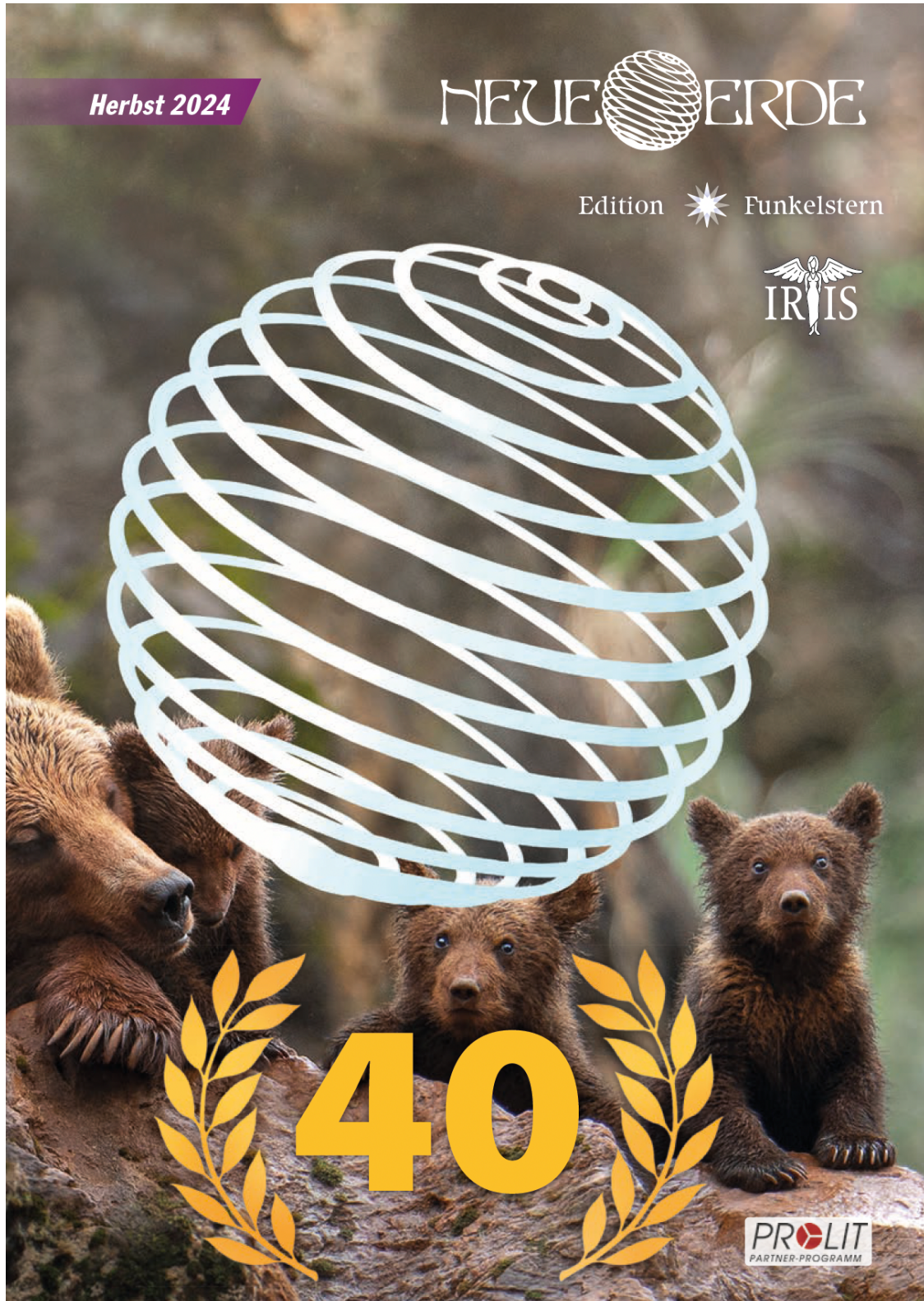


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Threshold Times – Times of Change

A Guide for Trust, courage and Confidence

- A first practical volume for this theme
- Being fortified through crises and finding a heart-path
- Thresholds, upheavals and radical changes

This guide takes the reader through crises and times of great changes in their own life and offers a foothold and support in times of challenges. It demonstrates how threshold times typically involve, what pitfalls can be awaited, and what one can do in order positively to structure those times of change. Rituals, exercises, seasons of the Natural World, threshold experiences, meditations, and reflections will accompany the reader, in order to remain or become able to act, and then to emerge from those threshold times fortified and strengthened.



If one can succeed in arriving from powerlessness and impotence to the ability to act, one is able to transition crises and major changes within the Heart-Path in one's life. Those are moments when one's own needs, priorities, values and desires become clear, and are a gift which we are able to benefit from in threshold times.

The volume is directed toward people who refuse to allow being overwhelmed by a feeling of helplessness in their lives, when faced with these crises and times of changes, and instead would like to participate actively in their futures.

This book is the first of its kind to address daily issues on these themes. It is written in terms practical, empathetic and authentic. The exercises, rituals, seasonal times in Nature, meditations and reflections are immediately and easily applied – whether one is dealing with separation, a death, a job dismissal, illness, or a departure from a phase of life.

With the help of these exercises and impulses, readers are able to pass through this personal threshold time by themselves. They will be able to negotiate potential obstacles and hitches, as well as questions and challenges they may face, and then decide what step to take next. The book provides a guideline, to realize what might turn up in their lives, what is essential and what might be supportive. This creates courage and trust, and the competence to prepare and negotiate future threshold times through experientially acquired knowledge.

The book clearly prepares one for threshold times being a departure point for one's own Heart Path, and thus creates a connection to experiences which teach us that crises are often the beginning of an essential and authentic life.

Sabrina Gundert has been a freelance coach, author, speaker, journalist and lecturer since 2012. During her work, she has a daily experience of threshold times being a departure point for one's very own Heart Path. This led to the desire for writing a book to support people experiencing crises and threshold times, to organize and formulate their lives in a better way. Her own experiences with threshold times in life, her knowledge from coaching and spirituality, as well as her ritual and circle working are all passed on in books, in individual sittings, training, and seminars. www.sabrinagundert.ch

DECODING GRIMM'S FAIRY TALES

Precious messages from past ages for a new era

- Dipping into the archetypal images of our souls
- Expanding consciousness on the subtle levels
- Familiar fairy tales become keys for a new understanding of the world

With this book, Marco Pogačnik opens-up a gateway into the deeper dimensions of the Brothers Grimm's fairy tales – so well-known and familiar to us. However, these were stories that were originally addressed to adults, and in their images, they carry an understanding of life, that might provide keys to us moderns to deal with supposedly unresolvable challenges.

From Marco Pogačnik's introduction:

In their language of imagery, fairy tales are able to transmit to us humans, that which is emotive within us, and what forces are at work, whenever we search for departure points into the missing dimensions of an earthly cosmos. Fairy tales are passed on by word of mouth, over centuries, and are formed by the cultural mindsets of different peoples. They often contain a subterranean stream of knowledge, which might well have been seen as heretical by the once dominating cultural rules or religious dogmas, and were suppressed. The same went for the fairy tales collected by the Brothers Grimm, who gathered these tales at the threshold to the modern age, tales which had been passed on in folklore for hundreds of years. For centuries, the old stories had been passed on from mouth to mouth and spread further by storytellers. People in rural areas would come home from working in the fields, and when they had finished in their kitchens, they gathered together and endeavoured to get to the bottom of the mysteries of life, by exchanging and sharing their experiences, and then expressing them in symbolic images. Those Sunday church sermons were not able to satisfy their thirst for knowledge, as religious teaching only projected eternity onto earthly existence, with the dimension of earthly spirituality being consciously blocked out. Folklore wisdom, on the other hand, deals with wisdom of the Earth and its living beings.

The precious messages of the indigenous cultures of Germanic speaking origins were able to survive the restrictive understanding of the nineteenth century, by this preservation of the Brothers Grimm's fairy tales. During a time, when the rational way of looking at life nearly crowded out the mysteries of the existence between the Earth and Heaven, those old traditions preserved their magic and power over two hundred years, by touching the hearts of children in their nurseries. I believe that human consciousness has matured so far and is ready to recognize the ancient cosmic images behind those stories, which reach us hidden in fairy tales.



Marko Pogačnik is one of the most noted geomancers of our times. He is the author of numerous books about healing the Earth and is a co-founder of the school for geomancy called "Hagia Chora", and is also a sculptor and land-art artist. When the freedom to travel became restricted, he used the framework of the LifeNet-Network to develop telepathic forms of workshops. From 2005, he has been creating, together with co-workers, the global project of Geopuncture Circles. In 2016 he was awarded the title UNESCO Artist for Peace. www.markopogacnik.com

THE YEWE

New revelations on the Tree of Life

A monograph

- A tremendous amount of research well-presented
- Meticulously referenced
- Yet an easy and exciting read

The yew, *Taxus baccata*, is one of the oldest species on Earth. Already botanically, it is special for various reasons; a single old tree is able to birth itself anew and can practically live forever. No wonder that in ancient cultures the yew has been associated with rebirth, immortality, and with the transformative power of Nature, and thus with the metaphysical "Tree of Life". This impressive work spans a solid bridge between spirituality and science, between ancient times and the modern age, and joins the dots in a network between ethnology, the history of religion and culture, botany, dendrology and ecology.

Of all the trees in the world the yew enjoys the greatest and most ancient wealth of myths and culturally enduring traditions. In this book you will find out which treasures of wisdom remained unknown until the beginning of the 21st century, and why.

Part 1 – Natural History: Do you know what the flowers of yew look like? Or how extremely slowly this tree grows? This is the first time a really comprehensive representation has been made of a unique species of tree. Themes such as climate and soil, foliage, flowers, roots, and wood anatomy are dealt with just as thoroughly as the denizens of the yew: mammals, birds, insects and other invertebrates. Here, the real yew is described, as it has been in existence long before humans even appeared on Earth – because yew trees have been around since the Jurassic period, the times of dinosaurs!

Part 2 – Cultural history: The cultural importance of the yew began in the Palaeolithic, as its wood is excellent for hunting weapons – spears and bows. During the course of history, musical instruments, household objects and medicinal uses were added. However, the greatest meaning of the yew has always been, everywhere, in the religious sphere. Especially its biological abilities of regeneration made it a symbol of rebirth – and also a guardian of the threshold between life and death. This deep observation into the life of the yew tree is bringing us essential new impulses for ethnobotanical and mythological research into the subject of the Tree of Life, or the "World Tree", research which had been stagnating since the 1950s. Why do the branches of yew trees figure on the oldest clay pottery of humankind? Why did evolutionary biologist Charles Darwin want to be buried under an old yew tree? What was it that fascinated other cultural icons such as T. S. Eliot, Lewis Carroll and Felix Mendelssohn-Bartholdy so much about this tree? Is the yew a catalyst for cultural events? It does appear more often than average at threshold points and pivot points within cultural history. This volume is much more than "just" a tree book. Barely any aspect of human existence remains untouched by the ancient close relationship of humans with the yew.

Fred Hageneder is an acknowledged expert on the subject of ethnobotany. His previous books, "The Spirit of Trees", "The Heritage of Trees" and "The Living Wisdom of Trees", were praised internationally by experts. Translations of his books have been made into ten languages. He has given lectures on the yew at universities and national arboreta as well as at international tree protection congresses of European nature preservation programmes (Natura 2000, LIFE+). In England, he is a founder-member of the Ancient Yew Group (AYG), which since 2004 has been active for the protection of the old yew trees of Western Europe. www.themeaningoftrees.com



Let your Body Speak

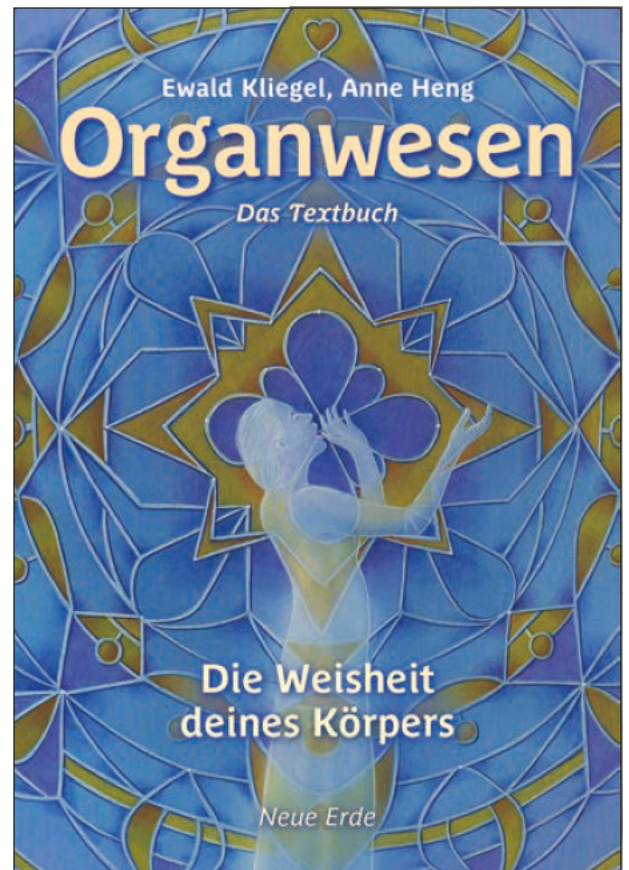
The Essential Nature of Our Organs

Our organs wish to be seen and understood as spiritual/physical basic elements of our being, and as elementary beings. They are inviting us to change our ways of looking at things and to experience our organs in a different way. If we allow ourselves to see the holistic versions of our organs, we will experience our body as an amazing symphony, in which the organs bring forth the veritable vibrational miracle of our body.

After having published very successfully three editions of this book with colour illustrations, we have decided to publish another version with black and white only illustrations at a better price. The text deals with the organs in great detail, and for whoever would like to access the colour illustrations, we recommend our card set, in which a shorter explanatory booklet is already available, together with the cards.

Imagine for a moment that our bodies were constituted quite differently from what we thought hitherto. Just suppose that our scientific knowledge of human beings was only part of the truth, and that our organs were not simply conglomerations of cells, but rather spiritual-soul formations, which have been endowed with structures and functions for our being on Earth. What would that mean for us – for our consciousness, for our bodies, for our health and wellbeing, and for our drive for a fulfilled life?

These are the questions Ewald Kliegel pursued and expressed in this book. He presents to us 52 organs as unique and complete beings.



Ewald Kliegel (* 1957) first underwent training as a medical masseur. He followed this up with extensive further education in physiotherapy. He worked as an alternative practitioner for over 30 years in Stuttgart. The emphases of his work are in reflexology zones and communications with the organs. He has written a number of books on this subject matter, which have meanwhile been published in six languages.

www.ewald-kliegel.de

ISBN 978-3-89060-876-1, 128-page black & white paperback, 148 x 210 mm, many illustration, 12,00 €

No English rights available.

THE LADY OF CHANGE

Accessing the wise heart

- ▶ Impulses, to find one's own powers
- ▶ Going along with Change and helping structure it
- ▶ Beautiful, touching images on the cards

During these times of great transformations, the power of the Woman Who Brings Change is calling us to step onto paths that are nurturing and creative, and to discover the wonders that are dormant in all of us, to nurture them and to allow them to blossom in all their beauty.

This powerful card set consists of 36 wisdom cards. Deep messages and impulse questions would like to inspire the reader to embark on courageous steps for personal growth. The readers are invited to experience life in an explorative way and to turn to a direction which will explore orientation, trust, and connections with one's own source of power.

The Lady of Change: she maintains the fire of change, dances with the wind, and breathes with the rhythms of the seasonal cycle. She maintains a deep understanding for the complex connections of Life, and she knows when it is the time for extinguishing old fires and lighting new ones. She won't be held back and follows her inner calling, to choose a new life, and to penetrate ever deeper to its core.



Petra Brabec has been trained in diverse fields. As an alternative practitioner she works in psychotherapy in her own practise as a systemic advisor and coach. In her work, she accompanies people on their journey and has had many years of experience in shamanism, ritual work, hospice work and as a leader of women's circles. She lives between Wuerzburg and Bamberg. www.petrabrabec.de

THE ESSENE ANGELS

Conscious working with the Essene-Meditations

- A highly welcome working tool
- Deeper explanations for the Essene-meditations
- A contemporary interpretation

The Essene Angel Cards are intended to be a meditative aid to tune into the energy fields of the respective archetypal force or angel. The cards are visual helpers, spiritual companions and tools. They can support the process of sinking into meditation and they are a key to the divine wisdom which lies dormant in all of us.

The lives and daily rhythms of the Essenes were formulated by their comprehensive creative and healing knowledge, which they derived from 14 cosmic archetypal energies, which they referred to as 'Angels'. The Essene Meditations or Essene Communion are sourced from a deep knowledge about divinely spiritual, ancient powers, which are at the basis of all creation. For the Essenes, human beings are located between Heaven and Earth where, as beings of the 'middle', they are struggling for equilibrium. They applied this deeply spiritual knowledge to all the three levels of a human being (body, soul, and spirit) and, in this way, they used a holistic approach in order to accomplish miracle-like healing cures for their times.

Now is the time to discover these powers anew and consciously to extend a hand to these 'Angels'. Twenty-one texts accompanying these cards may help to dive deeply into the energies of the 'Angels' and to open oneself up to them in trust. Working with these high-vibrational keys will enable quantum leaps in consciousness. They are similar to a spiritual training discipline, which was, in ancient times, only accessible to adepts of a temple. It is the path of the seven-fold peace between the fall and the rising from a created being to a Creator being.



Eva Seith, born in August 1967 had, from her childhood onward, sensed a deep connection to invisible worlds, which she expressed in stories, poems and pictures. For four decades, she has been dealing with different spiritual practises. Her credo is always openness and tolerance. In Stuttgart, she studied anthroposophical rhythmic movement called eurythmy and has appeared on many stages worldwide. Eva Seith has been working for many years in marketing of property and real estate, as well as and the automotive industries and is a freelance copy editor and author.

www.eva-seith.de