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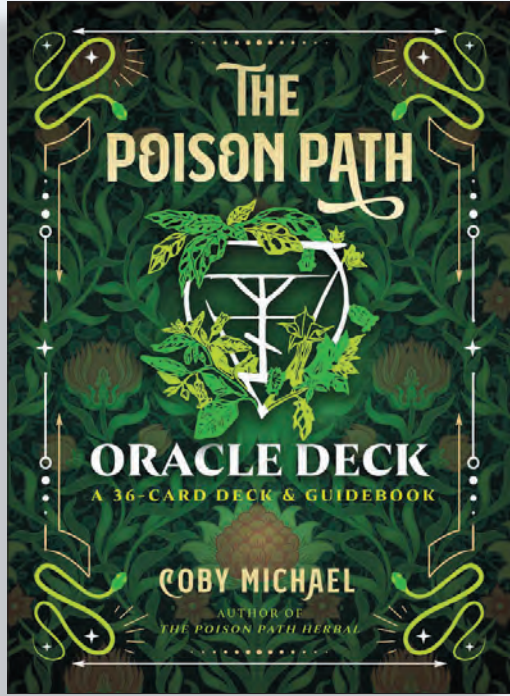


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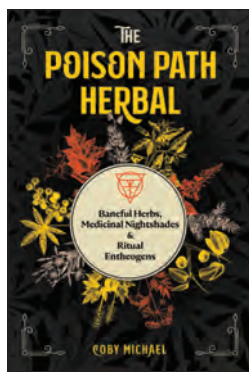


DESTINY BOOKS

Also by Coby Michael



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Coby Michael
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Coby Michael
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The Poison Path Oracle Deck

A 36-Card Deck and Guidebook

COBY MICHAEL

A divinatory deck to engage the power and wisdom of poisonous plants

- Includes 23 poisonous plants along with 13 *venefica*, the historical and mythological women who've used these poisons
- Explores the nature of the poison path, containing a specific reading for each poison and poisoner, and plant spirit glyphs for use in meditation and spellwork
- Provides spreads that allow you to meditate on the nature of each poison and connect with its essence on a spiritual and energetic level

Though the word “poison” tends to cause fear, some of the most potent healing medicines are poisonous at high doses. Similarly, many substances thought of as poisons can, in small amounts, provide powerful therapeutic benefits.

In *The Poison Path Oracle Deck*, occult herbalist Coby Michael enables readers to access the power and wisdom of 23 poisonous plants, including nightshade, henbane, datura, foxglove, mistletoe, and hemlock. Each card contains plant lore, a description of the plant’s poisonous and medicinal qualities, and a plant spirit glyph that can be employed in meditation and spellwork. The author also offers 13 cards representing famous women—the *venefica*—from history and mythology who have wielded poison in empowering ways. Included among the *venefica* are Circe, Hekate, and Lucrezia Borgia. Similar to the Major Arcana of the tarot deck, the *venefica* cards convey archetypal messages, and they encourage you to embrace your power in transformative and often unexpected ways.

Each card is beautifully illustrated in full color, with the 23 plant cards using 18th–early 20th century botanical illustrations and the 13 *venefica* cards drawing inspiration from folk art. They offer insights in a direct way, often revealing truths that may at times be difficult to receive. The author’s unique spreads are designed to allow you to reflect and meditate on the nature of each poison and connect with its essence on a spiritual and energetic level.

“Poisonous plants act as mirrors, reflecting aspects of our shadow,” Michael writes. With *The Poison Path Oracle Deck*, you can engage the most complex aspects of your nature to find clarity, wisdom, and power.



Coby Michael is an occult herbalist and magical practitioner specializing in the ritual use of poisonous and psychoactive plants. The owner of The Poisoner’s Apothecary, he is the author of *The Poison Path Herbal*, *The Poison Path Grimoire*, and *The Poison Path Oracle*. He lives in St. Petersburg, Florida.

Ibogaine and the Bicameral Mind

The Transformational Potential of the World's Most Complex Psychedelic Medicine

JONATHAN DICKINSON

Foreword by Rick Perry, Chairman of Americans for Ibogaine and Former Governor of Texas

A comprehensive guide to ibogaine's healing power, cultural roots, and clinical potential

- Explores how ibogaine works, including how it boosts cellular function, increases neuroplasticity, and interrupts habitual behavior patterns and trauma
- Discusses the ritual roots of ibogaine in the Bwiti spiritual tradition of Gabon
- Shares case studies showing ibogaine's healing effects for addiction recovery, traumatic brain injury (TBI), and Parkinson's

The root bark of iboga is revered and stewarded by practitioners of the Bwiti spiritual tradition of Gabon. International expert Jonathan Dickinson explores how ibogaine, the primary active alkaloid found in iboga, is now emerging as one of the most promising tools for combating not only addiction, but also neurological injury and disease.

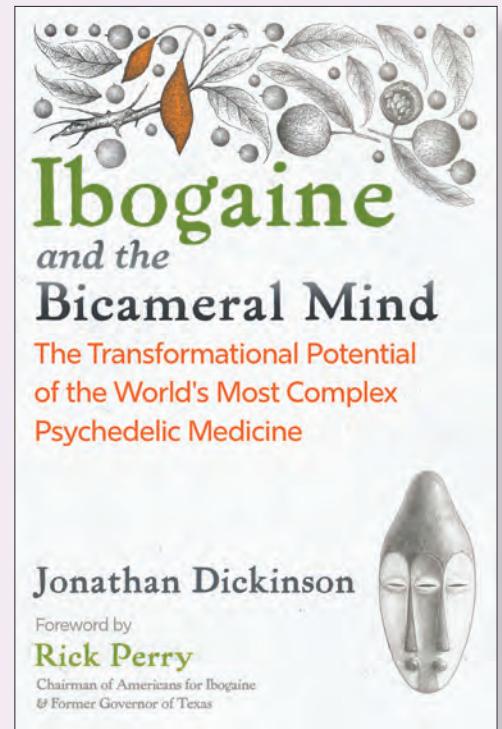
Grounded in fieldwork and over 15 years of clinical observation, Dickinson discusses the roots of ibogaine as a tool of ritual spirituality in both the traditional and modern contexts. Considering the subjective states that ibogaine produces in the mind, he hypothesizes that ibogaine induces a "bicameral state." This is a liminal mode of being in which ancient voices, archetypes, and internal guidance systems emerge, often catalyzing profound reorganization of memory, identity, and behavior.

Exploring the potential of ibogaine in addiction recovery and neuro-regenerative medicine, the author examines how ibogaine can alleviate opioid withdrawal symptoms and minimize cravings afterward. He details how it boosts cellular function and increases neuroplasticity, and shares impressive case studies to demonstrate how ibogaine has successfully treated traumatic brain injury (TBI), Parkinson's, neuropathic pain, and multiple sclerosis.

This guide offers not only a deeper understanding of this transformational psychedelic medicine, but a new framework for engaging with the complexity and therapeutic potential of altered states of consciousness.



Jonathan Dickinson is the CEO and co-founder of Ambio Life Sciences, the world leader in integrative ibogaine treatments, and is also the founder of Terragnosis. His writing has appeared in scientific and cultural venues. He was initiated into a Dissoumba/Fang branch of Bwiti in 2014 and the Missoko tradition in 2022.



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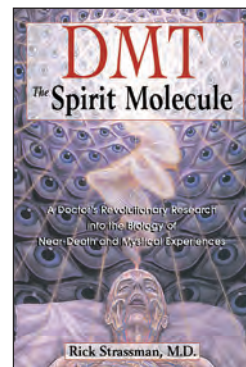
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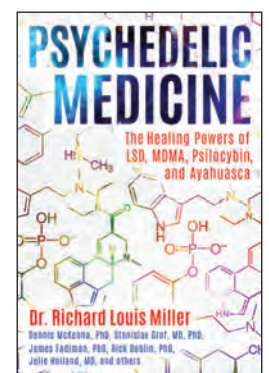


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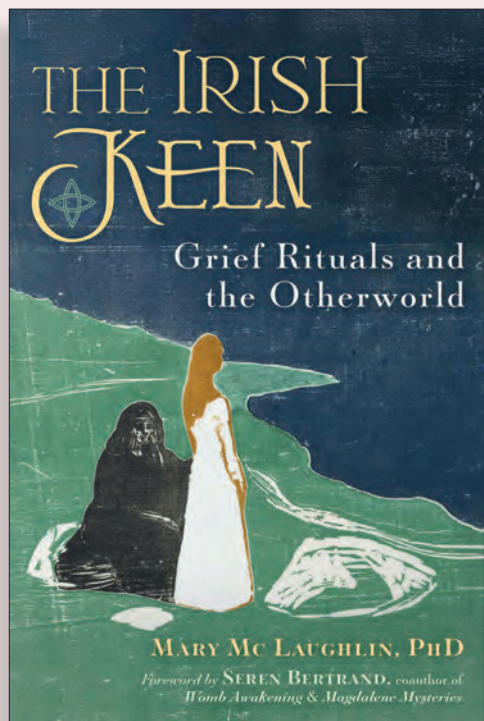
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 Celtic Spirituality/Grief

The Irish Keen

Grief Rituals and the Otherworld

MARY Mc LAUGHLIN, PhD

Foreword by Seren Bertrand, coauthor of *Womb Awakening* and *Magdalene Mysteries*

The return of the traditional Irish lament

- Provides context and history for the traditional Irish lament known as the keen, examining the origins of the ritual and its history from paganism through Christianity
- Explores keening's shamanic dimensions and mythological connections to the Otherworld, including the world of Faerie while drawing on archaeology and traditional Irish folklore
- Looks at the practicalities of keening, considering the wake as a rite of passage, the role and burden of keeners, the structure and music of the keen, and the contemporary rebirth of the practice

Aiding the revival of a powerful rite nearly lost to history, Mary Mc Laughlin reveals the ancient keening lament as a ritualized practice which bears aspects of ancient shamanism while being rooted in the pre-Christian spiritual worldview of Ireland.

Mc Laughlin, a singer and teacher, draws on personal experience, interviews, and historical and academic texts to provide a comprehensive and inspiring study of this ancient Irish tradition. She examines the origins of the keen in pre-Celtic Ireland and its mythological connections to the Fairies. She compares its similarities to archetypal lamentation rituals in North America and Asia. The author also explores the keen's transformations over time, including the influence and integration of Christianity, its subsequent suppression, and its rebirth in recent years.

The true magic of the keen goes beyond its role in expressing grief. Keening was a practice with a shamanic element where in addition to comforting the bereaved and honoring the deceased, the keeners aided the soul of the departed in making its journey to the Otherworld. Contemporary death doulas and hospice workers bear some similarities to keeners as they work in the same field of ritualizing and processing grief amid trauma and loss.

Combining scholarship, storytelling, and embodied wisdom, this book offers an authoritative yet accessible guide to the Irish keen as both an ancient funeral rite and a modern tool that can help you navigate bereavement.

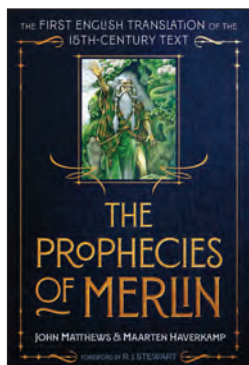


Mary Mc Laughlin, PhD, was born and raised in Northern Ireland and has lived, taught, and sung her way through Ireland, England, and the United States. Internationally acknowledged for her singing of Irish songs, songwriting, and teaching, she writes and teaches about the keen online. She currently lives in England.

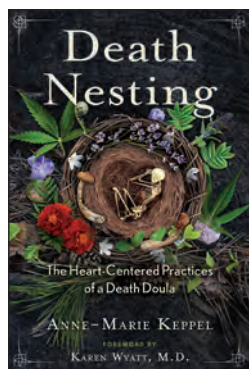


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Grimoire of Magical Inks

Recipes for Hexes, Hoodoo, and High Magic

NOÉMIE MYARA

A practical guide to the use of ink in spells and rituals

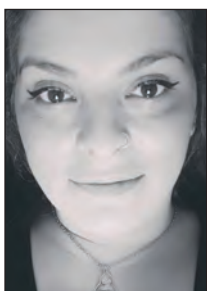
- Shares simple recipes for creating your own magical inks in 5 important colors—black, red, brown, purple, and blue
- Explores the magical symbolism of different colors of ink and what kind of spells and rituals each is most suited for
- Explains how to charge ink for spellwork, including sharing spells, and how to use magical ink for divination, banishing, protection, summoning, and curse breaking

Ink is a potent energy conductor that can capture, store, charge, transport, and amplify energy. It has exceptional symbolic and magical power.

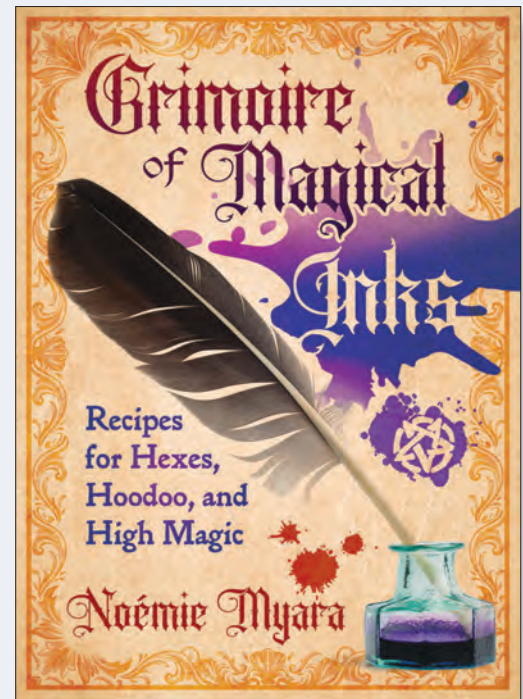
In this concise yet comprehensive guide to the magical use of ink, Noémie Myara explores ink as a valuable ally for witches and other magical practitioners. She explains how it was first used as an alternative for blood in spells and rituals and was quickly recognized as a powerful and versatile magical component in its own right, whether used in witchcraft, hoodoo, or high magic. Examining the creation of magical ink in depth, the author looks at the properties of the natural elements, such as herbs and resins, that go into its composition. She shares simple recipes without rare ingredients for creating your own magical inks in 5 important colors—black, red, brown, purple, and blue. She explores the magical symbolism of different colors of ink and their correspondences to planets, Sabbats, elements, chakras, and deities, as well as what kind of spells and rituals each is most suited for.

Revealing the steps necessary to transform ink into a magical ally, the author explains how to store intentions in ink and charge it through ritual with influences from stars, spirits, and deities to give it the power needed for casting spells. She looks at the use of ink for creating a magic circle for summoning and its use in divination, as well as sharing spells for banishing rituals, protection, and curse breaking.

With this practical guide, you will be able to enrich your spellwork and personal grimoire with the magical occult powers of ink.



Noémie Myara is a magical practitioner with decades of experience. She is the author of books in French on occult practices and objects. She lives in France.



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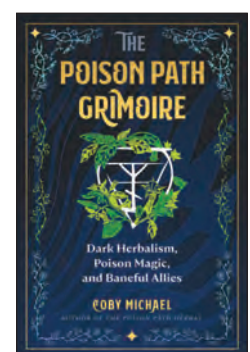
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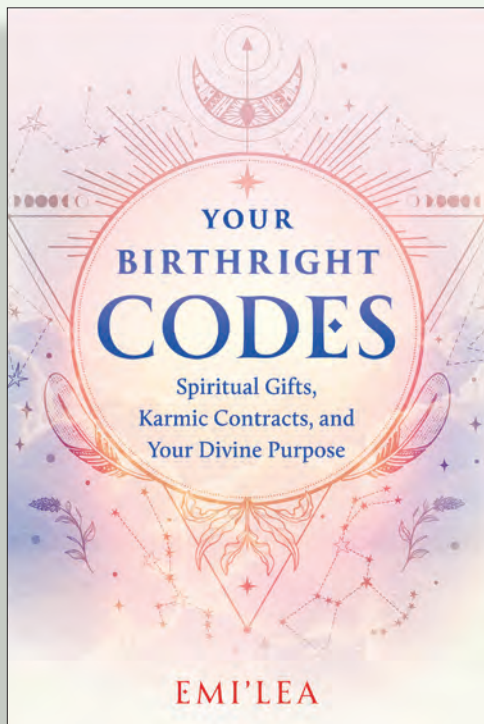
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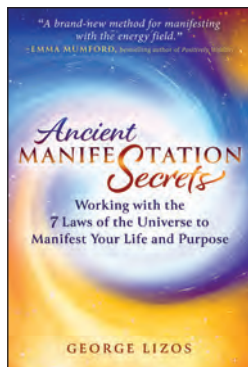


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Your Birthright Codes

Spiritual Gifts, Karmic Contracts, and Your Divine Purpose

EMI'LEA

Revealing the innate spiritual resources that can guide your healing and transformation

- Shows how to harness and reclaim intuition to receive clear guidance from your higher self, activate your birthright codes, and awaken your soul's gifts
- Supports healing emotional wounds down to the seed point of innocence and dissolving old, stagnant patterns at their root
- Offers rare insight into the soul's preparation, the "City of Light," and the divine architecture of incarnation through the author's vivid memories from before this life

Inner guidance often appears as a whisper—an intuitive knowing that emerges when logic falls short. Beneath the surface of daily life, the soul carries a map: a record of lifetimes and lessons that reveal who you truly are. Emi'lea offers ways to read this map by connecting the wisdom of your past lives with the challenges and opportunities for growth in your daily life. Drawing from memories that extend beyond this lifetime, the author illuminates how the soul prepares for incarnation, encoding specific gifts, lessons, and frequencies into our energetic DNA.

Introducing the concept of birthright codes—your soul's unique energetic blueprint—Emi'lea shares how to align with your highest path, awaken intuitive abilities, and live with greater clarity and purpose. Drawing on her work as a therapist and healer, she provides practical tools, examples, and spiritual insight to help access the profound knowledge that is already within you. Her method supports emotional healing at the seed point of innocence, allowing long-held patterns to dissolve and make room for new possibilities.

As energy clears and birthright codes activate, your soul's gifts begin to awaken. Once the lessons carried across lifetimes are integrated, life can unfold with a renewed sense of freedom, harmony, and divine remembrance—the return to love.



Emi'lea, MA, LMFT, is a medium, energy healer, life-path intuitive, and a licensed marriage and family therapist. She is the founder of the Ascension Institute, where she guides clients to awaken their birthright codes—the soul's energetic blueprint—and roadmap to their highest potential. A mother of two, Emi'lea lives in California.

Midlife Isis

The Sacred Pilgrimage of the Woman In Between

SARAH LA ROSA

An initiatory guide to the empowering transition of midlife

- Takes the ancient Egyptian story of Isis to guide you through the unraveling and rebuilding process of midlife crisis and awakening
- Explores the tarot cards and astrological transits that are relevant to the midlife journey and offers numerology techniques to reveal their impact on your life
- Provides metaphysical teachings, guided meditations, divinatory tools, and practical body-centered wisdom to support your sacred midlife pilgrimage

Women entering their middle years are moving into the deep magic of archetypal transition. They've left behind the fresh face of the Maiden and the nurturing role of the Mother, but haven't yet reached the wisdom of the Crone. Bridging the gap between these stages, Sarah La Rosa presents an initiatory journey to embrace the inner authority that arises in midlife and embody the sacred feminine archetype of the Wild Queen.

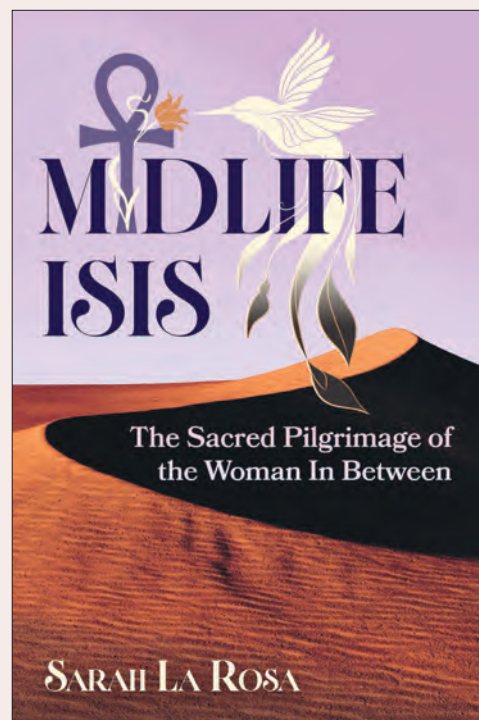
La Rosa brings together empowering mythic stories of surrender, resurrection, and transformation from astrology and the Tarot. She explains how to prepare yourself for the initiatory journey of midlife and come out stronger, more resilient, and more confident. The author uses the ancient Egyptian story of Isis to guide you through the unraveling and rebuilding process of midlife crisis and awakening.

The author explores the themes and revelations of tarot cards associated with midlife, including The Hanged Man, The Empress, and Death. With unique card spreads, she will help you understand how each card has impacted your journey. The author also gives in-depth explanations of the astrological transits that are most relevant to midlife awakening, including the movements of Pluto, Saturn, Uranus, Chiron, and the lunar north and south nodes.

This book provides metaphysical teachings, guided meditations, creative prompts, divinatory tools, and practical body-centered wisdom to support you through the empowering initiation of midlife. By making the sacred pilgrimage of Isis your own, you will come to see your middle-aged years unfold as a revelation of grace, authenticity, and sovereign personal power.



Sarah La Rosa is a word witch, healer, and mother who has been writing about Goddess spirituality and magical living for more than 15 years. She works with clients all over the world using tarot, guided meditation, and energy healing. She is the author of *Her Strange Angels*, and lives with her husband and son in East Tennessee.



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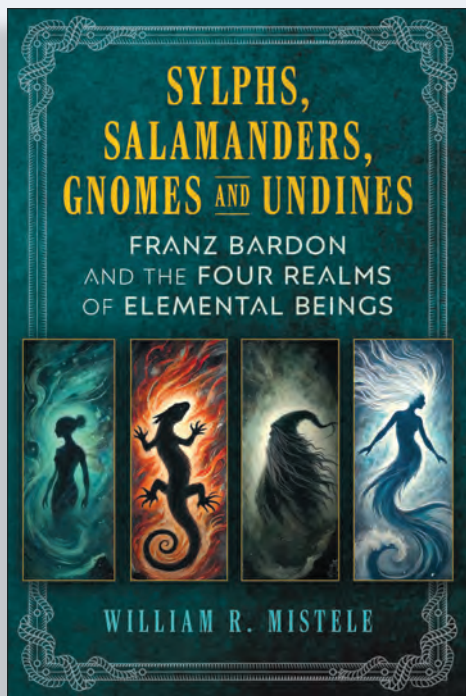
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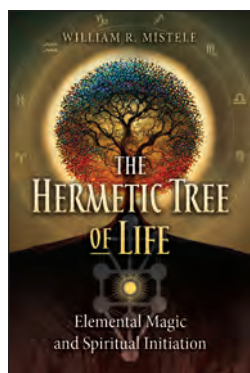
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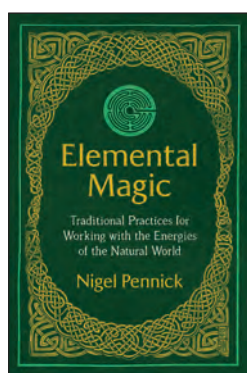
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WILLIAM R. MISTELE

A practical guide to engaging the elemental spirits for self-transformation

- Reveals the living consciousness of the four elemental beings and how their qualities reflect untapped human potential
- Shares practical methods for engaging elemental energies through meditative exercises and direct inner experience
- Shows how working with elemental spirits fosters empathy, willpower, clarity, and grounded presence—tools for personal transformation and spiritual growth

The elemental spirits of nature are sentient beings composed of water, air, earth, and fire. Drawing on the teachings of Franz Bardon, and over four decades of direct clairvoyant experience, spiritual anthropologist William R. Mistele presents a practical guide to understanding their psychology, powers, and shows how their energy can help us reach our full potential.

Each elemental spirit carries distinct qualities: undines offer radiant empathy and emotional healing; sylphs convey harmony and mental clarity; gnomes embody endurance and creative mastery; and salamanders transmit willpower and transformational fire. By studying their traits and consciousness, you will learn how to access these qualities from within yourself.

The author explains how to perceive and interact with elemental beings, how humans differ from them through the fifth element of spirit, and how the elements correspond to psychological and spiritual development. With clarity and practicality, Mistele guides readers to experience elemental energies directly through meditation, imagination, and the cultivation of virtue.

Sylphs, Salamanders, Gnomes, and Undines offers a unique synthesis of spiritual anthropology, Western magical tradition, and inner transformation. It reveals that when we integrate the elemental forces of nature into ourselves, we learn not only how to listen to the world, but how to change it.



William R. Mistele has been studying esoteric and magical traditions for over fifty years, with a focus on the teachings of the Czech magician, Franz Bardon. He is the author of *The Hermetic Tree of Life* and *Encounters with Mermaids*. William lives in Honolulu, Hawaii.

The Wild Hunt

The Ghostly Processions of the Undead

CLAUDE LECOUTEUX

Europe's most enduring supernatural procession and its meaning for ancestral, spiritual, and cultural traditions

- Describes the origins and evolution of the Wild Hunt across pagan, Christian, and folk traditions, revealing its role in death and fertility rituals
- Reveals how spectral armies, female spirits, and supernatural processions shaped European beliefs about the afterlife and the soul's journey
- Provides practical approaches for understanding the Wild Hunt's significance in seasonal festivals, ancestor veneration, and communal rites

For centuries, tales of ghostly riders and nocturnal armies have haunted the European imagination. Claude Lecouteux investigates the phenomenon of the Wild Hunt, tracing its origins in ancient rituals and its evolution through medieval Christian reinterpretations and folk traditions.

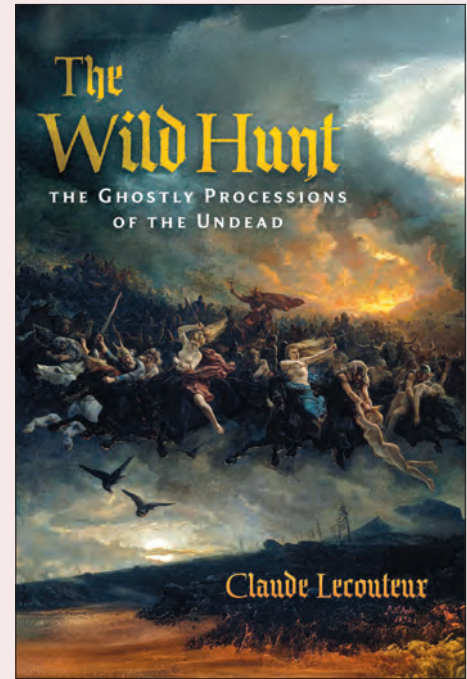
Drawing on chronicles, legends, and ecclesiastical texts, Lecouteux shows how the Wild Hunt was a focal point for beliefs about death, the afterlife, and the relationship between the living and the dead. He presents the complex figures who led these spectral hosts—including Diana, Holda, Odin, and King Herla—and describes how their stories reflect the blending of myth, religion, and local custom.

Lecouteux provides examples of how communities responded to the Hunt's passage, from setting tables for invisible guests to performing noisy processions and observing taboos during liminal times. He addresses the practical implications of these traditions for understanding the cycles of nature, the importance of ritual in negotiating the supernatural, and the ways folklore adapts to changing cultures.

The Wild Hunt provides a foundation for understanding how this ghostly tradition continues to influence cultural imagination, spiritual practice, and the relationship between the mortal and the otherworldly while revealing the enduring power of ancestral memory and ritual.



Claude Lecouteux (February 8, 1943–November 13, 2025) was a professor of medieval literature and civilization at the Sorbonne. This distinguished scholar was the author of more than 25 books on medieval beliefs and magic, including *Encyclopedia of Norse and Germanic Folklore, Mythology, and Magic* and *The Book of Grimoires*.



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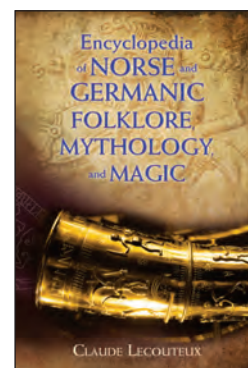
Phantom Armies of the Night

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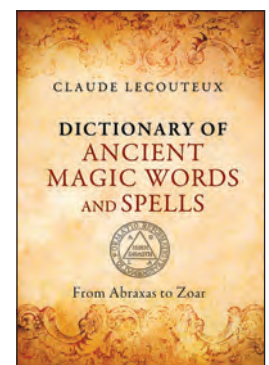


Also by Claude Lecouteux



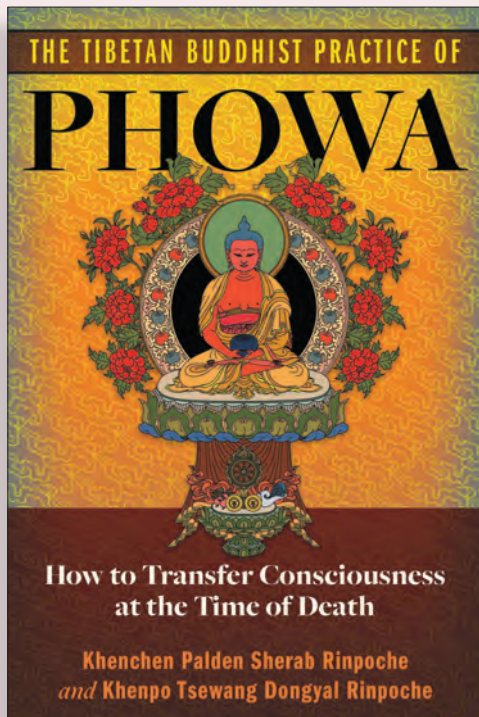
Encyclopedia of Norse and Germanic Folklore, Mythology, and Magic

Claude Lecouteux
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 Buddhism

The Tibetan Buddhist Practice of Phowa

How to Transfer Consciousness at the Time of Death

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

A practical guide from the ancient tradition of Tibet for conscious dying and spiritual care

- Teaches step-by-step methods for transforming the moment of death into an opportunity for awakening
- Offers practical meditations, visualizations, and mantra practices to support the transference of consciousness
- Accesses teachings from an unbroken lineage of Tibetan Buddhist masters to help you through life and beyond death

The practice of Phowa provides the keys to transfer consciousness at the time of death. Drawing on an unbroken lineage of Tibetan Buddhist masters, the authors present clear, accessible instructions for the five principal types of Phowa, including Dzogchen and Longchen Nyingtik methods. They detail the philosophical foundations of Phowa, emphasizing the inseparability of body, speech, and mind, and the roles of karma and the bardos in shaping the journey through life and death.

The authors offer guidance on visualization, mantra recitation, and subtle body techniques that support the conscious transition of mind at the end of life. They outline daily preparatory practices for the cultivation of devotion and Buddha mind and give practical advice for integrating Phowa into your regular meditation practice.

They address the needs of caregivers and families, offering clear recommendations for compassionate support before, during, and after death. The authors explain how to create a supportive environment, recognize the signs of dying, and apply ritual and meditative practices to assist the dying and the deceased.

This manual is a resource for individual practitioners and a guide for those supporting others during the final transition. *The Tibetan Buddhist Practice of Phowa* provides a clear path for transforming death into an opportunity for awakening and spiritual realization.



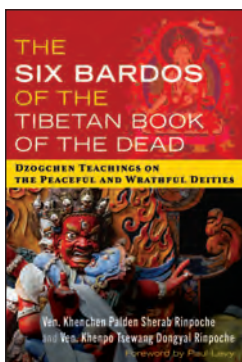
Ven. Khenchen Palden Sherab Rinpoche (1938–2010) was a renowned lama, teacher, and Dzogchen master in the Nyingma school of Tibetan Buddhism. **Ven. Khenpo Tsewang Dongyal Rinpoche** is an accom-

plished scholar and Vajrayana master. Together, the two brothers founded the Padmasambhava Buddhist Center in upstate New York, which now has centers worldwide.



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Breathing

The Art and Science of Pranayama

MARK STEPHENS

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A comprehensive guide to the power of breath

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Pranayama, the ancient yogic art of conscious breathing, holds profound potential to transform your physical health, mental clarity, and spiritual awareness. Current research into the respiratory and nervous systems helps illuminate the holistic benefits of this tradition.

Mark Stephens presents an accessible and comprehensive study of pranayama. He details its roots in the pan-Eurasian shamanic tradition, the Vedas, Upanishads, early Buddhism and Jainism, and its fullest development through tantra, hatha yoga, and contemporary breathwork. Stephens offers systematic instruction for foundational practices, such as posture refinement, nasal cleansing, and pelvic floor activation. He also teaches advanced techniques for cultivating presence, interoception, and spiritual insight.

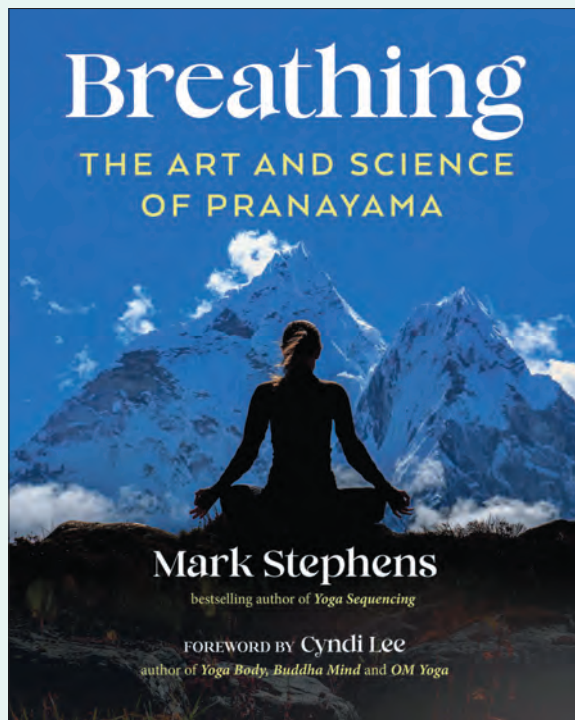
Stephens shows how pranayama can benefit you across your lifespan, and he highlights its applicability to a range of health conditions, including pregnancy, ADHD, PTSD, long COVID, asthma, and other respiratory ailments. He shows how breathwork can deepen meditation, enhance intimacy, and restore our innate breathing rhythms that are often lost due to stress and social conditioning.

Uniting ancient wisdom and contemporary science, *Breathing* offers an immersive and empowering path to transform your body and consciousness.



Mark Stephens is the author of five best-selling yoga books, including *Teaching Yoga* and *Yoga Therapy*. Practicing since 1991 and teaching worldwide since 1996, he has studied and practiced in the Ashtanga, Iyengar, and Tantra traditions, has engaged deeply with yoga histories and philosophies, somatic psychology and evidence-based sources, and

has trained yoga teachers and therapists for three decades. Mark served as the “For Teachers” columnist for *Yoga Journal* for two years. He lives on California’s central coast.



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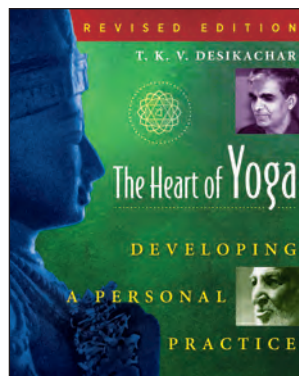
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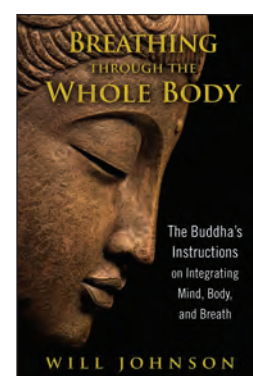


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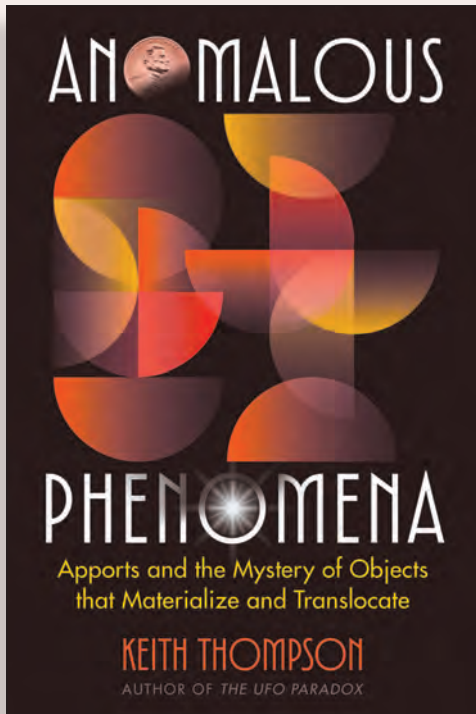
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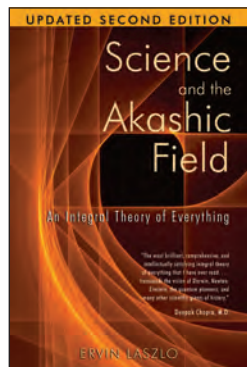
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A Sacred Planet Book

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Apports and the Mystery of Objects that Materialize and Translocate

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- Shows how these events point toward untapped human potentials and a larger model of reality where intention and meaning exert real effects

Apports—objects that materialize, dematerialize, or translocate without known physical cause—are among the most startling anomalous phenomena on record. Yet they are only one part of a much wider story.

Drawing on archival reports, eyewitness testimony, and on-the-ground investigation, *Anomalous Phenomena* presents a panoramic chronicle of extraordinary events: mysteriously transported objects, telepathic communications, apparitions of the departed, remarkable healings, and UFOs that behave less like machines than intelligent presences.

Across cultures and centuries, the same motifs recur—phantom figures guiding the lost, ancestors arriving in dreams, unearthly lights that seem to rearrange reality’s fabric. Far from fringe curiosities, such episodes demand recognition as part of the human record. Threaded throughout are Thompson’s own glimpses of the uncanny, reminding us that the extraordinary often lives just a breath from the ordinary.

Inviting readers to reconsider the mind–matter divide, *Anomalous Phenomena* opens onto a larger, empirically open model of reality—one that brings science, spirit, and lived experience onto shared ground.



Keith Thompson is an author, independent journalist, talk radio host, former TV talk show host, and former U.S. Senate staff member. His articles have appeared in the *New York Times*, *Esquire*, *San Francisco Chronicle*, *Idaho Statesman*, and the *Pacific Sun*. The author of *Angels and Aliens* and *The UFO Paradox*, he lives in northwest Florida.

Stranger and Stranger

The Neuroscience of How Mind and Cosmos Communicate

RICHARD SILBERSTEIN, PhD

Foreword by Dean Radin, PhD, author of *Real Magic* and *The Science of Magic*

Reveals how psi abilities are real and can transform our world

- Shares groundbreaking research on telepathy, precognition, and other anomalous abilities of consciousness
- Explores the philosophy of neutral monism and the interconnected nature of consciousness and physical reality
- Demonstrates how focused intention and consciousness can shape the future

Exploring the growing overlap between neuroscience and psi research, cognitive neuroscientist Richard Silberstein provides an overview of experimental evidence that challenges the materialist view of consciousness. He has found that psi abilities, like telepathy and precognition, are not only real but can transform our world.

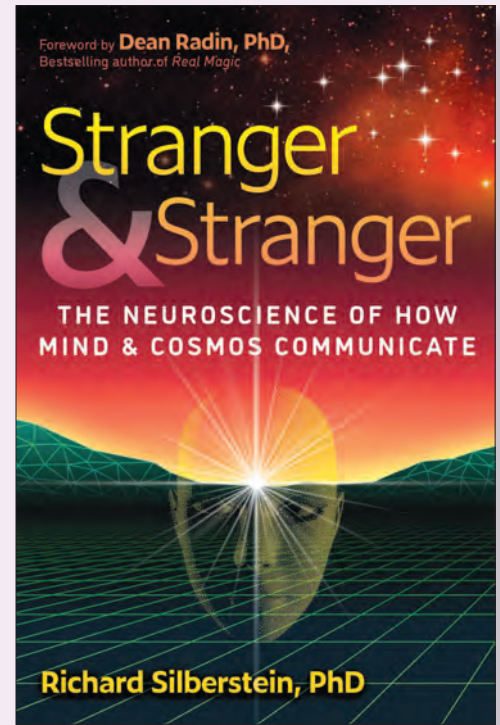
Sharing his own groundbreaking research, along other scientific and medical findings, Silberstein reveals the brain-consciousness relationship and the effects of intention and human thought on the physical world. He explains the philosophy of neutral monism, which states that physical reality and consciousness emerge from a single, deeper reality. Silberstein demonstrates how paranormal abilities are not only integral features of human consciousness but also offer great potential for transformative breakthroughs in the fields of mental health, conflict resolution, environmental stewardship, and collective decision-making.

Looking in depth at the scientific evidence for precognition, Silberstein reveals how consciousness can influence future events. He discusses the power of focused intention and collective consciousness to foster empathy and cooperation, as well as address a range of global issues.



Richard Silberstein, PhD, is a cognitive neuroscientist who has made significant contributions to our understanding of brain function across his four-decade career. The originator of Steady State Topography (SST), he is Professor Emeritus at Swinburne University of Technology, where he founded the Swinburne Brain Sciences Institute. The

author and coauthor of more than 100 scientific articles and books, he lives in Melbourne, Australia.



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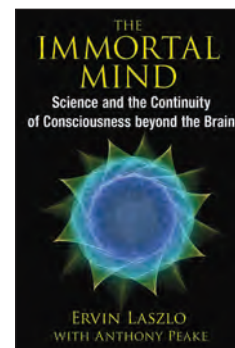
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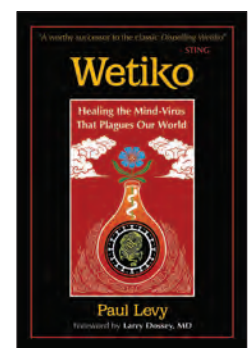


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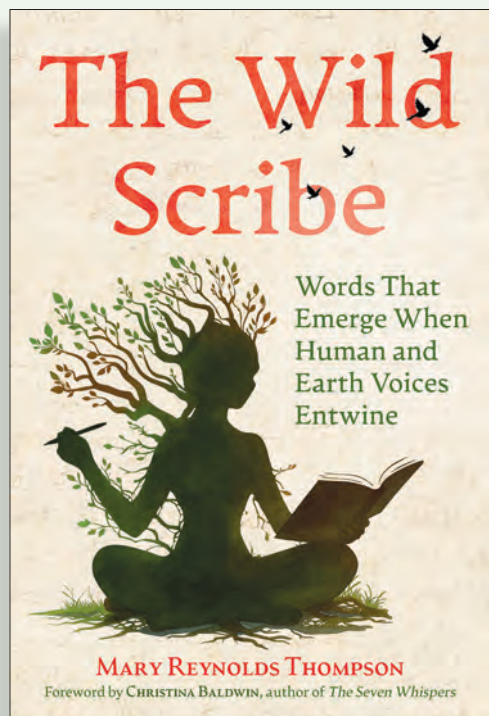
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The Wild Scribe

Words That Emerge When Human and Earth Voices Entwine

MARY REYNOLDS THOMPSON

Foreword by Christina Baldwin, author of *The Seven Whispers*

A transformative guide to reconnecting with nature through writing, presence, and ecological awareness

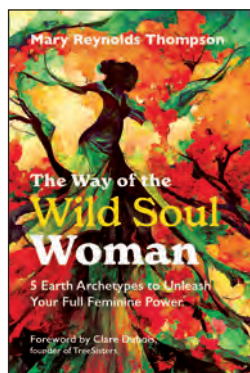
- Teaches step-by-step writing practices that foster deep connection with place, seasonal rhythms, and the natural world
- Provides practical prompts and exercises designed to cultivate wild language, ecological literacy, and personal transformation
- Offers creative journaling techniques to process climate grief, restore belonging, and participate in the renewal of Earth

Drawing on decades of experience as a facilitator of poetry and journal therapy, Mary Reynolds Thompson shows how to move beyond observation and into relationship with the land, using writing as a tool for presence, healing, and ecological stewardship. She introduces the concept of “wild language”—words that emerge from the co-mingling of human and Earth voices to express an embodied message. Thompson provides methods for cultivating wild language through ten themed sessions, each with stories and reflections, writing prompts, participant examples, and exercises that address topics such as grounding, naming, seasonal awareness, and animal embodiment. You will be guided to explore your immediate environment, chart the seasons, and engage with the soul of a place.

Practical applications include character sketches of plants and animals, haiku and haibun writing, seasonal field notes, and reflective exercises for processing solastalgia and climate grief. Thompson’s hands-on approach will support eco-therapists, writers, educators, and anyone seeking to deepen their relationship with the natural world. Not only will you develop ecological literacy but restore a sense of belonging, and discover how writing can be a form of creative renewal in reciprocal exchange between the self and nature.

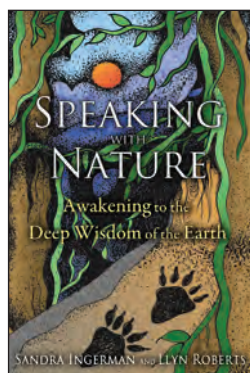
The Wild Scribe will empower you to embody the principles of wild language and reimagine your role within the living world.

Also by Mary Reynolds Thompson



The Way of the Wild Soul Woman
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Mary Reynolds Thompson is a certified facilitator of poetry and journal therapy, a life coach, and an international instructor in eco-writing and spiritual ecology. She is the author of several books on nature and transformation, including *The Way of the Wild Soul Woman*. She lives in Marin County, California.

Whispers of the Universe Oracle

A 50-Card Deck and Guidebook

JOSEPHINE WALL

Unlock cosmic guidance for insight and mindful living

- Provides step-by-step instructions for preparing, cleansing, and using oracle cards to cultivate personal transformation
- Includes concise guidance and affirmations for each card to foster clarity, emotional balance, and spiritual growth
- Offers a variety of card layouts, including dedicated spreads for exploring relationship dynamics and healing processes

Whispers of the Universe Oracle invites you into the world of divination and self-discovery. Created by visionary artist Josephine Wall, this deck features fifty full-color oracle cards, each paired with a focused message and affirmation. The accompanying guidebook outlines practical instructions for attuning to the cards and preparing for readings.

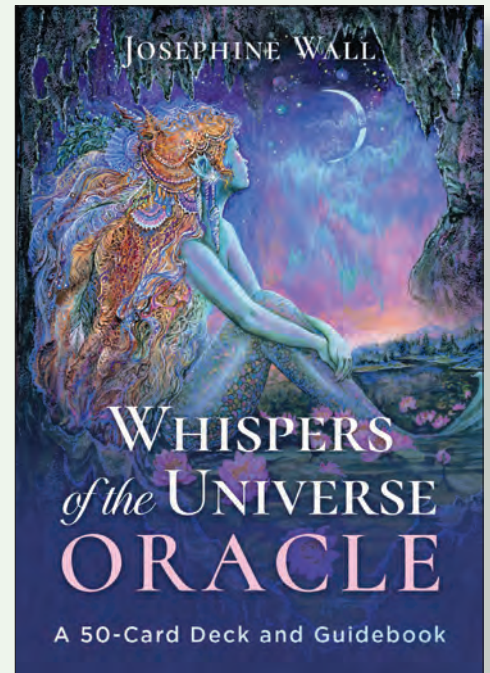
Each card addresses a specific theme such as the wisdom of the ancestors, the healing of the inner child, and the power of letting go, offering both a brief reflective message and an actionable affirmation. A variety of card draws, including dedicated spreads for exploring relationship dynamics and healing processes, provide further possibilities on how to apply the wisdom of the cards.

The guidebook emphasizes the importance of mindful preparation and intentional use, encouraging you to create a quiet space, engage in simple rituals, and trust your intuition as you work with the cards. You will also find advice on integrating the cards' messages into daily life to support you in cultivating greater self-awareness, emotional resilience, and spiritual connection. By using the deck as a mirror for inner experience, you are prompted to translate insight into action and align with your authentic path.

With a focus on practical application, combined with Josephine Wall's distinctive artistic vision, *Whispers of the Universe Oracle* offers accessible tools for personal growth, emotional healing, and intuitive development.



Josephine Wall is a renowned surrealist painter, potter, sculptor, and artist who is particularly known for her intricate fantasy motifs. She lives in the south of England.



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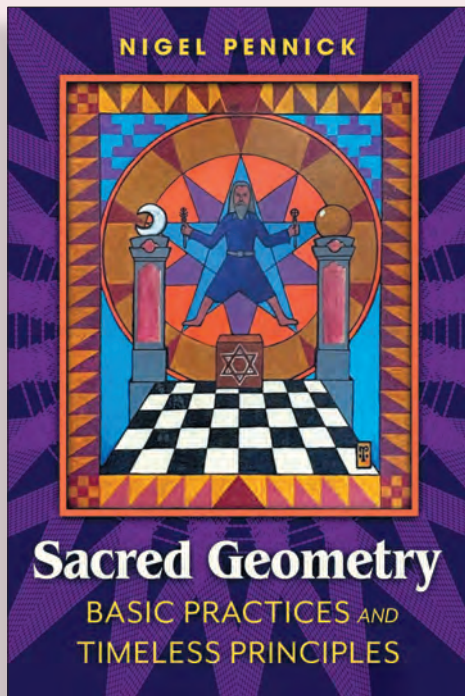
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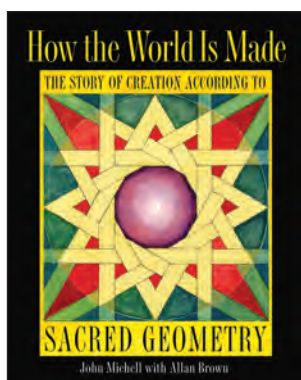
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Sacred geometry is a universal language that links the structure of the cosmos, sacred sites, and spiritual symbolism. Nigel Pennick introduces the basic principles and esoteric secrets of this ancient tradition.

Pennick explores how sacred geometry shaped temples, pyramids, ziggurats, and cathedrals, showing how builders encoded metaphysical knowledge into architecture and ritual objects. He shares accounts of sacred geometry in Ancient Egypt, Mesopotamia, Israel, and Greece, as well as its influence on Medieval and Renaissance architecture, Freemasonry, and Baroque city planning. You will learn practical ways to apply this knowledge by crafting geometric sigils and amulets, and how to use proportional systems for harmonious design.

By connecting ancient traditions with modern discoveries, the author shows how sacred geometry remains a foundation for meaningful architecture and spiritual understanding. In addition, Pennick provides you with tools to integrate sacred geometry into your personal, spiritual, and creative practices.

This concise guide to basic practices and timeless principles reveals the enduring significance of sacred geometry as a bridge between the material and the spiritual worlds.



Nigel Pennick is an authority on ancient belief systems, traditions, runes, and geomancy and has lectured extensively in Europe and the United States. He is the author and illustrator of more than 60 books, including *The Pagan Book of Days* and *The Ancestral Power of Amulets, Talismans, and Mascots*. He lives near Cambridge, England.

The Emerald Path Grimoire

A Bruja's Guide for Working with Plant Spirit
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VRYLAK FAEMANA

A practical manual for ethical plant magic rooted in the animist vision

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Drawing on animist principles and Latin American folk traditions, Vrylak Faemana presents a structured and practical approach to plant magic. Her grimoire outlines ten foundational laws that will guide you in ethical harvesting and help you build your own protocols for honoring plant spirits and communicating intentions.

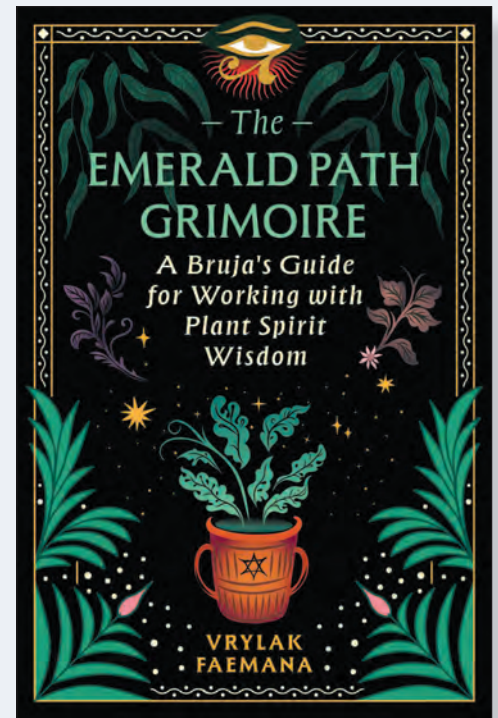
The author provides instructions for preparing a diverse range of botanical formulas, including spiritual baths, protective sprays, healing balms, and ritual incenses. She offers guidance on timing, lunar phases, and planetary influences while preparing and charging these mixtures. Faemana emphasizes ecological awareness and sustainable practice, providing protocols for cleansing and energizing plants, and gives recommendations for responsible sourcing.

This grimoire provides practical exercises for cultivating relationships with plants, including observation, prayer, and intuitive communication. Instructions are included for ritual preparation, use, and energetic alignment, allowing you to integrate plant magic into your ceremonial work and daily practices. The detailed herbarium describes the virtues, uses, and correspondences of dozens of plants and resins with notes on safe handling and identification. You will learn how to align your work with elemental and planetary energies, enhancing the effectiveness of your rituals.

By combining ancestral knowledge and folk magic with contemporary practices, *The Emerald Path Grimoire* will support you in building a respectful and reciprocal partnership with the green wisdom of the living garden.



Vrylak Faemana is an herbalist, artist, and musician specializing in animist herbalism and plant spirit medicine. She is the founder of Estrella Esmeralda, an online school dedicated to magic and spirituality, and leads workshops and courses internationally. She lives in Mexico.

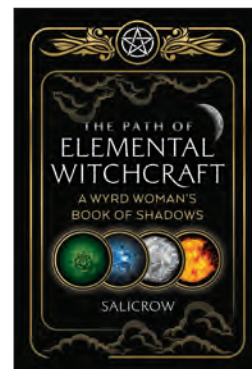


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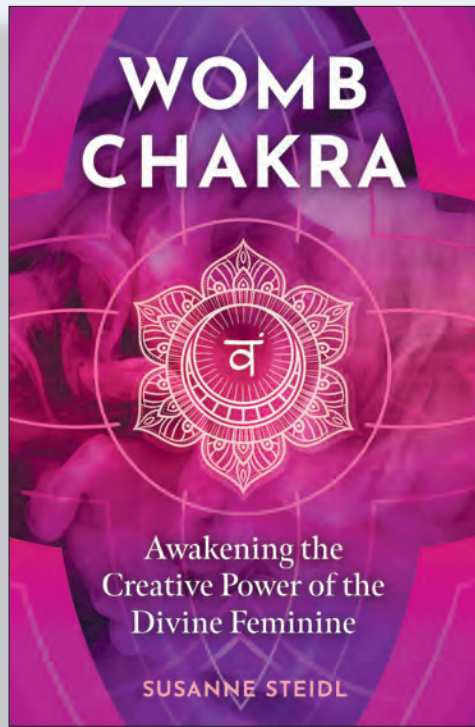
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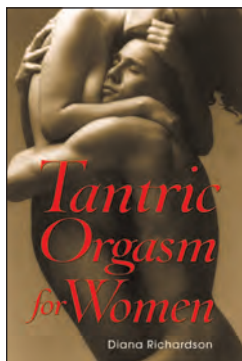
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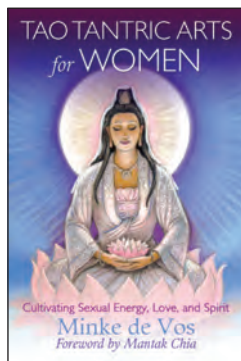
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Womb Chakra

Awakening the Creative Power of the Divine Feminine

SUSANNE STEIDL

Activating the womb chakra, the foundation for personal, sexual, and spiritual transformation

- Shows how to awaken the womb chakra's kundalini energy to reclaim personal agency, heal inherited patterns, and restore balance
- Provides practical exercises for each chakra, including body acceptance, ancestral healing, yoni steaming, and Ho'oponopono
- Guides women on a complete journey from root to crown to cultivate joyful sexuality, strengthen boundaries, expand awareness, and achieve spiritual growth

Beginning with the womb chakra—traditionally known as the sacral chakra—as the foundation of spiritual and physical vitality, Susanne Steidl shows how the dormant kundalini energy in women can be awakened to restore balance, heal inherited patterns, and reclaim personal agency. She explains that no development of the higher chakras can occur without first grounding oneself in the energy of the root chakra, and she provides accessible guidance for using this force as the basis for transformation.

Through practical exercises, you will learn to accept and love your body and release fears tied to your ancestral lineage. The author shows you how to harmonize male and female energies and how to liberate desire to cultivate joyful female sexuality. She provides specific activation methods for each chakra, such as yoni steaming for the sacral chakra, as well as strengthening the heart-yoni connection through Ho'oponopono, expressing truth through the throat chakra, and awakening intuition in the third eye.

By addressing the shadows and obstacles that can prevent the free flow of energy, Steidl provides tools to heal repression, establish boundaries, and restore inner strength. By following this path, you will be able to deepen self-knowledge, renew vitality, and embody your creative essence.

Offering a comprehensive journey from root to crown, this book serves as a practical guide to inner flowering, demonstrating how the chakras can become gateways to empowerment, balance, and spiritual growth. Through the teachings of *Womb Chakra*, women will be supported in reclaiming their feminine energy and power.



Susanne Steidl is a transformation coach and seminar leader. Since 2003, she has supported women in reconnecting with their feminine energy through rituals, chakra work, and personal coaching. She offers online and in-person trainings on energy healing. Susanne is based in South Tyrol, Italy.

AstroTarot

The Astrological Key to the Arcana

KAREN DÍAZ

Illustrations by CONI CURI

A deck based on the astrological vision of the Hermetic Order of the Golden Dawn

- Gives astrological correspondences for each card in the tarot, including planets, signs, and elements, as established by the Hermetic Order of the Golden Dawn
- Explains the symbolic meaning, interpretive range, and shadow aspect of each card for more nuanced readings
- Introduces reading practices and examples that support your exploration of contemplative and comparative tarot methods

The Rider–Waite–Smith deck was influenced by the Golden Dawn’s system of symbolic connections between the arcana, astrology, and Kabbalah. Using the structure and symbolism of the Rider–Waite–Smith system, astrologer and tarot reader Karen Díaz offers a deck highlighting the Golden Dawn’s original astrological correspondences.

The deck is a tribute to the often-overlooked contributions of Pamela Colman Smith. The illustrations, created by Coni Curi, are based on Smith’s vision. While rooted in the Golden Dawn system, the author invites you to explore these associations for yourself, encouraging a personal and evolving approach to tarot interpretation. Practices are included to support the development of contemplative and comparative skills through single-card and three-card spread practices.

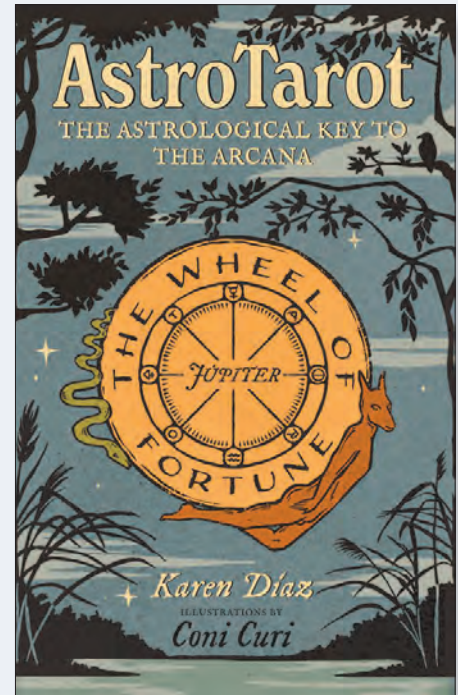
With striking art by Coni Curi, each card includes astrological associations, symbolic analysis, and practical interpretations. Attention is given to the light and shadow aspects of each card. The guide explains the elemental relationships between the four suits, and the planetary and sign-based correspondences for the Major and Minor Arcana.

AstroTarot offers a structured foundation for understanding the interrelation of astrology and tarot and empowers readers to expand and deepen these correspondences.



Karen Díaz has been studying astrology and practicing tarot for over 20 years. She offers astrology and tarot consultations and teaches tarot classes, with a focus on symbolic correspondences and intuitive

development. She is based in Argentina. **Coni Curi** is an illustrator, graphic artist, and influencer with a deep interest in esotericism. Her work recreates the lo-fi look of prints from the 1940s, 1950s, and 1960s. She lives in Valencia, Spain.



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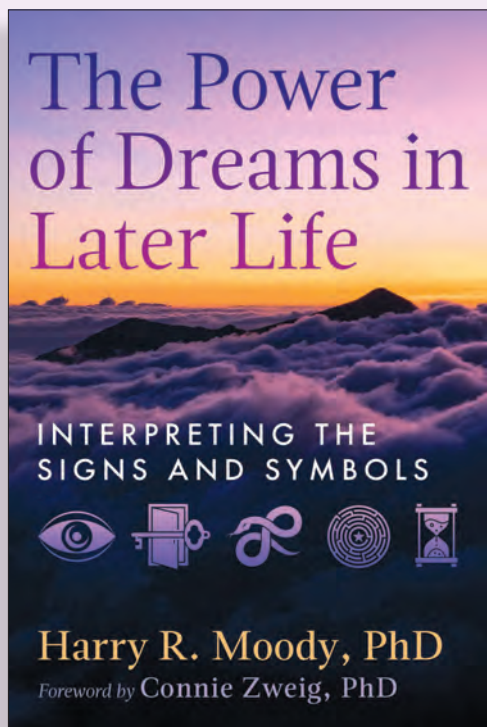
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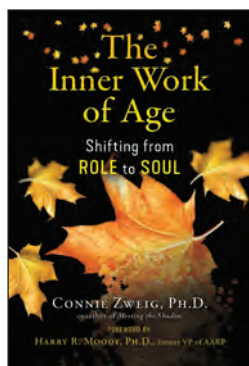


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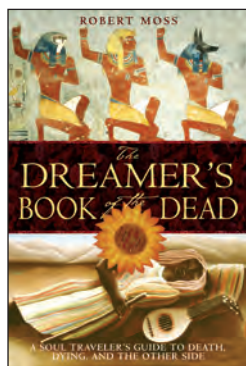


PARK STREET PRESS

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The Inner Work of Age
 Connie Zweig, PhD
 Park Street Press
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The Dreamer's Book of the Dead
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The Power of Dreams in Later Life

Interpreting the Signs and Symbols

HARRY R. MOODY, PhD

Foreword by Connie Zweig, PhD, author of *The Inner Work of Age*

Using dreams as a compass for meaning in later life

- Explains how dreams are a source of guidance during key stages of aging, including midlife transition, retirement, illness, grief, and life review
- Shows how to work with dreams using accessible tools and practices, such as journaling, active imagination, and symbolic reflection
- Offers an approach to growth in the second half of life, drawing on research in gerontology, depth psychology, and spiritual traditions

Drawing on more than fifty years of research, teaching, and personal dreamwork, Harry R. Moody reveals how dreams can support psychological development and spiritual insight after midlife. Unlike the early phases of life, the second half often unfolds without clear direction. Moody shows how dreams can offer an inner roadmap for navigating aging, identity, and mortality.

With case studies, Moody details how dreams reflect the key stages of aging. He explores midlife transitions, late-life depression, illness and caregiving, and the inner work of grief, forgiveness, and life review. Presenting a range of dream types, including recurring dreams, nightmares, and symbolic dreams, Moody explains their relevance to healing and self-understanding.

The author introduces tools for recalling and reflecting on dreams and gives guidance on how to approach them with attention rather than analysis. He draws from depth psychology, literature, and spiritual traditions to show how dreams can reveal unacknowledged emotions, inspire creative work, and help reconnect us with forgotten or repressed parts of the self. Over time, you will learn how to access the unconscious dimensions of your aging process and identify where change may be needed.

This book offers a practical framework for engaging with the unconscious during the transitions of growing older. By treating dreams as a form of guidance, you can uncover unfinished emotional work, strengthen your sense of purpose, and reclaim the imagination as a vital force for personal transformation.



Harry R. Moody, PhD, is a gerontologist and the author of *The Five Stages of the Soul*. A former Vice President at AARP, he has taught at Columbia and Fielding Graduate University and writes widely on aging, dreams, and spirituality. A long-time member of the International Association for the Study of Dreams, he lives in San Mateo, California.

The Wisdom of the Alzheimer's Sage

A Son's Journey Through Caregiving, Identity, and Spiritual Transformation

PAYSON R. STEVENS

Reimagining Alzheimer's as a path to unexpected love, transformation, and sacred insight

- Reframes Alzheimer's as a spiritual journey of ego surrender, mirroring mystical traditions across cultures
- Uncovers "Alzheimer's wisdom" through paradoxical clarity, humor, and unexpected grace
- Offers emotional support and practical guidance for caregivers navigating the complexities of dementia, including guidance on avoiding burnout

I never expected my mother's disappearance into Alzheimer's would become a spiritual awakening for both of us, writes Payson R. Stevens.

When Stevens became his mother's caregiver, he prepared for sorrow. What he found instead was a slow, mysterious transformation—hers and his own. As her successful identity as a pioneering dentist dissolved into the haze of Alzheimer's, Stevens began to witness something unexpected: startling moments of clarity, humor, serenity, and connection. Her fragmented speech began to echo Zen koans. Her gaze, emptied of ego, radiated peace. What appeared to be disintegration revealed a paradoxical wisdom—what Stevens came to call "Alzheimer's wisdom."

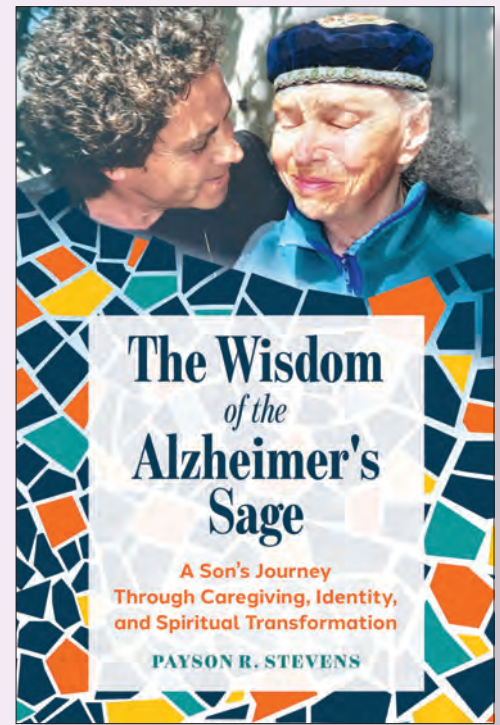
With lyrical vignettes, Stevens explores how caregiving became a path of grace. As he and his mother moved beyond past conflicts into quiet communion, their journey illuminated truths about love, identity, and what remains when memory fades. This is a meditation on how dementia, while undeniably painful, can also strip away the ego to reveal a deeper presence—one that mirrors the surrender described in Buddhist, Sufi, and contemplative Christian traditions.

Part memoir, part caregiving companion, and part spiritual meditation, *The Wisdom of the Alzheimer's Sage* invites readers to see beyond the tragedy of dementia—to find beauty, insight, and even sacredness in one of life's most difficult passages.



Payson R. Stevens is an award-winning science communicator, artist, writer, environmentalist, filmmaker, and a recipient of the Presidential Award for Design Excellence from Bill Clinton. He has appeared on CNN's Network Earth and was an early TED speaker. The co-author of two books, *Embracing Earth* and *Meshuggenary*, he and his wife, the writer Kamla K. Kapur, divide

their time between the remote Indian Himalayas and San Diego, California.

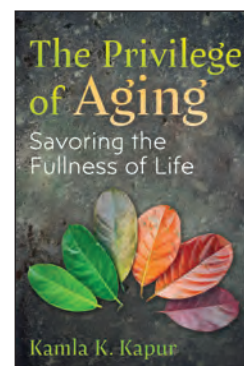


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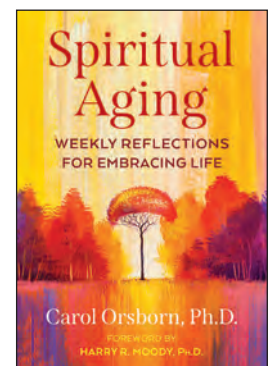
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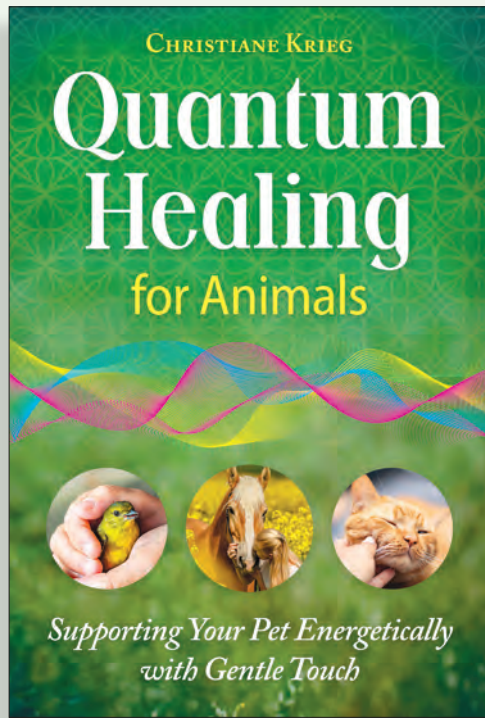
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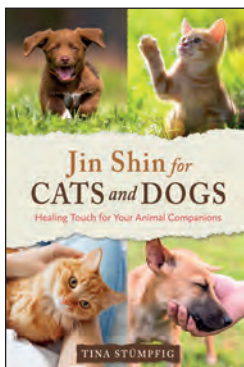


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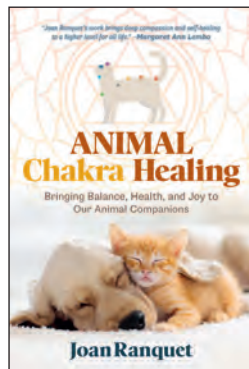


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Animal Chakra Healing
 Joan Ranquet
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November 2025 release

Quantum Healing for Animals

Supporting Your Pet Energetically with Gentle Touch

CHRISTIANE KRIEG

A practical guide to energetic animal healing using quantum dynamics

- Offers 35 step-by-step applications for hands-on and remote healing, including chakra balancing and breathwork
- Explains the two-point technique to harmonize your animal's energy field
- Integrates reflective practices to deepen the human-animal bond

Animals are highly sensitive, and their systems respond quickly to changes in their bodily energy and the environment. In this guide, Christiane Krieg introduces an energetic approach to animal wellness that draws on quantum field principles, shamanic wisdom, and practical energy medicine. Using morphic field theory and the observer effect, she explains how focused intention can realign energy patterns across time and space.

The innate self-healing capacities of an animal can be activated through the two-point technique, which synchronizes two energetic points on the body—one representing the animal's current state and the other representing their healthy and harmonious state. Working with conscious intention, affirmations, and meditation, the author helps to address challenges in an animal's life ranging from anxiety and chronic illness to trauma recovery and end-of-life transition. She guides us through 35 healing applications, including energetic protection, grief support, nutritional balancing, and harmonizing multi-animal households.

Krieg also explores how animals mirror human emotional states and provides tools for recognizing and transforming these states. In addition, foundational exercises provide help in cultivating intuitive sensitivity, breath awareness, and the ability to enter states of pure consciousness to support the animal's and our own energetic balance.

This practical book will support you in becoming an active participant in your animal companions' healing journey and in cultivating a deeper, more conscious relationship.



Christiane Krieg is an animal communicator, holistic coach, and author trained in quantum healing, Usui Reiki, energy healing and shamanic practices. She lives near Hamburg, Germany.

Astrology and Healing Trauma

Using Your Birth Chart in the Journey Toward Recovery

ROBERT ALLEN PITTMAN with KAREN BETH WILSON

Unlock the hidden connections between your wounds and your cosmic purpose

- Maps your personal timeline against the twelve astrological houses, revealing how trauma and planetary cycles shape your life path
- Draws on your natal chart to reveal the planetary influences that can help decode the deeper meaning behind recurring patterns
- Offers the Congruency Process, mirror work techniques, and somatic exercises to release blockages and reclaim your authentic self

Drawing on decades of research, Robert Allen Pittman and Karen Beth Wilson present a practical guide to understanding the relationship between trauma, personal growth, and cosmic influences. Their unique approach combines astrological mapping, chakra healing, and mind-body techniques.

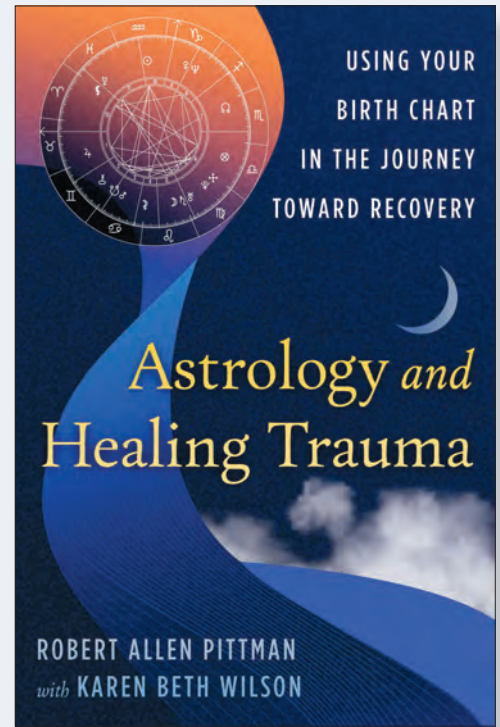
The authors show how to track your spiritual identity by constructing a timeline that details your seven-year transits through each of the twelve astrological houses over your life. You can then cross-reference the narrative of your timeline with your natal chart. These methods will help you identify and integrate the key trials and challenges of your life. By recognizing the “psychic weather” and energetic imprints left by planetary cycles, the authors show how you can process trauma using somatic exercises, breathwork, and guided self-inquiry.

Their Congruency Process gives you a method for balancing inner truth with outward expression to support emotional clarity. They provide tools for self-exploration, including mirror exercises, body-based memory release, and using astrological archetypes to clarify life lessons. You will develop a personal “Map of Life” that connects your childhood experiences, ancestral patterns, and past-life influences to current behaviors and relationships.

This guide will empower you to recognize the astrological and energetic patterns shaping your life and to approach healing as a lifelong journey in conscious partnership with the cosmos.



Robert Allen Pittman is a writer, martial artist, and teacher of spiritual traditions with decades of experience in healing and esoteric studies. With the guidance of his astrologer, Brian Lynch, who was deeply immersed in the teachings of Rudolf Steiner, Robert studied his natal chart over a twenty-year period. He lives on the road and divides his time between Europe and the U.S.



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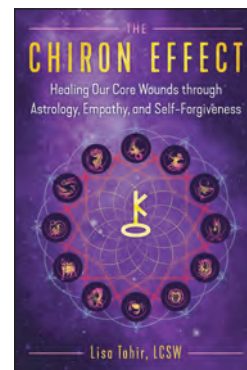
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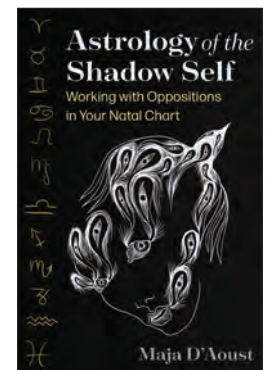
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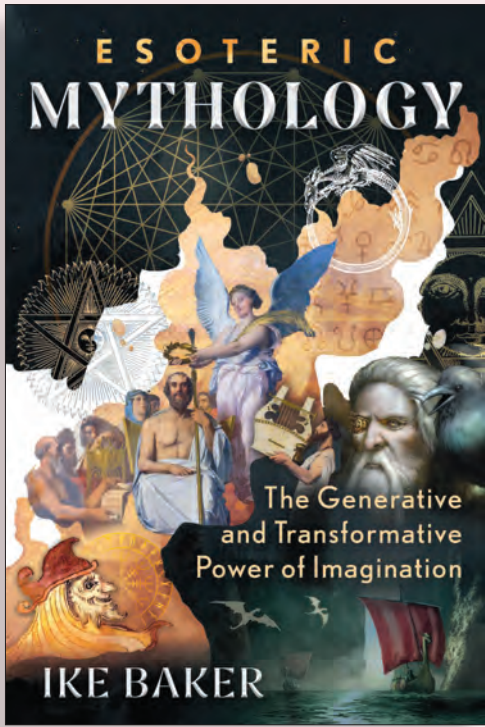
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Esoteric Mythology

The Generative and Transformative Power of Imagination

IKE BAKER

Foreword by Sasha Chaitow, PhD

Reveals how myths connect us to the imaginal realm

- Explains how certain mythic structures and esoteric teachings appear across traditions, reflecting humanity's shared imaginal perception of spiritual reality
- Shows how myths can serve as initiatory tools for interfacing with the transformative power of imagination
- Draws on Babylonian, Norse, Egyptian, Biblical, Indian, and Chinese myths as well as the works of Plato and the Neoplatonists

Ike Baker reveals how myths express universal spiritual truths and arise from an imaginal reality shared by all humanity.

Distilling two decades of research in comparative mythology, linguistics, and the esoteric philosophies of Taoism, Platonism, and Hermeticism, the author shows how myths provide a living map to the imaginal realm—a spiritual cartography that resonates across time and culture. He discusses *mythopoesis*, the magic of myth-making, and the importance of dreams in connecting us to the imaginal realm and the perennial wisdom it contains.

Drawing on Babylonian, Norse, Egyptian, Biblical, Indian, and Chinese myths as well as the works of Plato and Neoplatonists, Baker explores how certain mythic structures and esoteric teachings appear across traditions, reflecting a timeless worldview and humanity's shared imaginal perception of spiritual reality. He also looks at core concepts expressed through myth—the idea of an Adversary, the fall and exile, trials and quests, saviors and redeemers, and the triumph of the light.

Revealing the enduring relevance of myths, Baker demonstrates how these archetypal stories bridge the subconscious and conscious, and can serve as initiatory tools for interfacing with your imagination.



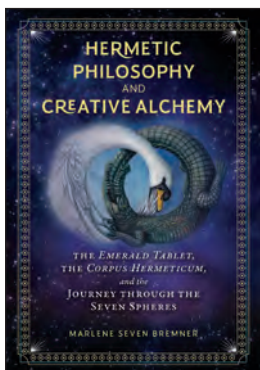
Ike Baker is an independent scholar, esoteric instructor, practicing ceremonialist, and senior initiate of the Martinist Order of America, Masonic Blue Lodge, and York Rite Freemasonry. He is also a temple chief of the Hermetic Order of the Golden Dawn. He hosts the *ARCANVM* podcast and co-hosts the *Aetherica Podcast* with Sky Mathis. The author of *A Formless Fire* and *Aetheric Magic*, he lives in Asheville, North Carolina.

of *A Formless Fire* and *Aetheric Magic*, he lives in Asheville, North Carolina.

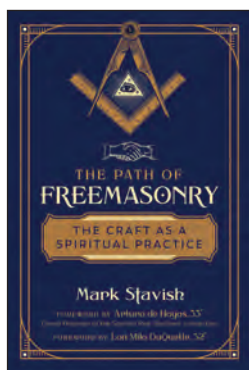


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Mysteries of Ishtar

The Divine Feminine and the Unity of Human Spirituality

FIRAS SAWAH

Translated with an Introduction by Ilham Laassiba Mol

The classic Arabic text available for the first time in English

- Details how the first form of organized religious consciousness emerged from reverence for the Great Mother in the ancient Near East
- Brings to life the many forms of Ishtar, examining her connections to the Moon, sacred animals and nature, healing, death, sexuality, and magic
- Analyzes myths and rituals centered on the divine feminine from several ancient cultures, including Mesopotamia, Egypt, and Greece

Bringing us into the world of Ishtar, the goddess of fertility, love, war, and cosmic renewal, Syrian scholar Firas Sawah details how the first form of organized religious consciousness emerged from reverence for the Great Mother in ancient Mesopotamia. He traces the evolution of spiritual thought from the Paleolithic period, when humanity venerated female figures representing fertility and the cycles of nature, through the Neolithic era, when agriculture and settled life further solidified the worship of the Great Mother.

Bringing to life the many forms of Ishtar, the author examines her connections to the Moon, sacred animals and nature, healing, death, sexuality, and magic. Showing how symbols and practices associated with the Great Mother had spread across cultures, he analyzes mythic narratives and rituals centered on sacred marriage and the descent into the underworld.

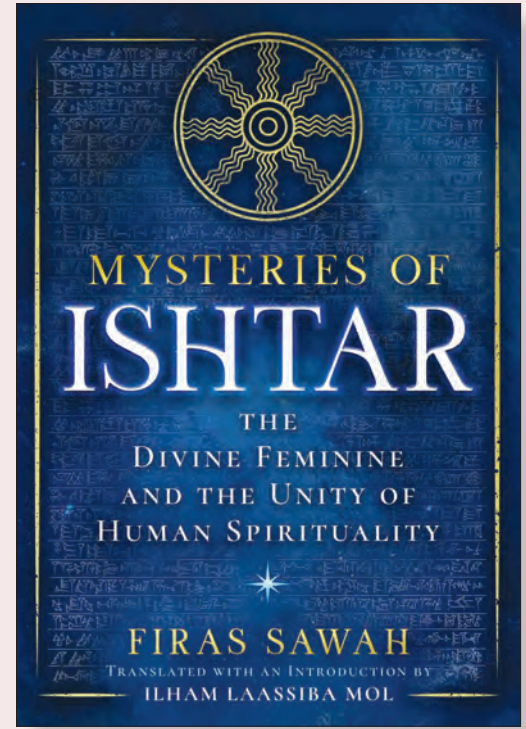
Exploring the divine feminine and masculine, Sawah shows how the Great Mother was complemented by her consort. The myths of Ishtar and Tammuz, Isis and Osiris, and Astarte and Adonis reveal a sacred partnership. As patriarchal systems emerged over time, male gods gained prominence; yet, the matriarchal roots endured, shaping the cultural traditions of the emergent patriarchy.

Available for the first time in English, this classic Arabic study comprehensively explores the Great Goddess's influence on religion and civilization, revealing the ongoing relevance of the divine feminine and the unity of humanity's spiritual heritage.



Firas Sawah is a Syrian researcher who has published 26 books in Arabic on mythology and religion. He has appeared in 20 television shows, including Legitimate Question, Alhurra TV, and Alghad TV. He is a professor

of Arab Culture and the History of Religion at Beijing Foreign Studies University in China. **Ilham Laassiba Mol** is a Moroccan writer and translator engaged in exploring ancient myths and spirituality.



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96 b&w illustrations

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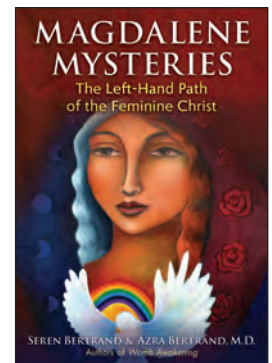


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The Hidden Arcana Tarot

An 86-Card Deck and Booklet

LIANE AND CHRISTOPHER BUCK

Refining Tarot guidance by acknowledging the influence of reader, setting, and environment

- Includes 86 full-color cards, expanding the traditional Major and Minor Arcana with the Hidden Arcana, all infused with ancient symbolism
- Showcases 8 rediscovered Arcana cards—the Adeptus, the Spiritrix, the Almuten Figuris, and 5 castle cards of the realms—revealing the influence of reader, setting, and the elements on a reading
- Shares several tarot spreads for new readings, including the Pilgrimage of the Soul and Thread of Destiny

More than a divination tool, this stunning deck and guidebook illuminate the deep connections between the Tarot, the universe’s rhythms, and the human psyche. *The Hidden Arcana Tarot* reveals eight long-lost Arcana cards with mythic resonance to powerfully guide the interpretation of the traditional Major and Minor Arcana.

The deck contains 78 traditional Tarot cards and 8 Hidden Arcana cards. The newly rediscovered Arcana include the Adeptus, who represents the consultee on their journey; the Spiritrix, who determines how the reader may be affecting the reading; and the Almuten Figuris, the guide and protector on the path. The five castle cards show the elemental, archetypal forces at play. Infused with ancient symbolism and mythic imagery, these beautifully illustrated cards offer fresh perspectives on life’s journey, meaning, and future twists and turns—and on Tarot reading itself.

In the guidebook, studied and intuitive Tarot reader Liane Buck details the meaning of each card with key words and presents several spreads for new readings, including the Pilgrimage of the Soul and Thread of Destiny. *The Hidden Arcana Tarot* is an invitation to dive deep into your own soul and find your place in the universe’s intricate tapestry.



Liane and Christopher Buck are the founders of Humanity Healing International, whose projects included combating child trafficking in Africa. They have also created OMTimes Media, a company dedicated to publishing and broadcasting on mindful living. Liane and Christopher also founded the mystical Christian seminary, Cathedral of the Soul. Liane and Christopher’s devotion to humanitarian causes has been recognized with two Presidential Awards and international honors including knighthood. They live in Brazil.

Invisible Strings

How Unseen Energies Connect Us to People, Places, and Situations

THERESA CHEUNG

A spiritual framework for understanding connection, fate, and personal growth

- Introduces invisible string theory as a modern metaphysical framework rooted in ancient traditions and contemporary physics
- Explains how to recognize meaningful connections through signs, synchronicity, and intuition
- Offers tools and practices to identify and follow the unseen forces that guide personal growth, healing, and relationships

Unseen energetic bonds link all of us to the people, places, and events that shape our life paths. Harmonizing timeless metaphysical concepts with modern science, Theresa Cheung explores how the idea of energetic bonds is rooted in ancient Eastern and Western metaphysical teachings as well as concepts from contemporary physics, such as string theory and dark matter.

Cheung explains how these invisible bonds may draw us toward soulmates, kindred spirits, life-defining experiences, and moments of transformation—often with uncanny timing. She examines how synchronicities and intuitive insights reflect deeper meaning at work, and she offers clear methods for recognizing and following these subtle signs.

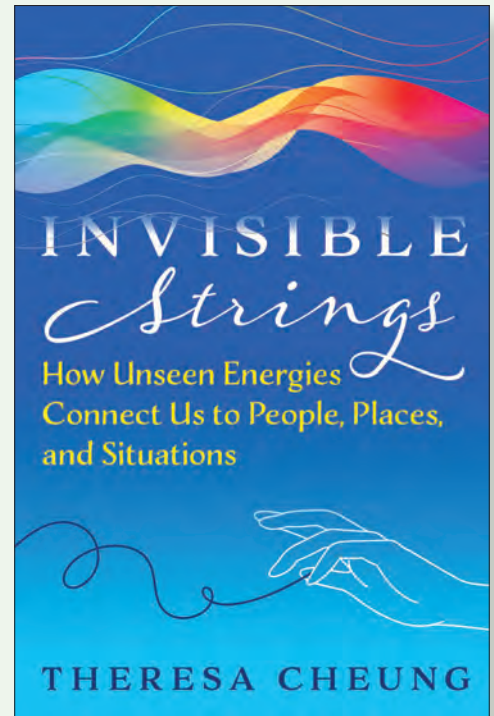
Blending science, spirituality, and practical metaphysics, the author provides tools for developing intuitive awareness and interpreting the patterns that reveal the spiritual guidance at work. Trusting in this unseen guidance can heal and empower you. Cheung offers practices drawn from dreamwork, astrology, shadow work, and other metaphysical disciplines to support you in activating and navigating these invisible connections in your daily life.

With insights drawn from decades of spiritual teaching and research, this book is a grounded yet expansive guide to recognizing and experiencing how unseen energies connect us to people, places, and experiences.



Theresa Cheung is a bestselling author and a leading voice in contemporary spirituality and personal growth, listed by *Watkins Magazine* as one of the 100 most spiritually influential people in 2023 and 2026. A graduate in theology and English from King's College, Cambridge, she has written extensively on dreams, intuition, and consciousness. Her

books have sold millions of copies worldwide, and she frequently appears on radio, television, and podcasts. She lives in the UK.



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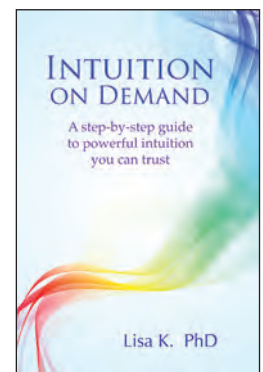


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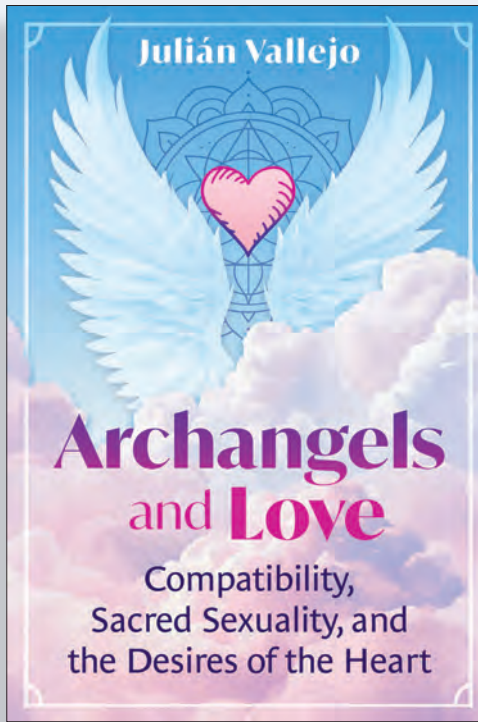
Soul Master

Maxim Mankevich
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Lisa K., PhD
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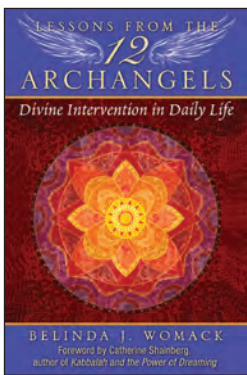
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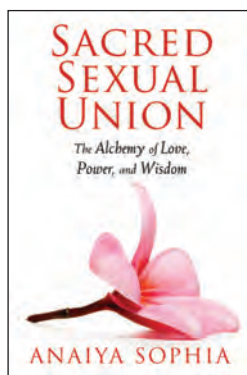


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Archangels and Love

Compatibility, Sacred Sexuality, and the Desires of the Heart

JULIÁN VALLEJO

How angelic wisdom and astrological insight can transform your relationships

- Reveals how seven archangels govern our relationship challenges, including attracting new love, healing heartbreak, and protecting fidelity
- Gives rituals, Feng Shui practices, and chakra activation techniques to deepen intimacy and manifest a lasting romantic connection
- Explores zodiac compatibility across all twelve signs, showing how elemental energies and planetary influences shape relational patterns and sexual chemistry

Julián Vallejo presents a comprehensive approach to love that integrates angelic guidance, astrological wisdom, and sacred sexuality practices. Vallejo introduces seven archangels as spiritual allies for navigating different phases of romantic life. Each archangel corresponds to a specific chakra and offers targeted support for emotional and relational challenges.

The author examines compatibility patterns across all zodiac pairings, revealing how fire, earth, air, and water elements influence fidelity, communication styles, and intimate expression. Vallejo challenges the myth of a singular soulmate by explaining how natal charts indicate three potential perfect matches corresponding to different houses of love. He identifies which signs prove most reliable for long-term commitment and which tend toward restlessness or infidelity.

Vallejo provides practical tools for transforming intimate spaces and experiences. He explains how to apply Feng Shui principles using the Bagua map to activate nine sectors of the home, each governed by a specific archangel. The author details rituals for each archangel, including specific days, candle colors, crystals, and prayers to invoke divine assistance. He presents a step-by-step guide to sacred sexuality that awakens kundalini energy through chakra activation and tantric postures.

By synthesizing Hindu tantric wisdom, Buddhist philosophy, and Abrahamic angelology, *Archangels and Love* provides metaphysical insight and actionable guidance for cultivating healthier relationships supported by divine presence.



Julián Vallejo is a life coach, tarot reader, angelologist, and astrologer. Certified as an Angel Card Reader by Doreen Virtue and trained at the Osho Humaniversity World Meditation Center in the Netherlands, he has conducted thousands of private consultations on love and relationships. He lives in Bogotá, Colombia.

Sovereign Menstrual Power

Embodying Cyclical Regeneration
with the Goddess Inanna

ANNALISA DERR, PhD

Foreword by Christine Downing, author of *The Goddess: Mythological Images of the Feminine*

Reclaim the sacred feminine energies of your menstrual cycle

- Reimagines the ancient Mesopotamian myth of the Descent of Inanna as a ritual rite of passage that aligns with the four phases of the menstrual cycle
- Reveals how Inanna can be experienced as a living, internal presence who can help us consciously embody our own erotic aliveness
- Shares embodied practices—writing prompts, womb visualizations, and ritual enactments—to help you celebrate your body’s powers of regeneration

Inviting you to cast off internalized beliefs that menstruation is dirty or shameful, Annalisa Derr reveals how to reclaim the Sacred Feminine Power of your menstrual cycle and reawaken to the Goddess within.

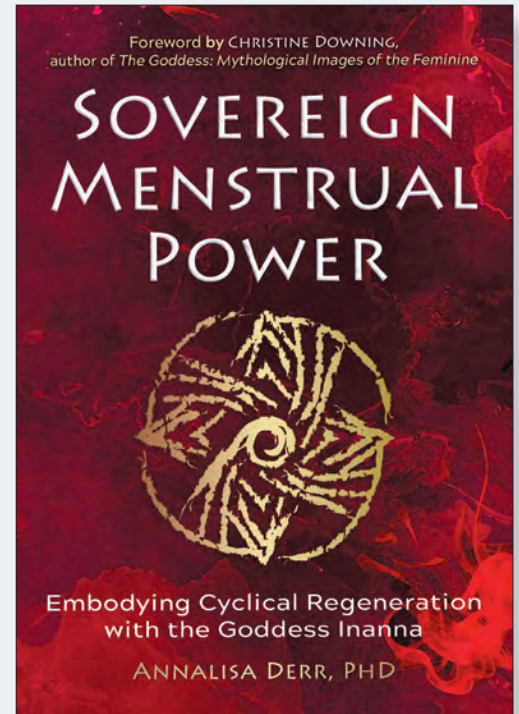
The author shares her own journey to break free from the cultural stigmatization of menstruation and discover her empowering inner Goddess. She details how prehistoric matriarchal cultures revered women’s menstrual blood as an expression of the Great Goddess’s life-giving, life-sustaining, and life-taking powers. Derr restores the ancient Mesopotamian Goddess Inanna to her original prehistoric, pre-patriarchal manifestation as a representation of Life Force Energy and reveals how Inanna can be experienced as a living, internal presence who can help us consciously embody our own erotic aliveness.

The author reimagines the myth of the Descent of Inanna as a ritual rite of passage that aligns with the four phases of the menstrual cycle: ovulation, luteal, menses, and follicular, each with its own powers to be celebrated. She provides writing prompts and original embodied practices such as womb visualizations and ritual enactments to help you attend to the different emotions and energies associated with each phase and honor the sacred spiral of death, rebirth, and regeneration in your monthly cycle.

Presenting an affirmative sacred menstrual narrative, this empowering guide will support you to heal your relationship with your period and reclaim the sovereign menstrual power that is your birthright as a woman.



Annalisa Derr, PhD, holds a doctorate in mythological studies with emphasis in depth psychology from Pacifica Graduate Institute. She hosts “Journey to the Goddess TV” and leads workshops and retreats internationally. She lives in Athens, Greece, and Southern California.

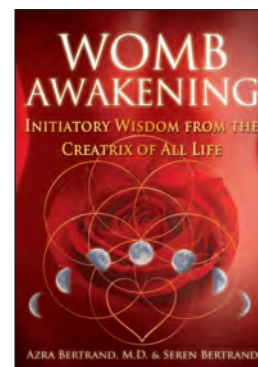


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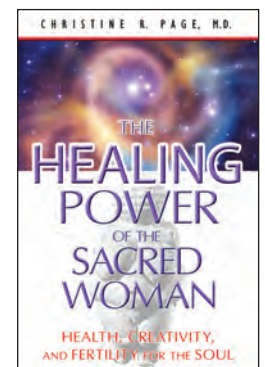
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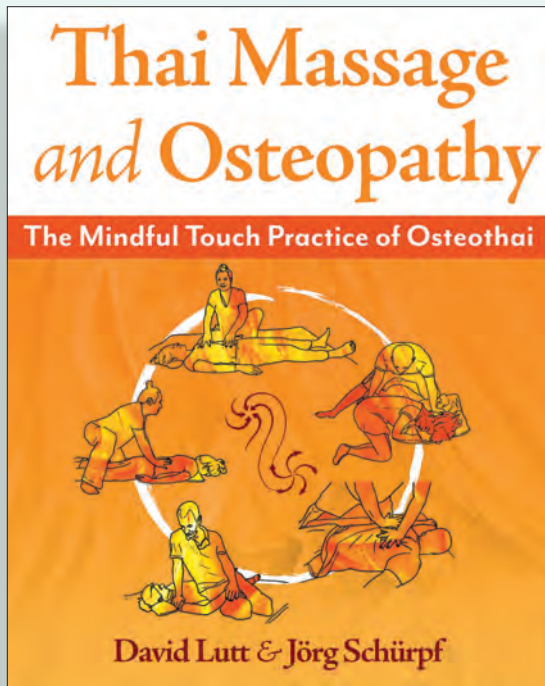
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Thai Massage and Osteopathy

The Mindful Touch Practice of Osteothai

DAVID LUTT and JÖRG SCHÜRPF

Forewords by François Laurent, DO, founding president of the French Academy of Osteopathy, and Michael J. Shea, PhD, author of *The Biodynamics of the Immune System*

Integrating Thai massage and osteopathy for healing through therapeutic touch

- Combines the meditative, energetic foundations of Thai massage with the anatomical precision and palpation methods of osteopathy
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 Holistic Health/Bodywork

David Lutt and Jörg Schürpf draw on the Buddhist foundations of Nuad Boran, which views massage as a meditation in movement. From osteopathy, they incorporate craniosacral and fascial system techniques, visceral work, and an emphasis on listening through the hands to the tissues' subtle rhythms. From these two traditions, the authors have created a potent healing modality called Osteothai.

Drawing on decades of training and clinical experience, the authors present their original, integrated therapy system, designed to support vitality and mobility and help restore health. Their pedagogy of touch engages the therapist's full body in grounded, fluid, and multidimensional contact with the client.

Lutt and Schürpf provide methods for developing presence, attention, and intention while guiding readers to refine palpation skills and address dysfunction by activating the body's vital force. Exploring the anatomical, embryological, energetic, and emotional dimensions of touch, they offer practical approaches for supporting homeostasis and the body's self-regulating capacities.

Uniting the art of osteopathic listening with the meditative awareness of Thai massage, *Thai Massage and Osteopathy* presents a grounded and adaptable therapeutic practice based on mindful touch.



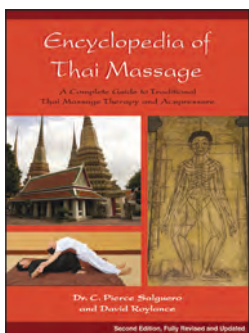
David Lutt is a Thai massage practitioner and osteopath. Initiator of Dynamic Thai Massage and Osteothai, he runs a massage school in France and teaches courses worldwide. **Jörg Schürpf** is a shiatsu practitioner and osteopath. He is the creator of the

Shen Master Training, a synthesis of shiatsu and osteopathy. Based in Switzerland, he teaches throughout Europe and Thailand.

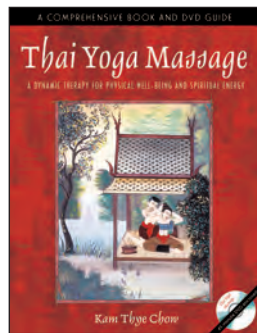


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The Healing Power of Animism

Teachings from the Spirits of the Dagara

MARK BOCKLEY

A guide for connecting to the spirit world for healing, guidance, and empowerment

- Explores the ancient animistic beliefs and rituals of the Dagara people of West Africa, including the importance of ancestors and dreams
- Examines Dagara animistic magic in depth, including examples of divination methods, spells, and healing practices
- Describes the author's spiritual apprenticeship with Martine Somé, sister of bestselling author and spiritual leader Malidoma Patrice Somé

Spirits are everywhere: in every animal and plant, every rock and shell, in the sand, soil, water, and wind. By acknowledging and interacting with the spirits around us, we can discover deep healing, profound guidance, inner knowing, and spiritual empowerment. This is the premise of animism, humanity's most ancient system of spirituality.

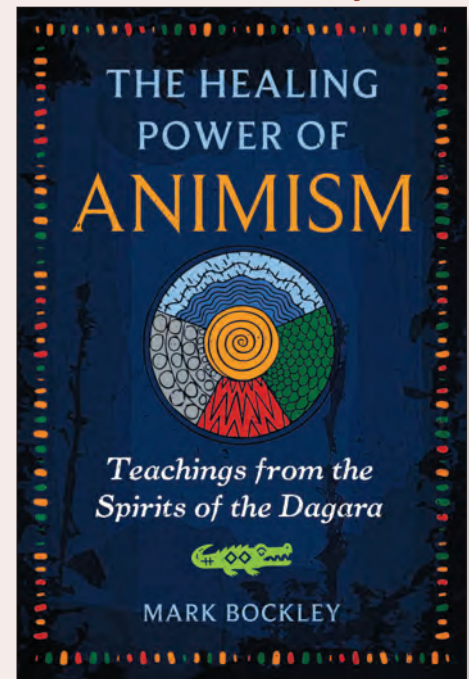
In this guide to Dagara animism, Mark Bockley shares the animistic practices and beliefs he learned firsthand by working for decades with members of the Somé lineage of West African Dagara shamanism. He explains how, to the Dagara, everything is alive and worthy of respect. He describes how he was chosen by the spirits and underwent a rigorous apprenticeship and initiation with Martine Somé, sister of bestselling author and spiritual leader Malidoma Patrice Somé.

Revealing how to integrate animism into your spiritual practice, the author explores the ritual structures that shape everyday Dagara life, including divination, healing practices, birth rituals, and transformative death rituals. He reveals how ritual itself helps you attune your consciousness with other beings. This is the basis of animism. He looks at the importance of ancestors, animals, and dreams and explores Dagara animistic magic in depth, including divination methods and spells.

The antidote to the spiritual amnesia of the West is an awakening to animistic consciousness. This guide offers a connection to a vibrant living spiritual tradition and helps restore our ancestral awareness of the spiritual intelligence of Nature.



Mark Bockley is an initiated diviner of the Dagara tradition of West Africa. He first traveled to Africa in 1976 and, in the mid-1990s, underwent a rigorous apprenticeship and initiation with Martine Somé, sister of spiritual leader Malidoma Patrice Somé. He is a workshop leader and lives in West Marin, California.



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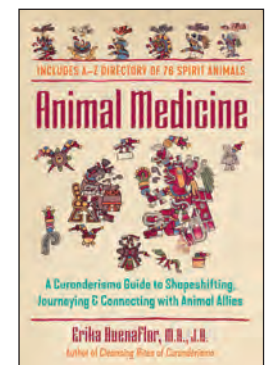
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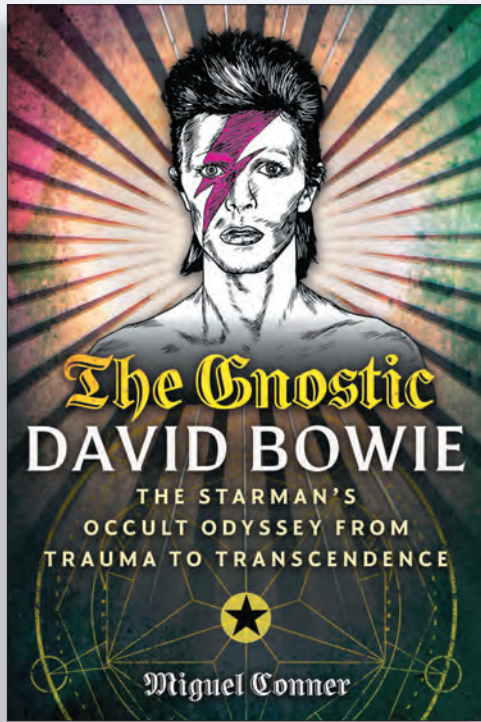
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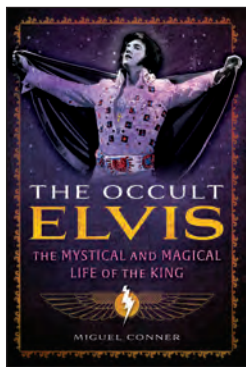
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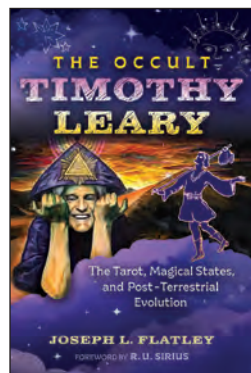
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The Gnostic David Bowie

The Starman's Occult Odyssey from Trauma to Transcendence

MIGUEL CONNER

Exploring David Bowie's path of spiritual transformation and self-knowledge

- Illuminates how Bowie's music, personas, and personal struggles reflect core Gnostic principles and the quest for awakening
- Details the influence of Jungian psychology, shamanic traditions, and esoteric philosophy on Bowie's artistic evolution and spiritual practice
- Unveils the mystery of Bowie's enigmatic Blackstar death ceremony, a Gnostic ritual of cosmic communion

Miguel Conner traces David Bowie's journey from a traumatic childhood in post-war Britain to his emergence as a global icon, revealing how each stage of his evolution mirrors the Gnostic quest for self-knowledge and liberation. Conner shows how Bowie's personas—including Ziggy Stardust, Major Tom, and the Thin White Duke—function as archetypal representations of psychological and spiritual transformation. Bowie's deep engagement with Gnostic mysticism informed his worldview, theurgy, and art—particularly his Blackstar death ceremony that still confounds the world (until now).

The author presents Bowie's engagement with occult traditions and spiritual practices for personal and collective healing. Bowie's use of ritual, symbolism, and creative reinvention can serve as approachable models to navigate trauma, addiction, and the challenges of identity. Conner explores Bowie's integration of Eastern and Western mystical traditions, highlighting the practical benefits of adopting meditation, introspection, and mythic storytelling to foster resilience and self-realization.

Examining Bowie's legacy as a shamanic wounded healer, Conner demonstrates how art can function as a spiritual technology for transformation. He shows how Bowie's practices—self-mythologizing, persona creation, use of music as ritual—can support self-discovery and healing. Through explanations of Gnostic concepts like the divine spark, the counterfeit spirit, and Shadow integration, Conner offers accessible tools for understanding and applying these principles in daily life.

The Gnostic David Bowie is a unique study of music, psychology, and spirituality that can illuminate your own search for meaning, healing, and transformation.



Miguel Conner is a writer, voiceover artist, and host of the popular podcast *Aeon Byte Gnostic Radio*. His books include *The Occult Elvis*, *Voices of Gnosticism*, *Stargazer*, *Heretic*, and *The Executioner's Daughter*. He lives in northern Illinois.

Astrology for Healing Relationships

A Guide to Conscious Love and Authentic Connection

PABLO FLORES LAYMUNS

Using astrological wisdom for emotional healing and relationship growth

- Reveals how to identify and transform unconscious emotional patterns by using your birth chart
- Explores how psychological astrology—especially the influence of the Moon and Venus—shapes your emotional needs, love patterns, and partnerships
- Offers practical tools to nurture your inner child and turn relationship challenges into opportunities for growth

Drawing on the principles of psychological and evolutionary astrology, Pablo Flores shows that the relationships we attract, the experiences we have with others, and the kinds of people we are drawn to are not random, but reflections of our inner world. Giving special attention to the Moon and Venus, he explores how your birth chart can help you move beyond blaming others and understand what your relationships reveal about you, offering a path to deeper self-knowledge, emotional healing, and more conscious love.

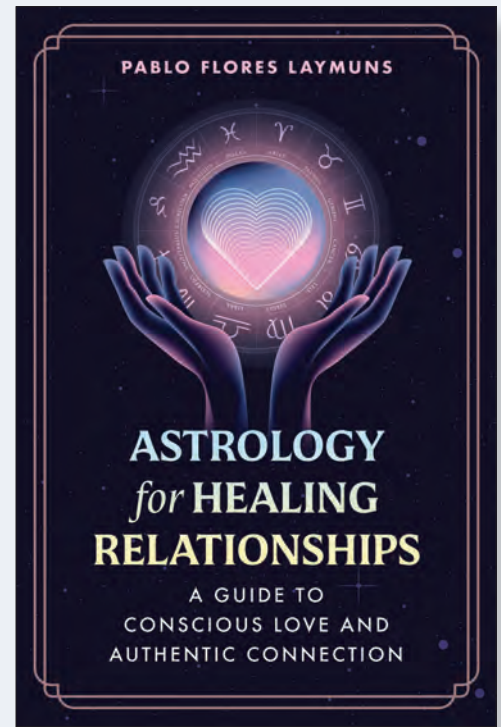
The author gives practical exercises for mapping your birth chart to recognize the roots of your emotional wounds. By applying his targeted healing methods, you will learn to address fears of intimacy and abandonment, low self-worth, jealousy, emotional detachment, and idealization in love. He explains how to interpret key planetary aspects—including placements of Venus, Pluto, Saturn, Uranus, and Neptune—to understand the astrological factors that shape your relationships and keep you from experiencing greater fulfillment in love.

By working with planetary archetypes, the author gives step-by-step practices for nurturing your inner child, setting healthy boundaries, and integrating shadow dynamics. He also gives guided visualizations, journaling prompts, flower essence protocols, and therapeutic tools to heal specific planetary wounds. Applying these practices will boost your self-esteem and help you love more freely.

Astrology for Healing Relationships will guide you in fostering healthier, more conscious relationships rooted in self-awareness, emotional maturity, and authenticity.



Pablo Flores Laymuns is a leading teacher of astrology in Latin America, known for integrating psychological and spiritual approaches to healing. He has taught internationally and works with clients online. He lives in Chile.



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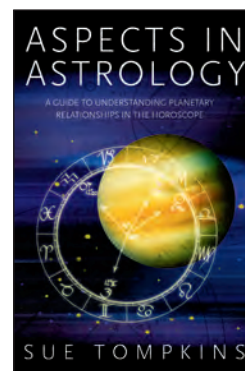
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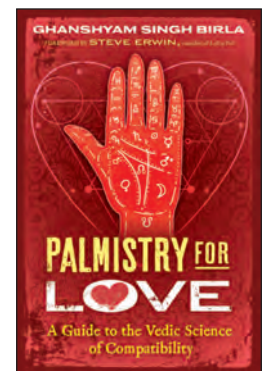


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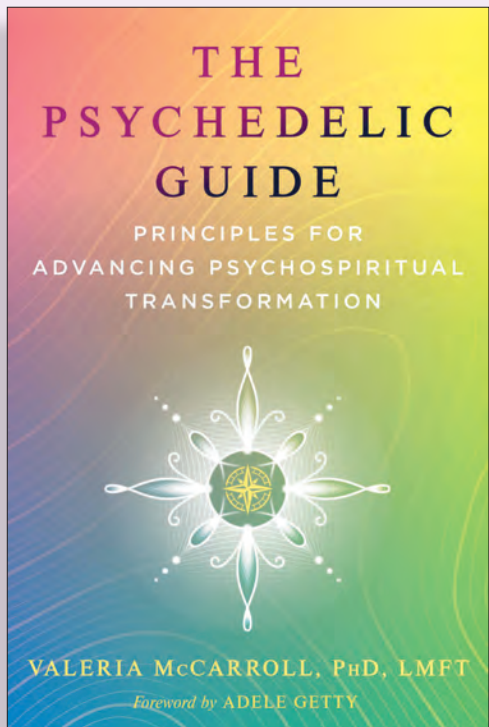
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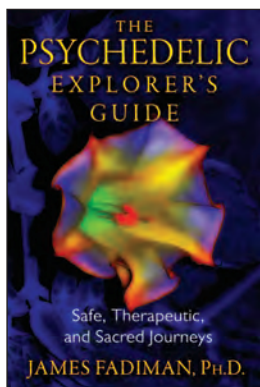
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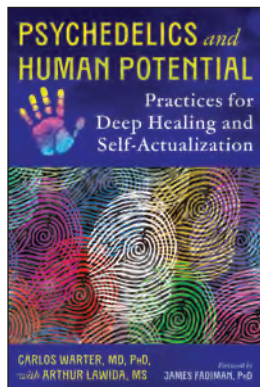


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The Psychedelic Guide

Principles for Advancing Psychospiritual Transformation

VALERIA MCCARROLL, PhD, LMFT
 Foreword by Adele Getty

Cultivating integrity and ethical awareness
 in psychedelic healing

- Defines a comprehensive psychospiritual framework for psychedelic guiding rooted in embodiment, nondual wisdom, and social justice
- Explains how healing individual trauma contributes to collective and cultural transformation
- Guides you to cultivate ethical presence, right relationship, and inner guidance as the foundation of healing and guiding others

As psychedelics enter more clinical and therapeutic settings, the role of the psychedelic guide is expanding. Existing models often overlook the transpersonal, ethical, and social dimensions essential to this work. In this context, Valeria McCarroll asks the central question—who will guide the guides?—and offers a radical reimagining of what it means to hold space for transformation.

Drawing on decades of clinical experience, transpersonal psychology, somatics, and traditions of nondual wisdom, McCarroll offers a psychospiritual framework that brings depth, presence, and accountability to guiding. She situates psychedelic work within a wider movement of cultural renewal and defines *guiding* as both a personal calling and a social responsibility, where the guide becomes a healer within society and a bridge between individual healing and collective liberation.

The author looks at desire as a force for liberation, imagination as a tool for healing, and rites of passage as modes of initiation. Through guided reflection and practical applications, she equips psychedelic guides to deepen their self-awareness, navigate power and ethics, and translate mystical experiences into grounded practices. Through this process, you will learn how to transform insight into appropriate action.

The Psychedelic Guide offers the foundation needed in a field undergoing rapid expansion. It is a grounded, comprehensive manual for those called to facilitate safe, therapeutic, and sacred journeys.



Valeria McCarroll, PhD, LMFT, is a psychedelic educator, writer, and therapist whose work integrates transpersonal psychology, somatics, and nondual wisdom with social and transformative justice. She is teaching faculty in the Department of Research Psychology at the California Institute of Integral Studies (CIIS), and maintains a private practice in Northern California.

Cyborg Phantoms

How Digital Culture Is Reshaping Paranormal Experiences

SAMANTHA LEE TREASURE

Revealing how the Screen Age is changing our paranormal, spiritual, and hallucinatory encounters

- Describes paranormal and hallucinatory experiences specific to our time, such as apparitions of cartoons, celebrities, screens, and phantom cell phone ringing
- Uncovers the cyborg anthropology of the supernatural, by exploring the effects of television, video games and the internet on paranormal encounters
- Examines the neurological effects of screens on our psyches as well as medical and scientific explanations for Screen Age phantom encounters

Just as society and technology evolve, so too do our anomalous experiences. In this exploration, Samantha Lee Treasure examines accounts of paranormal phenomena and hallucinations from around the world that illustrate the effects our screens and media-saturated environment have on both the psyche and the supernatural.

Drawing on interviews and scientific studies, the author describes encounters with cartoon and celebrity apparitions, phantom screens, phantom cell phone ringing, and immersion in technological psychedelic realms. Looking at occurrences across a variety of states of consciousness, she details accounts of sleep paralysis demons holding iPads, and animated entities in out-of-body experiences (OBEs) and the intensely vivid hallucinations known as Charles Bonnet syndrome, which can occur among people with vision loss.

Treasure explores the effects of television, video games, social media, and the internet on paranormal encounters, including induced synesthesia and the intentional and unintentional creation of egregores and tulpas. She looks at how occult practices are changing, such as the development of “shifting,” which is the use of altered states to enter fictional worlds like the Harry Potter universe. She also examines the neurological effects of screens on our psyches as well as possible scientific explanations for Screen Age phantom encounters and phantom perceptions.

By tracing how paranormal experiences have changed over the past fifty years, Treasure helps us imagine how future cultural changes will continue to reshape our perceptions of the paranormal.



Samantha Lee Treasure holds a master’s degree in Medical Anthropology from SOAS University of London. She is a member of the Society for Psychical Research and an Affiliate of the University of Virginia Division of Perceptual Studies as a volunteer researcher. She lives on Geoje Island, South Korea.

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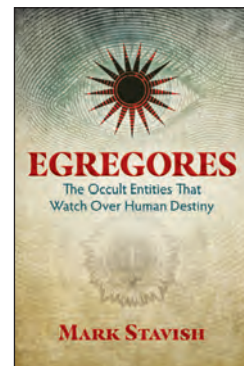
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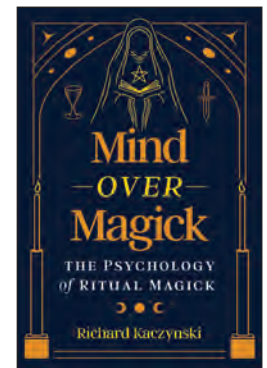
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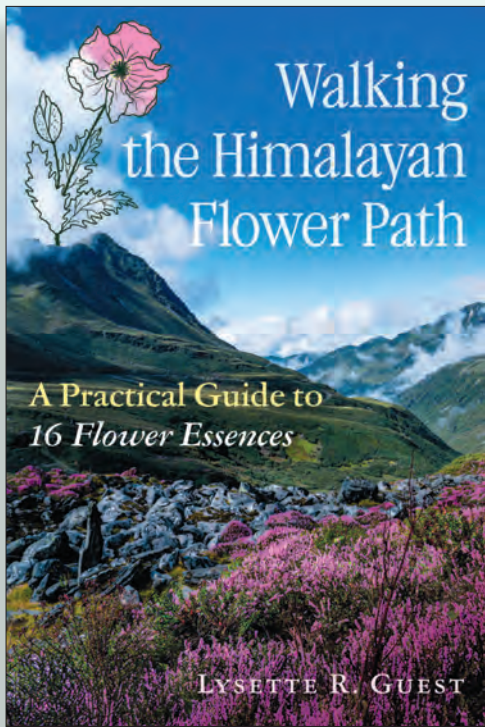
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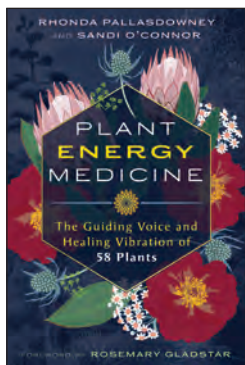


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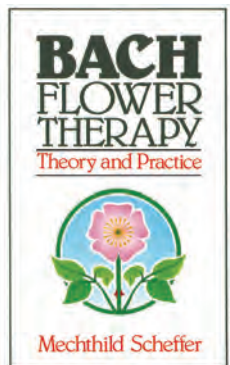


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Walking the Himalayan Flower Path

A Practical Guide to 16 Flower Essences

LYSETTE R. GUEST

An invitation to connect with the healing wisdom of the Valley of Flowers

- Explores 16 rare flowers from the remote Himalayan Valley of Flowers, detailing each flower's traditional uses, healing qualities, myths, and corresponding chakras
- Provides in-depth meditations to help you sense each flower's stories, feel its vibrational field, and receive its healing codes
- Explains the principles of flower essence healing and the 15-chakra energy system

Flowers are archetypal agents of healing that allow us to interact with nature's living intelligence. As a vibrational and flower essence practitioner, Lysette Guest reveals that one need not even be in their presence to receive their healing influence.

Presenting a practical guide to energy medicine and flower essence therapy, the author explores the healing, balancing, and awakening energies of 16 rare flowers from the remote Himalayan Valley of Flowers. She shares vivid descriptions from her revelatory pilgrimages to the Valley of Flowers, where she experienced emotional transformation firsthand through relationship with these plants. Guest profiles the Cobra Lily, Blue Poppy, and Woolly Lotus, exploring their traditional uses, healing qualities, myths, and archetypal motifs, as well as each flower's corresponding chakra and musical notes. She provides in-depth meditations to help you sense each flower's stories, feel its vibrational field, and receive its healing codes.

Providing a solid foundation for flower essence work, the author explains the principles of vibrational flower essence healing along with exercises and examples to help you attune to the flowers and directly integrate the principles described. She explores the vibrational language of flowers and the subtle body system through which they heal. She also details the expanded 15-chakra energy system and shares both traditional and "no-pick" flower essence preparation techniques.

Walking the Himalayan Flower Path shares the healing wisdom of the Valley of Flowers and the unique essences that have been the source of wholeness, health, and self-discovery for millennia.



Lysette R. Guest is founder of Body-Field Coherence, a vibrational healing facilitator certified in flower essence therapy, Hatha yoga, and Lomi Lomi massage healing. A former landscape architect and environmental consultant, she lives in South Africa.

Ayurveda for Raising Healthy Children

A Holistic Guide for Families from Preconception to Adolescence

MARIANNE TEITELBAUM, DC

Foreword by Prerana Manohar, MD

Ayurvedic principles and practices for fertility, pregnancy, and raising healthy children

- Explains how to restore balance to the doshas and gut microbiome to support fertility, pregnancy, and childhood health
- Details step-by-step Ayurvedic protocols for detoxification, nutrition, and herbal therapies tailored to each stage of a child's life
- Provides practical guidance for addressing modern childhood challenges, including autism, ADHD, allergies, and immune resilience

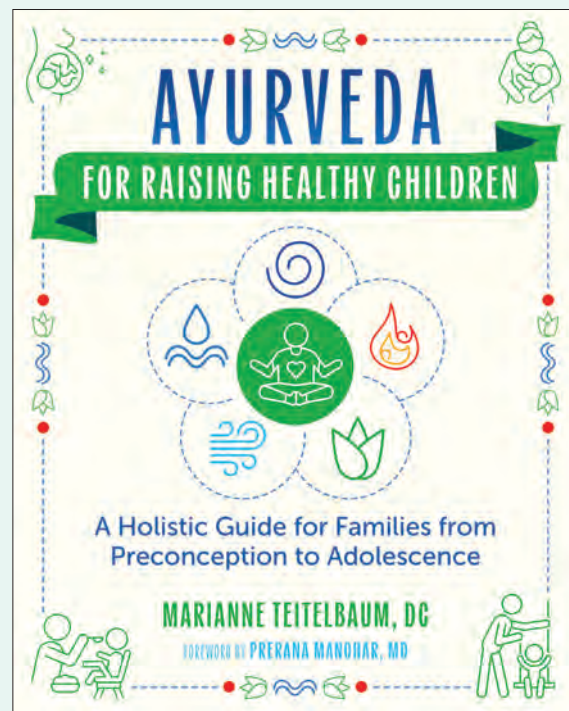
Drawing on decades of clinical experience, Marianne Teitelbaum offers a comprehensive resource for parents and practitioners seeking to nurture healthy children. She presents a practical framework for understanding the foundational principles of Ayurveda while connecting these ancient teachings to contemporary research on the gut microbiome, immune function, and environmental toxins.

Teitelbaum provides stage-specific protocols for fertility enhancement, pregnancy wellness, and childhood development, including dietary recommendations, herbal formulations, and lifestyle practices. You will learn how to correct imbalances before conception and support your microbiome and hormonal health throughout pregnancy and postpartum recovery. Addressing the rise in chronic conditions like autism, ADHD, food allergies, and autoimmune disorders, the author shows how to apply Ayurvedic strategies to restore balance and resilience.

Step-by-step instructions will guide you through detoxification practices, the use of probiotics and traditional foods, and the integration of mind-body techniques to support emotional and spiritual well-being. Practical recipes, charts, and case studies illustrate how to implement Ayurvedic principles in daily life, from meal planning and herbal remedies to postpartum care and early childhood development. By bridging ancient wisdom and modern science, *Ayurveda for Raising Healthy Children* will equip you with tools to cultivate lifelong health and vitality for yourself and your family.



Marianne Teitelbaum, DC, graduated *summa cum laude* from Palmer College of Chiropractic in 1984. She has studied with several Ayurvedic doctors, including Stuart Rothenberg, MD, and Vaidya Rama Kant Mishra. The recipient of the Prana Ayushudi Award in 2013, she lectures and writes extensively about Ayurvedic treatments for diseases. She has a practice in New Jersey.



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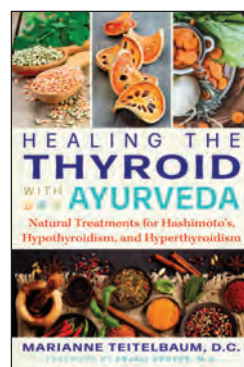
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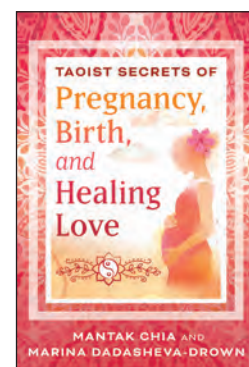
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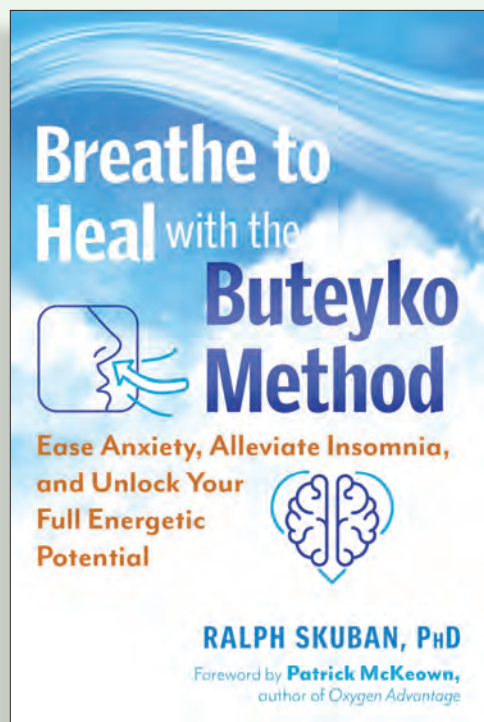
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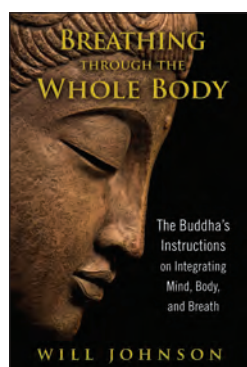


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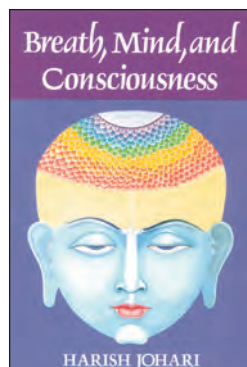


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Breathe to Heal with the Buteyko Method

Ease Anxiety, Alleviate Insomnia, and Unlock Your Full Energetic Potential

RALPH SKUBAN, PhD

Foreword by Patrick McKeown, author of *Oxygen Advantage*

A practical guide to transforming health and well-being through gentle, natural breathing

- Presents evidence-based Buteyko breathing techniques to reduce chronic over-breathing and restore healthy respiratory patterns for improved vitality
- Offers step-by-step protocols for nasal breathing, breath reduction, and the control pause to address asthma, sleep disorders, and anxiety
- Shares daily exercises, self-assessments, and breathing diary prompts to support lasting change in physical, mental, and emotional health

Common dysfunctional breathing patterns, such as chronic mouth breathing and rapid chest breathing, contribute to a wide range of health problems including asthma, sleep apnea, hypertension, anxiety, and fatigue. According to Konstantin Buteyko, a physician born in the Ukraine, many of these health challenges stem, in fact, from over-breathing, or chronic hyperventilation.

Drawing on respiratory science and traditional yogic wisdom, this handbook presents the physiological foundations of breathing, with a focus on the essential role of carbon dioxide in oxygen delivery, blood pH balance, and nervous system regulation. Through practical, step-by-step instructions, the author introduces the core elements of the Buteyko method for more effective breathing, including nasal breathing, diaphragmatic breathing, breath reduction, and the use of the control pause as a self-assessment tool. Daily breathing exercises, self-assessment questionnaires, and breathing diaries support the process. This guide offers tailored advice for people at different stages of life and with various health conditions, including children, athletes, and those with asthma and chronic stress.

The Buteyko method serves anyone seeking to reclaim natural breathing and enjoy the benefits of better sleep, emotional balance, and enhanced resilience.



Ralph Skuban, PhD, is an internationally recognized expert in conscious and functional breathing, with extensive experience in Buteyko, pranayama, and therapeutic breathwork. Together with his wife, he is the founder of the Skuban Academy for breathwork and bodywork in Bavaria, Germany, where he leads training courses, workshops, and retreats. He lives in southern Bavaria.

Visionary Somatics

Embodied Resilience in the Age of Trauma

BRIAN TIERNEY

Understanding trauma, neuroscience, and its application for embodied healing

- Presents a comprehensive overview of somatic psychology, from its roots in shamanic healing and early psychoanalysis to neuroscience and trauma research
- Explains practical trauma resolution protocols, including the Visionary Somatics Trauma Re-Sequencing Process, with applications for clinicians and individuals
- Teaches how to recognize and work with your body's rhythms, address defensive patterns, and support the integration of traumatic memories

Presenting a comprehensive guide to the theory and practice of body-oriented healing, Brian Tierney reveals how meaning is formed through embodied experience. He locates the roots of somatic psychology in early shamanic traditions and shows its development through the work of Wilhelm Reich, neuroscience, and trauma studies.

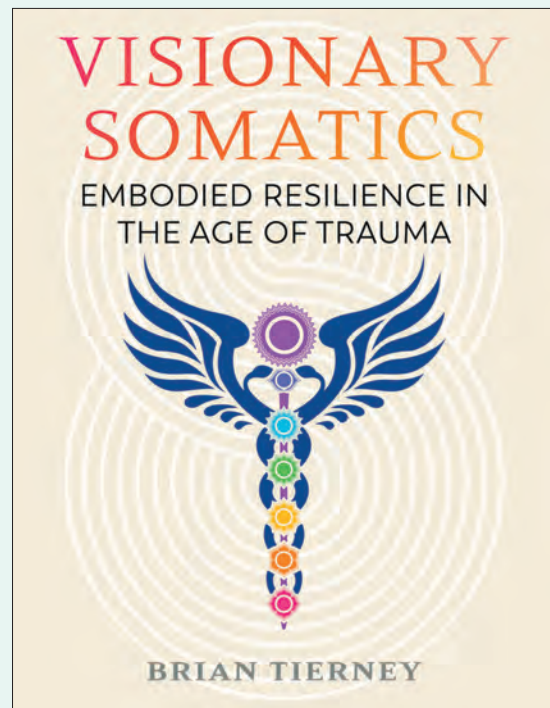
Tierney details the limitations of current trauma discourse and outlines the challenges posed by hyper-specialization in clinical and academic settings. He explores a wide range of somatic modalities, including osteopathy and somatic experiencing, as well as dance, family constellations, myofascial release, and active imagination. You will learn how trauma is encoded in the nervous system and how somatic practices can support healing and integration.

The author provides practical protocols for trauma resolution, including the Visionary Somatics Trauma Re-Sequencing Process, which integrates contemporary neuroscience with accessible therapeutic techniques. He emphasizes the importance of imagination and collaboration in the healing process. You will learn how to recognize and work with your body's rhythms, address defensive patterns, and support the integration of traumatic memories.

Visionary Somatics provides a roadmap for practitioners and individuals seeking to understand the connections between trauma, neurobiology, and healing. Tierney's integrative approach will equip you with practical tools for fostering embodied resilience and meaningful transformation.



Brian Tierney is a somatic psychologist who has taught Craniosacral Biodynamics for a decade and is a professor of Neuroscience for Somatic Practitioners at California Institute of Integral Studies. He is the host of the *Boundless Body Podcast*, which nurtures innovative thought and practice. He is based in Saratoga, California.

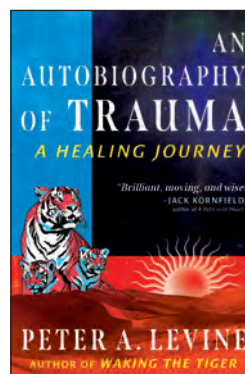


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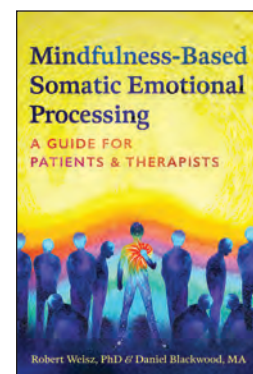
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The Emotion Molecule

Navigate the Endocannabinoid System for Balance, Resilience, and Self-Healing

UWE BLESCHING

A guide to transforming emotions with neuroscience and somatic tools for growth and self-discovery

- Explains how emotions relate to physiological and cognitive patterns, offering practical methods for intentional emotion regulation
- Describes how the endocannabinoid system (ECS)—and its emotion molecule, anandamide—shapes emotional processing and how to navigate it intentionally
- Includes an encyclopedia of nearly three dozen emotions, detailing health impacts, related beliefs, and somatic interventions

Emotional states emerge from an interaction between consciousness and our biology, particularly the ECS. Medical writer Uwe Blesching blends neuroscientific insights with practical methods to cultivate emotional awareness and strengthen personal agency.

Blesching outlines how to recognize and shift emotional reactivity through somatic practices, breathwork techniques, and reflective exercises. He integrates physiological insights with body-based strategies to support you in navigating and regulating your ECS, improving emotional functioning, and effectively working through troubling emotional states.

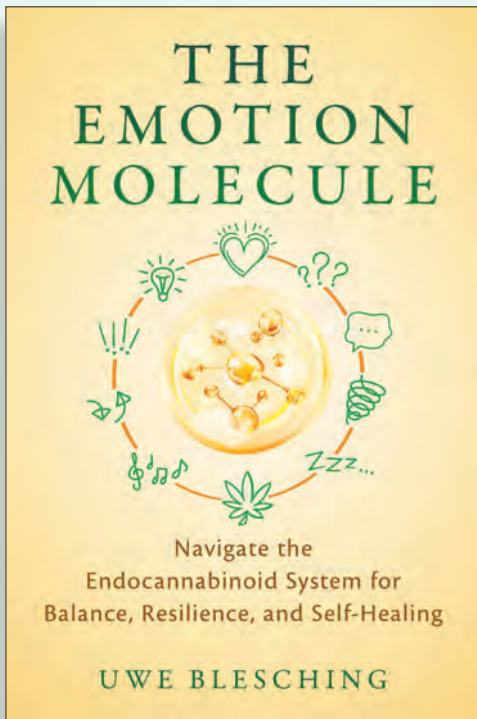
The author explores the health impacts and body-based interventions for nearly three dozen emotions, including anger, anxiety, courage, fear, and sadness. Each entry defines the emotion, links it to physiological mechanisms, highlights common beliefs and behaviors, and offers approaches for building a healthy relationship with it.

The Emotion Molecule presents practical techniques for understanding and regulating your emotions to support psychological balance, physiological resilience, and self-directed healing.



Uwe Blesching, PhD, is a medical writer and researcher specializing in endocannabinoid medicine and mind-body healing. He is the author of *The Cannabis Health Index*, *Breaking the Cycle of Opioid Addiction*, and *Cannabis for Chronic Pain*, and serves as Chief Science Officer of CannaKeys, a platform that makes cannabinoid science accessible to clinicians

and patients. He is based in Berkeley, California.

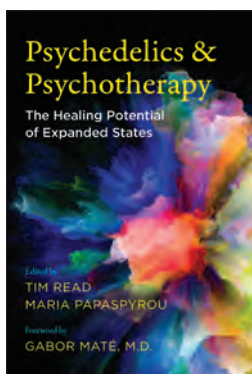


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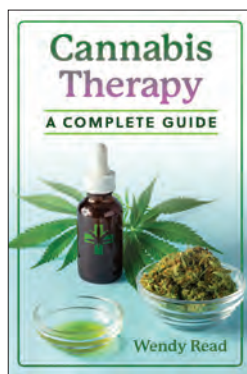


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Double Woman Dreamer

A Spiritual Journey from Lakota Country to Hollywood

CATHY A. SMITH

One woman's dream-guided journey to become an artistic visionary and Lakota elder

- Recounts how the author was led to her adoptive Lakota parents and spiritual teachers by recurring dreams
- Shares her initiation into Sun Dance, the Lakota women's society of the Double Woman, and tales from life on ranches and reservations
- Describes her discovery by Kevin Costner, leading to her costuming and consulting work on *Dances with Wolves* and 40 other films

In this *Hanblo'glaka*—a traditional Lakota telling of a spiritual journey—Cathy A. Smith shares her inspiring transformation from a single yet determined young mother to one of the last Double Woman Dreamers.

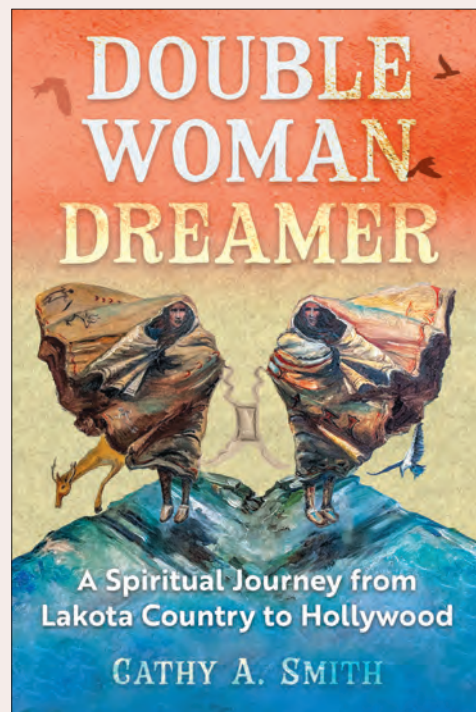
Abandoned on a remote ranch with her infant daughter, Smith is guided by a recurring dream into the care of a Lakota Medicine Man and his wife, who adopt her as their daughter and lead her into a world of ceremony, vision, Sun Dance, and the sacred women's society of Double Woman. In mastering the ancient Lakota arts of beadwork and quillwork, she discovers not only her vocation but her destiny.

That destiny soon reaches far beyond the reservation. After her initiation as a Double Woman Dreamer, the spirit world carries her to Hollywood, where Kevin Costner selects her as the Lakota costume creator and cultural consultant for *Dances with Wolves*. The film's sweeping success launches Smith into a 35-year career presenting the authentic regalia of Native Americans in more than 40 major films, including the 1991 miniseries, *Son of the Morning Star*, for which she earned an Emmy award, as well as her work on more recent series such as *Longmire* and *Dark Winds*. Throughout it all, she also carries on her responsibilities as a respected elder on the Cheyenne River Sioux Reservation.

Embedded throughout with behind-the-scenes history, including tales from frontier life in South Dakota and tragic events such as the murder of Crazy Horse, this memoir of vision and resilience reveals the extraordinary path of a life guided by spirit—the life of a Double Woman Dreamer.



Cathy A. Smith is a master quillworker and beadworker, historian of the Northern Plains, and an Emmy-award-winning costume designer, known for her work on films such as *Dances with Wolves*. Initiated as a Lakota Double Woman Dreamer and Sun Dancer, she divides her time between the Black Hills of South Dakota and Nambe, New Mexico.



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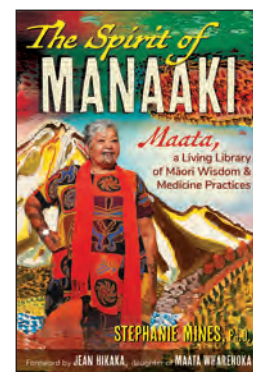
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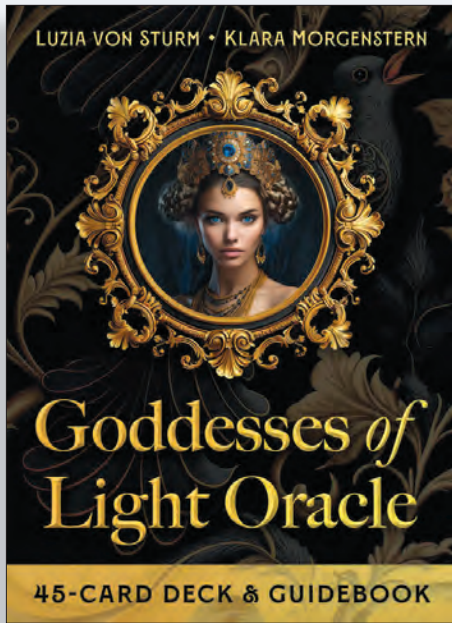
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Goddesses of Light Oracle

45-Card Deck and Guidebook

LUZIA VON STURM and KLARA MORGENSTERN

Empower your transformation with the guidance of 45 goddesses

- Introduces light-bringing deities from different cultures, offering practical guidance on love, transformation, and intuition
- Features goddesses such as Aphrodite, Athena, Freya, and Tara as well as lesser-known deities like Aeracura, Oona, Oyá, and Sedna
- Provides affirmations, mythological contexts, and actionable practices to easily integrate each goddess's message into your daily life

Step into the radiant presence of 45 goddesses from cultures around the world—each a bringer of light offering guidance, insight, and healing. The messages of these goddesses touch on every aspect of personal growth, including relationships, career, emotional well-being, and spiritual development.

Designed to support intuitive and reflective practices, each card presents a goddess with her affirmation, cultural origin, and mythological background. The guidebook deepens your card readings with practical tools, including guided meditations and visualization exercises. Whether drawing a card for morning inspiration, exploring a personal challenge, or creating a sacred space for self-discovery, you will receive clear direction and meaningful insight.

The goddesses featured include Aphrodite, Athena, Freya, and Tara as well as lesser-known deities like Aeracura, Oona, Oyá, and Sedna. The guidebook offers actionable ways to embody each goddess's wisdom, such as establishing boundaries with Sekhmet and trusting your inner voice with Persephone. The authors encourage you to apply this guidance through journaling, affirmations, ritual, and body awareness practices to transform insight into concrete change.

Working with these goddesses will help you develop confidence and live with clarity and purpose. More than a divination tool, the *Goddesses of Light Oracle* is a resource for cultivating self-awareness, intuitive knowledge, and inner strength.



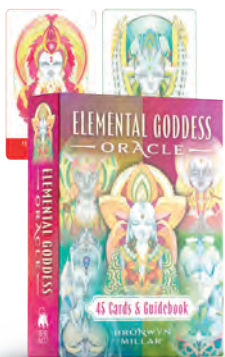
Luzia von Sturm is a graphic designer and craniosacral therapist. She combines the latest visual technologies with intuition and sensitivity in her art. **Klara Morgenstern** is an artist, shaman, and spiritual healer. Through her paintings

and clay works, she explores feminine power and the connection to Mother Earth. As a systemic coach, she supports women on their healing journeys. Luzia and Klara live in Karlsruhe, Germany.



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My Ancestral Body

How Family Trauma Lives Within Us and How We Can Heal

ELISABETH HOROWITZ

How to identify inherited ancestral trauma and resolve it for deep healing

- Demonstrates how insomnia, anxiety, depression, digestive issues, and heart problems can be traced to trauma inherited from an ancestor
- Explains how pivotal dates that are significant to ancestors are repeated in the lives of their descendants
- Shares case studies from over 25 years of research that show successful healing after identifying the sources of ancestral trauma

Our genetic inheritance from our ancestors goes far beyond eye color or the shape of a smile—it includes unhealed trauma that can echo through generations, shaping our health, emotions, and biology.

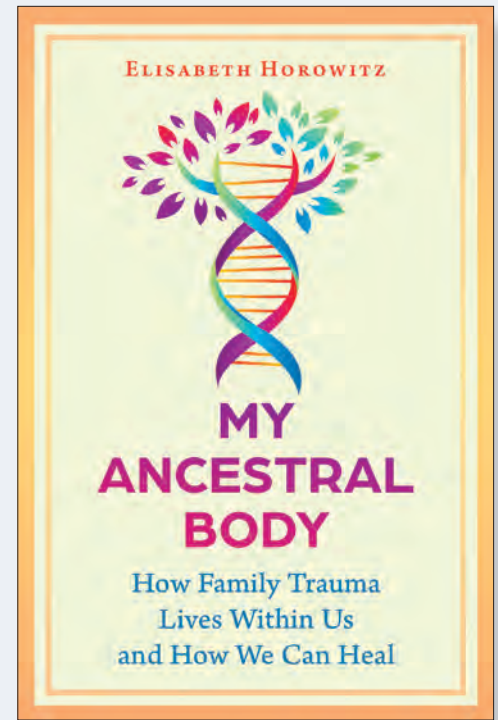
Elisabeth Horowitz reveals how unresolved trauma is passed down through generations, just as facial features, intelligence, and artistic abilities are, and how, by identifying these traumas, we can heal them. She explains how intergenerational trauma can affect our physical and emotional well-being, and show up as family patterns of illness, and can even alter our DNA. She demonstrates how ailments like insomnia, anxiety, depression, digestive issues, and heart problems can be traced to a specific ancestor or ancestors. For example, descendants of refugees who were forced to move can have this expressed in health conditions that affect their legs and make walking difficult, if not impossible.

The author explains how to investigate your family tree and discover the pivotal dates and events from ancestors, as well as parents and grandparents. These dates can often reveal toxic family secrets that are echoed in the lives of descendants. Drawing on case studies from over 25 years of research, the author introduces the concept of the biological clock of the family tree and demonstrates how inherited traumatic symptoms can appear on significant dates, such as family birthdays or anniversaries, or at specific ages that mirror traumas experienced by members of an earlier generation.

By understanding how ancestral trauma reveals itself in your life and the lives of your loved ones, you will learn how to release these inherited influences and remove potential health hazards from your family tree.



Elisabeth Horowitz is a psychogenealogist and transgenerational psychotherapist with 25 years of experience. With a focus on how family histories influence individual behaviors, she has authored several books that explore the psychological impacts of generational patterns. She lives in France.

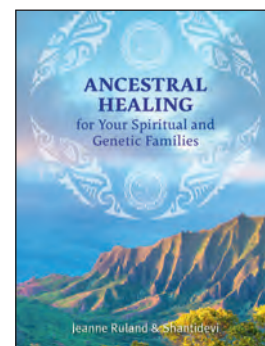


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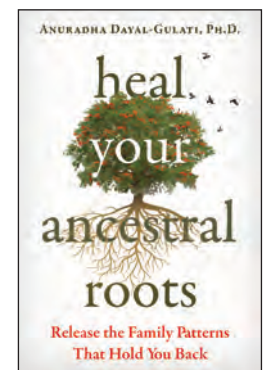
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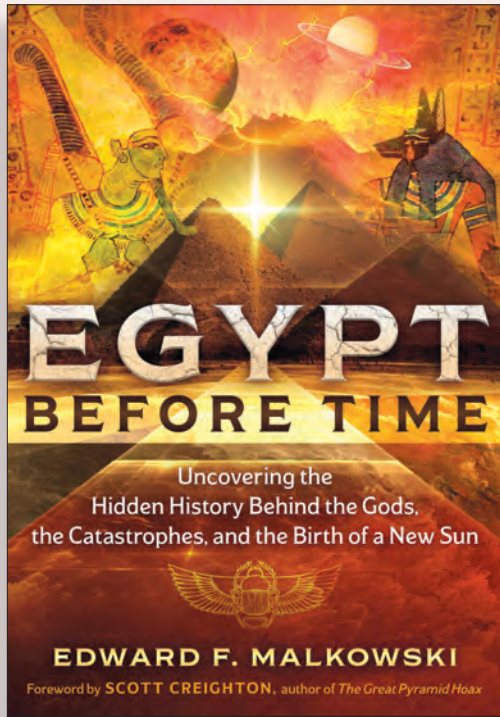
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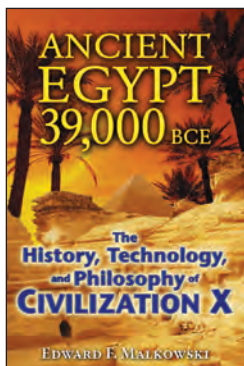
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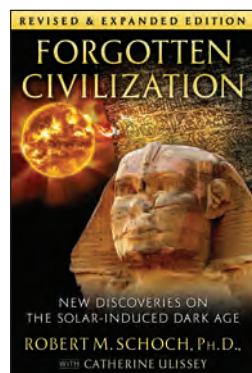
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Egypt Before Time

Uncovering the Hidden History Behind the Gods, the Catastrophes, and the Birth of a New Sun

EDWARD F. MALKOWSKI

Foreword by Scott Creighton, author of *The Great Pyramid Hoax*

Decoding ancient Egypt's myths of cosmic catastrophes with a new chronology

- Reveals that Egyptian mythology was inspired by plasma phenomena, catastrophe, and solar storms that generated continuous auroral activity
- Explains that the pyramids were submerged in seawater for an extended period of time and that Atlantis was located in western Africa, where ancient map makers have depicted it
- Describes the biblical Babel myth as an enormous solar outburst followed by 6,000 years of missing history

Since the deciphering of Egyptian hieroglyphics, ancient Egypt has fascinated people with the enigmatic megalithic structures it had built. From the writings of Plato and Herodotus, it is suspected that Egyptian civilization is far older than we had once believed.

Edward Malkowski matches geologic history with biblical genealogy, Egyptian temple records, and other ancient texts to reveal the hidden history of Egypt's mythical age of Zep Tepi, their civilization of the "First Occasion." He dates that age to a period beginning during the 13th millennium BCE and ending in 9,000 BCE.

Egyptian myths are not unconnected stories of celestial events, but a closely observed history of solar intensity and catastrophe that brought chaos to the gods (planets), sky, and Earth. Malkowski shows that the ancient Egyptians were Enoch's "Watchers," the biblical "Sons of God." Their observations reveal that Earth's original Sun was Saturn, a brown dwarf star, that ejected its plasmasphere as a new, more powerful Sun was born. This is the story of Osiris, who was Re's plasmasphere brought back to life as Earth's protective shield, and the birth of a new Sun, Horus the Younger.

Egypt Before Time shows how ancient peoples encoded observations of electromagnetic forces into enduring religious narratives, revealing sophisticated astronomical knowledge preserved in Ancient Egypt after 13,000 BCE.



Edward F. Malkowski is a history researcher specializing in ancient civilizations. His previous works explore the technical achievements and cosmic knowledge of prehistoric cultures. The author of *Ancient Egypt 39,000 BCE*, *Return of the Golden Age*, and *Before the Pharaohs*, he lives in Lincoln, Illinois.

The Fall of Gravity

Infinite Energy Technology, Faster-than-Light Travel, and Fuel-less Propulsion

ARAM ALCALAY

A revolutionary theory of gravitation, inertia, and free energy

- Explores the true cause of gravitation and its connections with infinity
- Exposes the problems of current gravitation theory, including the crises of “dark matter” and “missing mass”
- Shows how gravity and inertia can be controlled, enabling free energy and antigravity technological applications

Discovered by Newton and expanded by Einstein, the modern theory of gravitation is collapsing. It cannot account for 95% of the mass and energy observed in our universe. The source of gravitational energy has never been discovered. And, after 400 years of theorizing, the cause of inertia is still a complete mystery.

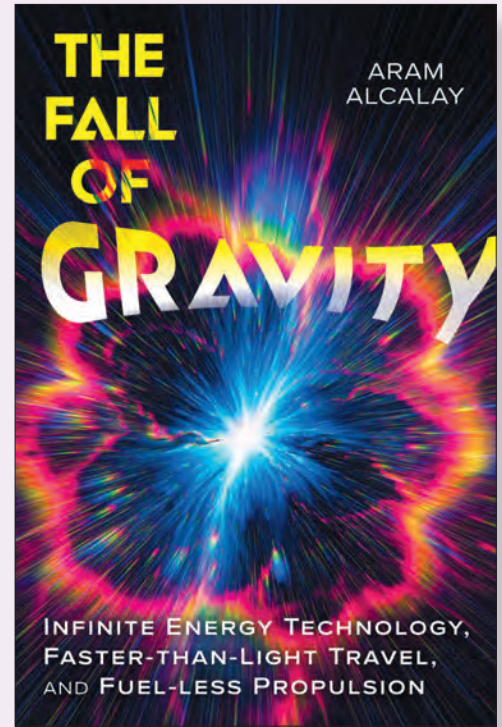
Sharing the results of more than 7 years of research into gravity, inertia, and thermodynamics, independent researcher Aram Alcalay reveals his theory of gravitation and shows how gravity and inertia can be controlled, enabling free energy and anti-gravity technological applications. He exposes the problems of current gravitation theory, including the crises of “dark matter” and “missing mass.” He explains how entropy—the second law of thermodynamics—is a myth and was never formulated to fit the non-equilibrium state of the actual universe.

Presenting his system in detail, Alcalay shows that free energy is the fundamental structural foundation of the force of gravity and inertia. He examines the cause of gravitation, the source of its energy, and the mode of its propagation. He explains that Einstein was incorrect in limiting the speed of gravitation to the speed of light, and that Newton almost figured it out. Connecting gravity with Georg Cantor’s theory of infinite sets, the author reveals how the faster-than-light speed of gravity is not a single magnitude, but an infinite set of variable magnitudes. He explores methods to control gravity and inertia through interactions between electrostatic and gravitational fields to harness free energy.

Establishing a revolutionary conceptual theory of gravitation, the author reveals that a world-transforming paradigm shift to a future of free energy, faster-than-light space travel, and fuel-less propulsion systems is possible.



Aram Alcalay is an independent researcher and writer focused on physics and metaphysical philosophy. He lives in Pennsylvania.



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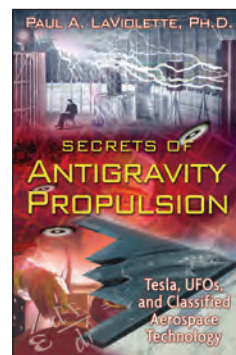
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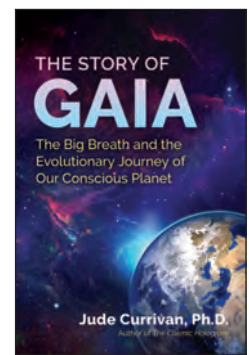


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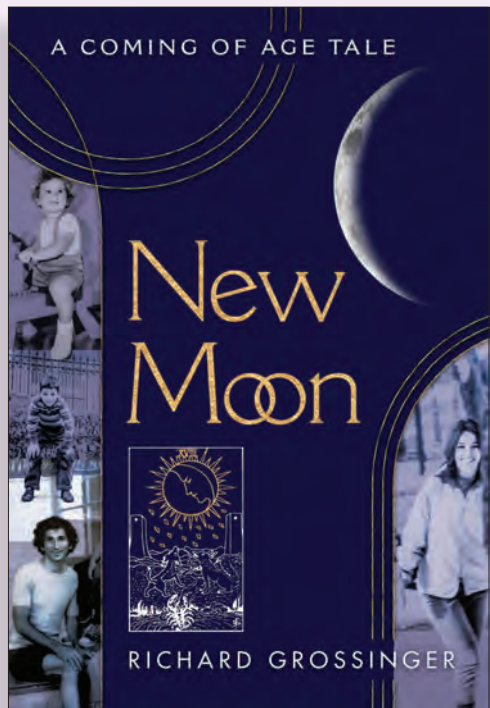
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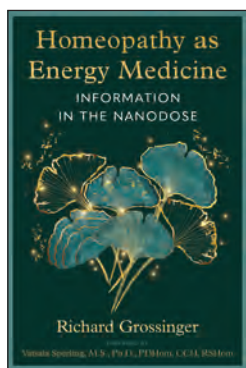
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New Moon

RICHARD GROSSINGER

A coming-of-age memoir linking Freudian analysis, New York City, and esoteric practice across the fifties and sixties

- Traces a timeline of 1944–1965 to show the author’s growth from elementary school to college while concretely mapping his psychological development
- Explains how Freudian analysis, Jungian reading, dream interpretation, and tarot divination help decode fear, alienation, and trauma
- Situates family conflict, camp life, baseball, and the threat of nuclear war as laboratories for identity development, spirituality, and social awareness

New Moon follows Richard Grossinger from his earliest memories in New York City through adolescence and college, detailing how a midcentury Jewish childhood becomes the ground for psychological and spiritual inquiry.

The narrative moves through grade school at P.S. 6, high school at Horace Mann, Hebrew school, Color War at Camp Chipinaw, a second family at Grossinger’s Hotel and Country Club, and finally Amherst College. Each section documents specific environments and how their routines, conflicts, and loyalties form distinct stages in the coming-of-age process. Spanning from 1944 to 1965, Grossinger’s inner development unfolds against the backdrop of baseball, rock ‘n’ roll, the advent of television, and the civil rights movement.

A core theme is long-term psychotherapy. As a child and teenager in Freudian analysis, Grossinger learned to work with panic, illness, and guilt as expressions of unconscious meaning. Detailed sessions show how free association, dream interpretation, and attention to bodily symptoms helped him recognize underlying fears and conflicts. Through later study of Jungian psychology and experiments with tarot divination, the author extends this framework into a broader psychospiritual practice that includes chakras, the Qabala, Gurdjieff, and Ouspensky.

By presenting coming of age as a series of “enchantments” that break and reform over time, *New Moon* offers you a model for reviewing your own childhood, psychotherapy, and spiritual search as a single, continuous path.



Richard Grossinger is the curator of Sacred Planet Books at Inner Traditions and the cofounder and former publisher of North Atlantic Books with his wife, Lindy Hough. He holds a PhD in ecological anthropology and has written over 40 books on alternative medicine, cosmology, embryology, and consciousness, including *Embryos, Galaxies, and*

Sentient Beings; The Night Sky: Soul and Cosmos; and Bottoming Out the Universe. He lives in Portland, Maine.

Los arcángeles en el amor

[Archangels and Love]

Guía espiritual para cumplir los deseos de tu corazón

JULIÁN VALLEJO

Transforma tu vida amorosa con sabiduría angelical, astrología práctica y ejercicios de manifestación para lograr la unión perfecta

- Presenta a los arcángeles como aliados para abordar los desafíos del amor en las distintas etapas de atracción, noviazgo, relación de compromiso o matrimonio
- Ofrece sabiduría angelical, ejercicios de manifestación, oraciones prácticas y rituales para invocar el arcángel específico y necesario para lograr la unión perfecta
- Aborda la sexualidad sagrada, la importancia del cuidado energético del cuerpo y el *feng shui* aplicado al hogar para atraer y consolidar el amor

El amor auténtico requiere más que casualidad: necesita preparación espiritual, autoconocimiento y herramientas sagradas. Julián Vallejo revela cómo los arcángeles principales pueden transformar tu experiencia amorosa, desde superar heridas del pasado hasta atraer la pareja ideal. Vallejo desmitifica conceptos como la “media naranja”, ofreciendo una perspectiva revolucionaria sobre la fidelidad, el desapego y los ciclos amorosos.

Oráculo del Sagrado Egipto

[The Sacred Egypt Oracle]

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JULIETA SUÁREZ VALENTE / Ilustrado por SABRINA AMANTE

Despierta memorias antiguas y enciende tu poder interior con un oráculo consagrado a la magia viva del antiguo Egipto

- Presenta 45 cartas dedicadas a símbolos, deidades y misterios del Nilo, ofreciendo claves concretas para el trabajo de autoconocimiento y sanación
- Integra mitología egipcia, astrología y práctica espiritual contemporánea, facilitando lecturas oraculares aplicables a decisiones cotidianas, rituales y procesos terapéuticos
- Incluye invocaciones y rezos a diosas como Sekhmet, Bastet, Isis y Maat, que sirven como guías para meditación, ritual y conexión devocional

Cada entrada desarrolla el trasfondo mitológico de figuras como Ra, Isis, Sekhmet, Maat, Hathor u Osiris, junto con emblemas sagrados como el Ankh, el Ojo de Horus, el escarabajo, la pluma de Maat, el cartucho o la pirámide. El lector encuentra, para cada carta, una palabra clave, una idea-fuerza y una descripción clara de su energía, lo que facilita la lectura inmediata tanto para principiantes como para practicantes con experiencia.



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El libro de las señales

[The Book of Signs]

150 símbolos y sus mensajes espirituales
del más allá

MYSTIC MICHAELA

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- Descifra 150 de las señales más comunes y sus mensajes
- Explica cómo responder a estos mensajes para entablar un diálogo significativo con los guías espirituales

Las señales constituyen importantes mensajes del más allá, cuyo fin es conectarte con el reino espiritual. La reconocida médium psíquica Mystic Michaela, te proporciona las herramientas necesarias para descifrar las señales espirituales y comenzar a comunicarte con el más allá. No solo podrás interpretar los mensajes de 150 de las señales más comunes, desde pájaros y flores hasta sonidos y más, sino que también descubrirás cómo responder a estos mensajes y entablar un diálogo significativo con tus guías espirituales.

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Las llaves de Hékate

[Keeping Her Keys]

Iniciación a su brujería moderna

CYNDI BRANNEN

Iniciación a la brujería moderna de Hékate a través de un curso de trece lecciones

- Presenta un curso de trece lecciones sobre Hékate con ejercicios, rituales, oraciones y autoevaluaciones para una práctica sostenida
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- Integra desarrollo personal, trabajo con la sombra y brujería devocional, culminando en una autoiniciación como guardián de sus llaves

Cyndi Brannen invita a un viaje transformador hacia los misterios de Hékate, la poderosa diosa de las encrucijadas, guardiana de los tres mundos y portadora de las llaves del destino. Esta es una iniciación completa a la brujería que combina sabiduría ancestral, psicología moderna y magia práctica por medio de 13 lecciones.



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Brujería, espiritualidad

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Séléné y Thyonesca rastrean los orígenes físicos de las runas, así como su naturaleza mística y secreta. Basándose en el *Hávamál* y las *Eddas*, invocan a las deidades Æsir y Vanir con las runas, permitiendo que interactúen de maneras reveladoras. La guía contextualiza cada runa o dios dentro de su marco mitológico y mágico.

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[The Warrior of Love Tarot]

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- Ofrece significados para las cartas en posición vertical e invertida, interpretaciones para preguntas de sí o no, y los signos regentes de cada carta

Este mazo ofrece ayuda para navegar las complejidades del amor y las relaciones con perspicacia y empoderamiento. Luna Marie presenta el amor en sus múltiples facetas incluyendo la intimidad, la conexión, la confianza y el compromiso. Ya sea que busques orientación para transformar tus relaciones, aumentar tu autoconsciencia o desarrollar más gracia y fortaleza, el *Tarot del guerrero del amor* es una poderosa herramienta para facilitar una transformación significativa.

La felicidad en la palma de tus manos

[Palmistry for Happiness]

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Comprende tu pasado y forma tu futuro con quiromancia védica

- Descubre cómo las líneas y características de tus manos son un reflejo directo de tus pensamientos, actitudes y conductas, y cómo puedes transformarlas para crear tu destino
- Explora el significado de las diferentes líneas y signos en las palmas
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En esta detallada guía sobre el arte y la ciencia de la quiromancia védica, (*hast jyotish*), los renombrados quirománticos-astrologos Ghanshyam Singh Birla y Guylaine Vallée revelan cómo las líneas de nuestras manos son un reflejo directo de nuestros pensamientos, conductas y energías, y cómo es posible cambiarlas para moldear nuestro destino.

Alquimia de las nueve dimensiones

[Alchemy of Nine Dimensions]

Cómo despertar el espectro completo de tu consciencia

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Acude a tus guías angelicales

[Ask Your Angel Guides]

Cómo trabajar con energías celestes para crear abundancia y bienestar

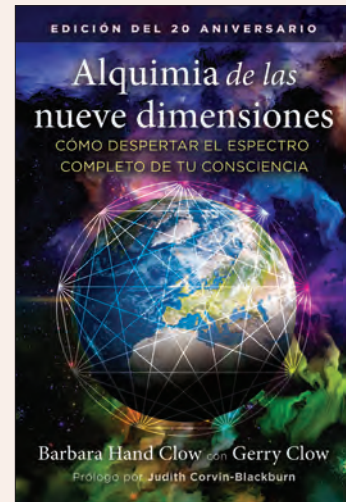
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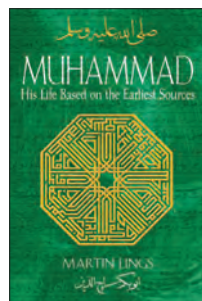
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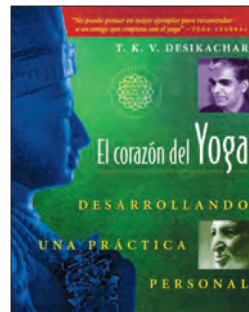
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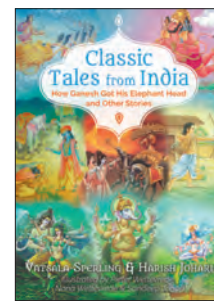
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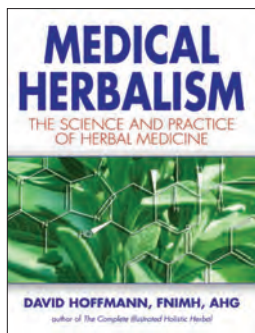
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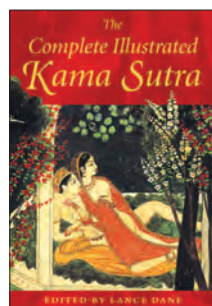
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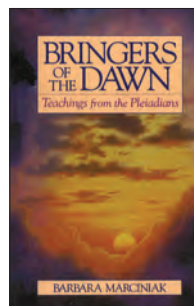
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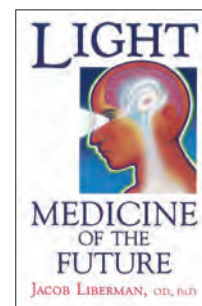
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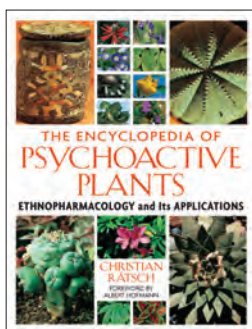
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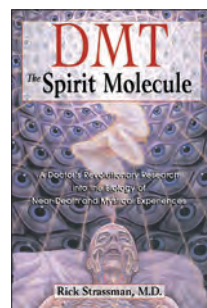
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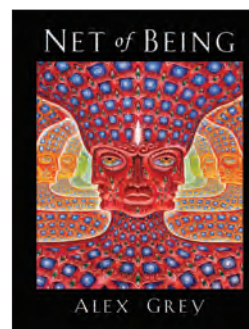
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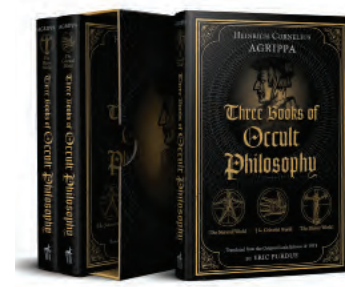
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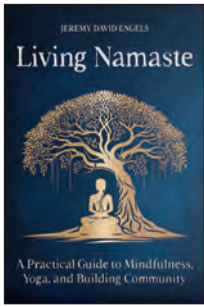
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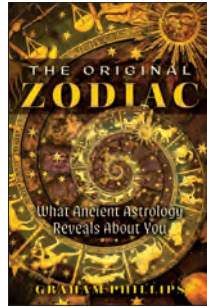
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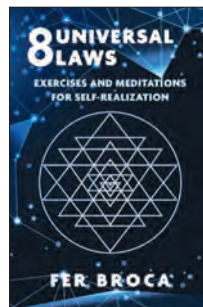
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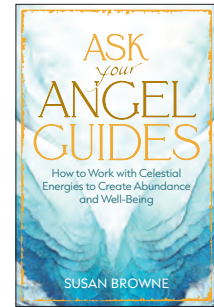
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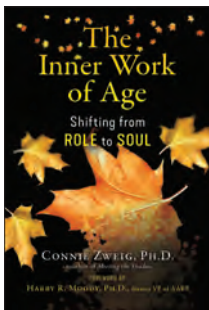
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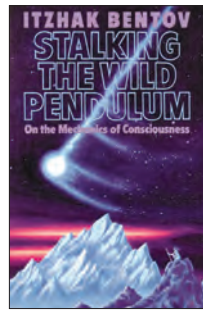
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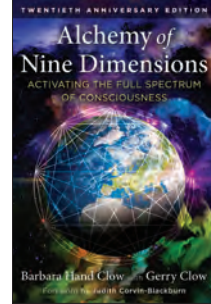
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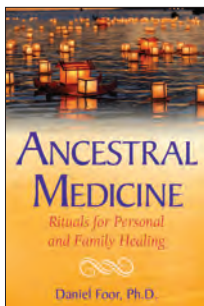
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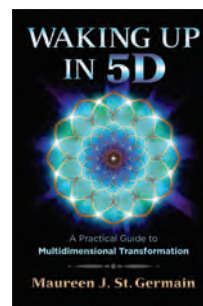
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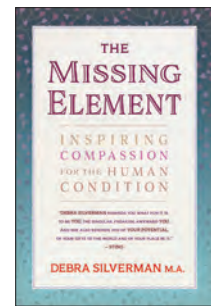
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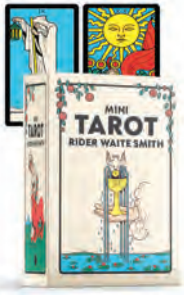
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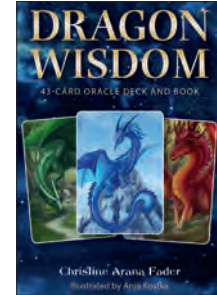
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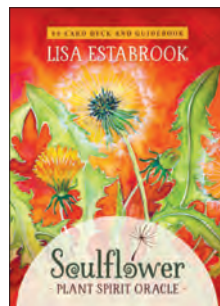
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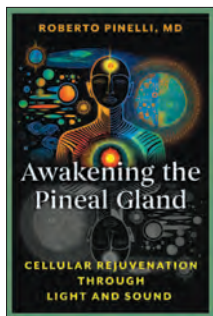
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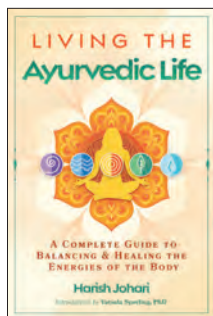
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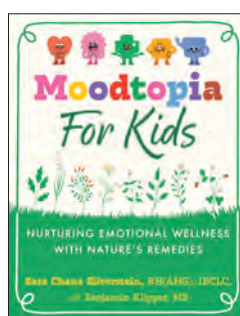
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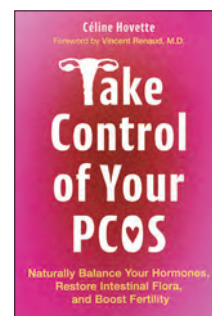
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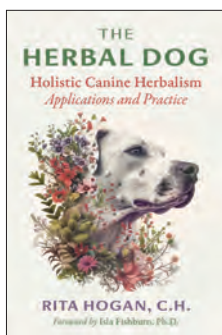
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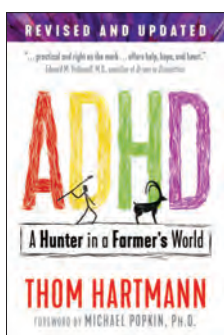
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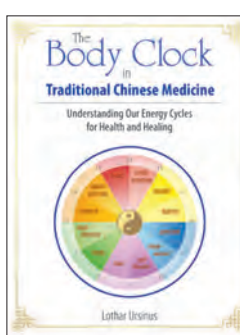
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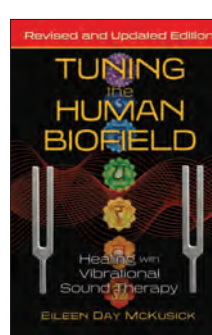
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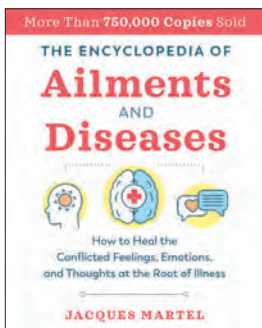
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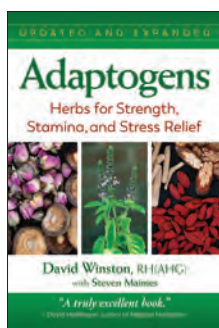
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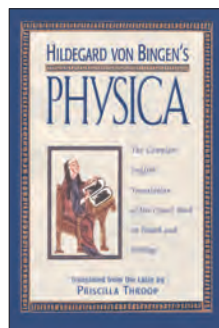
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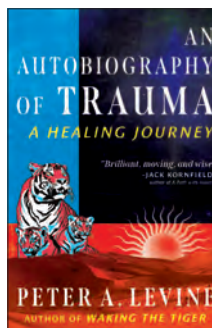
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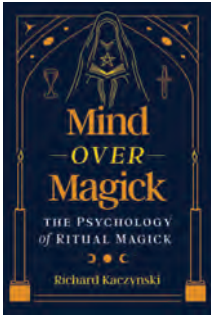
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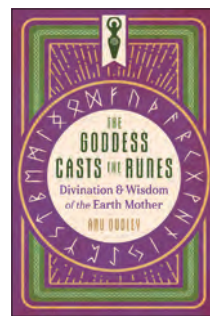
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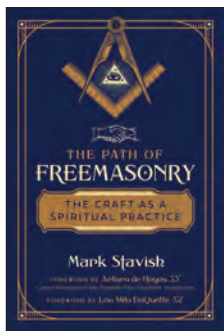
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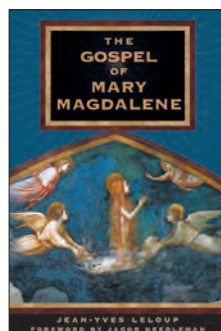
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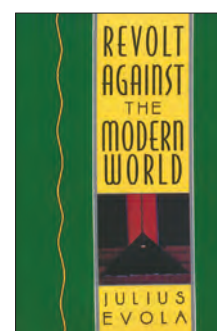
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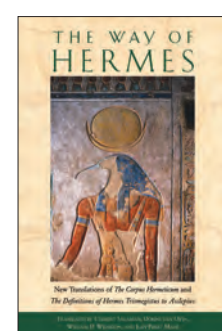
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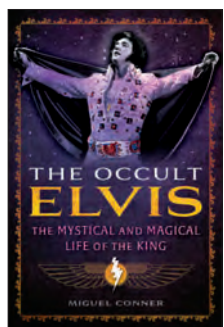
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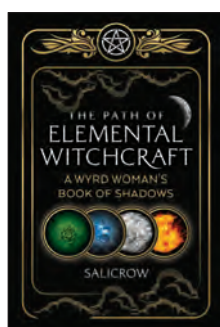
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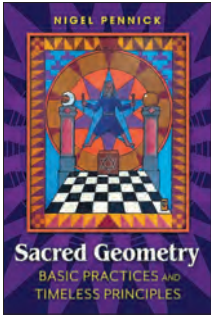
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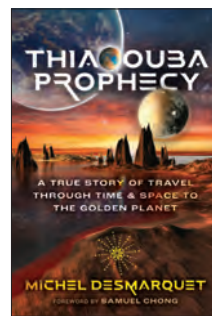
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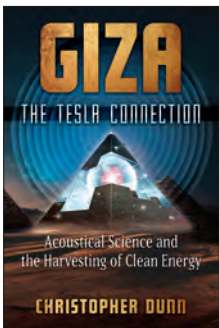
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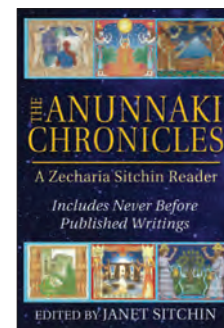
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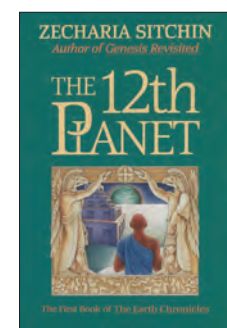
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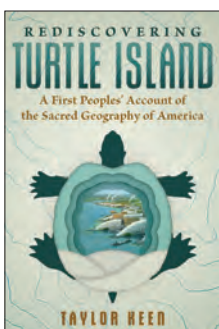
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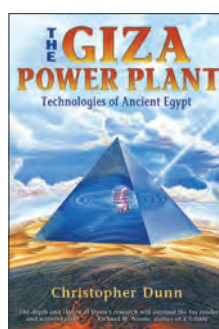
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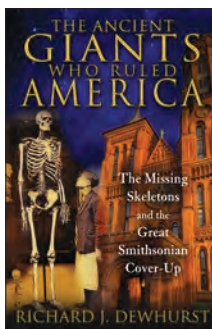
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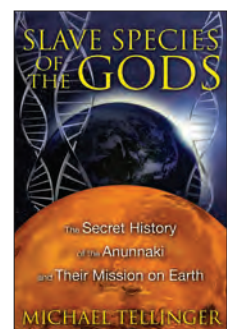
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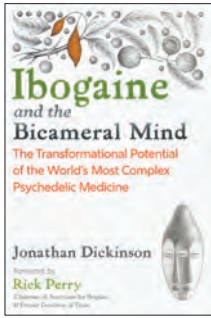


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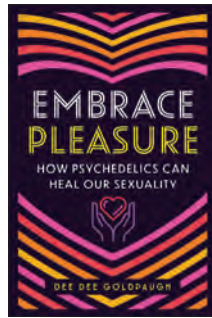


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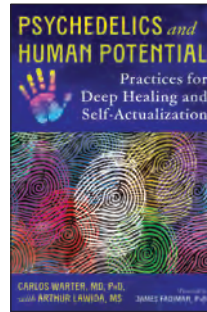
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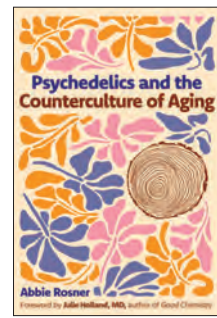
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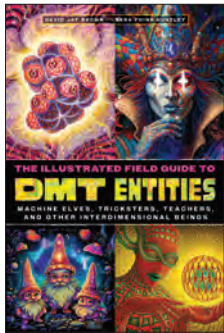
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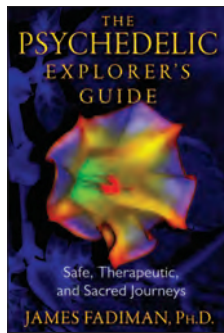
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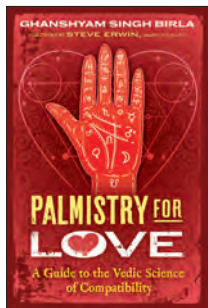


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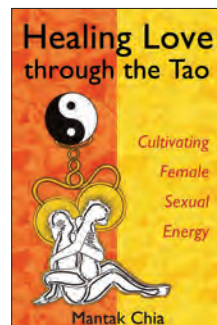
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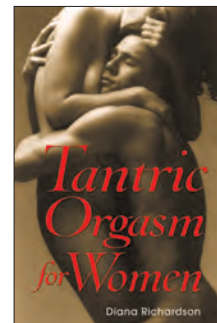
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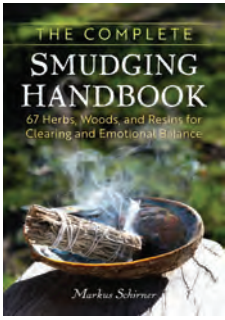
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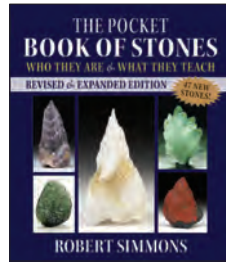
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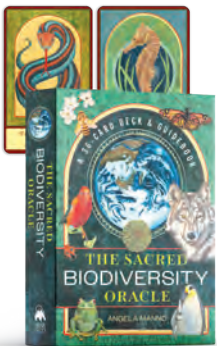
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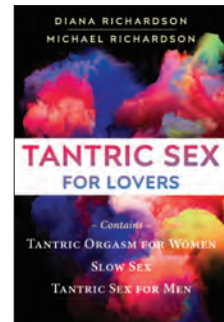
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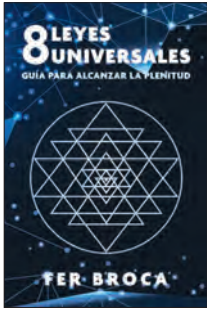
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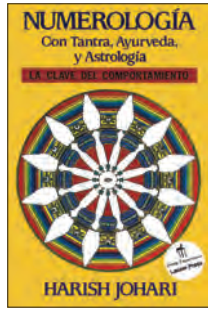
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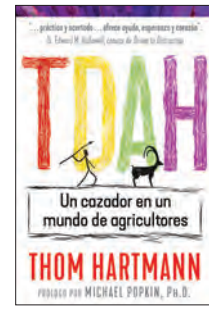
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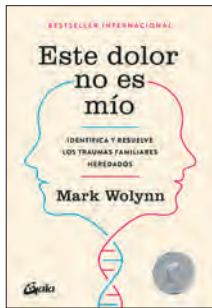
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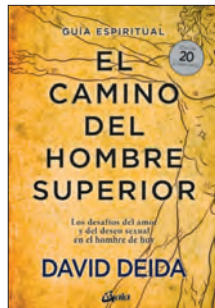
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