ganesha obtuvo su cabeza de elefante y otros relatos

VATSALA SPERLING Ph.D. Y HARISH JOHARI

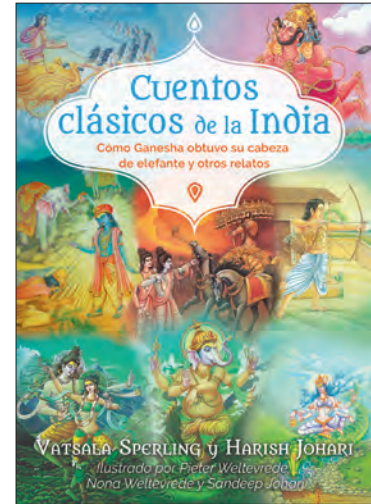
ILUSTRADO POR PIETER WELTEVREDE, NONA WELTEVREDE

Y SANDEEP JOHARI

Siete historias tradicionales bellamente ilustradas que sumergen al lector en la antigua cultura de la India y le brindan importantes lecciones de vida

- Comparte cuentos clásicos de la India, incluidas historias extraídas del *Mahabharata*, el *Ramayana* y los *Puranas*, traducidas por los autores
- Ilustrado con pinturas luminosas a todo color en estilo tradicional indio preparado de acuerdo con el canon hindú tradicional

Con esta colección ilustrada a color de cuentos clásicos de la India, aprenderemos sobre los dioses, diosas y héroes juguetones, leales, fuertes, amorosos y sabios de la India. Ricamente detalladas, las ilustraciones dan vida al colorido elenco de personajes y permiten al lector sumergirse en el mundo místico de la antigua India.



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Folklore / Mitología / Juvenil

Abundancia de los Ángeles

[Angel Abundance]

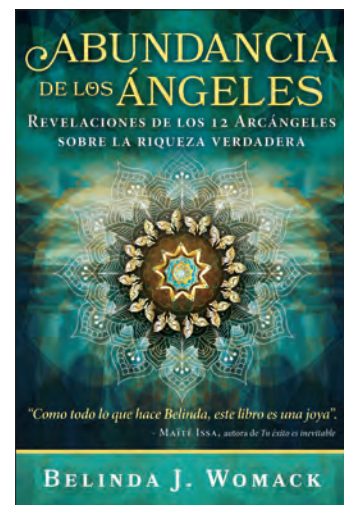
Revelaciones de los 12 Arcángeles sobre la riqueza verdadera

BELINDA J. WOMACK

Atrae riqueza y sanación con la guía de los 12 Arcángeles

- Comparte 63 visualizaciones curativas para transformar el miedo, resolver deudas y volverse receptivo a la generosidad infinita del universo
- Aprende a aprovechar los colores cantores del Sol Central que se reflejan en tus chakras y eleva tu vibración para atraer riqueza, no solo financiera, sino cualquier cosa que necesites recibir de la Fuente para sentirte seguro, feliz, saludable y libre
- Ofrece prácticas nocturnas para apoyar tu transformación en un receptáculo de todas las bendiciones de la fuente, así como prácticas avanzadas para transformar el sufrimiento

Los 12 Arcángeles te invitan personalmente a recibir todo lo que deseas de la fuente, especialmente la felicidad verdadera que a menudo parece estar fuera de tu alcance. Tu alma tiene la guía clara y las herramientas para ayudarte a pasar de la escasez a la abundancia y atraer riqueza y sanación, y los Arcángeles te mostrarán cómo hacerlo.



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Ocultismo / Magia de las plantas / Adivinación

Oráculo de vibraciones angelicales

[Angelic Vibrations Oracle]

Mazo de 50 cartas y guía

JOSEPHINE WALL

Una herramienta práctica para conectarse con las frecuencias curativas y la amorosa guía de los ángeles

- Incluye 50 cartas a color con imágenes minuciosas de ángeles de la renombrada artista surrealista Josephine Wall
- La guía adjunta describe el mensaje sabio y de apoyo de cada ángel, además explica cómo usar las tarjetas como guía diaria o para comprender un tema específico

En este hermoso oráculo con guía, la autora surrealista Josephine Wall presenta una forma práctica para conectarse con la sabiduría, el apoyo y las vibraciones curativas de los ángeles y así poder acceder a nuestra intuición para lograr mayor estabilidad, armonía y paz en nuestras vidas.

Runas para la bruja verde

[Runes for the Green Witch]

Un grimorio de hierbas

NICOLETTE MIELE

Una guía mágica para trabajar con runas y plantas aliadas para la manifestación, curación y hechizos

- Examina las conexiones entre hierbas y plantas de cada una de las 24 runas del futhark antiguo, así como las correspondencias con deidades, astrología, tarot y cristales
- Proporciona ejemplos y consejos sobre cómo se pueden combinar runas y plantas en hechizos y rituales para manifestar, proteger, curar, desterrar y más
- Explica cómo se puede trabajar con runas y plantas para el proceso conmovedor de reconstruir y conectarse con la madre naturaleza

En este innovador grimorio, la bruja herbolaria Nicolette Miele examina las conexiones de hierbas y plantas de cada una de las 24 runas del futhark antiguo, así como las correspondencias con deidades, astrología, tarot y cristales. También explora cómo se pueden combinar runas y plantas en hechizos y rituales para manifestar, proteger, curar, desterrar y más.

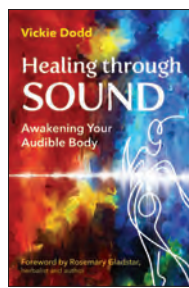
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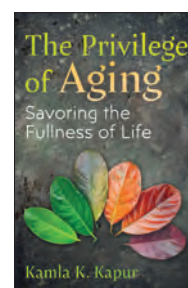
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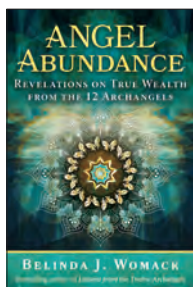


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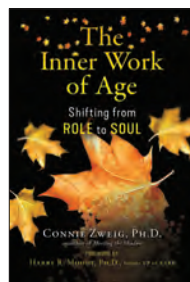


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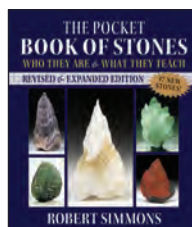
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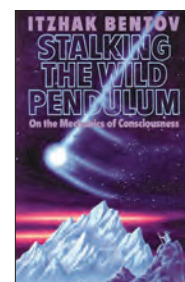
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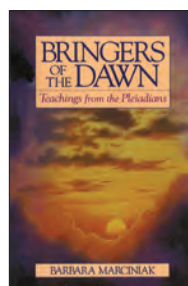
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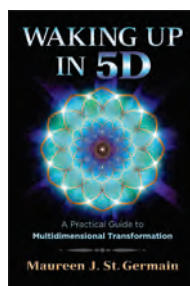
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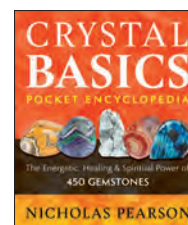
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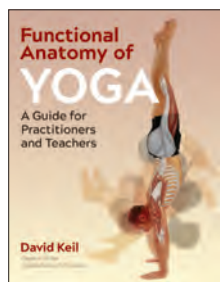


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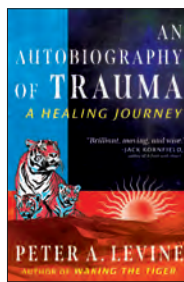
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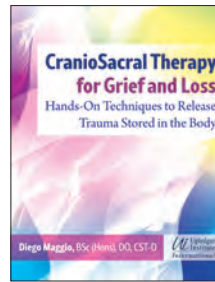
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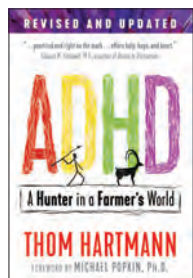
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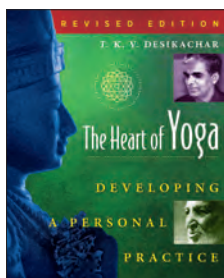
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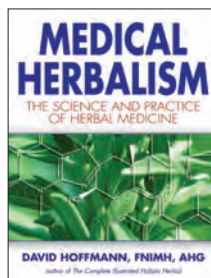
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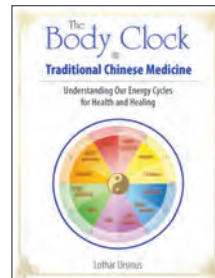
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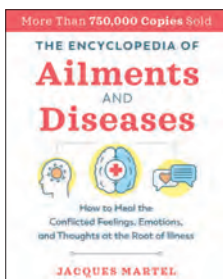
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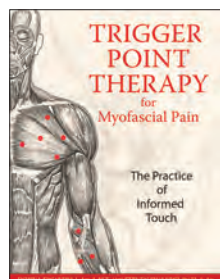
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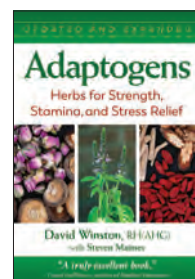
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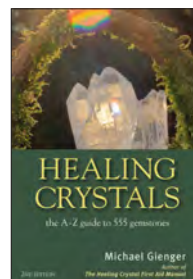
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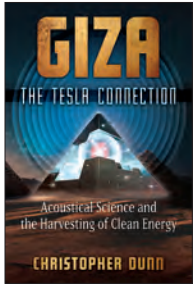
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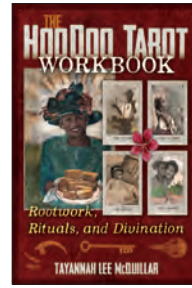
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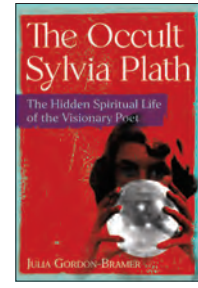
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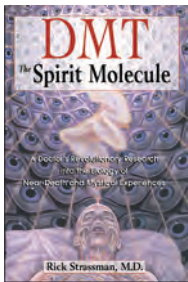


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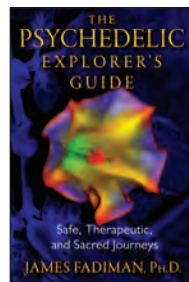


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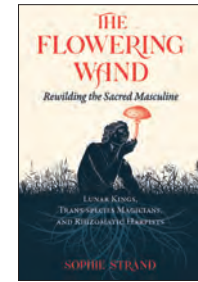
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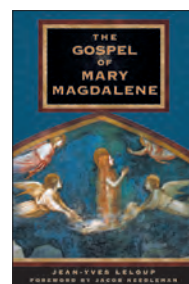
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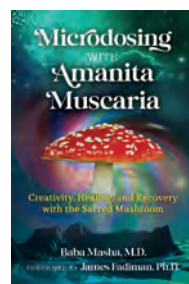
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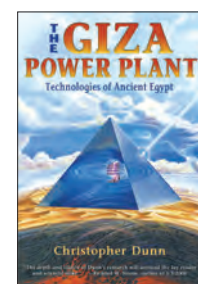
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