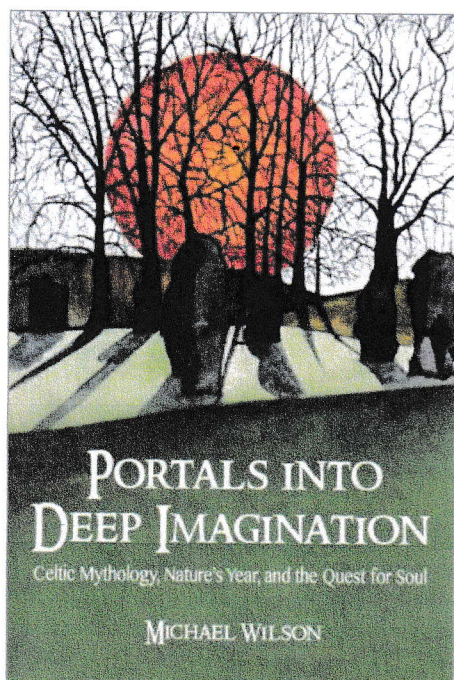




April 2025

Price £19.99, €30.00, \$30.00

ISBN 9781801521703

Category GEN

Thema QRST, QRYX, QRVK, VXA

Binding Paperback

Format 229 x 152 mm

Extent 384 pp

Pub. City London

Portals into Deep Imagination

Celtic Mythology, Nature's Year, and the Quest for Soul

Michael Wilson

DESCRIPTION

An anthology of weekly contemplations and practices for spirituality through the lens of psychology, inspired by the culture and mythology of the Celts in Britain and Ireland and their connection with nature.

This functional and thought provoking book illustrates how Celtic tales of the Otherworld offer exciting openings for understanding, including dreams, non-ordinary states of consciousness, content of the deep imagination, and a bigger Mystery of life.

Celtic myths and legends are alive with metaphor and symbolism, which is often thought to be the language of the deep imagination and is so vital to a soulful path. The dreamlike quality of myth and legend, where the boundary between fact and poetic imagination is misty, allows us to engage with them symbolically to promote insights for daily living.

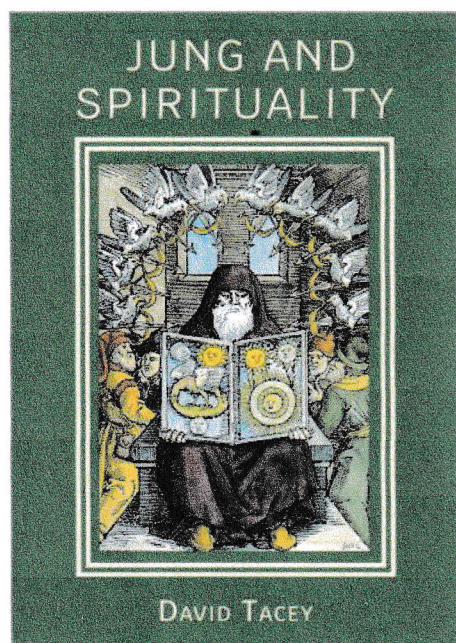
Bringing psychology alongside the Celts in this way allows for a conversation on spirituality where psychology sometimes leads and, at other times, where Celtic voices illustrate poignant truths for a path travelled in depth.

Following the Celtic year, the book consists of eight parts, with six or seven weeks per part, throughout the year, providing a balance of reflection on core themes and practices, beginning with a festival. Each week offers tales and folklore from Celtic mythology, followed by a suggested practice of meditation and contemplation, allowing readers to reflect on their corresponding themes in their own lives.

Ultimately, *Portals into Deep Imagination* is a companion for contemporary spirituality in an age of transition, a resource for path-walkers to live more from soul via the ancients, nature connection, and life's Mystery.

AUTHOR BIOGRAPHY

Michael Wilson's lifelong connection with nature is the ground of his spirituality and path in life generally. For the past twenty years he has developed and facilitated nature-based programmes in the UK,



March 2025

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ISBN 9781801521642

Category GEN

Thema JMAF, JM, QRVK

Binding Paperback

Format 229 x 152 mm

Extent 292 pp

Pub. City London

Jung and Spirituality

David Tacey

DESCRIPTION

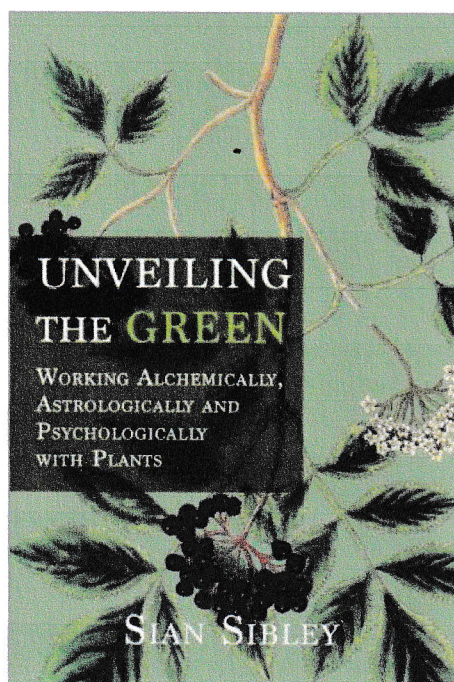
An exploration of spirituality in the modern world using Carl Jung's insights

Jung believed that a spiritual life lies buried in everyone's unconscious and could be brought before consciousness with therapeutic results and that rationality and hubris prevented many in the modern world from acknowledging the spiritual aspects of our lives, and repressing the spiritual was as harmful as repressing the sexual.

This book contains a series of chapters which explore the applications and ramifications of Jung's psychospiritual theory. Starting with how to bring back spirituality into religion, it then looks at the activation of 'earth energies' and the primordial mind by bringing the spirit back into nature. It proceeds to examine the spiritual journey, dreams, the individuation of god, and the healing power of spirituality.

AUTHOR BIOGRAPHY

David Tacey is a writer and public intellectual who works across the fields of spirituality, psychology, literature and philosophy. David is interested in the return of the sacred in secular societies and is a specialist in Jungian studies. He is the author of sixteen books in these fields, including *How to Read Jung*, *Remaking Men*, *Gods and Diseases*, *The Darkening Spirit*, *Religion as Metaphor* and *The Postsecular Sacred*. He teaches courses at the Jung Institute in Zürich and is Emeritus Professor at La Trobe University, Melbourne. His books have been translated into Chinese, Russian, Korean, Spanish, Portuguese, Turkish and French.



May 2025

Price £16.99, €24.99, \$24.99

ISBN 9781801521994

Category GEN

Thema VXW, VXHT4, VXFA, QRYX

Binding Paperback

Format 229 x 152 mm

Extent 158 pp

Pub. City London

Unveiling the Green

Working Astrologically, Alchemically and Psychologically with Plants

Sian Sibley

DESCRIPTION

A poignant guide exploring how to connect with the spiritual essences of plants in order to rebuild the health and happiness of the planet and humankind

Using a blend of scientific research and esoteric wisdom, Sian Sibley invites readers to reevaluate their relationship with nature – ‘the green’ – exploring why an enduring connection with the natural world is essential for human health and psychology, as well as for our continued existence on the planet.

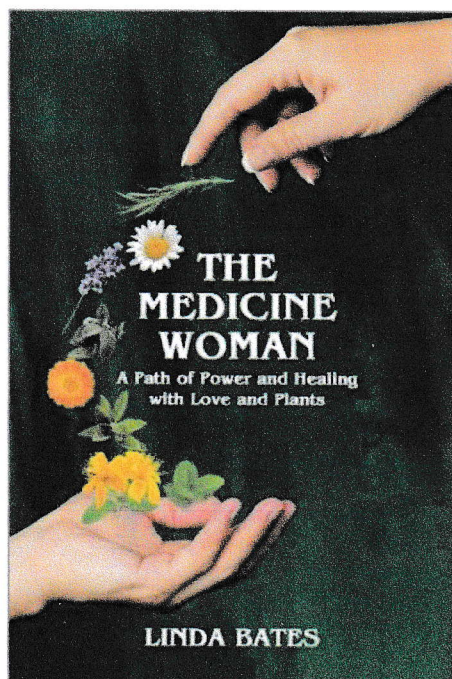
Based on Sibley’s unique magical system, and her own relationship with her ‘green friends’, *Unveiling the Green* presents a series of meditative and psychic practices that will allow readers to meet plant spirit as they truly are. Drawing on the teachings of the Welsh mystic Charubel, as well as the work of herbalist Nicholas Culpeper, the book explores alchemical praxis and astrological connections to plants, teaching how to create medicines, gateway tinctures and plant sigils in order to deepen relationships with the green realm.

In a modern environment that increasingly neglects the natural world, *Unveiling the Green* is a refreshing reminder to reconnect with our plant allies and to walk the Green Path. This book will guide readers in building a reciprocal relationship with nature, showing how this benefits not only the planet, but also our individual contentment and wellbeing.

AUTHOR BIOGRAPHY

Sian Sibley is a writer, witchcraft practitioner, and ecologist from Wales, with over thirty years of experience in plant spirit magic. She holds master’s degrees in Biological Science and Ecology and Spirituality, blending scientific insight with esoteric wisdom. As the leader of the DragonOak Coven for twenty seven years, she has guided practitioners in structured, nature-based spiritual practices that honour both tradition and personal growth.

Her books, *Unveiling the Green* and *Black Paths and Green Cathedrals*, explore the intersection of plant and tree spirit work, ecological philosophy, and magical practice. Through alchemy, Kabbalah, the Charubel method, and the Greek Magical Papyri, she uncovers the deep connections between nature’s intelligence and human spirituality. Sian’s work weaves together folklore, philosophy, and practical magic, offering a bridge between ancient traditions and modern ecological understanding. Passionate about fostering a deeper relationship with the natural world, she continues to teach, write, and inspire through her practice.



July 2025

Price £19.99, €30.00, \$30.00

ISBN 9781801521727

Category GEN

Thema VXHT4, MX, DNC

Binding Paperback

Format 229 x 152 mm

Extent 212 pp

Pub. City London

The Medicine Woman

A Path of Power and Healing with Love and Plants

Linda Bates

DESCRIPTION

A beautiful and healing synthesis of memoir and practical herbal knowledge.

Starting with inspiring stories of her life in herbalism and healing, Linda Bates outlines some of the almost miraculous cures she achieved with plant medicine, ranging from working with intensive care patients to brain disease.

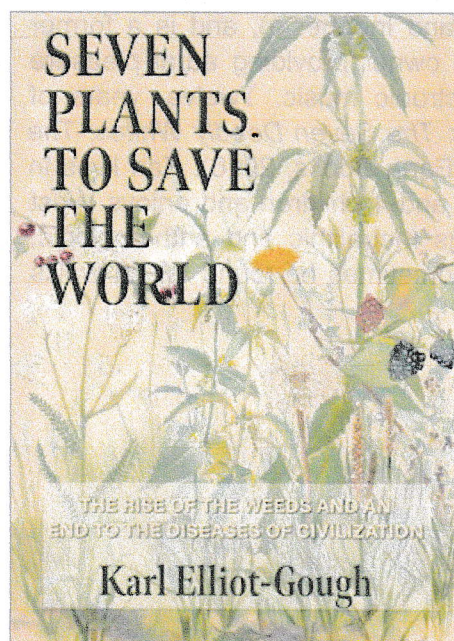
The Medicine Woman goes on to examine Linda's spiritual journey and how discovering one's true vocation is a key to becoming a healer. From Findhorn in Scotland, to Adelaide, Australia her story is fascinating and inspiring, offering poignant and practical insight to both herbalists and lay-people alike.

In the final section, Linda explains the system of herbal medicine she was taught, centred around the use of drop doses of several plant tinctures and includes several detailed case studies.

The Medicine Woman is an inspiring work which stresses the importance of community centred healing practices in the herbal world, acting as an invitation to consider more deeply our relationships with both humans and plants in daily life.

AUTHOR BIOGRAPHY

Linda Bates was a traditional western Herbalist trained by Dorothy Hall and the women of her family. Since 1993 she worked as a herbalist, organically growing her herbs in the Blue Mountains, making tinctures & creams with them, and teaching others how to do the same.



May 2025

Price £35.00, €65.00, \$70.00

ISBN 9781801521628

Category GEN

Thema RNA, KCVG, JBFZ, VXHT4, MX, PSAF, RNB, WN

Binding Hardback

Format 254 x 178 mm

Extent 402 pp

Pub. City London

Seven Plants to Save the World

The Rise of the Weeds and an End to the Diseases of Civilization

Karl Elliot-Gough

DESCRIPTION

A path-defining exploration of herbs which, using only seven key plants, provides a revolutionary guide on how you can support the planet and all humankind.

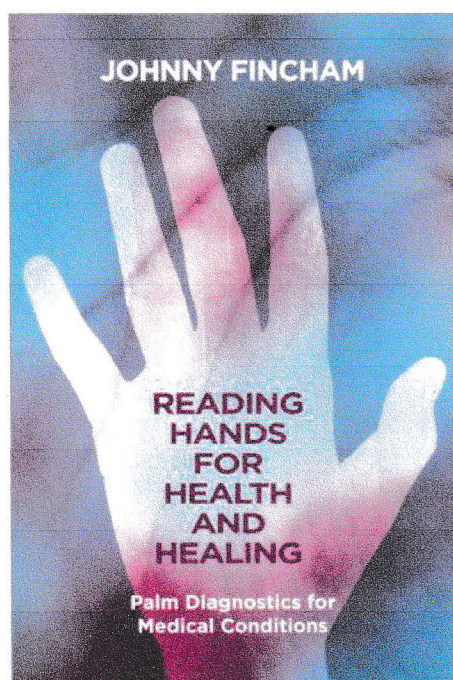
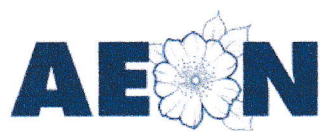
Born from nearly a decade of working solely and closely with these seven plants, Karl Elliot-Gough's groundbreaking book presents a new paradigm for understanding our relationship with plants, encouraging all who work with herbs and nature to embark on a journey of sustainability, prosperity and health.

With a blend of traditional and scientific research, Elliot-Gough uses these seven key plants – nettle, dandelion, yarrow, plantain, cannabis, hawthorn and blackberry – in a pioneering analysis of the ways in which the bounty of nature can transform not only the health of the individual, but also act as a guide in developing a more sustainable, respectful and abundant world.

Seven Plants to Save the World is a bold testimony to the limitless opportunities that the plants can offer humanity, outlining the surprising possibility of systemic change through which the world can become harmonious and sustainable with everyone thriving, as opposed to hardly surviving.

The book begins with seven monographs of the individual plants which explore their folklore and traditional usage, the scientific evidence, a range of industrial applications, along with information on foraging, harvesting, recipes and more. The second half of the book presents an innovative compendium of solutions, in which plants are instrumental in sustaining and developing global systems for the benefit of the planet and humanity. These systems include healthcare, economics, industry, agriculture and culture. Elliot-Gough unpicks how plants can guide us in developing a more sustainable future within these systems, benefiting the planet as a whole.

Seven Plants to Save the World provides readers with a path to feel emboldened and optimistic in a world which often seeks to suppress systemic change, as well as offering real and practical guidance in implementing such change in our own lives and communities, for the good of the planet and every living thing.



Reading Hands for Health and Healing

Palm Diagnostics for Medical Conditions

Johnny Fincham

DESCRIPTION

A revolutionary diagnostic method that teaches how to use the intricate features of the hand to better understand the complexities of health and wellness

In a holistic, multi-layered practice Johnny Fincham unpicks the shape, appearance, texture, markings, fingernails, lines and fingerprints found on the hand as he reveals how one of the most under-appreciated, yet important parts of the body can reflect vital information about the wellbeing of humans.

This groundbreaking approach reframes palmistry as a new diagnostic method that fully illuminates the underlying psychological and emotional attitudes, behaviours and states of being that cause potential illness.

Complete with illustrations, it explores in detail the different constitutional states which can be read from the palm and finger shapes; explores different fingerprint patterns and how to recognise diseases within them; and reveals how to use the lines of the palm as well as nails in diagnosing patients.

Reading Hands for Health and Healing is a much needed addition to the shelves of all holistic practitioners who seek to treat the complexities of human beings in a more in-depth level, or indeed any lay person wishing to understand their own psychological, physical and emotional needs more deeply.

AUTHOR BIOGRAPHY

Johnny Fincham, dubbed 'Britain's leading palmist' by the Daily Mail, has rewritten the rules of traditional palmistry. His eight palmistry books consistently top Amazon's international bestseller lists, & his live TV readings & media articles have amazed audiences with their accuracy & insight. A hand reader, lecturer & researcher of palmistry for over thirty five years, Johnny's clients travel from across the world for his inspirational & revelatory consultations.

April 2025

Price £19.99, €29.95, \$29.95

ISBN 9781801521659

Category GEN

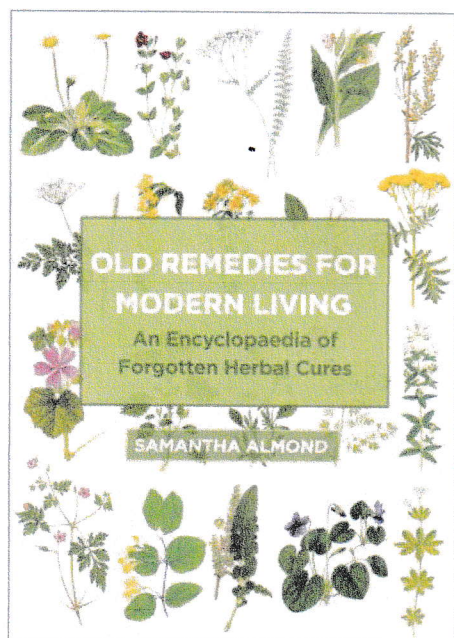
Thema VXFJ1, MX

Binding Paperback

Format 229 x 152 mm

Extent 192 pp

Pub. City London



June 2025

Price £30.00, €50.00, \$45.00

ISBN 9781801521741

Category GEN

Thema VXHT4, MX, NH

Binding Paperback

Format 229 x 152 mm

Extent 340 pp

Pub. City London

Old Remedies for Modern Living

An Encyclopaedia of Forgotten Herbal Cures

Samantha Almond

DESCRIPTION

A comprehensive and full colour materia medica of western herbs focusing on using traditional and forgotten formulas and cures in modern practice and daily life

Outlining essential information which is often absent from modern herbal texts, *Old Remedies for Modern Living* details recipes for old and forgotten plant cures for over one hundred common Western herbs.

The chapters include recipes such as tisanes, cold infusions, poultices, decoctions, bath oils, infused extracts, syrups, compresses and more.

Complete with full colour photographs, the book is structured as a well-researched and in-depth A to Z of herbs. From Agrimony to Yellow Dock, the entry for each herb provides an easily accessible introduction – allowing for quick referencing – which lists the etymology, plant lore, edibility, seasonality, medicinal properties and active constituents.

Every entry moves on to explore the historical usage of each plant alongside modern research, as well as dosages, topical uses and precautions, concluding with a number of forgotten remedies for which each plant can be used.

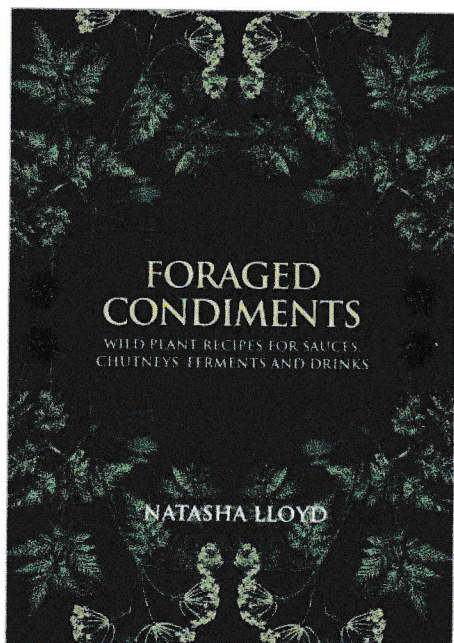
Old Remedies for Modern Living is an essential text for all practitioners and students of herbal medicine, encouraging readers to treat and innovate with herbal traditions of the past in their everyday practice.

AUTHOR BIOGRAPHY

Samantha Almond is a self-taught herbalist and nature enthusiast.

Her debut book is the culmination of years of dedicated research into the wildflowers of the Forest of Dean, a project she began in 2019. She provides readers with a unique perspective on the history of the medicinal uses of the plants of this enchanting region and how those historical uses stand up to modern research

Samantha enjoys sharing her discoveries with others and exploring the countryside with her partner Adrian and their dogs Holly and Pippa.



June 2025

Price £29.99, €38.00, \$45.00

ISBN 9781912807987

Category GEN

Thema WB, WBVH, WBTH, VXHT4, MX

Binding Paperback

Format 246 x 174 mm

Extent 224 pp

Pub. City London

Foraged Condiments

Wild Plant Recipes for Sauces, Chutneys, Ferments and Drinks

Natasha Lloyd

DESCRIPTION

A unique and lavishly illustrated cookbook exploring how to forage for wild plants and how to use them in everyday food and drink.

Natasha Lloyd invites readers to delve into the treasure trove which plants can offer, outlining a stunning selection of recipes which explore the culinary and medicinal bounty of plants and how to use them in the kitchen.

The recipes in the book offer twists on traditional condiments, as well as modern cocktails ingredients and everyday drinks, all made with wild plants. These include pear and dandelion root chutney, beetroot and hogweed seed sauce, limeflower tonic water, hawthorn bitters, as well as many more.

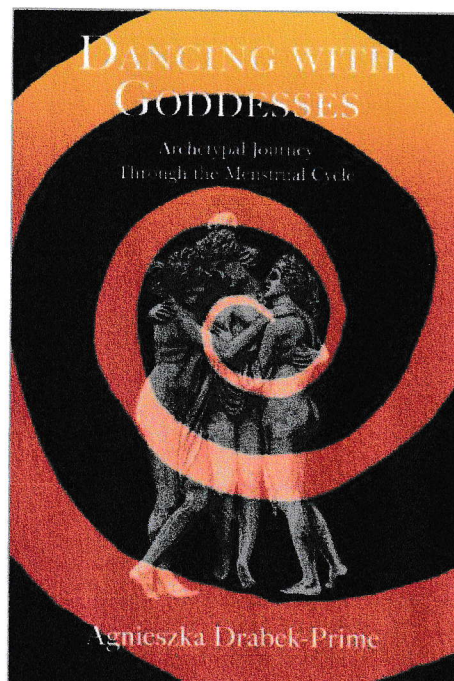
Complete with charming full-colour illustrations and photographs, *Foraged Condiments* also offers a fascinating introduction to the traditional Scottish uses of a selection of plants, alongside their clinical uses, history and scientific integration. Through her thoughtful discussion of Scotland's ancient connection to the land, Natasha invites readers to consider their own relationship with nature, through connecting with the plants themselves.

From an author who has dedicated her life to working with plants, *Foraged Condiments* provides a superb foundation for those looking to integrate foraging and wild cooking into their daily lives without fuss or complication, while also guiding readers in resonating with the beauty of nature in a deeper, more intimate way.

AUTHOR BIOGRAPHY

Natasha Lloyd grew up around the joys of plants learning from her mother and a well thumbed copy of *A Modern Herbal* by Mrs Grieves, foraging with her mum since she was a child.

She had a croft and a small holding before qualifying in Herbal Medicine in 2013. With the harvests from her mother's allotment and once older, from her own croft and smallholding, she would make condiments.



June 2025

Price £19.99, €28.00, \$28.00

ISBN 9781801521635

Category GEN

Thema VFDW, QRYM2, VX, VXA

Binding Paperback

Format 229 x 152 mm

Extent 220 pp

Pub. City London

Dancing with Goddesses

An Archetypal Journey Through the Menstrual Cycle

Agnieszka Drabek-Prime

DESCRIPTION

A unique and practical guide to support women through the complexities of the menstrual cycle and the journey of womanhood

Drawing from the ancient wisdom of the Great Goddesses, Agnieszka Drabek-Prime reclaims the cycle of menstruation and the journey of womanhood as a sacred spiral of life, death and rebirth, encouraging women to understand their cycle as a vehicle for wisdom and strength.

For centuries within Western society, the menstrual cycle has been connoted with feelings of shame and dirtiness, rarely acknowledged outside of medical circumstances. Women across the world move through life without a proper understanding of the monthly cycles of their bodies, hating themselves for feelings of irritability, tiredness and depression.

Dancing with Goddesses reveals the archetypes of the great Goddesses and provides a guide for women to work with them in unravelling and strengthening the energy and feelings of their own cycles. Drabek-Prime also includes information vital to all women, explaining the workings of a healthy menstrual cycle and information cycle tracking.

Offering a range of practical methods to work with – from meditations and rituals to seasonal journeys or moon guides – *Dancing with Goddesses* will appeal to all women, both old and young.

In this unique exploration of mythology and womanhood, *Dancing with Goddesses* invites women to re-connect with their menstrual cycles and feminine power. By working through this book, readers will be able to transform the previously negative aspects associated with the menstrual cycle, instead reclaiming them as a vessels for strength, wisdom and clarity in daily life.

AUTHOR BIOGRAPHY

Agnieszka Drabek-Prime is a teacher, Womb Medicine Woman, and Sacred Weaver. Through connection with the Spirit, from threads of different traditions as well as from the wisdom of her womb and the Sacred Feminine, she weaves the sacred into everyday life. Agnieszka is the author of the children's novel *The Secret of the Underland* and has been published in the women's collaboration *Weaving Our Way Beyond Patriarchy: A Womancraft Publishing Compendium*. Originally from Poland, she now lives with her husband, son, and dog in Cambridge, UK, teaching, seeing clients, organising ceremonies and courses in person and on-line. Her website is <https://primetherapy.co.uk/>