



FINDHORN PRESS



New Titles

Spring 23

Programme Spring 23

Spirituality

- *Light Messages from the Pleiades: A New Matrix of Galactic Order* – by Pavlina Klemm
- *Water Alchemy Oracle* – by Alexandra Wenman
- *The Female Archangels: Empower Your Life with the Wisdom of the 17 Archeiai* – by Calista

Alternative Health

- *Maximize Your Healing Power: Shamanic Healing Techniques to Overcome Your Health Challenges* – by Sharon E. Martin, M.D.
- *Heal Your Ancestral Roots: Release the Family Patterns That Hold You Back* – by Anuradha Dayal-Gulati
- *Twelve Essential Oils of the Bible: Ancient Healing Oils and Their Contemporary Uses* – by Karin Opitz-Kreher & Johannes Huber (E)
- *Shilajit: The Ayurvedic Adaptogen for Anti-Aging and Immune Power* – by Wolfgang Windmann (E)

Self-Help/ Self-Development

- *Confident Empath: A Complete Guide to Multidimensional Empathing and Energetic Protection* – by Suzanne Worthley
- *Sage, Huntress, Lover, Queen: Access Your Power and Creativity through Sacred Female Archetypes* – by Mara Branscombe

Nature

- *EFT Emotional Freedom Technique for Animals and Their Humans* – by Joan Ranquet

Preview on Fall 2023

Shamanic Reiki Drumming --- Seven Gateways into Spiritual Experience --- Light Messages from the Pleiades: The Healing Field--- The Gift of the Night: A Six-Step Programme
Combining Sleep Science and Spirituality---The Sex Life of the Sun

Light Messages from the Pleiades

A New Matrix of Galactic Order

PAVLINA KLEMM

Pleiadian healing techniques to assist humanity in the ascension process

- Introduces the concept of the Cosmic Pharmacy available to anyone and accessible through meditation and exercises
- Explores Pleiadian healing techniques to regenerate our DNA with chakra healing, the cosmic sounds, and high-vibrational healing numbers
- Includes exercises, affirmations, and meditations, all charged by the Pleiadians with positive frequencies that activate remembering and healing

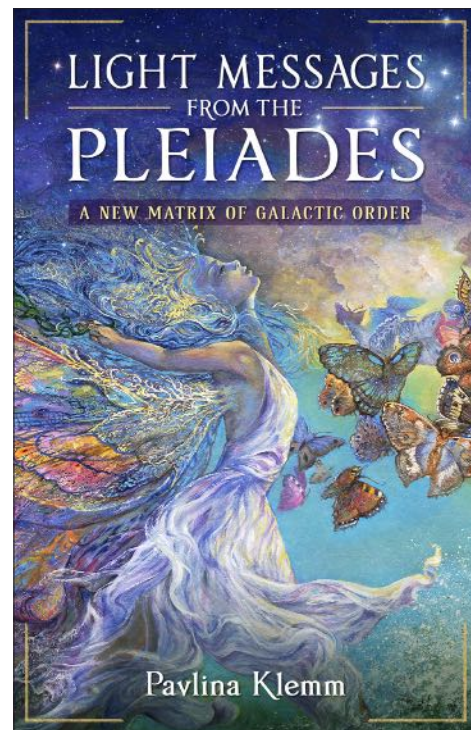
We are in the midst of a light-filled revolution. As healer and Pleiadian channel Pavlina Klemm explains, humanity is awakening from its sleep, and the Pleiadians are sending wisdom to support the ascension process on Earth.

In this high-vibration book, Pavlina shares the light messages she has received from the higher beings known as the Pleiadians on the Great Awakening that is taking place worldwide. The messages highlight the earthly path of liberation from dark forces and stress the importance of incarnation and reincarnation during these challenging years. They describe the oversoul of one's family, to which every person can connect, as well as how to support individuals, families, and children in the regeneration of DNA through Pleiadian healing techniques.

Through their messages, the Pleiadians connect us to the frequencies of cosmic freedom. They show how anyone can effortlessly tap into the Cosmic Pharmacy through meditations and exercises to support their own healing. They explain how to heal your chakras, including the light chakras, which go beyond the well-known 8-chakra system. The Pleiadians also provide us with cosmic healing sounds for remembering our pure essence and high-vibration healing numbers that are connected to specific morphogenetic fields and help to heal, purify, and regenerate.

Each message, exercise, and meditation in the book has been charged by the Pleiadians with high-vibration frequencies to help the soul of the reader not only heal and find health on multiple levels but also rediscover and quickly develop natural healing and intuitive abilities. Supporting you in the ascension process, this guide will help you fulfill your soul's mission in the cosmic revolution.

Pavlina Klemm is a healer, medium, and educator who has trained in quantum healing, Eric Pearl's reconnective healing, Körbler's New Homeopathy, and Russian healing methods. Born in the Czech Republic, she has been in contact with the spiritual world since childhood and since 2010 has been a channel for the Pleiadians. Pavlina lives and works near Munich, Germany.



March 2023

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Rights: World English

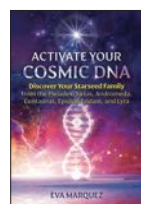
Spirituality/Channeling



PHOTO BY MELANIE DAOUD

Author
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Of Related Interest



Activate Your Cosmic DNA

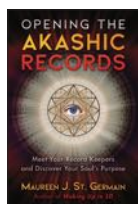
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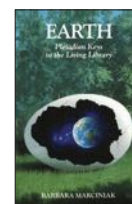
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Earth

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Bear & Company

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Contents

Preface	9
Greetings from the Pleiadian Civilization	13
 PART ONE: Messages and Exercises for the New Era	
1 The Self-Righteous Sinner or the Selfless Saint	21
2 Introduction to the World of the Chakras and Their Consciousness	25
3 Orella and Her Message, “The truth Will Prevail”	30
4 The Chakras, Their Worlds, and Exercises for Their Healing	34
5 The Cosmic Pharmacy is Open to Humankind!	75
6 Light-filled Colloidal Metals and the Task of Physical Gold with Regard to Human Beings and the Planet Earth	79
7 Exercise to Connect to the Cosmic Pharmacy	83
8 Connecting to the Cosmic Pharmacy of Animals	88
9 The Higher Soul of Your Family and Working with It on the Energy Level	91
10 A New Number Sequence for Regeneration, for Optimal Development and for the Protection of Your DNA	100
11 Bees and Mandalas to Protect Them	105
12 Meditation for all the Children of this Planet	108

**PART TWO: Messages from the Pleiadians
on the Current Situation**

13	Breakthrough into the Positive Future	113
14	You Are Going through Processes That Will Liberate You	120
15	A New Matrix System of Galactic Order	124
16	The Cosmic Key to Freedom	128
17	Planet Earth is Purifying Herself	133
18	Restoration Has Already Begun	138
19	The Light Revolution	143
20	The Great Change	149
21	Frequencies of Peace	155

The Relevance of Your Incarnation on This Planet:

Closing Words from the Pleiadians	159
---	-----

My Current Epilogue	165
---------------------------	-----

ADDENDUM

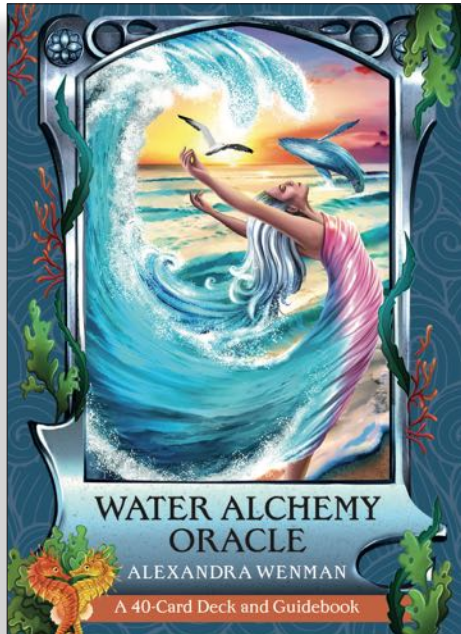
The Crop Circle in Fischen, Germany	175
---	-----

Bonus Meditation:

Grounding through the Power and Protective Frequency of Gaia's Soul	181
--	-----

Acknowledgments	183
-----------------------	-----

About Pavlina Klemm	185
---------------------------	-----



Water Alchemy Oracle

A 40-Card Deck and Guidebook

ALEXANDRA WENMAN

Illustrated by Aveliya Savina

A full-color oracle deck and guidebook for working with the healing, magical, and alchemical wisdom of water

- Includes 40 high-vibration full-color cards, each featuring a water element from nature embodied by devas, undines, mermaids, and other sacred beings
- Offers a detailed interpretation of each card, explaining the healing and cleansing properties of each sacred body of water along with a channeled message and guidance from the water beings
- Provides engaging exercises, practical rituals, and manifesting techniques to explore the spiritual practice of Sacred Water Alchemy

Water is the most sacred element on our planet. It is everywhere, within us and around us, and without it there can be no life. As a spiritual element, water is closely linked with our emotional world and the powers of intuition as well as being aligned with divine feminine wisdom. By working with the energies of water, we can discover healing, transformation, guidance, miracles, and the manifestation of our dreams.

In this healing and divinatory oracle, Alexandra Wenman takes you on an alchemical journey to work with the healing wisdom of water to enhance your intuition, bring more fluidity and flexibility into your daily life, and offer personal healing energies to the polluted and damaged waterways of our world. The 40 high-vibration full-color cards focus on water elements from nature, such as waterfalls, lakes, mist, ice, and sacred water sites, each beautifully illustrated with a water scene featuring magical beings, such as nymphs, mermaids, undines, goddesses, devas, and other deities. The accompanying guidebook offers a detailed interpretation of each card, explaining the healing and cleansing properties of each sacred body of water along with a channeled message and guidance from the water beings, Guardians, Angels, and Councils of Light. It also provides engaging exercises, practical rituals, and manifesting techniques to explore the powerful practice of Sacred Water Alchemy, a spiritual process to help you understand the depth and range of your emotions, purify your lower self, reunite with your divine self, reveal your spiritual gifts, and create miracles.

As you dive deeper into the mystery of the sacred waters with this oracle, you will travel deeper into yourself to gain clarity, uncover hidden treasures, heal unresolved issues, and find the courage to move forward and flow with the rhythm of life.

Alexandra Wenman is a gifted angel communicator, spiritual alchemist, channel, healer, poet, and presenter. The author of *Archangel Fire Oracle* and *Archangel Alchemy Healing*, she is the creator of *The Alexandra Wenman Show* on YouTube. She lives in London.



April 2023

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ISBN 978-1-64411-730-9

\$25.00 (CAN \$31.50)

Boxed set, 5 x 6 3/4

Includes 40 full-color cards
and 144-page guidebook

Rights: World English
Divination/Nature

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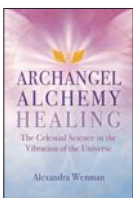


Droplet



Whirlpool

Also by Alexandra Wenman



Archangel Alchemy Healing
Alexandra Wenman
Findhorn Press
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\$22.99 (CAN \$28.99) pb
October 2022 release



Archangel Fire Oracle
Alexandra Wenman
Findhorn Press
ISBN 978-1-64411-278-6
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7,000 copies sold

Of Related Interest



How to Become a Mermaid
Elyria Swann
Destiny Books
ISBN 978-1-64411-450-6
\$14.99 (CAN \$18.99) pb









CONTENTS

OPENING PRAYER	7
----------------	---

INTRODUCTION: ABOUT THIS ORACLE	9
---------------------------------	---

Healing by the Water	10
----------------------	----

Join the Water Peace Project	14
------------------------------	----

Becoming a Channel for the Living Waters	14
--	----

PART 1: WORKING WITH THE MAGIC AND MYSTERY OF WATER	15
--	----

The Consciousness of Water	15
----------------------------	----

The Sacred Significance of Water	17
----------------------------------	----

A Story about the Magic of Water	18
----------------------------------	----

Preparation for Working with This Oracle	18
--	----

Working with the Angels of Water	20
----------------------------------	----

Be Like the Water	22
-------------------	----

PART 2: WATER ALCHEMY ORACLE	23
-------------------------------------	----

How to Use This Oracle	24
------------------------	----

Suit 1: Liquid

1. Droplet—"New Beginnings"	25
2. Ripple—"Emerging Anew"	29
3. Spray—"Share Your Delight"	32
4. Rain—"Nourishment, Regeneration"	34
5. Bubble—"Shield Your Energy"	37
6. Foam—"New Love Arrives"	39
7. Whirlpool—"Hold Your Centre"	41
8. Crystal—"Seeing Clearly"	44
9. Wave—"Flowing with Change"	46
10. Geyser—"Use Your Power"	49
11. Still Waters—"Patience and Rejuvenation"	51

Suit 2: Solid

12. Hail—"Sudden Impact"	54
13. Ice—"Cooling Down"	57

Suit 3: Gas

14. Steam—"Embrace Your Fire"	61
15. Mist—"Step Beyond the Veil"	64
16. Evaporation—"Gratitude and Grace"	67

Suit 4: Uses

17. Hydration—"Satisfy Your Spirit"	71
18. Bathing—"Devotional Self-Care"	73
19. Purification—"Cleanse and Detoxify"	75
20. Blessing—"You Are Sacred"	77
21. Dilution—"Reveal the Gold Within"	79
22. Reflection—"Look in the Mirror"	81

Suit 5: Actions

23. Swimming—"Celebrate Success"	84
24. Floating—"Exhaustion Alert"	87
25. Diving—"Unexpected Opportunity"	89
26. Rising—"Swell with Pride"	91

Suit 6: Waters of the Earth

27. Lake—"Distant Shores"	94
28. Dam—"Make a Decision"	97
29. River—"Rite of Passage"	99
30. Ocean—"Take Charge"	101
31. Spring—"Long, Dark Night"	104
32. Waterfall—"Unlimited Inspiration"	107
33. Rockpool—"Standing Out"	109
34. Cenote—"Secrets Revealed"	111
35. Aquifer—"Integration, Evolution"	113

Suit 7: Waters of the Body

36. Fluids—"The Holy Grail"	116
37. Tears—"Emotional Release"	119

Suit 8: Waters of the Cosmos

38. Moon—"Wholeness, Unity"	122
39. Comet—"Wishes Fulfilled"	124
40. Nebula—"You Are Original"	127

PART 3: WORKING WITH THE CARDS

Single Card Reading	130
Three-Card Spread	131
The Drip Spread	132
The Cloud Spread	133
The Fountain of Life Spread	135
The Sphere of the Year Spread	137

FINAL PRAYERS

ABOUT THE ARTIST	140
------------------	-----

ABOUT THE AUTHOR	141
------------------	-----

ACKNOWLEDGEMENTS AND FREE GIFTS	144
---------------------------------	-----

The Female Archangels

Empower Your Life with the Wisdom of the 17 Archeiai

CALISTA

Embody the Divine Feminine wisdom and consciousness of the Heavenly Archeiai

- Introduces 17 female Archangels and how to partner with them to evolve your life and your spiritual path of Ascension
- Shares wisdom and practical techniques to harness your Angelic power and create your version of Heaven on Earth
- Includes Angelic attunements, rituals, and journeys to help you embody the Divine Feminine as well as full-color illustrations embedded with Angelic energy and light codes for attuning to the frequencies of the Archeiai

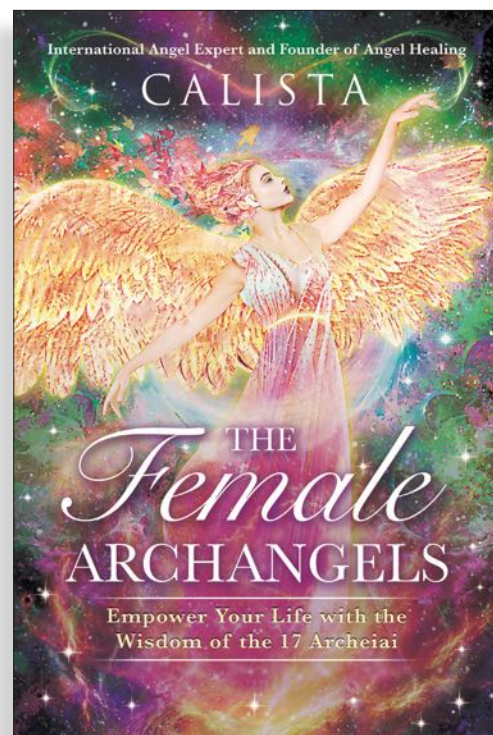
For centuries, Angels have been depicted as masculine or androgynous beings. With the rise of Divine Feminine energy on Earth, the feminine aspects of these Angelic beings are now being revealed. The female Archangels, the Archeiai, are here to help you harness your Angelic power and create your own Heaven on Earth.

In this guide to help you connect with the Archeiai, Angel healing pioneer Calista introduces 17 female Archangels—each named to symbolize the quality she represents, such as Grace, Hope, Clarity, or Joy—alongside practical techniques to partner with the Angels to evolve your life and your spiritual path of Ascension. Calista explains how the Archeiai can help you discover your potential and realize the origin of your fears and insecurities, allowing you to heal at the deepest level and become empowered. Each Archangel is depicted through a full-color illustration, embedded with Angelic energy and light codes for attuning to the frequencies of the Archeiai.

For each of the 17 Archeiai in the book, Calista shares their direct loving guidance and wisdom centered on their specific Divine and Angelic qualities as well as how they connect to the color rays, their fellow Archangels, and the crystal realm. Each Angelic chapter also offers an Angel ritual, an attunement, affirmations, and a reflective “Rise like an Angel” exercise and blessing to help you embody Angel consciousness. In addition, the book includes the Angel Healing® A–Z Prescription Guide, which allows you to discover the energetic causes of dis-ease states.

Discover the messages the Archeiai have for you as they escort you on a return journey to bliss and balance through the energies of the Divine Feminine. Let yourself be healed and empowered as your dreams manifest, your vibration expands, and your heart fills with Love.

Calista is an award-winning author, speaker, and pioneer of spiritual Ascension. As a former cancer research scientist, she blends the seen and unseen realms into her certified modalities: Angel Healing® and Unicorn Healing® that are taught worldwide. The author of *The Female Archangels Oracle*, Calista lives in Perthshire, Scotland.



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Replaces previous edition:

The Female Archangels

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368 pages, 6 x 9

Full-color throughout

Rights: World

Spirituality/Angels



Author
Calista

Also by Calista



The Female Archangels Oracle
Calista

Findhorn Press

ISBN 978-1-64411-580-0

\$25.00 (CAN \$31.50) boxed set

September 2022 release

Of Related Interest



Angels of Light Cards

Diana Cooper

Findhorn Press

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\$19.99 (CAN \$23.99) cards

19,000 copies sold



Soul Helper Oracle

Christine Arana Fader

Earthdancer Books

ISBN 978-1-64411-468-1

\$19.99 (CAN \$24.99) boxed set

April 2022 release

Contents

Introduction

- 1/ Receiving Your Wings I AM Ready to Fly
- 2/ Archeia Faith – I AM Ready to Trust
- 3/ Archeia Virtue – I AM Ready to Heal
- 4/ Archeia Purity – I AM Ready to Transform
- 5/ Archeia Grace – I AM Ready to Flow
- 6/ Archeia Charity – I AM Ready to Love
- 7/ Archeia Clarity – I AM Ready to Empower my Mind
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- 9/ Archeia Freedom – I AM Ready to Empower my Sexuality
- 10/ Archeia Serenity – I AM Ready to Conquer
- 11/ Archeia Patience – I AM Ready to Prosper
- 12/ Archeia Constance – I AM Ready to Rise
- 13/ Archeia Hope – Expect the Best
- 14/ Archeia Victory – Raise Your Vibration
- 15/ Archeia Strength – Unleash Your Magic
- 16/ Archeia Harmony – Bring in Music
- 17/ Archeia Radiant – Raise Your Standards
- 18/ Archeia Joy – Prioritize Play and Pleasure
- 19/ 30-Day Angel Play I AM Ready to Shine

Afterword

Appendices – 1/ Archeia Attributes; 2/ Angel Healing® Prescription Guide

Bibliography

List of Practices, Meditations, and Ceremonies

Acknowledgements

About the Author



23. ARCHEIA STRENGTH

Unleash Your Magic



15. ARCHEIA FREEDOM
Enliven Your Senses

Maximize Your Healing Power

Shamanic Healing Techniques to Overcome Your Health Challenges

SHARON E. MARTIN, M.D., Ph.D.

Foreword by Carl Greer, Ph.D., Psy.D.

Bridging the mystical and the scientific for Maximum Medicine

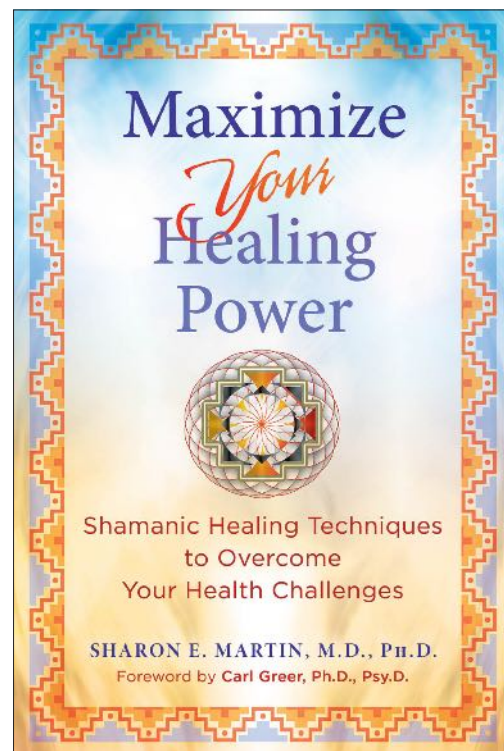
- Shows how applying shamanic and energy medicine techniques alongside allopathic medicine can shift your health and allow you to increase your life force
- Reveals how to sense the energy body in order to understand imbalances and develop greater control over your health
- Looks at new ways of viewing health challenges and visualizing the potential for healing using symbolic medicine wheels and the Andean symbol of the Chacana

For more than 20 years, Dr. Sharon Martin has been blending allopathic medicine with ancient shamanic and energy techniques to help her patients not only heal but also increase their vitality. In this practical guide to her program of Maximum Medicine, Dr. Martin shows how understanding the energetics behind health imbalances and applying shamanic and energy medicine techniques can shift our health, change the course of illness, and allow us to increase our life force. Explaining how the basis of true healing is through awareness of and access to the energy body, she reveals how to sense the energy body in order to develop greater control over our health.

Bridging the mystical and the scientific, Dr. Martin looks at new ways of seeing illness and visualizing the potential for healing using symbolic medicine wheels based on the elements, the compass directions, the four perspectives (literal, emotional, spiritual, and energetic), and the inner tasks of intuitive exploration, amplification, intention setting, and ritual. She describes how to view your organ systems and health challenges through the Andean symbol of the Chacana, which can help you understand your challenges and the journey to overcome them. She examines the process of the Four As (aware, allow, act, affirm), the actions one takes in order to enact change and healing. The author also explores how to amplify your mindfulness using a new Mindfulness Matrix, which in turn leads to a greater ability to self-reflect and bring about healing.

Presenting a straightforward, stepwise approach to attaining mastery of your health as well as simple practices and methods to gain control over illness, Dr. Martin shows how anyone can support their own healing and experience being more fully alive.

Sharon E. Martin, M.D., Ph.D., graduated from Johns Hopkins School of Medicine and is a board-certified physician of Internal Medicine with a doctorate in physiology. She is a graduate of the Healing the Light Body curriculum of the Four Winds Society and the host of two radio shows, *Maximum Medicine* and *Sacred Magic*, aired on the Transformation Talk Radio network. A doctor at a rural health clinic, she lives in Hustontown, Pennsylvania.



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Rights: World

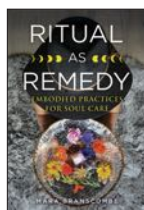
Health/Energy Medicine



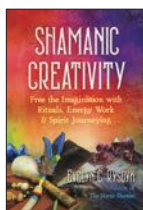
Author

Sharon E. Martin, M.D., Ph.D.

Of Related Interest



Ritual as Remedy
Mara Branscombe
Findhorn Press
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Shamanic Creativity
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Curanderismo Soul Retrieval
Erika Buenaflor, M.A., J.D.
Bear & Company
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6,000 copies sold



Contents

Foreword by <i>Carl Greer, PhD, PsyD.</i>	xx
--	----

Preface	xx
----------------	----



PART ONE

Understanding Maximum Medicine

1 Walk with Me	xx
2 Evolution of a Healer	xx
3 Why Western Medicine Is Not Enough	



PART TWO

Maximum Medicine Fundamentals

4 Bring Back the Mystical	xx
5 Layer upon Layer, the Power Builds: The Chacana and the Medicine Wheels	xx
6 The Medicine Wheels of Inner Actions and Inner Tasks: Shifting Perspective	xx
7 Consciousness, Character, and Connecting to Spirit	xx
8 Lose the Story, Lose the Past	xx



PART THREE

Applying Maximum Medicine through the Four ‘A’s

9	Become Aware	xx
10	Allow	xx
11	Act with Intention	xx
12	Affirm with Ritual	xx
13	The Maximum Medicine Approach to Common Health Challenges	xx xx
Afterword		xx
Notes		xx
Bibliography		xx
Resources		xx
Acknowledgments		xx
About the Author		xx

Layer upon Layer, the Power Builds

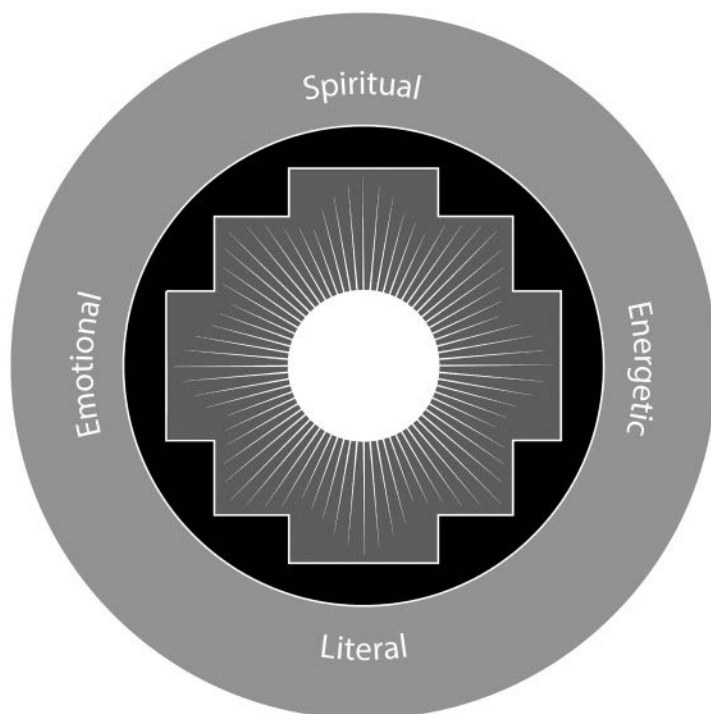
Air

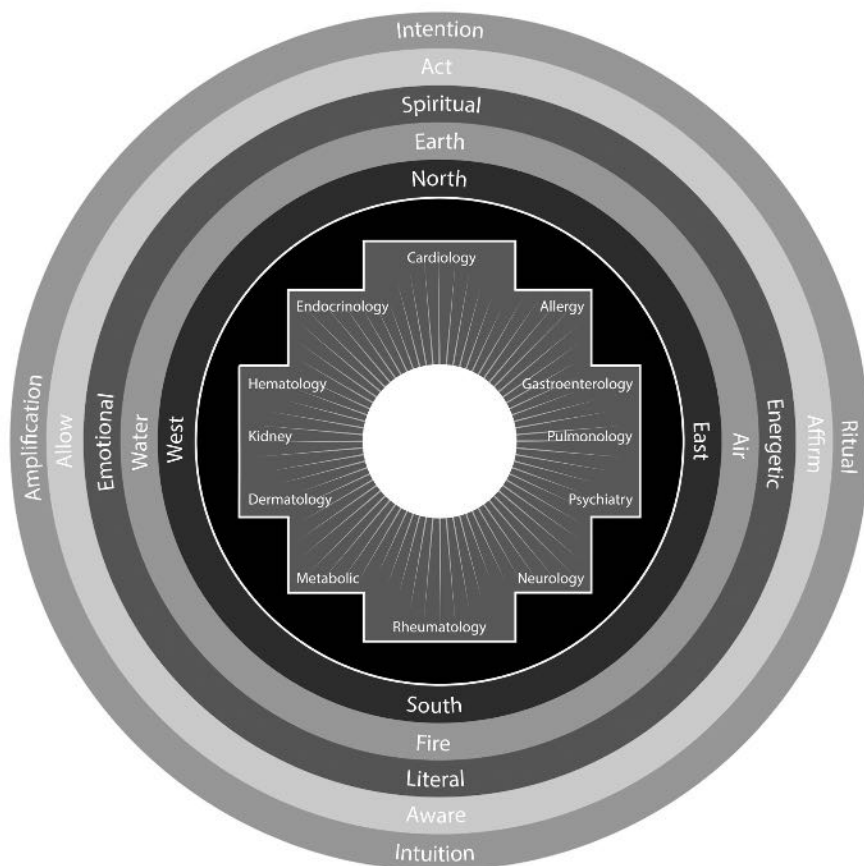
Lift, speed, stroke, swirl, power, delicate, yellow

Air – your songs pierce my quiet.
A note here, percussion there.
Flashes and flits of imagination
You speak to me in bits and verses
That broaden my horizon.
With you there is no direction –
We need no compass
To find the limitless sky.

When working with the wheel of the elements to better understand a physical or emotional ailment you're experiencing, return to these exercises you've done to see if reviewing them helps you to gain insights about your condition or situation.

The Medicine Wheel of Four Perspectives





balance of love to our behaviors. As you think about your own health issues, do you see any of them as related to blood and the earth? Or to genetic legacies?

A second example is that of dermatology. Most often skin diseases involve skin being inflamed (Fire) and sometimes blistered (Water). A skin disease often causes itching or is disfiguring, so the patient is likely to be in the literal (South) and emotional (West) realms on the Wheel of the Four Directions, experiencing physical discomfort and some fear and even embarrassment. These patients often are just beginning to recognize what the health challenge is. A challenge in treating a skin disease could be to cool the Fire (inflammation) and to remind the patient that they are more than “skin deep” (meaning the patient needs to see their situation from a higher vantage point, as more than their skin, so it would be good if they could shift to a spiritual perspective from an emotional and literal one).

Consciousness, Character, and Connecting to Spirit

VISION



Amplifying your perspective, seeing beyond your usual windows. Traveling with your awareness to different realms, different destinies to gain knowledge and insight. Insight to the cellular level, knowing how to steer your biochemical processes toward health. Tapping into the celestial realms for soul guidance.

INTENTION



The straight arrow of your wish, pinning directly onto the target of your desire. Fueled by your life force, absent of any wishy-washy component. In the physical realm, intention sends specific signals to your body organism to move in the direction you choose. Intention's arrow is amplified by the input from the Divine.

COMMUNICATION



Stating clearly your line in the sand, matching up the inside of you to what is shown to others, using your words to lead, unite and inspire. Working in concert with (talking to and listening to) the biochemistry, DNA, and components of your body. Listening to the voices of Higher Self, illumined beings, Nature forces and joining up with them.

CLARITY



Crystal clear knowing, ability to discern, words without error of meaning. Your energy field when light has shone on the shadows, when hidden agendas have floated to the surface. The flow of life force unimpeded through your Human organism. A view to the domains of the Divine, seeing the messages without opacity.

EXPANSION



The bigger You in your abilities, your energy field, your control over your destiny. A significant knowing of your life and its purpose. An organic awareness of your health, augmented in considerable ways. An awareness of the ever-lasting part of you, the ethereal and infinity.

EXCELLENCE



The most amazing You in your creativity, your influence, your physicality. Your life force, life energy and life actions in major brilliance. Finding your capacities as downloads from spirit.

WISDOM



Operating from the pinnacle of knowledge. Making smart, informed decisions coming from a cohesive body, mind, spirit. In health, wisdom is knowing what serves you and what doesn't, how to shift even down to the molecular level. Wisdom is the angel's whispers in your ear, magnifying the accuracy of your choices.

POWER



The full force of you, your soul, your essence coming forward unhampered by conditions around you. Power is magnified when your energy field is in alignment, and life force flows unimpeded. In health, a powerful life force clears through any challenges, calling forth the deepest levels of healing. When joining up with the unseen world, power is limitless.

TRANSFORMATION



Outcome of deep personal work, usually involving exploration and study in the dimensions of mind, body, and spirit. Alchemical shifts occur when alignments are made in the very nature of an organism. Metamorphosis can happen within the biologic and in the ethers, changing the trajectory of one's life.

Heal Your Ancestral Roots

Release the Family Patterns That Hold You Back

ANURADHA DAYAL-GULATI, Ph.D.

A practical guide to releasing the burden of transgenerational legacies and reclaiming your power to create the life you want

- Explores the principles that govern your family energy field and the many ways this ancestral field can support you as well as how it can hold you captive
- Provides exercises and tools to help you recognize and release negative family patterns and heal ancestral trauma
- Discusses the importance of honoring your ancestors, sharing suggestions about altar creation, prayers, and the Vedic ritual of Tarpanam

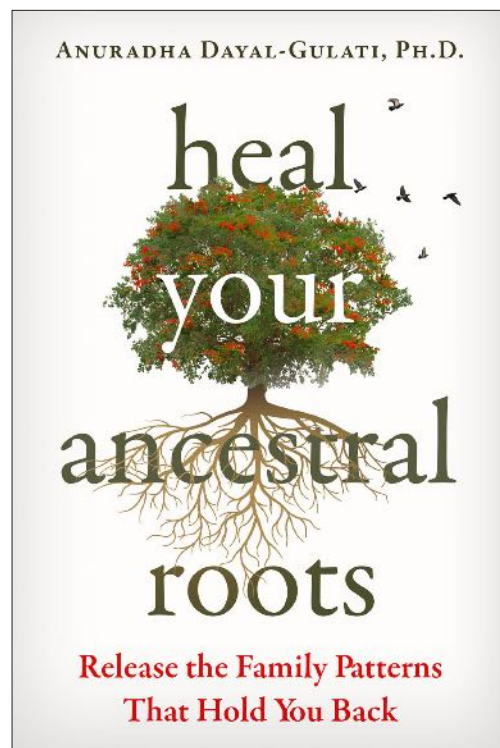
Many people find themselves feeling stuck, unable to reach their goals. The same problems keep showing up in jobs and relationships no matter how much they try to make changes and overcome obstacles. What if the patterns that repeat in your life and relationships didn't originate with you? The source of your challenges could be rooted in your family energy field—and the problematic patterns that arise in your life could be ancestral trauma calling out to be healed.

Presenting a guide to releasing the family patterns that hold you back, Anuradha Dayal-Gulati, an energy practitioner specializing in ancestral and emotional healing, explores the energetic principles that govern your family lineage and the many ways your ancestral field can support you as well as how it can hold you captive. She explains how the experiences and wounds of your parents or grandparents as well as more distant ancestors can affect you and how, sometimes, themes reappear in a family for several generations in a row—patterns of financial distress, sibling rivalry, divorce, or conversely long happy marriages, good health, and good humor.

The author provides exercises and tools—such as journal practices, visualizations, meditations, and mind mapping—that can help you recognize and release negative family patterns, explaining how you don't have to know anything about your ancestors to bring about healing. She shares her own healing journey and her experience with family constellation therapy and explores in depth the use of flower essences to transform emotions and release generational trauma. She discusses the importance of honoring your ancestors, sharing suggestions about altar creation, prayers, and the Vedic ritual of Tarpanam.

Teaching you how to recognize the patterns that manifest in your daily experiences, this guide shows how, by healing your ancestral roots, you can lift the unconscious, invisible barriers that keep you from creating the life you want.

Anuradha Dayal-Gulati is an energy practitioner and transformational coach with a Ph.D. in economics. After fifteen years in finance and academia, she began a new path of helping people release the past and reclaim their power. Trained in flower essence therapy and family constellation therapy, she lives in Boston, Massachusetts.



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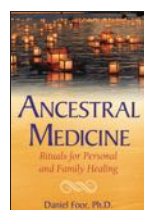
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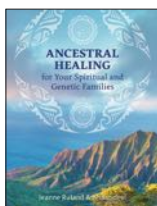


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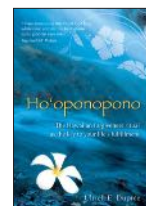
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Contents

Preface	1
Introduction: Living Life in Full Bloom	4
Do You Have the Power to Change Anything?	7



Part I: Healing My Roots

1	Why Heal Your Roots?	15
	Can You Inherit the Fate of Your Ancestors?	16
	Seeing Patterns	18
	Filling the Void	22
	What Happens When Your Ancestors Fail to Move On?	27
	What to Expect in This Book: The Journey Ahead	30
2	The Power of the Unseen	34
	The Dispensation of Hope	40
	The Arrival of Haripriya	42
	Leaving India	47
3	From Fate to Destiny	53
	Discovering Flower Essences	55
	The Threshold of Life and Death	60
	My Lifeline	63
	Finding My Purpose	65
4	Discovering Family Energy Fields	67
	What Is a Family Constellation?	69
	Whose Emotions Are We Carrying?	73
	Karma: The Law of Cause and Effect	78



Part II: Healing Tools

5	Healing with Flower Essences	85
	How Essences Work	91
	Essences of Transformation	94
	How Long Should You Take Flower Essences For?	96
6	How to Honor Your Ancestors	100
	How to Set Up an Ancestral Altar	104
	The Power of Prayer	108
	Prayers to Release the Past	108
	Your Ancestors Want to Connect with You Too	110
	How to Do Tarpanam	112



Part III: Understanding Your Family Energy Field

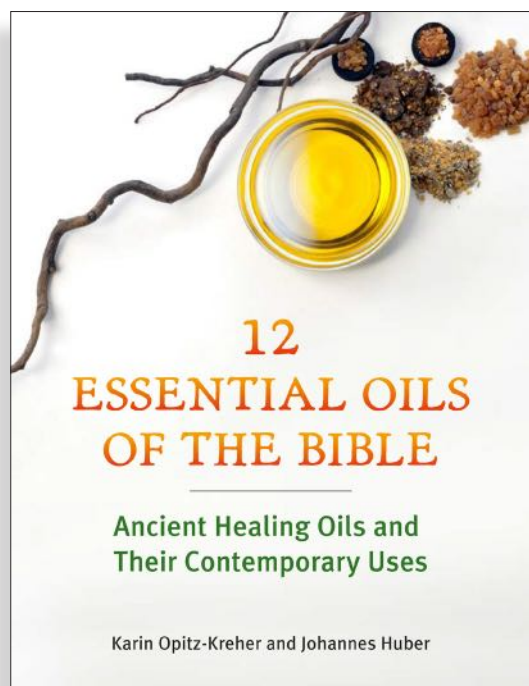
7	Rewriting Your Parental Story	117
	The Debt of Life: Parents Give and Children Receive	118
	How Trauma Affects Your Roots	119
	Understanding Your Parental Wounds	123
	Rewriting Your Parental Story	127
	Releasing Your Unconscious Loyalty to Your Parents	129
	Connecting with Universal Unconditional Love	135
8	Parents Give and You Receive	140
	The Queen of Strengths	141
	Your Unconscious Blocks to Receiving	143
	Honoring Our Parents	150
	The Energy of a Mother's Love	152
9	Everyone Belongs in a Family	160
	Why Does This Happen?	163
	Our Hidden Legacies	166
	The Elephants in the Room	167
	Making Space for Everyone	169



Part IV: The Journey Home

10 The Path Back to Yourself	179
Karma and Grace	180
Faith Takes You Beyond Synchronicity	184
The Challenge of Building Faith	186
11 Connecting with Mother Earth	192
What Does It Mean to Be Grounded?	196
The Healing Power of Water	199
12 Let Your Life Blossom	204
What Does It Mean to Honor Your Life or Yourself?	205
Shifting Your Perspective	205
Self-Care and Self-Compassion	208
Blessings to Blossom	211
Filling the Hole Within	212
Self-Love and Self-Worth Formula	219
13 The Four Pillars	220
The Price of Belonging	221
The Path of Transformation	224
Connecting to the Flow of Love and Life	226
From Sight to Insight	228
Appendices	
A: Some FAQs on Flower Essences	231
B: What Are the Differences between Flower Essences and Essential Oils?	234
C: A Starter Kit of Flower Essences	236
D: Some Flower Essence Formulas You Can Use	239
<i>Formula #1: An Optimism Formula</i>	239
<i>Formula #2: Boundaries</i>	240
<i>Formula #3: Self-Love 🌸 Self-Worth</i>	241
<i>Formula #4: Need Direction?</i>	242
<i>Formula #5: Letting Go</i>	244

Glossary	244
Exercise Overview	265
Resources	267
Acknowledgments	269
About the Author	272



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Health/Aromatherapy & Essential Oils



Author
Karin Opitz-Kreher



Author
Johannes Huber

Twelve Essential Oils of the Bible

Ancient Healing Oils and Their Contemporary Uses

KARIN OPITZ-KREHER and JOHANNES HUBER

A full-color guide to the healing power of the 12 most important essential oils mentioned in the Bible

- Explores 12 essential oils: cassia, galbanum, myrrh, myrtle, spikenard, onycha, sandalwood, frankincense, hyssop, cedar, cistus, and cypress
- Details, for each oil, its Bible verses, historical information, botanical and chemical components, uses in folk medicine, and modern uses for healing and well-being, including simple recipes and daily practices
- Explains how essential oils and herbal medicine played a role in biblical times and in general history

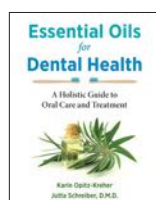
Plants and their essential oils have been used for healing since ancient times. Oils were used to anoint newborns and kings, care for the body, and treat the sick. In the Bible at least 33 different essential oils are specifically mentioned, and aromatic herbs, resins, and incense are referred to more than 1,000 times. Distilling the most significant of this healing wisdom, Karin Opitz-Kreher and Johannes Huber examine the ancient uses of essential oils, both in ritual and for health, and present an in-depth look at the 12 most important oils mentioned in the Bible, including how to use them for healing and well-being today.

The essential oils featured in this full-color guide are: cassia, galbanum, myrrh, myrtle, spikenard, onycha, sandalwood, frankincense, hyssop, cedar, cistus, and cypress. Each oil is explored in depth, beginning with the Bible verses that refer to it, followed by historical information about the oil, its botanical and chemical composition, its uses in folk medicine, and its modern uses for healing and well-being, including simple recipes and daily exercises. The book also discusses two alternative oils that can be used in place of rare or endangered essential oils.

After looking at each essential oil individually, the authors describe how to create a blend of all 12 biblical oils, which promotes a high level of both physical and mental energy. The authors also examine other ancient references to essential oils, from Egyptian papyri to Ayurvedic tradition, showing how the sophisticated art of extracting plant essences has evolved over thousands of years.

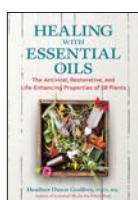
Karin Opitz-Kreher runs her own wellness practice. Trained in Aura-Soma, Aura-Soma Bodywork, and foot reflexology, since 2013 she has also incorporated traditional knowledge of essential oils in her practice and teaches about them in workshops. The coauthor of *Essential Oils for Dental Health*, she lives in Germany. **Johannes Huber** is an alternative practitioner specializing in aromatherapy, spagyrics, bioresonance, craniosacral therapy, and pain and trauma therapy. He lives in Germany.

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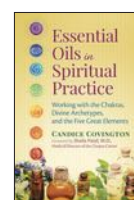


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Shilajit

The Ayurvedic Adaptogen for Anti-Aging and Immune Power

WOLFGANG WINDMANN, Ph.D.

A full-color guide to the healing uses of the natural substance Shilajit

- Explores how to use Shilajit for a strong immune system, enhanced cognitive performance, protection from toxic stress, healing inflammation, and anti-aging benefits
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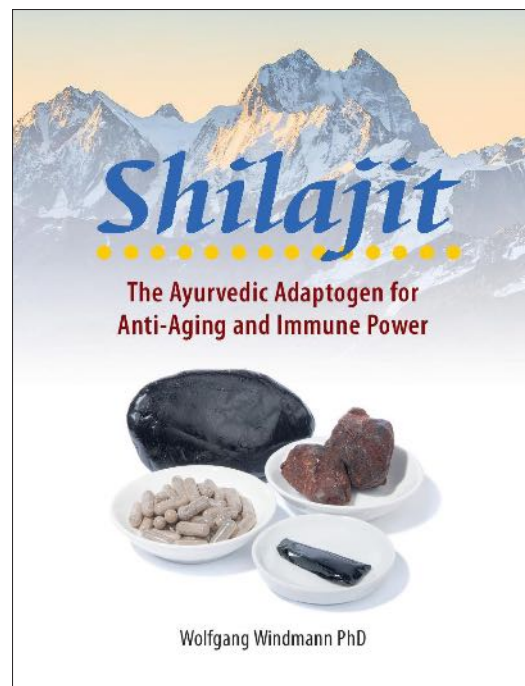
Known as the “black gold of the Himalayas,” Shilajit, or mumijo, is a brownish-black substance found in the mountains of central Asia with a peculiar, smoky-aromatic smell, reminiscent of the oils of various juniper plants. Taken internally in the form of capsules, tablets, or powder, Shilajit is a traditional Ayurvedic remedy with remarkable healing benefits that are only just beginning to be studied by Western doctors and scientists.

In this full-color practical guide, Wolfgang Windmann, Ph.D., explores Shilajit’s many physical and mental benefits, from stimulating the immune system and combating inflammation to protection from toxic stress and improving cognitive performance. He looks at Shilajit’s anti-aging benefits and the protection it can offer for a sensitive stomach and gut. He explores its history as a therapeutic treatment in different healing traditions throughout Asia, including its use in Ayurveda, Chinese medicine, and Russian folk medicine, and how it is now readily available around the world.

Offering a scientific analysis of the compounds found in Shilajit, the author explains how it is formed and extracted and how it is composed of many cell-protecting, antioxidant, and vitalizing substances, including many minerals and amino acids. He explores how Shilajit can be used for prevention and specific treatment, including for bone fractures, osteoporosis, stomach and gut diseases, mineral deficiencies, impotence, allergies, and dementia, as well as to improve mental focus and performance.

Detailing how to use Shilajit for self-care and self-healing, this guide also looks at its different forms and dosages and how to combine it with other health supplements to enhance its extraordinary benefits for the immune system and for counteracting the harmful effects of modern lifestyles.

Wolfgang Windmann, Ph.D., holds a degree in pharmacy and a doctorate in natural sciences from the University of Würzburg. He has been working with Shilajit since 1994 and has twice traveled to Central Asia to study its formation and extraction. He runs a pharmaceutical company with a focus on natural products and lives near Leer in East Frisia, Germany.



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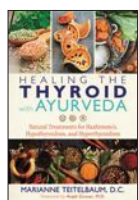
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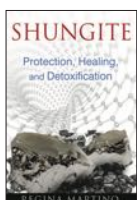


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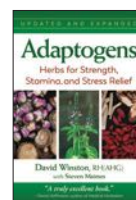
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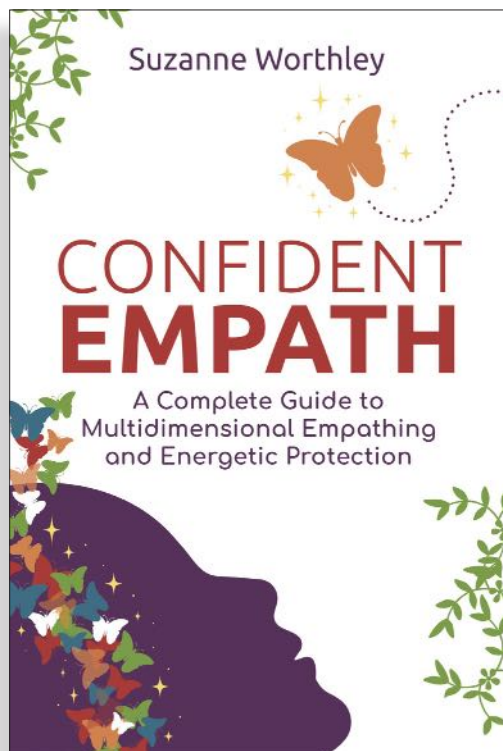
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Suzanne Worthley

Confident Empath

A Complete Guide to Multidimensional Empathing and Energetic Protection

SUZANNE WORTHLEY

Practices for empathaths to protect themselves, heal energetically, and discover self-empowerment

- Explores different types of empathaths and empathing, including sensitive empathaths, psychic empathaths, and quantum and paranormal empathing
- Offers advanced strategies for energetically protecting yourself and your loved ones
- Looks at the connection between limiting beliefs and empathic behaviors, including how to release limiting beliefs and how empathic behaviors are connected to the health of your energy field

In this comprehensive guide to empathing and energetic protection, energy worker and psychic empath Suzanne Worthley explores all of the ways one can feel and perceive energies from human energy fields, places, paranormal situations, and across dimensions as well as how to energetically protect yourself and your loved ones. She looks at the different types of empathaths and empathing, including sensitive empathaths, psychic empathaths, quantum empathing, and multidimensional empathing.

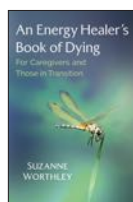
Explaining how multidimensional energy works, Suzanne reveals how it affects each of us, including through our chakras and the auric field. She discusses how learned and programmed beliefs trigger empathic behavior and explores how to identify and release different types of limiting beliefs to evolve from fear-based empathing to love-based empathy. She examines the differences between empathy and sympathy—and why one is truly helpful and the other, limiting. She shows how to identify energy fields that may be risky alongside advanced strategies for protecting yourself, including how to prevent unwanted energy transference. She also details the Four Discernment Practices, techniques that demonstrate how our empathic behaviors are connected to the health of our energy field.

Sharing extraordinary client case studies from her professional energy healing and psychic empath work, Suzanne explores the practices of quantum empathing, paranormal empathing, and empathing places and the natural world. She also looks at soul contracts, the Akashic Records, the energetic stages of dying, and healing people, places, and objects in the present, the past, and the subtle energetic dimensions.

Teaching empathic readers how to understand their abilities and energetically protect themselves, this guide shows how empathaths can live an empowered life and contribute in a responsible and meaningful way to creating a more positive, life-affirming reality.

Suzanne Worthley has been an energy healing practitioner, intuitive, and psychic empath for more than two decades. She teaches about consciousness studies and energy work and offers spiritual tours in Peru and Sedona, Arizona. She is the author of *An Energy Healer's Book of Dying* and lives in White Bear Lake, Minnesota.

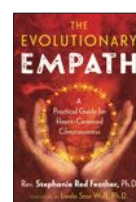
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Contents

Dedication	xx
Introduction	xx

PART ONE

Shedding What We Have Been Taught

Chapter One

We are Feeling Beings	xx
-----------------------	----

We are Sentient Beings of Consciousness **xx** | Shedding What We Have Been Taught **xx** | Building Sentient Awareness **xx** | Practicing Discernment **xx**

Chapter Two

What Is Empathizing?	xx
----------------------	----

Qualities of an Empath **xx** | General Empaths **xx** | Sensitive Empaths **xx** | Psychic Empaths **xx** | The Gift of Empathy **xx** | Cognitive Empathy **xx** | Emotional Empathy **xx** | Compassionate Empathy **xx** | The Challenge with Sympathy **xx** | Offering Empathy versus Sympathy **xx** | Practicing Empathy-Based Responses **xx** | Three Tips to Determine If You Are Offering Empathy or Empathizing **xx**

Chapter Three

The Connection between Beliefs and Empathic Behaviors xx

Learned Beliefs xx | Worry xx | Anxiety xx | Service to Others
xx | The Need to Be Right xx | Programmed Beliefs xx |
Perceived Separation xx | Controller Programming xx | Poverty
Consciousness xx | Humans Create Their Story xx

Chapter Four

Our Human Energy Field xx

Source Energy xx | Dimensions of Light xx | The Chakra System
xx | Meridians xx | The Aura or Auric Fields xx | The Empath
Needs Diligence Especially When It Comes to the Aura xx | **Client
Story:** The Ghost That Would Not Leave xx

PART TWO

Building Sentient Awareness

Chapter Five

Energy Transference xx

Energetic Cords xx | Attachments or Hitchhikers xx | Energy
Vampires xx

Chapter Six

Physical and Emotional Empathizing xx

Physical Empathizing xx | Emotional Empathizing xx

Chapter Seven

Empathizing Places, Land, and Nature xx

Homes and Buildings xx | Land xx | Natural Elements xx |
Plants and Animals xx | **Client Story:** The Great Hinckley Fire xx

Chapter Eight

Psychic Empathing xx

Psychometrics—Empathing Objects **xx** | Perceptive and Precog
Empathing **xx** | Empathing Past Lives **xx**

Chapter Nine

Professional Psychic Empathing xx

Telepathy **xx** | Mediumship and Paranormal Empathing **xx** |
Psychic Empath Healing **xx**

Chapter Ten

Collective Empathing

Empathing Collective Humanity **xx** | Empathing Collective Earth
Energies **xx** | Quantum Empathing **xx** | Our Role in Evolution
of the Collective **xx** | **Client Story:** The 100+ Year Holographic
Brothel **xx**

PART THREE

Practicing Discernment

Chapter Eleven

Four Discernment Practices for the Empath xx

Asking *Is This Mine?* **xx** | Identifying Boundaries **xx** | Noticing
Triggers **xx** | Body Scanning **xx**

Chapter Twelve

Honoring the Energetic Journey xx

Soul Contracts and the Akashic Records **xx** | The Soul Contract **xx**
| The Akashic Record and Library **xx** | Prayer and the Language
of Light **xx** | Releasing and Shifting Energy **xx**

Chapter Thirteen

Advanced Strategies for Protection and Teaching the Teachers

xx

Protection xx | Downloads, Upgrades, and Integration xx | Asking Questions, Delegation of Duties xx | Training the Sensitive Empath Practitioner xx | **Client Story: The Mermaid** xx

Conclusion

xx

Appendices

1. Balancing Practices

The Root Chakra xx | The Sacral Chakra xx | The Solar Plexus Chakra xx | The Heart Chakra xx | The Throat Chakra xx | The Third Eye Chakra xx | The Crown Chakra xx

xx

2. Meditations

Grounding and Bubbling xx | Cutting Energy Transference Cords xx | Human's Create Their Story xx | Body Scan and Loving Your Body xx | Meditations Endnote xx | Prayer for DNA and Lineage Release xx

xx

Index

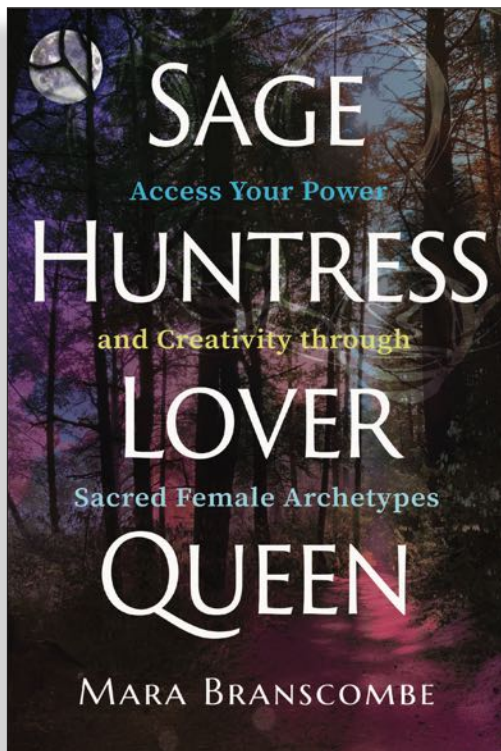
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Rights: World

Spirituality/Self-Transformation



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Sage, Huntress, Lover, Queen

Access Your Power and Creativity through Sacred Female Archetypes

MARA BRANSCOMBE

Journey through the seven feminine archetypes to rediscover your essential self

- Discover the seven feminine archetypes that prevail in the modern psyche—Maiden, Mother, Sage, Huntress, Lover, Mystic, and Queen—and how each influences us
- Explores each archetype's beneficial qualities, its connections to the physical-emotional-mental body, and its shadow aspects
- Engage in step-by-step creative practices, guided visualizations, mind-body rituals, and soulful poetry to help you embody each archetype and activate a life of fulfillment and happiness

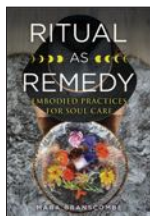
Journey through the archetypal wisdom of the divine feminine to gain a better understanding of your psyche, reclaim your essential self, and activate the life you desire.

Guiding you to awaken the wisdom of your feminine soul, Mara Branscombe presents an inspiring look at the seven feminine archetypes that prevail in the modern psyche—Maiden, Mother, Sage, Huntress, Lover, Mystic, and Queen. She explains the continuing arc of influence these feminine archetypes have throughout different stages of life, sometimes dormant, sometimes prominent. Revealing the positive impact the archetypes can have if we embrace them and live them consciously, Mara explores each archetype's beneficial qualities, its connections to the physical-emotional-mental body, and its shadow aspects. She shares step-by-step creative practices, guided visualizations, mind-body rituals, and soulful poetry to help you embody each archetype, including inviting in the light aspects and integrating the shadow. She also shares embodiment techniques to help you shift your consciousness and untangle from the habitual and unconscious patterns that dim your vital spark.

Encouraging you to stay open to all archetypes, rather than concentrating solely on the archetype you are living right now, this guide shows how to weave the fine strands of the different archetypes together in a divine feminine way to help you reclaim your wholeness. By viewing yourself and the world through the lens of the seven feminine archetypes, you will discover how each cycle and experience in life are part of the unfolding of your own living ceremony.

Mara Branscombe is a yoga and meditation teacher, artist, ceremonialist, and spiritual coach, who finds great joy in leading others along the path of self-transformation. The author of *Ritual as Remedy*, Mara lives in Vancouver, Canada.

Also by Mara Branscombe



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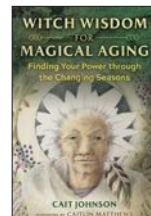
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Contents

Introduction

II

Evoking The Divine Feminine Way, Revealing the Archetypes

Feminine Archetypes: Understanding Self and Reclaiming Wholeness **xx** | The Wisdom Inside the Feminine Archetypes **xx** | Living with the Archetypes **xx** | Change as the Path and the Process **xx** | The Essential Self **xx** | Shifting Consciousness: Embodying the Feminine Way **xx** | Creative Channels Alive **xx** | How To Use This Book **xx** | *Evolve into Freedom: A Visualization* **xx** | A Fine Silk Weave: Reclaiming Your Feminine Power **xx**

Chapter 1 – The Maiden

XX

Reclaiming Creativity, Restoring Authenticity

Who is the Maiden? **xx** | The Maiden's Voyage **xx** | Tracking the Narrative **xx** | Embody the Maiden Archetype **xx** | Working With the Maiden's Shadow **xx** | Steppingstones Along the River **xx** | Persephone: The Maiden Who Rises from the Underworld **xx** | *Practices for Embodying the Maiden* **xx**

Chapter 2 – The Mother

XX

Foraging Love to Fortify Spirit

Evolving the Essential Mother in You **xx** | Mothering to Unearth Creative Potential **xx** | Nurturing as a Path of Expansion and Love **xx** | Into the Womb Zone **xx** | Healing the Mother Wound: Breaking Old Cycles, Amplifying Goodness **xx** | Mother Fatigue: When the Shadow Calls **xx** | My Body, My Temple: A Journey of Radical Honoring **xx** | Transform the Victim/Martyr Narrative: Free the Creative Channels **xx** | *How To Transform the Martyr-Victim Paradigm* **xx** | Embrace Your Inner Child: Heal to Reveal Your True Nature **xx** | The Gaia Connection: Ignite Life Force, Honor Abundance **xx** | Perspective: Old Self Dying, New Self Emerging **xx** | Your Epic Love Story **xx** | *Practices for Embodying the Mother* **xx**

Chapter 3 – Sage Spirit

xx

Intuitive Waters Flow

Connecting to Your Inner Sage **xx** | Attune to Your Current Frequency **xx** | Trusting Your Intuitive Voice **xx** | Intuitive Listening: A Lifelong Pursuit **xx** | Reveal the Sage's Shadow **xx** | Naming Emotional Debris: Empowering Vulnerability **xx** | The Power of Choice: A Sage's Tool **xx** | A Sage's Process: Pillars of Creativity to Activate Intuitive States **xx** | Mythic Connection: Goddess Isis, A Visionary Legend **xx** | Befriend Your Elder Wisdom **xx** | Practices for Embodying the Sage **xx**

Chapter 4 – The Huntress

xx

Visionary, Activist, Warrior Spirit

Who Is the Huntress? **xx** | When the Shadow Rules: Your Huntress Wake Up Call **xx** | Tracking the Origin of Fear: Wrestling Dragons to Ignite Sovereignty **xx** | The Imprint of Fear in Your History **xx** | Hunt and Gather: Consciously Crafting the Life You Desire **xx** | Mythic Muse: KALI - Goddess of Creation, Destruction, and Revolution **xx** | The Huntress Tool Kit: Strategies for an Empowered Life **xx** | The Huntress Invitation: Mindful Activation for Clear Vision **xx** | The Huntress Matrix **xx** | *Practices for Embodying the Huntress* **xx**

Chapter 5 – The Lover

xx

Dancer of Intimacy, Self-Love Alchemist, Compassionate Revolutionary

Who Is the Lover? **xx** | Love as the Ultimate Resource: The Invitation Awaits **xx** | The Lover Lost in the Shadows **xx** | Working Through Unresolved Pain to Access Deep Healing **xx** | The Power of Forgiveness: Living with Compassion **xx** | Embodied Self-Love as the Baseline **xx** | Your Body, Your Temple: Revolutionary Self-Acceptance **xx** | Beyond Roles and Attachments: Love as the Source of Bliss **xx** | Mythic Muse—Oshun: Orisha Goddess of Love and Abundance **xx** | The Sovereign and Liberated Lover: Accessing Pure Intimacy **xx** | Generating the Frequency of Love: To Heal and Be in Service to the World **xx** | *Practices for Embodying the Lover* **xx**

Chapter 6 – Awakening the Mystic Frequency

Truth Seeker, Vision Holder, Divine Space Explorer

xx

Who Is the Mystic? **xx** | Why Align with Your Inner Mystic? **xx** | Visualization and Language: A Gateway into the Mystic's Manifestation Process **xx** | Bridging Worlds: From the Ordinary to the Mysterious **xx** | The Unavailable Mystic: When Illusion Rules **xx** | The Tipping Point **xx** | Spiritual Bypassing: The Misuse of Power in Spiritual Practices **xx** | Beyond Smoke and Mirrors: Grounding Is Key to Developing Your Inner Mystic **xx** | Mystical Muse: Hildegard of Bingen **xx** | When the Mystic Calls: Learning How to Receive the Signals **xx** | Naming What Is True in The Moment **xx** | Liberating the Inner Voice **xx** | The Living Mystic Channels **xx** | The Mystic's Matrix **xx** | The Mystic Builds Her Spirit House **xx** | Staying Current with Your Evolving Self **xx** | Trusting the Impulse: Refining Clarity **xx** | *Practices for Embodying the Mystic* **xx**

Chapter 7 – The Queen

Knowledge Weaver, Vision Activator, Evolved Leader

xx

Who Is the Queen? **xx** | Embody the Queen: Evolving the Feminine Way **xx** | Perfectionism Is Overrated: Activating Intention as the Path to Freedom **xx** | The Initiation: Honoring the Shadow to Source Transcendence **xx** | Accepting the Queen's Crown: Boundaries, Soul Care, and Courage **xx** | The Queen's Essence **xx** | The Queen Inside the Mind: Gateway Towards Manifestation and Liberation **xx** | Goddess Tara: Embodied Wisdom, Pure Compassion **xx** | The Call of Queenship: Integrating the Art of Divine Timing **xx** | The Queen's Formula: Vision to Activate **xx** | Personal Sanctuary: Soul Fuel for a Fulfilled Life **xx** | The Beauty of Aging: Hone Your Craft, Live Your Wisdom **xx** | Wild Freedom: A Visualization to Empower Aging **xx** | Curiosity and Queendom **xx** | We Are the Divine Feminine of the Planet **xx** | *Practices for Embodying the Queen* **xx**

Chapter 8 – The Weaver's Work

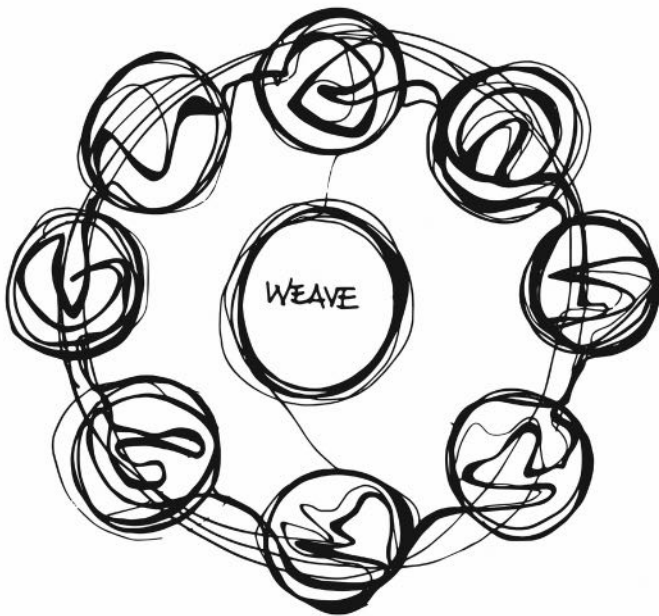
Integrating the Soul Wisdom of the Feminine Archetypes

xx

The Weaver's Work **xx** | Reclaiming the Feminine: Now Is the Time **xx** | Coming Home: The Archetypal Journey **xx** | The Weaver's Craft: From Form to Spirit **xx** | The Weaver's Code: Life as a Living Ceremony **xx**

*"It's a wonderful day,
I have never seen this one before."*

Maya Angelou

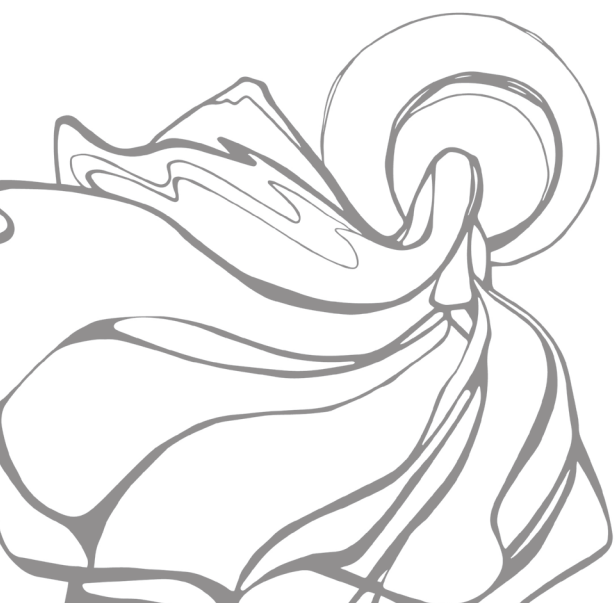


The Maiden



"It takes discipline to be a free spirit."

Gabrielle Roth





Chapter 1

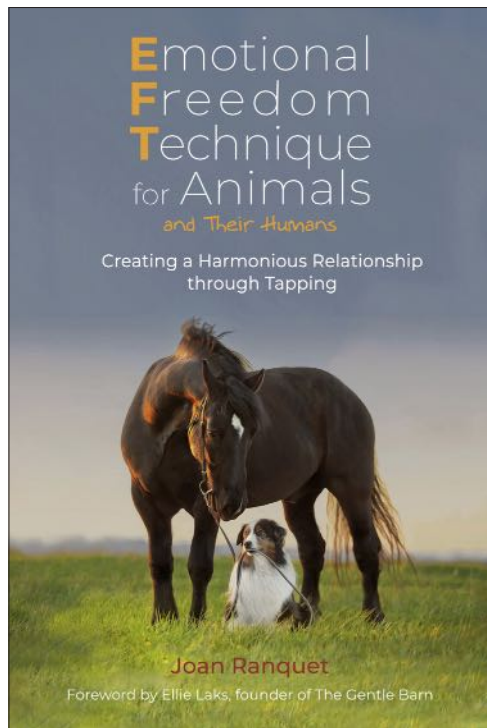
The Maiden

Reclaiming Creativity, Restoring Authenticity

*Maiden, wild at heart, courageous spirit.
Your zest for life is infectious.
Your timeless touch lights up the world,
your song a symphony for authenticity.
Underworld adventurer, shadow dancer, tightrope walker.
Dream weaver, river explorer, mountain climber.
Wings unfurl as you launch your lifework into the world.
A visionary on a mission to reclaim lost hope and restore faith.
Your unforgettable song arouses the divine feminine to rise.
Heirloom seeds of right action, gathered and sewn across the lands.
Your essence inspires humanity to take the oath of service
to all sentient beings.
Original at the core, your soul matrix is born anew.
Share it freely with this wild world—
this is your Maiden's homecoming.*

Who is the Maiden?

The Maiden lives each day as an adventure. Her verve for life is infectious. Her innocence is pure. She is unapologetically passionate. She knows what she believes in, and she stands mountain strong in her personal values. The Maiden is wildly creative in her approach to life. Her perspective sees all angles.



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Rights: World

Pet Care/Energy Healing



PHOTO BY DAN FRENKEL

Author
Joan Ranquet

Emotional Freedom Technique for Animals and Their Humans

Creating a Harmonious Relationship through Tapping

JOAN RANQUET

Foreword by Ellie Laks, founder of The Gentle Barn

Energetically reprogram your animal's behavioral, emotional, and health patterns with EFT

- Explains the fundamentals of Emotional Freedom Technique (EFT) and how to apply it to animals
- Illustrates the tapping points for dogs, cats, and horses on separate maps
- Includes EFT tapping sequences for dogs, cats, and horses for emotional and behavioral challenges, relationship enhancement, wellness, and end-of-life care

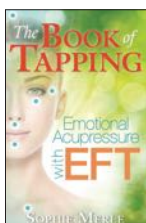
Well known for its effectiveness with humans, Emotional Freedom Technique (EFT) also provides an excellent hands-on method for treating behavioral, emotional, and health challenges in animals through simple point-tapping practices and focused intention. In this guide, animal communicator Joan Ranquet explores how to apply the energetic bodywork method of EFT on animals such as dogs, cats, and horses.

The author explains the fundamentals of EFT, showing how, as you tap on certain acupressure points with a specific intention in mind, the animal will experience energetic release on the levels of mind, body, emotions, and spirit. Exploring the emotional life of animals, she looks at what can create challenges for them as well as how to help animals recover and heal. The author presents maps to illustrate the specific EFT acupressure points on dogs, cats, and horses and provides sample point sequences and intention "scripts" geared to specific ailments, conditions, and behavioral challenges, as well as end-of-life care. Targeted to work with and relieve difficult emotions, the points used in EFT sequences each have a "feel-good" aspect to them, either a calming or releasing effect, and the scripts work to help break up old behavioral or emotional patterning.

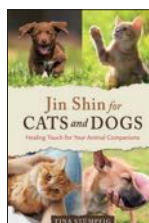
Presenting a way to cut straight to the energetic source of the problems animals experience and provide relief even if you don't know the cause of their pain, this guide will help you not only become closer to your animal companions but also improve their well-being as well as your own.

Joan Ranquet is an animal communicator, energy healer, TEDx speaker, author, and founder of Communication with All Life University, a certification program for animal communication and energy healing. She lives with her 3 horses, 3 dogs, and 4 cats in Santa Clarita, California.

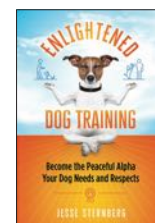
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Contents

Foreword by Ellie Laks

Introduction

PART ONE: FUNDAMENTALS

- Chapter 1 **What Is EFT, and Why Do Our Animals Need It?**
The Practice in a Nutshell
The Heart of the Matter: Emotional Well-Being
My Shift to Tapping with Animals
An Overview of Energy Healing
Key to Energy Healing for Animals: Relaxation
The Two Nervous Systems in Our Homes
Why EFT vs. Other Energy Healing Techniques?
- Chapter 2 **The Animal's Worldview vs. the Human's Worldview**
Audrey and the Three Cats
I'm a Good Cat
Animal Behavior
Sometimes Barking Is Just Fun
We Take Everything So Personally
Getting to Neutral
Blue-Ribbon Emotions
Secondary Gain
Familiarity
Blocks, Resistance, and Battles
Beliefs, Vows, and Loyalties
Is This a Match Emotionally?
- Chapter 3 **The Script**
Beginning, Middle, and End
What Are Transitions?
A Release
Signs
Transitional Phrases Samples
Don't Back Away from the Big Feelings
Investigation for the Human
Investigation for the Animal
How Do I Know If It's Working?
- Chapter 4 **Let's Tap**
The Set-Up Statement
Tapping Sequences
For Humans
For Dogs and Cats
For Horses
What the Specific Points Are Used for
Physical and Emotional Indications for the Points
Alternatives to "Regular" Tapping

The Value of Touch
Signs an Animal Is Releasing: A Review
Putting It All Together

PART TWO: SOLUTIONS

- Chapter 5 **Emotions**
A Lasting Change
Entangled Feelings and Emotions
Panic
Trauma
Fear
Timid
Fear of Strangers
Fear of Sounds
Anxiety
Grief
Rage
Tapping on Emotions
Let's Tap
Sample Script
- Chapter 6 **Behavior**
Aggression aka Reactivity
Cats Have Reactivity/Aggression, Too!
Horses Can Be Reactive/Aggressive
Domestic Birds
Breaking It Down
Aggression with Humans
Peeing/Marking and More
Let's Break It Down
Other Unwanted Behaviors
Separation Anxiety
Performance Blocks
- Chapter 7 **Relationship and Dynamics**
Animal and Human Relationship Blocks
Breaking Down Human to Animal Relationships
Animal to Animal Relationships
Breaking Down Animal to Animal Relationships
- Chapter 8 **Wellness**
Pain
Lameness
It Reminds Me of . . .
My Brief Year having a Healing Center
Breaking It Down Emotionally
- Chapter 9 **End of Life**
Fear of Letting Go
Grief
Breaking It Down

PART THREE: GAINING EXPERIENCE—REAL-WORLD PRACTICE

- Chapter 10 **Continuing the Work**
 How to Tell If the Work Is Complete
 Behavioral Backslides
 How to Handle a Sudden Healing Crisis
 When to Repeat Treatments and How to Tweak the Script

Conclusion

- Appendix**
Bibliography
Acknowledgments
About the Author