Body, Mind, and Spirit Titles
Spring 2020
Married to Paradise
One Woman's Courageous Journey of Intuition, Passion, and Purpose to Build an Eco Lodge in the Rainforest
Lesley S. King, Lana Wedmore

Summary
Unlike most of us who return home from our tropical vacations, Lana Wedmore sets out to make this sensation her life, and to help others experience it. With her own hands and the help of a sexy Costa Rican boyfriend, Lana builds an eco-lodge in the remote rainforest of Costa Rica’s Osa Peninsula.

During her journey, a tractor trailer rolls over on her, breaking her leg in four places, her house burns to the ground, and she completely runs out of money. These calamities only strengthen her resolve. In the end, she succeeds in building a lodge praised by media ranging from Travel + Leisure to CNN, and in helping people from all over the world experience one of the most biologically diverse places on earth. She also creates the nonprofit Whitehawk Foundation to save the Osa rainforest.

Contributor Bio
Lana Wedmore has lived a life of unrelenting adventure, eschewing convention and embracing the unknown. She is a dynamic speaker and natural inspirer, who has worked in Costa Rica tourism for thirty years. She set up a program to save sea turtles and the Whitehawk Foundation to preserve parcels of rainforest. Most recently, she was elected Vice President of the Wellness Association, which works hand-in-hand with the Costa Rica Institute of Tourism to help businesses provide wellness activities such as meditation and yoga to travelers. She also helped plan and build the first bamboo sustainable school in Costa Rica. Lana is a certified shaman, Reiki Master, and yoga instructor.

Bring Me to Light
Embracing My Bipolar and Social Anxiety
Eleanor Segall

Summary
An aspiring actress, Eleanor Segall’s life was just beginning when she faced a spate of depressive episodes, panic attacks and social anxiety. Now a successful blogger, journalist, and pillar of the mental health and Jewish communities, she writes about finding recovery and hope after being diagnose...

Contributor Bio
Eleanor Segall is a freelance writer, blogger and advocate. She has blogged for mental health charities such as Time to Change, Mind, and SANE. She writes for multiple outlets, including Metro.co.uk, Huffington Post UK, The Counselling Directory, Refinery29, The Jewish News, and Happiful. Her blog Be Ur Own Light was a finalist in the UK Blog Awards 2018.
Astrology IRL

Whatever the Drama, the Stars Have the Answer. . .
Liz Marvin, Francesca Oddie

Summary
Sometimes brutal, always truthful straight-talking life advice direct from the stars. What does your day have in store? Find out this, and more! With Astrology IRL, you can discover:

How to turn Monday into MonYay (Taurus - bring lovely snacks)
Starry snog, marry and avoid (Aries + Virgo – you were warned)
What’s your super power? (Cancer = Barack Obama in The Batmobile)
Cosmic self-care (Scorpio – you’ll feel less furious if exhausted. Work out.)

Also turn to this book if you want to know if you should quit your job, what you should have for dinner, how to manage your boss, and where to go on holiday.

Contributor Bio
Liz Marvin is a writer and cynical pisces. Francesca Oddie is a pragmatic astrologer and sagittarius.

Alchemy of Light

Working with the Primal Energies of Life
Llewellyn Vaughan-Lee

Summary
Delving into the inner world of archetypes and drawing on the ancient tradition of alchemy, this reflective guide emphasizes the inner spiritual light of each individual as part of the spiritual light of the world, and as a potent agent for the global change that is needed at this time of accelerating ecological devastation. Spiritual seekers—those interested in higher consciousness, spiritual activism, spiritual service, and the connection between spirituality and everyday life—will learn how to recognize their own spiritual light and to work with it in service of life, expanding their spiritual horizon from their own individual journey to encompass the fate of all of life on this planet.

Contributor Bio
Llewellyn Vaughan-Lee, Ph.D., is a Sufi teacher and author. He has also been featured in the TV series Global Spirit and was interviewed by Oprah Winfrey as a part of her Super Soul Sunday series.
Empty Your Mind and Achieve Your Dreams
Keiko Aikawa Yogmata

Summary
With meticulous attention and humor, she catalogs our human foibles in search of a happiness that, when the mind is clear, is revealed to be right here and now. Intermingled with a telling of her own miraculous journey of discovery and eventual self-realization, Yogmata-Ji explains the forms of mental entrapment by which humanity dreams away life. While clearly articulating the tenets of her own Himalayan Wisdom practice, she explains: "real yoga"; how the traditions of Jesus Christ and Buddha are synonymous with her own; the nature of true religion; what happens in the afterlife; and the wonderous efficacy of prayer. Written in a colloquial, down-to-earth, empathic style, this book is a must-read for all seeker of the truth.

Contributor Bio
Yogmata Keiko Aikawa developed an early interest in yoga and naturopathy, which led her to travels in Tibet, China, and India. She has received the title of Mahamandaleshwar, or Supreme Master of the Universe, in India. Yogmata-Ji is the first woman and non-Indian to achieve this status. She is currently working with the United Nations on a series of international conferences. Yogmata-Ji’s charitable work includes the Yogmata Foundation dedicated to funding mobile hospitals to remote villages in India. Her global mission is to bring love and kindness to all. She has published over thirty books.

Floating in Quiet Darkness
How the Floatation Tank Has Changed Our Lives and Is Changing the World
Glenn Perry, Lee Perry, Dr. John C. Lilly

Summary
Glenn Perry had a life changing experience when he floated in the tank invented by Dr. John C. Lilly. Lee and Glenn Perry created a new product, a new company and triggered a global industry. They have changed not only their lives but the lives of many of those who float. Included in the book are a selection of vivid personal narratives and photos from floaters showing the depth and breadth of these experiences.

Contributor Bio
Glenn Perry grew up on a farm and became a systems computer programmer. He moved on to designing and building float tanks with Dr. Lilly's support and blessing. He also has strong interests in biodynamic farming, sustainable living, and personal development. Lee Perry has been a dancer, a student, and a professional teacher of special needs children.
**Touched by Blessing**  
Gunilla Norris

**Summary**  
Sometimes memories return like small caresses, or little feather touches from the past. We smile, remember, savor, and perhaps even wince a bit. Then the memories fade and are forgotten. But if the feather touches persist, there is a story that wants to take wing. The recollections accumulate and gather substance.

**Contributor Bio**  
**Gunilla Norris’** parents were world travelers in the Swedish diplomatic corps and so she grew up essentially in three places: Argentina, Sweden and the United States. As a child she was given a rich exposure to different languages and cultures. She received her B.A. from Sarah Lawrence College and her M.S. from Bridgeport University in the field of human development. She is a mother and a grandmother. She has been a psychotherapist in private practice for more than thirty years and has felt privileged to accompany many people on their journeys to growth and healing. Her special love has been teaching meditation and leading contemplative workshops of many kinds. As a writer Gunilla has published eleven children's books, one book of poetry and six books on spirituality including: *Being Home, Becoming Bread, Inviting Silence, A Mystic Garden, Simple Ways and Sheltered in the Heart.*

---

**May The Thoughts Be With You: Little Journal of Truth**  
Charlotte Reed

**Summary**  
Let this tiny journal inspire you to write down little thoughts of positivity along your life journey. A perfect size to fit in your pocket and keep you company all day.

**Contributor Bio**  
*May The Thoughts Be With You* was created by **Charlotte Reed** when she got depression in 2008 and decided to write her own positive thoughts each day to improve her mindset. This turned into a book, complete with her own cartoon character illustrations.

**Your Note:** gift
**Pocket Book of Balance**
Trigger Publishing

**Summary**
Filled with insightful quotes, our *Pocket Book of Balance* will help you find equilibrium in your life. Whether it's family, love or work, this pocket-sized collection can help you steady the scales. The perfect companion for when it seems like the world is against you, welcome these soundbites into your day-to-day to help you flourish.

**Contributor Bio**
*Trigger Publishing* is an independent publishing house specializing in books on mental health and wellbeing. Our aim is to open the conversation around mental health and to promote wellbeing.

*Your Note:* gift

---

**Pocket Book of Compassion**
Trigger Publishing

**Summary**
When life seems unkind, turn to this collection of inspirational quotes to find some warmth. Filled with wisdom from some of the world’s most well-known minds, *The Pocket Book of Compassion* offers thoughts and advice to restore, reset, and revive your day-to-day life.

**Contributor Bio**
*Trigger Publishing* is an independent publishing house specializing in books on mental health and wellbeing. Our aim is to open the conversation around mental health and to promote wellbeing.

*Your Note:* gift
**Pocket Book of Resilience**

Trigger Publishing

**Summary**
When you require a little more strength, turn to this collection of inspirational quotes to find your inner power. Filled with wisdom from some of the world’s most well-known minds, *The Pocket Book of Resilience* offers thoughts and advice to restore, reset and revive your day-to-day life.

**Contributor Bio**

*Trigger Publishing* is an independent publishing house specializing in books on mental health and wellbeing. Our aim is to open the conversation around mental health and to promote wellbeing.

**Your Note:** gift

---

**Pocket Book of Wisdom**

Trigger Publishing

**Summary**
When life asks the hard questions, turn to this collection of inspirational quotes to gain some perspective. Filled with guidance from some of the world's most well-known minds, *The Pocket Book of Wisdom* offers thoughts and advice to restore, reset, and revive your day-to-day life.

**Contributor Bio**

*Trigger Publishing* is an independent publishing house specializing in books on mental health and wellbeing. Our aim is to open the conversation around mental health and to promote wellbeing.

**Your Note:** gift
Bathe
Rediscover the Ancient Art of Relaxation
Suzanne Duckett

Summary
Bathe explores the many types of baths and bathing from around the world—from the simple act of bathing at home to traditional communal baths found in the UK, to Turkish hammams, Japanese sento or Onsen, Jimjilbang in Korea and Finnish and Swedish saunas. This beautifully designed book illustrates how the act of bathing is not only a great way to unwind and switch off from the hyper-activity of modern-day life, but also has a host of scientific benefits. It stimulates the immune system, improves sleep, helps skin conditions and can boost circulation and heart health, in addition to benefiting muscles and joints, and even balancing hormones. Including power bath recipes for aching muscles, low mood and energy, Bathe focuses on the meditative side of bathing. With practical bathing recipes to leave you feeling rejuvenated and calm, as well as bath-time exercises you can use to fuel creative thinking, Bathe offers ways of unleashing your inner creativity and problem-solving. Unwinding our bodies and minds in the bath is a primal ritual that today offers a readily available form of pract...

Contributor Bio
Suzanne Duckett is an influential wellness journalist and author who writes regularly for titles including the Times, Wall Street Journal, the Telegraph and numerous magazines. Through TheAntidoteAgency.com, her contemporary wellness agency, Suzanne hosts talks, events and podcasts. She has also created the website www.lovetobathe.co.uk.

Kindfulness
Caroline Millington

From managing the impact of social media on your mental health to building self-confidence, Kindfulness will help equip readers with the tools they need to have a more positive mindset.

Summary
Where do you come on your To Do list? Between juggling the demands of work, potentially toxic friendships, parenting guilt, trying to be the best partner you can be—or looking for love—life can be totally overwhelming. And for so many of us, it’s the bits we’re not #winning at that appear to be flashing in neon lights as a daily reminder. That’s where kindfulness comes in—blending mindfulness with being kind to yourself. Simply, remembering to treat yourself with kindness in all instances. That means no more self-flagellation over so-called “failings,” setting boundaries to get the best out of your relationships and making your emotional wellbeing a priority. Kindfulness will help equip readers with the tools they need to have a more positive mindset, put themselves first, identify the triggers in their life which can cause anxiety and generally take better care of themselves.

Contributor Bio
Caroline Millington is a journalist and a digital producer at ITV.
**Circle of Compassion**  
*Meditations for Caring for the Self and the World*  
Gail Straub

**Summary**  
The companion to the best-selling *The Rhythm of Compassion*, this pocket-sized book of meditations is divided into four parts that provide practical exercises and affirmations to help you find balance in your life. These four sections include: Learning to Follow Your Rhythm of Compassion, The In-Breath: Caring for Self, The Out-Breath: Caring for the World, and Harmony with Your Rhythm of Compassion.

**Contributor Bio**  
**Gail Straub** is the author of six books including the best selling *Empowerment* translated into over fourteen languages, the critically acclaimed *The Rhythm of Compassion* and the awarding-winning *The Ashokan Way: Landscape’s Path into Consciousness*. An activist and pioneer in the field of empowerment, she co-directs the Empowerment Institute where for over three decades she has offered her work to tens of thousands of people worldwide. She co-founded IMAGINE: A Global Initiative for the Empowerment of Women currently in Africa, Afghanistan, India, and the Middle East. Gail Straub lives in the Hudson River Valley in New York.

---

**Mindfulness at Work and Home**  
*A Simple Guide*  
Gillian Higgins

**Summary**  
We all want the right work-life balance—but it’s a perennial struggle endured by millions of us around the world. So how can we achieve it? This book is a highly practical, beginners’ guide to practicing mindfulness. It’s packed with hints, tips, quotes, answers to frequently asked questions, and practices which are designed to bring mindfulness into our everyday lives, both at home and at work. Written by a lawyer who uses mindfulness "everywhere" and referencing the latest scientific research, Gillian Higgins shares its simplicity, how to practice, and explains why it’s good for us. She also tackles some of the bigger issues such as how mindfulness can help us to reduce stress, tame our self-critical voice, overcome fear, improve sleep, and reduce anxiety. The book contains personal insights and advice taken from her own practice and suggestions on how to incorporate mindfulness into daily life. It's also accompanied by audio-guided meditations with explanatory notes.

**Contributor Bio**  
**Gillian Higgins** has been practicing as a war crimes lawyer for the past 20 years. She qualified to teach mindfulness with the aim of bringing the benefits to other members of her profession and beyond. She is the founder of Practical Meditation, a website which aims to share mindfulness in a way that "works for you."

**Your Note:** gift
SPARKY
Surviving Sex Magick
Juliette M Engel

Summary
Sparky: Surviving Sex Magick is the literary memoir of a little girl warrior, who survived. Sparky's story shines the spotlight on crimes against American children that were sanctioned on a national scale by the United States government. At the age of six in 1955, she was sold by her parents to the Sex Magick cult run by the CIA under its illegal program of secret experimentation on mind control called Monarch. By the time she was ten, she'd been purposely split into multiple identities, each one associated with a different age and place as her family moved around the country to avoid Child Protective Services and the police. With each new identity, she forgot the last one. In Imperial Beach, California, a tough neighborhood of gangs and brothels abutting the Tijuana Sewer and the Mexican border, she discovered her own courage in the determined persona of a new character, Sparky MacGregor, a Scottish girl who stepped from the pages of an old book and chided her for being weak and afraid. When they touched hands, she exhaled the last vestiges of fear and defeat. She became a warrior w...

Contributor Bio
Juliette M Engel was born into a family of intelligence operatives and initiated into the CIA's newly established Monarch program in 1955 at the age of six. Long after leaving Sex Magick, she ran the Angel Coalition in Moscow, an underground railroad that rescued and repatriated child sex-trafficking survivors, for ten years.

Blithe Spirits
A History of the Poltergeist
S. D. Tucker

Summary
The Trickster-god is a strange and wonderful mythological figure who is found in folklore and legend right across the world, from the Norse Loki to the Greek Hermes to the Raven and Coyote of the Native American peoples. The ultimate "cunning fool," he and the many subversive tales told about him have been studied down the years by anthropologists, historians, literary theorists, and psychologists from Ted Hughes to C. G. Jung. Belief in Trickster-gods, this book argues, has today been transformed into popular belief in Trickster-ghosts, with those noisy, disruptive, roguish spirits known as poltergeists fulfilling largely the same imaginative function as more traditional Trickster-figures. By playing childish tricks upon us, poltergeists reveal our current worldview to be in some way incomplete, breaking the accepted circles of "official" materialistic, scientific logic and provoking laughter at their irreverent audacity in doing so. Rather than being intended to frighten, perhaps the true purpose of certain ghost stories is in fact to amuse, perplex, and provoke? Whether true or no...

Contributor Bio
S. D. Tucker is the author of False Economies and a columnist for Fortean Times.
Magic & Witchcraft
The Truth Behind the Trials
Sarah Bankes

Summary
In a continent ravaged by plague, war and religious upheaval, maleficium (malicious magic) was just one more menace that people had to weather. No one was safe from maleficium, nor from accusations of practicing magic and consorting with the Devil—not even queens and courtiers. In Magic & Witchcraft, we cover everything you need to know about the hunts and trials that cut a bloody swath across Europe and the American Colonies from the Medieval times to the Early Modern age. Uncover the true stories of the panic and paranoia that swept towns up into hysteria, from accusations at Pendle Hill in Lancashire, England, to the madness of the Salem Witch Trials leading to the execution of 20 people. Find out what tools, ingredients and magical tomes real cunning folk depended on and what concoction could cure stomach ulcers. Investigate the exploits of the notorious Matthew Hopkins, the Witchfinder General who made it his mission to punish anyone whom he believed to be practicing the works of the Devil.

The Little Book of Cleanfulness
Mindfulness in Marigolds!
The Secret Cleaner

Summary
Find joy in cleaning your home (yes, really). Put away the bleach. Breathe. Open this little book. And find out why cleaning is the new Zen. April, a.k.a. The Secret Cleaner, offers simple, no-fuss ways to clean your space with minimal products, time and effort AND how to reframe the way you think about cleaning. Chapters include: The Rage Clean and Redirecting The Rage Clean, Going Minimal, Making Cleanful Choices, and 9 Things You Forgot to Clean. Also includes The Secret Cleaner’s Cleanful Recipes—quick to make, using natural ingredients, powerful and kind to you and the planet.

Contributor Bio
The Secret Cleaner is a busy mom of two, originally from America, now living in Scotland. She is a self-confessed rage cleaner turned cleaning enthusiast.

Your Note: gift
**Heal**

101 Simple Ways to Improve Your Health in a Modern World
Pete Evans

**Summary**
So many of us are looking for practical changes we can make to nourish our body, be more active, and find meaningful connection—ways to be stronger, happier, and healthier, in a fast-paced world. Pete begins with what he knows best—food—and offers suggestions on how to eat and drink in ways that will support your well-being. Next, he explores different ways to move and play that are known to positively influence physical and mental health. There are ideas on how to relax your body and mind, including massage and meditation, as well as the best strategies for restorative sleep. Finally, Pete explores activities that promote creativity, self-awareness, and connection with other people, which are all essential to emotional well-being. With ideas to inspire everyone to make a change in their lives—no matter how big or small—Heal will help you to find the path to your healthiest self.

**Contributor Bio**

**Pete Evans** is an award-winning Australian chef, restaurateur, author, television presenter, health coach, adventure seeker, and father. He’s one of Australia’s leading authorities on healthy cooking and lifestyle and is dedicated to improving people’s lives through education about nutritional food and wellness. Pete is co-host of the hugely successful show *My Kitchen Rules* and a regular guest presenter on *Better Homes and Gardens*, both screened on Channel 7, host of his own series and online program *The Paleo Way*, and executive producer of the documentary *The Magic Pill*.

**Your Note:** gift

---

**After the Flood**

Andrew Man

Set in a visionary future of Andrew Man’s recent trilogy, *After the Flood*, continues the story with a work of speculative fiction and spirituality. In this fourth book of the Series, five woman and a man must survive on a barren planet, to uncover the secrets of why there are so many human species back on planet Earth.

**Summary**
From the author of *The Man who Played with Time*.

Set in a visionary future of Andrew Man’s recent trilogy, *After the Flood*, continues the story with a work of speculative fiction and spirituality. In this fourth book of the Series, five woman and a man must survive on a barren planet, to uncover the secrets of why there are so many human species back on planet Earth.

At the same time, James and his team travel back in time to a legendary land o
**Astral Philosophy: How to Connect to Your Inner Light and Higher Self**
Lucy Caxton Brown

Astral Philosophy aims to help the reader see and come to know the divine light that shines eternally in their soul. The light spoken of here is an actual light viewed by the third or inner eye. Seeing it opens up the world of Astral experiences.

**Summary**
Astral Philosophy aims to help the reader see and come to know the divine light that shines eternally in their soul. The light spoken of here is an actual light viewed by the third or inner eye. Seeing it opens up the world of Astral experiences.

Though we go through a form of physical transformation at so called death, our mind, soul and personality do not lose consciousness. We have an eternal soul with certain looks and a personality, an eter

---

**The One**
Theresa Kahn-O'Doherty

‘THE ONE’ is a light-hearted read, simple in explanation, but what are perhaps deeper, underlying messages for each reader to ingest and make sense of in their own particular way. It is hoped that the book will serve as a conduit in revealing eternal truths.

**Summary**
‘THE ONE’ is a light-hearted read, simple in explanation, but what are perhaps deeper, underlying messages for each reader to ingest and make sense of in their own particular way. It is hoped that the book will serve as a conduit in revealing eternal truths. Like the Lotus Blossom, one petal after the other opening, unfolding and transforming to show the beauty and wisdom within. All springing forth from THE ONE.

www.theresakahn.com
The Only Voice I Could Hear Was Yours
Uzma Khan

Your lies gave me hopeyour truth set me free.A poetic journey.

Summary
The only voice I could hear was yours’ is based on the author’s life story.

It is a poetic journey of a woman’s struggle through each stage of her life, as she explores various themes from marriage, love, heartbreak, betrayal, divorce, pain to motherhood, self, revival and healing. Each piece aims to go beyond just words, as it reveals an emotion which everyone can find a part of themselves relate to.

This book is beautifully and eloquently written

Thumbs Up: Over the Hill and on the Road
Tom Ritchie

Thumbs Up – Over the Hill and on the Road takes the reader on a hitchhiking adventure across southern England where we follow Tom, who has hit the road after a stress meltdown.

Summary
Thumbs Up – Over the Hill and on the Road takes the reader on a hitchhiking adventure across southern England where we follow Tom, who has hit the road after a stress meltdown.

Thumbs Up is a light-hearted road-movie where we meet the drivers who are kind enough to stop for our elderly hitchhiker. They share their stories – their work, their families, their loves and losses, their hopes and dreams.

You have in your hand a playful ramble, a collection of authen
The Yamas & Niyamas
Exploring Yoga's Ethical Practice
Deborah Adele

Summary
The first two limbs of the eight-fold path of yoga sutras—the basic text for classical yoga—are examined in this spiritual guide to the practice of yoga. Foundational to all yogic thought, they are considered to be the guidelines to the yoga way of living that free individuals to take ownership of their lives, direct them toward the fulfillment they seek, and gain the skills to choose attitude, thought, and action. The first five guidelines are referred to as the yamas—a Sanskrit word that translates to "restraints"—and encompass nonviolence, truthfulness, not stealing, nonexcess, and nonpossessiveness. The last five are referred to as the niyamas, or observances—purity, contentment, self-discipline, self-study, and surrender. A self-study section at the end of each chapter may also be used by instructors for group discussion.

Contributor Bio
Deborah Adele holds master’s degrees in both Liberal Studies and Theology & Religious Studies. An ERYT 500, she carries yoga certifications in Kundalini yoga, Hatha yoga, Yoga Therapy, and Meditation. She is also trained as a Gestalt practitioner and a Somatic Educator. For over 14 years, Deborah brought her combined knowledge of business and her in-depth knowledge of yoga philosophy to build Yoga North, now a thriving yoga center. Currently she is writing, teaching, consulting, and engaging her own personal practice. Deborah worked for three years as a consultant with a firm out of Boulder, Colorado, where she combined the concept of body and breath with organizational development skills to improve leadership and management in various businesses around the country. She wrote a regular wellness column for the Duluth News Tribune and has authored two CD's, The Art of Relaxation and The Practice of Meditation. Deborah currently owns Adele & Associates, a company whose goal is to increase clarity, productivity, and right-living in individuals and systems. Deborah is a keen and innovative...

Light on Prãnâyãma
The Yogic Art of Breathing
B. K. S. Iyengar, Yehudi Menuhin

Summary
In this classic yoga best-seller a world-renowned yoga master shares the techniques of breathing together with a comprehensive background of yoga philosophy. B. K. S. Iyengar is a legend who has practiced yoga in a unique way, and today "Iyengar Yoga" is taught around the world by certified instructors.
**Dreaming of Dylan**

*115 Dreams About Bob*

Mary Lee Kortes

**Summary**

Perhaps the only subject more fascinating than the mysterious world of dreams is the mysterious world of Bob Dylan. *Dreaming of Dylan* brings the two together for a weird and wonderful romp through the ways the mercurial musical master shows up in our subconscious states. Celebrated writer and musician Mary Lee Kortes lovingly curated this off-kilter collection of nocturnal visions. Paired with over 100 original images and illustrations, these dreams will captivate you in ways you never expected. Bob Dylan once sang, “I’ll let you be in my dreams if I can be in yours.” And be in them he has! There are plenty of musical dreamers here, from the incomparable Patti Smith to Squirrel Nut Zippers frontman Jimbo Mathus to Kevin Odegard, whose guitar is heard on the memorable intro to “Tangled Up in Blue,” and others. Not to mention the everyday dreamers, from plumbers to poets and pastors, from dentists to attorneys and psychotherapists. Some dreams are poignant; some are disturbing; and others are nothing short of bizarre. Taken together they’re an enthralling look at what the famously enig...

**Contributor Bio**

**Mary Lee Kortes** is a musician and author based in Brooklyn, New York. She has released five albums of original material to wide critical acclaim, each of which landed on the Billboard critics’ top ten list in the year of its debut. *Rolling Stone* described her voice as “the high-mountain sunshine of Dolly Parton, with a sweet-iron undercoat of Chrissie Hynde.”

---

**The ABCs of CBD**

*The Essential Guide*

Shira Adler

**Summary**

*The ABCs of CBD: The Essential Guide for Parents (and regular folks too)* by author Shira Adler, explains "Why Pot Is NOT What We Were Taught." Every day there is one more person / parent who becomes canna-curious or an inadvertent advocate based on their needs, and those of their family. From aging parents, to disenfranchised millennials, to children with disorders, addictions, and diseases that boggle the mind and break the heart, we are consumed with illness and disease. PTSD, ADHD, Alzheimer’s, Anxiety, Autism, Arthritis, Cancer, Chronic Pain, Colitis, and much more... this is our new reality. Science points to CBD as a real alternative to traditional western medicine, and daily headlines agree! Yet the average American has no idea what it is, how to use it, or if it's legal to do so! Accessible for any reader, The ABCs of CBD is a practical, educational, and comprehensive guide—alternatively humorous and hard hitting, answering all the reader ever wanted to know about cannabinoids, but was afraid to ask. CBD is the "other" ingredient in hemp and pot—the one that doesn't get you s...

**Contributor Bio**

Author. Speaker. Instigator. **Shira Adler** is a media wellness personality, CBD expert and educator, and Founder & CEO of a holistic health and wellness company — ShiraSynergy. Self described as "a recovering formerly anti-pot parent" Shira’s book, "The ABCs of CBD", invites the canna-curious to discover the real facts on the essential nature of cannabinoids, and why they matter to you, your family, and our planet.
Finding God in Ordinary Time
Christine Eberle

**Summary**
Take a wide-eyed look at your life—the commonplace, joyful, and even heartbreaking events—and discover the presence of God, hidden in plain sight. Forget bowing your head and closing your eyes. The secret to prayer is what happens when you’re not trying to pray.

This is the invitation of Christine Eberle’s *Finding God in Ordinary Time*. Each daily reflection contains a true story and a nugget of spiritual insight, accompanied by thought-provoking questions and a memorable Scripture quote. Together they reveal a God who is playful and affectionate, merciful and compassionate, and always relevant. Warm, accessible, and surprisingly funny, Christine offers spiritual nourishment to people skeptical or weary of religion, while still giving the faithful something to chew on.

Simple enough to be devoured in one sitting, this intimate little book is best enjoyed slowly. Each piece deserves to be savored and revisited through the unfolding of each ordinary, extraordinary day.

**Contributor Bio**
Christine Eberle is a passionate explorer of the connections between Scripture, spirituality, and everyday life. Her 25-year career as a college campus minister has given her countless opportunities to ask her favorite question—Where is God in all this?—and to listen for answers in surprising places. Christine is a church cantor and gifted public speaker, offering talks and retreats; she also performs dramatic monologues of Biblical women. In person and on the page, Christine desires not only to feed the faithful, but also to offer nourishment to people skeptical or weary of religion. You can follow her at christine-marie-eberle.com.

The Invisible Master
Secret Chiefs, Unknown Superiors, and the Puppet Masters Who Pull the Strings of Occult Power from the Alien World
Leo Lyon Zagami, Brad Olsen

**Summary**
Leo Zagami’s groundbreaking study of aliens and UFOs explores where we come from and which mysterious figures have guided humanity's political and religious choices. From the prophets to the initiates and magicians, all ages have drawn from a common source of ultra-terrestrial and magical knowledge, passed down for millennia. This text reveals the identity of the unknown superiors, secret chiefs, and invisible masters who have guided Freemasonry, the Illuminati, and others. Zagami speaks of the existence of multidimensional doors used by the various Illuminati to let other beings into our world, while alluding to the latest discoveries of quantum physics for support. This shocking text will be embraced by those willing to look beyond the everyday to analyze our world's most puzzling circumstances.

**Contributor Bio**
Italian-born **Leo Lyon Zagami** is a writer known for his Confessions of Illuminati series. He has been involved with the productions of documentaries for ENIGMA TV and InfoWars, and he appears regularly on the popular Italian television show *Mistero*. 
Tantra Illuminated (2nd Edition)
The Philosophy, History, and Practice of a Timeless Tradition
Christopher D Wallis

Summary
This book takes readers on a fascinating journey to the very heart of Tantra: its key teachings, foundational lineages, and transformative practices. Since the West's discovery of Tantra 100 years ago, there has been considerable fascination, speculation, and more than a little misinformation about this spiritual movement. Now, for the first time in the English language, Tantra Illuminated presents an accessible introduction to this sacred tradition that began 1,500 years ago, in the far north of India. The book uses translations from primary Sanskrit sources, offers a profound look at spiritual practice, and reveals Tantra's rich history and powerful teachings.

Contributor Bio
Christopher D. Wallis is a scholar-practitioner who teaches meditation, yoga darsana, Tantric philosophy, Sanskrit, and mantra-science, and offers spiritual counseling. He is the author of The Recognition Sutras. He lives in Boulder, Colorado.

The Recognition Sutras
Illuminating a 1,000-Year-Old Spiritual Masterpiece
Christopher D Wallis

Summary
One thousand years ago, in the valley of Kashmir, a great Tantric master named Kshemaraja wrote his masterpiece: the Pratyabhijnahrdayam, which means "The Essence of the Recognition Philosophy". This text was a concise primer, written to introduce spiritual seekers to the Recognition philosophy in less formally philosophical, more approachable language. What Kshemaraja created turned out to be one of the world's great spiritual masterpieces, breathtaking in its brevity but stunning in its power. It came to be considered equivalent to scripture itself by later generations, because of its undeniable inspiration. This book expounds the subtleties of this spiritual and philosophical classic. One of the most powerful and revelatory spiritual masterpieces of world history, the Pratyabhijnahrdayam is one of the primary sources for the study and practice of nondual Tantrik Yoga, and it has never been accurately translated or fully explained until now.

Contributor Bio
Christopher Wallis is a scholar-practitioner who teaches meditation, yoga darsana, Tantric philosophy, Sanskrit, and mantra-science, and offers spiritual counseling. He is the author of Tantra Illuminated. He lives in Boulder, Colorado.
The Money Mafia
A World in Crisis
Paul T. Hellyer

Summary
Exposing perceived fault lines in our banking and financial systems and explaining how unemployment could be cut in half in two years and worldwide prosperity restored, this book argues the existence of exotic energy sources to replace fossil fuels and consequently recommends an immediate end to fracking and offshore drilling for oil. It further urges an immediate worldwide mobilization to replace the energy source in every car, truck, tractor, ship, airplane, and house on Earth in seven years in a desperate effort to save the planet from further overheating. The book blasts government secrecy, and more than 65 years of supposed lies and disinformation, and demands full disclosure of what they know about visitors from other realms and their technology and the extent of their collaboration, including any treaties that may have been signed by them. With more than 65 years of participation in and observation of political and economic systems—beginning with the Great Depression, extending through World War II, the postwar era of hope for a better life, the Cold War, the subjugation of de...

Contributor Bio
Paul T. Hellyer is a seasoned politician, journalist, and commentator, and Canada’s senior privy councilor best known for the unification of the Canadian Armed Forces and for his 1968 chairmanship of the Task Force on Housing and Urban Development. In recent years he has become interested in extraterrestrial presence, and in September 2005 he became the first person of cabinet rank in the G8 group of countries to state unequivocally that "UFOs are as real as the airplanes flying overhead." He is the author of Agenda: A Plan for Action, The Evil Empire: Globalization’s Darker Side, Exit Inflation, Funny Money: A Common Sense Alternative to Mainline Economics, Light at the End of the Tunnel: A Survival Plan for the Human Species, and A Miracle in Waiting: Economics that Make Sense. He lives in Toronto.

The Surprising Purpose of Anger
Beyond Anger Management: Finding the Gift
Marshall B. Rosenberg

Summary
You can feel it when it hits you. Your face flushes and your vision narrows. Your heartbeat increases as judgmental thoughts flood your mind. Your anger has been triggered, and you’re about to say or do something that will likely make it worse.

You have an alternative. By practicing the Nonviolent Communication (NVC) process you can use that anger to serve a specific, life-enriching purpose. It tells you that you’re disconnected from what you value and that your needs are not being met. Rather than managing your anger by suppressing your feelings or blasting someone with your judgments, Marshall Rosenberg shows you how to use anger to discover what you need, and then how to meet your needs in constructive ways.

This booklet will help you apply these four key truths:
- People or events may spark your anger but your own judgments are its cause
- Judging others as "wrong" prevents you from connecting with your unmet needs
- Getting clear about your needs helps you identify solutions satisfying to everyone
- Creating strategies focused on meeting your needs transforms anger into positive action...

Contributor Bio
Marshall B. Rosenberg, Ph.D. is the internationally acclaimed author of Nonviolent Communication: A Language of Life, and Speak Peace in a World of Conflict. He is the founder and educational director of the Center for Nonviolent Communication (CNVC). He travels throughout the world promoting peace by teaching these remarkably effective communication and conflict resolution skills. He is based in Wasserfallenhof, Switzerland.
The Garden Awakening
Designs to Nurture Our Land and Ourselves
Mary Reynolds

Summary
An award-winning garden designer's unique union of a practical how-to book with stories and philosophy

The Garden Awakening is a step-by-step manual to creating a garden in harmony with the life force in the earth, addressing not only what the people in charge of the land want but also asking what the land wants to become. Mary Reynolds demonstrates how to create a groundbreaking garden that is not simply a solitary space but an expanding, living, interconnected ecosystem. Drawing on old Irish ways and methods of working with the land, this beautiful book is both art and inspiration for any garden lover seeking to create a positive, natural space.

Contributor Bio
Mary Reynolds is an award-winning garden designer who won the gold medal for garden design at Chelsea Flower Show. She writes and broadcasts about garden design, and designs gardens that embrace the wild beauty of nature.

Hygge
The Danish Art of Happiness
Marie Tourell Søderberg

Summary
Other books will tell you how to be hygge. This is the only book that will show you. Though we all know the feeling of hygge instinctively, few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell Søderberg has traveled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining, and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both comfortable and cheering all year round, this book is the easy way to introduce hygge into your life.

Contributor Bio
Marie Tourell Søderberg is a Danish actress. She is a rising star of Nordic Noir whose credits feature stage, TV, and film, including a leading role in historical epic 1864.
**Falling Up**

**A Memoir of Second Chances**

Scott Edward Anderson

**Summary**

_Falling Up_ is a moving personal essay about the struggle to become an authentic, vulnerable, purpose-driven man in the 21st century and, ultimately, about making one's dream a reality. Along the way, award-winning poet, Scott Edward Anderson learns to see the world anew through the eyes of his children, through a deep engagement with the natural world, and through learning—and teaching others—to tell stories in a more personal way. _Falling Up_ is a late bloomer's coming-of-age story as much as it is a book about choice, intention, and commitment.

**Contributor Bio**

Scott Edward Anderson is the author of _Dwelling: an ecopoem, Fallow Field, and Walks in Nature’s Empire_. He has been a Concordia Fellow at the Millay Colony for the Arts and received the Nebraska Review Award. His poetry has appeared in _The American Poetry Review, Alaska Quarterly Review, Cimarron Review, The Cortland Review, The Wayfarer_, and two anthologies. His essays and reviews have appeared in _The Bloomsbury Review, Cleaver, Philadelphia Inquirer, Schuylkill Valley Journal_, and elsewhere. For many years, he has worked in conservation, social enterprise, and clean energy consulting with such organizations as The Nature Conservancy, Ashoka, VerdeStrategy, and EY. He lives in Brooklyn, New York.

---

**What Comes Next**

Heidi Barr

**Summary**

Job loss. It’s not something that most people want to think about, whether it happens to them or not—but in modern society, it’s all too common for the words “lay off” and “company downsize” to grace a conversation about how life is going. Through an honest look at the emotions, feelings, and everyday challenges that can come with losing a job, author Heidi Barr illustrates what going through such an event is like. From disbelief to financial concerns to anxiety over the prospect of a two hour commute after ten years of working from home, this essay explores the uncertainty of not knowing what might be coming next, along with the potential for uncovering the beauty that might just be hidden under what feels like destruction.

**Contributor Bio**

Award winning author of several books, Heidi Barr is committed to cultivating ways of being that are life-giving and sustainable for people, communities and the planet. She works as a wellness coach, holds a Master's degree in Faith and Health Ministries and occasionally partners with organic farms and yoga teachers to offer retreat experiences. At home in Minnesota, she lives with her husband and daughter where they tend a large vegetable garden, explore nature and do their best to live simply. Visit her at heidibarr.com or connect on social media: Facebook: @HeidiBarrwriter
**SoulStroller**
*experiencing the weight, whispers & wings of the world*
Kayce Stevens Hughlett

**Summary**
Seductive, sincere, and at times hysterical and heartbreaking, this memoir follows author and good girl, Kayce Stevens Hughlett out of her carefully constructed comfort zone into the world of international travel, healers, wise winged mentors, and inspiring versions of humankind. **SoulStroller** introduces a fresh and exciting way of experiencing and living life on one's own terms---expanding readers' world views whether they choose to visit destinations like Paris, Ireland, or Bali, or get to know what home looks like through fresh eyes. Labeled shy and rendered virtually silent by age six, Kayce had been raised to fit the role of perfect wife, doting mom, and accomplished woman. She fulfilled her mission by her mid-forties when society said she had it all. Society was wrong. When her eldest child disappears into the haze of addiction, her perfect world changes faster than you can say, Get it right! Ethereal, gritty, and relatable, **SoulStroller** is the evolution of a woman too timid to speak her mind into someone who writes her own rules and redefines what it means to live with silence,...

**Contributor Bio**
Kayce Stevens Hughlett is a spiritual guide, artist of being alive, and speaker, whose career began at a multi-national accounting firm. Co-creator of SoulStrolling, Kayce holds a Masters in Counseling Psychology from The Seattle School of Theology and Psychology and is a Certified Martha Beck Life Coach. Kayce is a trained SoulCollage facilitator and colleague of Abbey of the Arts.

---

**Mystical Astrology According to Ibn 'Arabi**
Titus Burckhardt, Keith Critchlow, Bulent Rauf

**Summary**
A unique work, providing the underlying spiritual principles lacking in most modern books of astrology. It is accompanied by 12 color plates of a 16th-century Persian manuscript.

**Contributor Bio**
Eminent Swiss metaphysician and scholar Dr. Titus Burckhardt was devoted to studies in art, art history, and oriental languages, and embarked upon journeys through North Africa and the Near East. In addition to writing books in German, he translated many important works from their original Arabic.
Tarot Masterclass
Paul Fenton-Smith

Summary
Accessible and innovative, this comprehensive reference will deepen an understanding of tarot cards by providing detailed meanings for each card, including health, personality, and financial aspects; color charts for instant interpolations; readings for conflicting and reverse cards; and both spiritual and practical layouts. Focusing on the Rider Waite pack—the oldest and most widely used tarot deck—this manual also offers a thorough explanation of the court cards, which are often neglected in tarot guides. Practical steps to psychic cleansing and protection combine with real-life stories to emphasize the important points of the tarot as well as give them worldly, topical meanings. Complete with never-before-seen charts of the major and minor arcana, this guide book will strengthen any readers' skill and increase their confidence in this timeless art.

Contributor Bio
Paul Fenton-Smith is the principal of the Academy of Psychic Sciences. A columnist and regular contributor to several magazines, he is the author of Astrology Revealed, Mastering the Tarot, Palmistry Revealed, and True North.

The Tarot Revealed
A Beginner's Guide
Paul Fenton-Smith

Summary
While its origins are swathed in mystery, the remarkable accuracy of the ancient Tarot has won many followers. It helps to interpret what's going on in life physically, mentally, emotionally, and spiritually. Written in a clear and accessible style, and with 32 bonus charts, this is a valuable guide for both beginners and experienced readers interested in learning the Tarot. Using anecdotes to further clarify each card's meaning, the manual helps to apply these interpretations to real-life situations. Within a short time, it will enable even the most novice of card readers to become an accomplished Tarot master. The guide encompasses every facet of the Tarot experience, including clearly interpreting each card alone and in combination, learning the many layers of meaning attached to each card, giving simple and advanced readings, and choosing the appropriate layout for each specific situation.

Contributor Bio
Paul Fenton-Smith is the author of eight books, including Astrology Revealed, Mastering the Tarot, Palmistry Revealed, Tarot Masterclass, and Tarot Revealed.
The Wheel of Change Tarot
Alexandra Genetti

Summary
Originally published as a boxed set in 1997, The Wheel of Change Tarot companion book is now available separately. Ten years in the making, The Wheel of Change Tarot is a unique and brilliant creation. Although it follows the ancient tradition of the Tarot, it has many new features. This collection of 78 original watercolor paintings contains scientific, natural, historical and modern images. Based in a Pagan-oriented worldview, the underlying wheel of the year, and its cycles and seasons, form a backdrop for the varied layers of symbolism. The beautiful watercolors are full of detail and are painted in rich saturated colors, making the images vivid and exciting. The Wheel of Change Tarot is based in the broad scope of human experience and is multicultural. In each of the four minor suits the "face" cards - Queen, Knight, Princess and Prince - are each of a different race. Symbolically this represents the fact that all people are made up of the various traits of the four suits. The multiculturalism in the Wheel of Change cards appears both in the Major Arcana and in the Minors, where...

Contributor Bio
Alexandra Genetti, author and illustrator of The Wheel of Change Tarot, was born in Seattle in 1957 to a single mom who had just received her PhD in Classics. During childhood she was heavily influenced by the stories from ancient mythology that her mother constantly told her: stories from Greece and Rome, from the Bible, and from ancient civilizations far and wide. Alexandra attended the University of Chicago Laboratory School – where she had a very thorough science education – and after graduating from high school, went to Sonoma State College (now University). As an artist, Alexandra had always been drawn to a place closer to the natural world, with native trees, hills and oceans. With a major in Art History, Alexandra also took a few studio Art classes (though never in watercolor) and many in philosophy with Stanley V. McDaniel, who wrote the afterword to The Wheel of Change Tarot companion book. Besides teaching Astronomy at a Waldorf methods charter school, Alexandra now spends much of her time creating detailed and unique fabric art, many pieces featuring extremely fine embroi...
La Flor Dorada
La maestría tolteca del ensueño y la proyección astral
Koyote the Blind

Summary
A unique book on the art of dreaming, astral projection, and voyaging through the higher planes, presented by a Toltec shaman and Western magician. This is the Yoga of Dreaming. It is a distillation of the deepest teachings and art of lucid dreaming, delivered in clear and practical, yet poetic, prose. A delight to read, and filled with practical gems throughout. The exercises included in the text will introduce the novice to lucid dreaming practices—or enable the more advanced reader to experiment new approaches to Dreaming as a spiritual practice.

Contributor Bio
Koyote the Blind runs Xicoco, an esoteric school of the Toltecs, where he trains students in magick, shamanism, mysticism, and yoga. He has created seminars on the Yoga of Dreaming, meditation, astral voyaging, shadow walking, magick, the power of attention, alchemy, and tantra. He lives in Riverside, California.

The Golden Flower
Toltec Mastery of Dreaming and Astral Voyaging
Koyote the Blind

Summary
A unique book on the art of dreaming, astral projection, and voyaging through the higher planes, presented by a Toltec shaman and Western magician. This is the Yoga of Dreaming. It is a distillation of the deepest teachings and art of lucid dreaming, delivered in clear and practical, yet poetic, prose. A delight to read, and filled with practical gems throughout. The exercises included in the text will introduce the novice to lucid dreaming practices—or enable the more advanced reader to experiment new approaches to Dreaming as a spiritual practice.

Contributor Bio
Koyote the Blind runs Xicoco, an esoteric school of the Toltecs, where he trains students in magick, shamanism, mysticism, and yoga. He has created seminars on the Yoga of Dreaming, meditation, astral voyaging, shadow walking, magick, the power of attention, alchemy, and tantra. He lives in Riverside, California.
**Liber 420**  
*Cannabis, Magickal Herbs and the Occult*  
Chris Bennett

**Summary**  
Although little known, cannabis and other psychoactive plants held a prominent and important role in the Occult arts of Alchemy and Magic, as well as being used in ritual initiations of certain secret societies. Find out about the important role cannabis played in helping to develop modern medicines through alchemical works. Cannabis played a pivotal role in spagyric alchemy, and appears in the works of alchemists such as Zosimos, Avicenna, Llull, Paracelsus, Cardano and Rabelais. Cannabis also played a pivotal role in medieval and renaissance magic and recipes with instructions for its use appear in a number of influential and important grimoires such as the Picatrix, Sepher Raxiel: Liber Salomonis, and The Book of Oberon. Could cannabis be the Holy Grail? With detailed historical references, the author explores the allegations the Templars were influenced by the hashish ingesting Assassins of medieval Islam, and that myths of the Grail are derived from the Persian traditions around the sacred beverage known as haoma, which was a preparation of cannabis, opium and other drugs. Many o...

**Contributor Bio**  
Chris Bennett has been researching the historical role of cannabis in the spiritual life of humanity for more than a quarter century. He is the co-author of *Green Gold the Tree of Life: Marijuana in Magic and Religion* (1995); *Sex, Drugs, Violence and the Bible* (2001); and the author of *Cannabis and the Soma Solution* (2010). He has contributed chapters on this subject for a number of published anthologies as well as numerous articles for various magazines. He lives in Vancouver, British Columbia.

---

**The Master Game** *(3rd Edition)*  
*Pathways to Higher Consciousness*  
Robert S. de Ropp, Iven Lourie

**Summary**  
Explores the human psyche and the specific techniques through which one can achieve the highest possible levels of consciousness.

**Contributor Bio**  
Robert de Ropp is the author of *Drugs and the Mind*.
Joy is the Thinnest Layer
Gunilla Norris

Summary
When the heart is touched it wants to sing songs of recognized experience. Call it poetry for then image, cadence and word melt together as one. This book of poems is about such experiences. That depth of feeling encompasses both desolation and consolation and so brings the reader close to the pulse of life, to joy, the thinnest layer.

Contributor Bio
Gunilla Norris has published eleven children’s books, one book of poetry, and several books on spirituality including: Being Home, Becoming Bread, Inviting Silence, A Mystic Garden, Simple Ways, Sheltered in the Heart, Match, Embracing the Seasons and Companion on the Way.

The Book of Noticing
Collections and Connections: On the Trail
Katherine Hauswirth

Summary
John Muir said, "When one tugs at a single thing in nature, he finds it attached to the rest of the world." So is the case for each walk-inspired essay from Katherine Hauswirth. Each reflection hands you talismans that you can turn over thoughtfully in your palm. Hauswirth's meditative reveries reflect on the deep connections between what we experience outdoors and our day-to-day existence as humans, peppered with thought-provoking facts as well as treasured words from other lovers of the natural world.

Contributor Bio
Katherine Hauswirth’s nature writing arises largely from long walks in Connecticut. Her work focuses on connection and contemplation inspired by the natural world. She has been published in The Christian Science Monitor, The Day, Orion online, Whole Life Times, Connecticut Woodlands, Shoreline Times, Seasons, and The Wayfarer. Her blog, First Person Naturalist, is a reflection on experiencing and learning about nature. Katherine’s writing has been awarded with artist residencies at Trail Wood (Connecticut Audubon’s Edwin Way Teale memorial sanctuary) and Acadia National Park in Maine. A native New Yorker, she moved to the Connecticut River Valley 20 years ago. She is increasingly enamored of her adopted hometown, Deep River, where she lives with her husband and son.
Woodland Manitou
Heidi Barr

Summary
Woodland Manitou: To Be on Earth is a collection of essays rooted in the rhythm of the natural world. Through the turn of the seasons, Heidi Barr illustrates how the cycles of the earth have informed her everyday life from community to vocation to the food that finds its way to the dinner table. Through gardening, simple living, and prioritizing sustainability, Barr paints a picture of how remaining close to the earth provides a solid foundation even as the climate changes and the story of the world shifts. Part stories, part wonderings, and part call to act, this collection of meditations invites reflection, encourages awareness, and inspires action.

Contributor Bio
Award winning author of several books, Heidi Barr is committed to cultivating ways of being that are life-giving and sustainable for people, communities and the planet. She works as a wellness coach, holds a Master's degree in Faith and Health Ministries and occasionally partners with organic farms and yoga teachers to offer retreat experiences. At home in Minnesota, she lives with her husband and daughter where they tend a large vegetable garden, explore nature and do their best to live simply. Visit her at heidibarr.com or connect on social media: Facebook: @HeidiBarrwriter

Lightworker Training
A Practical Guide to Healing With Energy and Consciousness
Tatiana Sakurai

Summary
Lightworker Training: A Practical Guide to Healing with Energy and Consciousness is your key to learning powerful tools to work with your mind and your energy body to create more ease in emotional, mental, physical, and spiritual aspects of your life.

Contributor Bio
Tatiana Sakurai is a spiritual counselor and teacher of lightworkers. She has created and taught multi-level courses of Lightworker Training to be able to share with her students the tools that have helped her heal a lifetime of trauma and addiction. In Lightworker Training: A Practical Guide to Healing with Energy and Consciousness, Tatiana distills over a decade of intensive study and practice in multiple modalities presented in a clear, down-to-earth style.
Advanced Medical Intuition
Six Underlying Causes of Illness and Unique Healing Methods
Tina M. Zion

Summary
“I truly was not living before I embarked on this path. I wish everyone could experience the miracles and magic I’ve seen enter my life. Thank you, Tina, for making it possible.” –Jean B., Student

Advanced Medical Intuition is power packed with information. This book is the next step to take after reading Tina Zion's book, Become a Medical Intuitive: The Complete Developmental Course.

This teaching manual offers these educational features for your success:

• 1. Descriptions of the 6 causes of illness and the specific healing techniques for each category.
• 2. Case studies transcribed from Tina’s recorded medical intuitive sessions.
• 3. Case studies presented in narrative story-like form.
• 4. Comments within the transcriptions explain each segment.
• 5. Healing techniques are demonstrated in transcripts, narratives, and in numbered steps throughout the book.
• 7. Key concepts are highlighted throughout.
• 8. Different approaches to engage and empower your clients as the session progresses.
• 9. A complete summary of the heali...

Contributor Bio
Tina M. Zion is a fourth generation psychic medium, specializing in medical intuition and teaching it internationally. She has worked in the mental health field as a registered nurse with a national board specialty certification in mental health nursing. She is also a Gestalt trained counselor and clinical hypnotherapist.

Become a Medical Intuitive - Second Edition
The Complete Developmental Course
Tina M. Zion

Summary
This book provides a complete training experience for anyone seeking to become a medical intuitive. Each chapter offers step-by-step advice to intensify existing intuitive abilities and x-ray perception. Outcomes include: developing inner sight for the deeper cause of illness, accessing a person's eternal story for healing, understanding the electromagnetic energy of thought and emotion, assessing what vibrational colors of the aura are saying, doing distance assessments, and much more. This teaching manual is for lay people, medical practitioners, energy healers, professional intuitives and mediums, or anyone who yearns to develop their intuitive abilities.

Contributor Bio
Tina Zion is a fourth-generation psychic medium, specializing in medical intuition, who teaches workshops around the world. Her educational background includes a degree from Purdue University and a National Board Specialty Certification in Mental Health Nursing from the American Nurses Credentialing Association. Tina has been a certified clinical hypnotherapist specializing in past life regressions for 30 years.
**Reiki and Your Intuition**

A Union of Healing and Wisdom

Tina M Zion

**Summary**

More than just another Reiki book, *Reiki and Your Intuition: A Union of Healing and Wisdom* is a step-by-step process for exploring your intuition, your heart, and your soul as Reiki touches your life, enters your experience, and becomes a part of who you are.

This manual will assist you, as a practitioner or a teacher, in understanding all the strange and sometimes weird and scary intuitive perceptions that Reiki opens you up to. Using a clear and knowledgeable framework presented in this book, prepare to become a better healing vessel as you discover the beautiful union between healing and intuitive wisdom.

Within the covers of this book, you will:

- Find spaces to privately document your heightened awareness
- Realize what intuition truly is and the keys to being a successful intuitive Reiki practitioner
- Learn that your intuition is awakened by the Reiki attunements
- Begin to utilize all the intuitive pathways to assist others and yourself
- Learn that thoughts and emotions are a vital key to illness, suffering, and wellness
- Find out why empaths suffer and what to do to help yourself and others

**Contributor Bio**

**Tina M Zion** is a fourth generation intuitive who has worked in the mental health field as a registered nurse and is also a Gestalt trained counselor and clinical hypnotherapist. Her published works include *The Reiki Teacher's Manual, Become a Medical Intuitive,* and *Advanced Medical Intuition,* among others.

---

**The Reiki Teacher's Manual**

Tina M. Zion

**Summary**

"I'm a Reiki teacher & I use this book all the time. In fact that is a gift I give my students when they graduate." — Connie, Verified Purchaser

This book is designed for students, practitioners, and teachers. It will enrich the classes that current teachers are giving and gives the new teacher confidence and pride when providing that very first class.

Practitioners will have a greater understanding of how to apply Reiki and what is actually happening during a session. You will never again be afraid or even worried about teaching a Reiki class or giving the attunement. You will be pleased and your students will be grateful for the rich content in your classes.

*The Reiki Teacher's Manual* is a precise step-by-step guide to instruct all three levels or degrees of Reiki. This manual and its format provide you with:

- A concise manual that is user friendly;
- A quick reference to answer student's questions;
- Consecutive steps with time approximations to make sure you teach all the information and still have plenty of time for the hands on practice sessions;
- How to get the most for your student...

**Contributor Bio**

**Tina M. Zion** is a fourth generation psychic medium, specializing in medical intuition and teaching it internationally. She has worked in the mental health field as a registered nurse with a national board specialty certification in mental health nursing from the American Nurses Credentialing Association. Tina is a Gestalt trained counselor, graduating from the Indianapolis Gestalt Institute in 1997. She received her certification in clinic hypnotherapy from the American Council of Hypnotist Examiners in 1983, specializing in past life regressions and certified through the Michael Newton Institute. Tina is the internationally known author of
A Guide for Teachers, Students, and Practitioners
Tina M. Zion

Summary
This standard-setting book is designed for students, practitioners, and teachers of Reiki—newly enhanced to enrich classes for current teachers, give new teachers confidence, and offer practitioners a greater understanding of what is actually happening during a session. This manual includes a quick reference to answer student questions, consecutive steps with time approximations, ideas for structuring hands-on practice sessions, methods to increase the power of your attunement, ways to teach attunement to others, detailed descriptions and uses for the symbols, fifteen concise and informative handouts, a list of supplies for each class, and more.

Contributor Bio
Tina M. Zion is a fourth generation intuitive medium, specializing in medical intuition and teaching it internationally. She has worked in the mental health field as a registered nurse and is a Gestalt trained counselor. She received her certification in clinic hypnotherapy and has been a Reiki practitioner and teacher since 1991. Tina is the bestselling author of Become a Medical Intuitive, Advanced Medical Intuition, Reiki and Your Intuition, The Reiki Teacher's Manual, and she is a contributing author in Michael Newton's book Memories of the Afterlife. Tina's private practice now focuses completely on teaching medical intuition through online courses, workshops, and individual mentoring sessions.

The Ayurveda Encyclopedia (2nd Edition)
Natural Secrets to Healing, Prevention, & Longevity
Swami Sadashiva Tirtha

Summary
The theories and practices of Ayurvedic medicine—including the therapeutic benefits of aromas, foods, herbs, meditation, yoga, and more—are featured in this comprehensive handbook. With a section dedicated to health disorders, this guide clarifies the simplicity of healing naturally and offers counsel towards an improved sense of well-being, reduced stress, and mental peace. Photographs of more than 80 herbs and yoga postures round out this home reference and teaching tool.

Contributor Bio
Swami Sadashiva Tirtha offers breakthrough coaching for business leaders whose missions are to help change the world. Swamiji offers keynote speaking and has spoken at the White House Commission on Complementary and Alternative Medicine Policy. Swamiji has been teaching meditation and yoga since 1976 and Ayurveda since 1988. He currently lives in New York state with two miniature goats and travels internationally to give keynotes, seminars, and leadership coaching.


**Touched by the Goddess**

*The Physical, Psychological, and Spiritual Powers of Bodywork*

Deane Juhan

**Summary**

The author of the indispensable bodywork classic JOB’S BODY offers a fresh look at the physically, emotionally and socially transformative powers of touch. Backed up by extensive research as well as long hands-on bodywork experience, this collection of fourteen essays (many originally written for Massage Magazine) takes on not only difficult and critical issues facing therapeutic touch, but also its potential to create positive change in all our lives.

**Contributor Bio**

Deane Juhan was born in 1945 in Glenwood Springs, Colorado, and educated at the University of Colorado (BA), the University of Michigan (MA), and the University of California at Berkeley (three and a half years as a doctoral candidate in English literature specializing in William Blake). In 1973 an experience with bodywork at Esalen Institute in Big Sur led to a sudden change in career. Joining the staff at Esalen as bodyworker and instructor (where he remained until 1990), he saw dramatic improvements in a wide variety of conditions as a result of hands-on work and movement reeducation. This quickened his interest in clinical research, and years of study of the physiology of touch and its concrete effects on development, adaption, skill learning, and healing eventually produced Job’s Body: A Handbook of Bodywork, as well as the essays in his latest book, Touched by the Goddess: the Physical, Psychological, and Spiritual Powers of Bodywork. He is currently a practitioner of the Trager

---

**Mirror, Mirror, on the Wall . . . Where Does My Self-Love Fall?**

*A Success Guide to Replace Toxicity with Love*

Nina Norstrom

**Summary**

"Self-Love is the basis of all emotional healing. In this book, Nina Norstrom guides readers through an engaging and life-affirming journey." —Tim Desmond, author of *The Self-Compassion Skills Workbook*

"When you don't love yourself, how can you expect another to love you?" Author Nina Norstrom admits It's a simple question with a very complicated answer. Self-love should come naturally, but for many of us it doesn't. Whether it stems from childhood abuses or toxic relationships along the journey of life, self-love can often be one of our greatest challenges.

In *Mirror, Mirror on the Wall, Where Does My Self-Love Fall?* author Nina Norstrom helps us probe into our thoughts and emotions to uncover our self-concepts and gives us tools to reshape them, and in the process learn to fall in love with ourselves, which is the first step in living a fulfilling, happy life.

Readers of *The Self-Esteem Workbook* by Glenn R. Schiraldi, PHD and *The Self-Compassion Skill Workbook* by Tim Desmond will like *Mirror, Mirror on the Wall.*

**Contributor Bio**

Nina Norstrom is the author of *Not A Blueprint, It’s the Shoe Prints that Matter: A Journey Through Toxic Relationships.* She is a requested speaker on the topic of toxic relationships and the havoc they create. She lives in the Atlanta, Georgia area.
**Match**

**Bringing Heart and Will into Alignment**
Gunilla Norris

**Summary**
"Looking for a spiritual practice simple enough to fit a busy life, yet deep enough to help you grow? 'For ninety consecutive days', writes Gunilla Norris, 'light a match with a purpose, a feeling or a desire in mind', and if you miss a day, start the count again. That daily moment of persistent attentiveness to whatever is calling you from within will kindle new warmth, new light, new life. It's simple—but it's the simplicity on the other side of complexity. Illumined by the lifetime of wisdom Norris shares in yet another beautifully written book, Match describes a life-giving practice toward transformation." —Parker J. Palmer, author of Healing the Heart of Democracy, A Hidden Wholeness, and Let Your Life Speak

**Contributor Bio**
Gunilla Norris has published eleven children’s books, one book of poetry, and several books on spirituality including: Being Home, Becoming Bread, Inviting Silence, A Mystic Garden, Simple Ways, Sheltered in the Heart, Match, Embracing the Seasons and Companion on the Way.

---

**Spellcraft for Hedge Witches**

**A Guide to Healing Our Lives**
Rae Beth

**Summary**
When disaster strikes—whether serious illness, death, divorce, or family conflict—today’s hedge witchcraft can still provide the means for witches to help themselves and others, and presented here are spells for witches designed to help heal communities. There are spells to banish the spirits of cruelty or injustice and devices for countering the ill effects of spiteful thoughts which others may hold. The magic included in this guide is designed to help rebuild a sense of self throughout any crisis and provide a method for healing that can be adapted to any situation.

**Contributor Bio**
Rae Beth is a hedge witch and wildwood mystic and the author of several books, including The Green Hedge Witch, The Hedge Witch's Way, Lamp of the Goddess, and The Wiccan Way.
**Big Mind Big Heart**

**Finding Your Way**
Dennis Genpo Merzel

**Summary**

This book presents a highly original and accessible pathway to self-discovery and personal liberation. Since 1999 the Big Mind process has been experienced by many thousands of people in seminars across America. Big Mind employs a Jungian voice dialogue technique that enables people to step out of limited self-concepts into awareness of their many different sub-selves (emotions/mental states). In addition to exploration of the more familiar sub-voices like anger and fear, author Zen Master Dennis Genpo Merzel uses this technique to help people access the ever-present Big Mind/Big Heart awareness - the clear, just being awareness and the unconditional compassion that we all can experience. The Big Mind process is now available in book form to bring readers of all backgrounds many benefits including: access to our innate wisdom, compassion and equanimity; openness of mind and ability to shift perspectives; greater presence and empowerment; and appreciation for the wisdom within all of our many sub-selves even ones we tend to dislike or disown, like fear and anger.

**Contributor Bio**

Dennis Genpo Merzel trained under Zen Master Taizan Maezumi becoming a Zen teacher in 1980. He is one of a small group of Westerners recognized in both the Soto and Rinzai Zen traditions. In 1999, Genpo Roshi combined western psychology and Zen to create Big Mind, a self-discovery process that's been experienced by thousands of people across North America and Europe. His work is rooted in a deep appreciation of traditional Zen, which he has practiced and taught for over four decades, and his ongoing exploration of ways to integrate the wisdom and insights of both East and West into everyday life.

---

**Codebreaker Journal**

**Discover the Password to Unlock the Best Version of You**
Sandra Biskind, Daniel Biskind

**Summary**

CODEBREAKER Journal Discover The Password To Unlock The Best Version Of You

Did you know you have unseen codes in your DNA that are controlling your life? YES. The way you repel or attract relationships, the way you maintain or push away someone you love, how you feel about yourself, your motivation, your energy & zest for life and even the level of success you’ll allow yourself.

What if you could uncover these hidden codes that have been running your life and neutralize them once and for all?

You CAN!

Sandra and Daniel Biskind are International #1 Bestselling Authors, Speakers & Spiritual Teachers who for decades have been transforming the lives of Global award-winning business owners and spiritual leaders.

They are Jack Canfield’s energy shifters of choice and now YOU can experience the depth of their work that takes these codes locked in your DNA, trapped in programs within your neural pathways, and finally get yourself free - without having to pay thousands for one-on-one but instead, through experiencing their revolutionary book that shows you step by step what YOU can do to un...
Easy Makes Us Weak
Forging Mental Toughness, Resilience and Character
Jim Brault

Have you ever wondered if you had what it took to survive some of the most intense training in the world? This inspiring book chronicles a man's unique experience in a life-changing program called Kokoro, a 50+ hour non-stop training crucible modelled after the U.S. Navy SEALs' Hell Week. Kokoro has...

Summary
Have you ever wondered if you had what it took to survive some of the most intense training in the world? This inspiring book chronicles a man's unique experience in a life-changing program called Kokoro, a 50+ hour non-stop training crucible modelled after the U.S. Navy SEALs' Hell Week. Kokoro has been called the toughest civilian training program in the world. It is a fascinating and funny story of what it took to prepare for and survive such an event. As the author takes you through his journey to prepare for this gruelling event across the 5 Mountains of Development (Physical, Mental, Emotional, Intuitional and Heart / Mind, non-quitting Spirit), you will learn how to develop in these areas in your own life. Whether you are looking to engage in the severe test of Kokoro or other SEALFIT events, or are embarking on a journey to develop as a complete person, Easy Makes Us Weak will show you how to do just that so that you gain mental toughness, increase your resistance, and build your character.

Contributor Bio
Jim Brault's purpose is to inspire others to lead Unbeatable Lives. He has a passion for helping individuals, teams and organizations realize their potential and for over 30 years he has been doing just that. Jim is a trusted advisor and master coach to global business leaders and individuals alike, helping them attain remarkable success and fulfilment in both their personal and professional lives. Jim is a frequent speaker on the power of mindset in maximizing the effectiveness of individuals, teams and organizations, and is author of four books: Lessons from the Masters, The Winning Mindset, A Path of Mastery, and Easy Makes Us Weak: Forging Mental Toughness, Resilience and Character. Jim is a Certified Unbeatable Mind Coach, and graduate of SEALFIT's Kokoro 47. Kokoro is described as the world's premier training crucible for forging mental toughness, modelled after the US Navy SEALs' Hell Week. It is a non-stop, 50+ hour training experience with a reputation for being the hardest civilian training in the world. Jim holds Black Belts in two different martial

Gratitude & Grace
A Divine Guide for Being Human
Indigo Sky

Gratitude & Grace is a valuable guide for honoring your intuition, embracing your sensitive self and learning to see them as sacred gifts to be enjoyed. This is the first in a series of inspirational tools for anyone who feels there is more to life than we can see and wishes to explore what that may...

Summary
Life is sweeter with gratitude and grace. This Divine activity book offers inspirational messages and so much more! With space to journal and draw, quotes and affirmations, you will find activities to enjoy every day. Using the book can be as simple as taking a deep breath, thinking about something you have going on in your life and opening to any page to see what guidance emerges for you in that moment. It works like an oracle in that sense. It is so important to remember to give yourself some of that love and compassion you give to others. With Gratitude & Grace, it is easy to give yourself a loving boost for a beautiful day.

Contributor Bio
Indigo Sky is an Empath, a Lightworker, an Energy Worker, a Cancer, an Indigo Child and just beginning to learn what any of that means. In his debut book, Gratitude & Grace, he shares some of what he has learned along his journey thus far. "Within the spectrum of human potential there is a wavelength where anyone can discover and enjoy peace in any moment."
# Learning to See

**And Other Stories and Memoirs from Senegal**

Gary Engelberg

The author has lived in Senegal, West Africa for over fifty years. He is co-founder of Africa Consultants International (ACI), a Non-Governmental Organization (NGO) that promotes cross-cultural communication, health and social justice. ACI has been a key player in the response to the HIV epidemic in Senegal.

## Summary

It's early September 2015 in Senegal. We are about three quarters of the way through the rainy season. This has been one of those years that gives the impression of having passed by in overdrive. Suddenly January turned to May while I was still getting used to writing 2015 on my checks. Five days ago, September 1, marked my fifty years in Senegal... The years too have passed quickly. When I decided to write, the short stories in this book came quickly as well, like ripe mangoes falling from the tree. They are accounts of real people and real events with some changes in names and details, as well as fictional stories with invented characters that are inspired by a composite of real events. With its roots in the 12th century, and located on a cross-roads where different world cultures have met and mixed, Senegal has had the time to develop intricate mechanisms to manage diversity and bind people together in non-confictual relationships. While its architectural achievements are modest on the world scale, its social architecture has the beauty of the Taj Mahal in its balance and perfection.

## Contributor Bio

The author has lived in Senegal, West Africa for over fifty years. He is co-founder of Africa Consultants International (ACI), a Non-Governmental Organization (NGO) that promotes cross-cultural communication, health and social justice. ACI has been a key player in the response to the HIV epidemic in Senegal and has worked extensively in reproductive health and the promotion of LGBT rights. In this volume of memoirs and short stories, he shares incidents that contributed to his growing understanding of the culture of this country that he loved at first sight and grew to love even more over the years. The collection contains accounts of real people and real events with some changes in names and details, as well as fictional stories with invented characters that are inspired by a composite of real events. This book is a gift that shares a treasure of cultural insights with anyone who may be interested in learning to see.

---

# My 3:59

**The Man I Am Called to Be**

Dan Klein

Writer and speaker Dan Klein began the My3:59 movement with the dunk of a basketball. It was just after his 42nd birthday but much more meaningful than his age was that it occurred seven months after his final cancer treatment. "After going through everything cancer puts you through—physically, emot...

## Summary

Writer and speaker Dan Klein began the My3:59 movement with the dunk of a basketball. It was just after his 42nd birthday but much more meaningful than his age was that it occurred seven months after his final cancer treatment. "After going through everything cancer puts you through—physically, emotionally, psychologically, and spiritually—I came away with a different perspective on life. A very different perspective on what I can and what I can't do." Going through cancer as a husband and father of four young children and facing the possibility of his life coming to an end, Dan made it his mission to live a life of approaching each day as it is so appropriately named: the present. Treating every day as a gift from God has allowed Dan to accomplish things he never dreamed he could do. Since the dunk there have been marathons, starting his own business, finally taking the family on the long road trip out West, and learning to play the guitar. But the most significant impact of Dan's My3:59 approach to life is that he has inspired people around him to set their own 3:59's. And the 3:59 ...

## Contributor Bio

Writer and speaker Dan Klein created the My 3:59 movement after going through cancer as a husband and father of four young children. Using vision, goals, accountability, and grace Dan has inspired others to find and achieve their own 3:59s. Dan is a sought-after keynote speaker and works with corporate leadership and sales teams on vision, goal setting, and purpose. He has spoken at a wide variety of venues—from national conferences, retreats, and sales workshops. His inspirational story and practical life lessons resonates with a wide variety of people. To find out more about Dan or to schedule him as a speaker for your organization please email dan@mythreefiftynine.com.
Paths to Wholeness
Fifty-Two Flower Mandalas
David J. Bookbinder

Summary
"David Bookbinder is one of those awakened souls whose near-death experience gave him fresh and timeless eyes. He has taken that gift and poured it into 'Paths to Wholeness: Fifty-Two Flower Mandalas,' using innovative photography and heartfelt reflection to surface and praise the mysteries of the inner world." - Mark Nepo, 'The Book of Awakening' Many of us long to be fully present to this amazing existence we were born into, and often we can. But sometimes, we look for help. In 'Paths to Wholeness: Fifty-Two Flower Mandalas,' psychotherapist, writer, and photographer David J. Bookbinder brings his capacity for inspiring personal transformation to his readers. Combining insightful, pragmatic essays in the lineage of Carl Jung and Mark Nepo with 52 award-winning Flower Mandala images inspired by Georgia O'Keeffe and Harold Feinstein, David both shows and tells the tale of a spiritual seeker who, having traversed his own winding path toward awakening, now guides others to find balance, overcome fear and shame, build resilience, and to expand their hearts by listening deeply, inspiring...

Contributor Bio
David J. Bookbinder is a writer, photographer, and psychotherapist. His award-winning Flower Mandala images were inspired by the paintings of Georgia O'Keeffe and the flower photographs of Harold Feinstein, with whom he briefly studied. David has been taking photographs since he was six. He came to psychotherapy after a transformative near-death experience shifted him toward art and healing. David holds Masters degrees in Counseling Psychology and Creative Writing. In addition to Paths to Wholeness: Fifty-Two Flower Mandalas, he is the author of two coloring books for adults that are based on his Flower Mandalas, as well as a book about American folk music and three books about computer software.

The Art of Inner Alchemy
Understanding the Purpose of This Life and Your Growth Within It
Kelly Schwegel

Why is life so hard some days? Is there a process to solving the challenges we face? Is there a master plan? What is our purpose here on earth?In her easy-to-understand and conversational style, Kelly takes you into the messy and often extremely difficult encounters we have with ourselves and with e...

Summary
Why is life so hard some days? Is there a process to solving the challenges we face? Is there a master plan?What is our purpose here on earth?In the Art of Inner Alchemy – Understanding the Purpose of This Life and Your Growth Within It, Kelly Schwegel guides you through the process of understanding your soul's lessons within this lifetime.Kelly takes you on a journey of understanding a healing process that was gleaned from her own life experiences, and solidified through facilitating over one thousand healing sessions with her clients.In her easy-to-understand and conversational style, Kelly takes you into the messy and often extremely difficult encounters we have with ourselves and with each other.Through the seven stages of alchemy, Kelly sheds light on the evolution of our souls and opens our minds to new possibilities. This is a must-read for anyone searching for a deeper meaning to this experience we call life!

Contributor Bio
Kelly Schwegel has earned an undergraduate degree in education, a master's degree in Educational Administration and an educational specialist degree in Educational Leadership bringing her certifications in teaching, principal, director of special education and superintendent. After working in the field of education for twenty years, she left education to follow her calling to train, speak and heal in the area of spirituality and the natural healing arts. She became a Reiki Master Instructor in 2011 and has taught countless individuals to heal themselves and guide others along their own personal healing journey.Kelly has a passion for public speaking, and she instructs weekly through her online learning community, The Inner Wisdom Circle. She continues to take private phone clients as often as she can, helping others move through the alchemical growth process.
What If You Knew?
A Revolutionary Understanding to Regaining Your Health and Life Back.
Kyle Daigle DC

Summary
What If You Knew is a revolutionary book aimed to teach people around the world how to regain their health and life back. This book tries to present and highlight nutritionally significant information and offer suggestions for nutritional support, health maintenance, and personal goals.

Contributor Bio
Dr. Kyle Daigle is an alternative healthcare practitioner. Dr. Daigle joined SNA Technologies in December 2014 as President, Chief Medical Officer, and Managing Director for SNA Global. He is the co-inventor of U.S. Patent Pending Neurosage and has Intellectual Property with Systemic Neural Adaptation. Currently, Dr. Daigle owns and operates a successful clinical practice, Ultimate Performance Chiro & Rehab in Lake Charles, Louisiana. Dr. Daigle played college baseball at McNeese State University where he was a member of the 2006 Southland Conference Championship team. After leaving McNeese, Dr. Daigle continued his education at LSU where he studied Biological Science. While at LSU, Dr. Daigle worked as a research assistant in the Pennington Biomedical Research Center. Dr. Daigle is a current member of The International Association of Functional Neurology and Rehabilitation. Dr. Daigle is an Alumni of Parker University. While at Parker University, Dr. Daigle was the nutrition club President. Dr. Daigle continues to pursue clinical research in the field of kinesiology, functional medi...

Living a Life of Unconditional Love
How to get it, grow it, keep it, and share it
Megan Loose

Summary
Live through the consciousness and magic of unconditional love. By opening to all forms of love—with life observation, valuable new energy tools, and avenues in spiritual reaching—we all can enrich our journeys to achieve unconditional love: the outer gift of inner fulfillment. This book explores all of the ways to interpret, expand, manifest, and maintain love. Transcend the everyday with special experiences guided by nature, angels, meditation, feeling, healing, and moving energy. With the ease and understanding permeating these pages comes a more hopeful and happier humankind.

Contributor Bio
Megan Loose is a certified psychic and clairvoyant reader, energy healer, and Feng Shui consultant who heals herself and others with a focus on love. Learning from the Berkeley Psychic Institute tradition, and her master teacher from the Shaolin temple, Megan has spiritual connections in numerous avenues, and as a born empath she writes with unique perspective. She is a spiritual teacher and student, turning to personal development thirty-six years ago. As a mother of magical daughters, and wife to her eternal soulmate, love and writing come together as the forefront of her life purpose.
Living Aware & Inspired
Helen Pankowsky

Summary
An inspired life means living to your highest potential—having a healthy body, a creative mind, the ability to take full responsibility for your choices, embracing who you are, and connecting to your spiritual life.

This book can teach you: How to strengthen and trust your intuition. How to feel, test, and balance your energy flow. And how to understand your emotions, where they come from, where they are blocked, and how to resolve those blocks.

The information is accessible and easy to understand with exercises and illustrations to help guide you.

Contributor Bio
Helen Pankowsky, M.D. is a psychiatrist known for using cutting edge modalities that integrate traditional medicine with alternative methods, successfully combining medications (as little as possible) with psychotherapy, kinesiology, energy healing, holistic lifestyle education, and intuition. Dr. Pankowsky has been a Jungian based therapist, is certified in Eye Movement Desensitization and Reprocessing and Transcutaneous Acupuncture, and has studied alternative and complementary medicine and intuition extensively. She is a Reiki master and a long time practitioner of Tai Chi and Qi Gong. She has lectured and taught classes on intuition, the feminine psyche, dreams, bioenergy, emotions and the body, and Sophia, the wisdom of God.

SoulStrolling Inspiration Deck
Kayce Stevens Hughlett

Summary
This gorgeous 60-card deck contains original photos from around the world—Paris, Bali, India, Ireland, and more. Infused with messages and meditative mojo, you’ll want to add this deck to your inspirational tool box. The deck is a perfect companion for the more-than-just-travel memoir, SoulStroller; experiencing the weight, whispers, & wings of the world, which will release on November 1, 2018.

Contributor Bio
Kayce Stevens Hughlett is a soulful and spirited woman. In her roles as author, spiritual guide, artist of being alive, and speaker, she invites groups and individuals to playfully and fearlessly cross the thresholds toward authentic living. A strong proponent of compassionate care in the world, Kayce’s live and online work focuses on the principle that we must live it to give it. Her early career began with a multi-national accounting firm to be later refined as the path of an artist. She delights in walking alongside others as they explore and unearth their own pathways toward passionate living. Co-creator of SoulStrolling, Kayce holds a Masters in Counseling Psychology from The Seattle School of Theology and Psychology and is a Certified Martha Beck Life Coach. Kayce is a trained SoulCollage facilitator and colleague of Abbey of the Arts---facilitating the formation, nourishment, and deep inner work of soul care practitioners. Raised in the heartland of Oklahoma, she now resides in Seattle. Washington with her family and muse, Asian the Cat. Discover more at www.kaycehughlett.com
The Teachings of Don Miguel Ruiz - Journal Edition
Mary Carroll Nelson, Don Miguel Ruiz

Summary
A comprehensive guide to the teachings of Don Miguel Ruiz on overcoming fear

In order to practice the Four Agreements, before we can achieve the Mastery of Love, we must move beyond fear. Fear is the source of all the negative agreements we've made with life, and it can alienate us from the joy that is our birthright. This comprehensive guide to the teachings of Don Miguel Ruiz includes the basic elements of Toltec wisdom and the spiritual practice that is the basis of the Four Agreements. Also included are exercises and ceremonies to walk readers through the process of shedding fear, judgment, and guilt; information on life after death, and prophecies about the evolution of humanity; and biographical information on don Miguel Ruiz and his training with his curandera mother, the famous healer, Mother Sarita. For those interested in the roots of his knowledge and his early work along the path to spiritual awakening and enlightenment, Beyond Fear provides the answers.

Contributor Bio
Mary Carroll Nelson is a Southwest artist and author. Her many publications include Crop Circles, an Art of Our Time; Toltec Prophecies of Don Miguel Ruiz; and Doris Steider, a Vision of Silence. She lives in Albuquerque, New Mexico. Don Miguel Ruiz is a Mexican author of Toltec spiritualist and neoshamanistic texts. He is listed as one of the Watkins 100 Most Spiritually Influential Living People in 2014. He is the author of The Four Agreements, which has sold around 5.2 million copies in the United States and has been translated into 38 languages, as well as The Mastery of Love, The Voice of Knowledge, and The Circle of Fire. He lives in Santa Fe, New Mexico.

Think Like A Pro - Act Like A Pro
Al Smith

Summary
LEARN TO BE SUCCESSFUL IN YOUR HOME AND CAREER

Former NFL All-Pro linebacker Al Smith shares his personal experiences and the lessons he learned from his mentors. Included are 17 lessons on what it takes to go from amateur to pro in all aspects of life, not just in sports or in business. This book will encourage you, maybe even challenge you to take an all-in, all-pro mindset embracing the attitude and character it takes to both think like a pro and act like a pro!

Contributor Bio
Al Smith is a former National Football League player, author, and speaker with over 25 years of leadership experience. He learned discipline, structure, and values from his mother. Al continues to help people strive toward and achieve their goals.

Al is a former executive with the Tennessee Titans, NFL Alumni President and Sports Analyst, Director of Player Development at Vanderbilt University in Nashville, Tennessee and currently serves on the Board of Directors for the NFL Alumni Association and the American Cancer Society. Al has contributed in multiple organizations including Big Brothers Big Sisters, Bridges Domestic violence and the Ronald McDonald House. Al is also an Ambassador with the Fuel Up to Play 60 Organization.

A standout collegiate defensive player of the year award winner and team leader. Al was inducted into the Utah State Athletic Hall of Fame and selected for the State of Utah’s All-Century team. In 1987, he was drafted by the Houston Oilers. The Oilers finished 9-6 that year and were second in their division. Al’s career in the NFL included Pro Bowl selections and...
May The Thoughts Be With You Truth Journal
Ideas and Wisdom to Inspire Your Days
Charlotte Reed

Summary
Feel inspired with this journal filled with ideas and wisdom to perk you up, written and illustrated by Charlotte Reed, creator of May The Thoughts Be With You. With space to jot down your thoughts and make a note of why you're feeling grateful, this journal is the positivity motivator we've all been looking for.

Contributor Bio
May The Thoughts Be With You was created by Charlotte Reed when she got depression in 2008 and decided to write her own positive thoughts each day to improve her mindset. This turned into a book, complete with her own cartoon character illustrations.

Transform Your Life
A Year of Awareness Practice
Cheri Huber, June Shiver

Summary
Chosen for impact, clarity, and humor, these one-per-day quotations come from a wide variety of sources: Zen masters; Christian and Sufi mystics; Eastern and Western philosophers; poets ancient and modern; and living artists, writers, and comedians. Each entry also contains a question to prompt self-examination, making the calendar a year-long course in fending off destructive thoughts and finding inner certainty.

Contributor Bio
Cheri Huber is the founder of the the Zen Center in Palo Alto, California, and the Zen Monastery Peace Center in Murphys, California, and is the author of Suffering Is Optional; There Is Nothing Wrong With You; and When You're Falling, Dive. June Shiver is an artist and the owner of Keep It Simple Books. They both live in Murphys, California.
**Lifted by You**
_A Heart Changed by Perfect Love_
Connie Smith

**Summary**
Third in the Never Lose Heart book series, _Lifted by You: A Heart Changed by Perfect Love_ by Connie Smith is written as a response to her first two books, _Never Lose Heart_ and _Grounded in His Love_, which are intended to be read as love letters from God. This new book reveals what Connie has come to know about God's love at the core of her heart, on the other side of painful life struggles, inspiring us to trust in God's faithfulness and persevere in the hope He has given us. “God is always working on our behalf,” Connie writes, “leading us deeper in our walk with Him, so that we can go higher. Every challenge, heartache, and disappointment presents us with an opportunity to lean in closer, and ultimately, to see His good purposes.” In the award-winning tradition of Connie’s previous books, _Lifted by You_ walks us through a “gallery” of gorgeous, evocative photographs of naturally-occurring hearts found in nature and everyday objects, each accompanied by a deeply inspirational message about God’s unfailing love. “In God’s amazing grace,” Connie writes, “there is power to rise above—if ...”

**Contributor Bio**
Connie Smith has spent most of her career in the healthcare and publishing industries. After resigning from her executive role in 2009 to pursue a business venture that did not unfold as she had hoped, she suddenly found herself in a desolate place. In part, this began a quest to connect with God in a deeper way and, ultimately, to find her purpose. Little did she know the journey itself would produce the elements for a project she would later discover to be her sought-after passion. She is the author of _Grounded in His Love_ and _Never Lose Heart_. She lives in Nashville, Tennessee.

---

**Never Lose Heart**
_Hope for the Journey_
Connie Smith

**Summary**
Most of us have probably heard the words, “God loves you.” With all of life’s hardships and questions without answers, it can be difficult to believe these words in our heads, let alone in our hearts. At certain times, it can be easy to wonder: Is God really there? Has He forsaken me? Is He disappointed in me?

After a particularly difficult, searching time in her life, Connie Smith came to a life-changing illumination about God and His endless, faithful love. Through the process of learning to let go of her failures and her striving to gain God's approval, this revelation unfolded in an undeniable way—through random hearts. She began seeing them everywhere—in a rain puddle, in a cement sidewalk, in the bark of a towering tree trunk, in a strip of chipped road paint, even in a littered aluminum can. The more hearts she encountered, the more significant they became in her life—a confirmation of God’s presence and His relentless, unconditional love.

Never Lose Heart is an inspirational gift book born out of Connie’s journey and her discovery of God’s grace as she had never known it before...

**Contributor Bio**
Connie Smith grew up in Nashville, Tennessee. She graduated from the University of Tennessee in 1994 with a degree in Marketing and has spent most of her career in Nashville in the healthcare and publishing industries. After resigning from her executive role in 2009 to pursue a business venture that did not unfold as she had hoped, she suddenly found herself in a desolate place. In part, this began a quest to connect with God in a deeper way and, ultimately, to find her purpose. Little did she know the journey itself would produce the elements for a project she would later discover to be her sought-after passion. _Never Lose Heart_ was born out of this journey and marks her debut as an inspirational writer. Along with her new-found love of writing, she enjoys spending time with family and friends, leading Bible study discussion groups at her home, cooking and entertaining, hiking, art, nature, and being outdoors.
Embrace Yourself
Taryn Brumfitt

Summary
"Your body is not an ornament—it is the vehicle to your dreams."

When was the last time you wore a bikini without a care in the world? Did a cannonball in the pool? Or participated in an activity that gave you such a thrill you almost wet your pants? (Or you actually did!) Taryn Brumfitt—Director of award winning documentary Embrace and fiercely passionate champion of women—has inspired more than a million people across the world to embrace their bodies. Her message is urgent, critical, and incredibly inspiring. Learn to accept your body for all the wonderful gifts it brings you and reject the destructive fake images we are bombarded with every day. Embrace Yourself is the ultimate "how to" guide to loving your body at every shape and size. Do you hate your body and want to learn how to let go of the unhappiness it brings? Do you just want to reach a greater sense of body-loving nirvana? If the answer is yes, then this book might just change your life. It's time to access your joy. It's time to Embrace Yourself.

Contributor Bio
Taryn Brumfitt is an internationally recognized keynote speaker and the fiercely passionate thought leader behind The Body Image Movement. A bestselling author and director of the inspiring social-change documentary Embrace, Taryn's global crusade to end the body dissatisfaction epidemic has seen her recognized by the United Nations Women, Amy Poehler's Smart Girls, and the Geena Davis Institute. Named alongside Beyoncé and Emma Watson in Brigitte magazine's "Woman of The Year," Taryn's positively infectious voice and powerful message has reached over 200 million people.

The Healing Power of Empathy
True Stories About Transforming Relationships
Mary Goyer

Summary
Empathy is an essential leadership skill and a cornerstone of good relationships—but it can be hard to access when it’s most needed. Luckily, empathy is also a learnable skill. With mindfulness, empathy has deescalated conflicts, combated loneliness, and built human connections in the most unlikely places. With this book, readers will learn how anger and blame get translated and productive dialogues made possible, how to repair arguments before they cause damage, and how self-empathy transforms relationships. With more than 70 stories collected from Nonviolent Communication trainers and practitioners around the world, readers will encounter new ways to talk to the people in their lives and learn techniques for empathizing with one's self and with others at home, at work, and in the community.

Contributor Bio
Mary Goyer, MS, is a holistic counselor and trainer who specializes in leadership and personal development at work and at home. She draws upon her traditional training in marriage and family therapy, her background in Nonviolent Communication, and her expertise in mind-body healing techniques to help professionals in struggling teams tap into their creative, collaborative potential.
My Cancer Year
A Survivorship Memoir
Curtis Pesmen

Summary
In MY CANCER YEAR, Curtis Pesmen, a veteran health journalist and book author, chronicles his successful fight with advanced colon cancer in a brutally honest and illuminating memoir. Through this moving account—which takes the reader through his initial shock of diagnosis, through treatment, experimental surgery and finally recovery—Pesmen's insights and experiences cast light on how to manage the challenges of cancer people don't like to talk about. This intimate memoir of a successful fight helps the fast-growing group of survivors—as well as family and friends—put cancer in its place while moving forward with the power of new knowledge.

Contributor Bio
Curtis Pesmen is author several books including How a Man Ages, What She Wants, and Your First Year of Marriage. He has written for Esquire, GQ, SELF, Outside and Glamour magazines, and was the founding editor of LIVESTRONG Quarterly. As health/features editor of SELF magazine, he helped develop the internationally recognized, pink-ribbon breast cancer awareness campaign. He is an active in cancer patient advocacy.

Spitting Out the Bones
A Zen Master’s 45 Year Journey
Dennis Genpo Merzel

Summary
‘You have to swallow the whole fish,’ Zen Master Taizan Maezumi told his students, ‘and then spit out the bones.’ First absorb the tradition, endure the hardships of Zen training, then you can spend the rest of your life separating the real treasure from the baggage it came in, learning what you can let go of and what is truly yours. Spitting Out the Bones is American Zen Master Genpo Merzel's story of his exhilarating and humbling journey, including the last five years rising from the ashes of his very public fall from grace, and a candid exploration of the challenge of bringing the essence of the great tradition he inherited to life in the West.

Contributor Bio
Dennis Genpo Merzel trained under Zen Master Taizan Maezumi becoming a Zen teacher in 1980. He is one of a small group of Westerners recognized in both the Soto and Rinzai Zen traditions. In 1999, Genpo Roshi combined western psychology and Zen to create Big Mind, a self-discovery process that’s been experienced by thousands of people across North America and Europe. His work is rooted in a deep appreciation of traditional Zen, which he has practiced and taught for over four decades, and his ongoing exploration of ways to integrate the wisdom and insights of both East and West into everyday life.
As I Lay Pondering
Daily Invitations to Live a Transformed Life
Kayce Stevens Hughlett

Summary
Psychotherapist, healer, and artist of being alive, Kayce Stevens Hughlett, offers readers the personal gift of transformation in this devotional daybook. Like Mark Nepo’s classic *Book of Awakening*, Hughlett invites individuals to enliven their lives day-by-day through 365 practical reflections and prayers of inspiration, purpose, freedom, and joy. Infused with teachings from historical and current wisdom figures like Carl Jung, Martha Beck, Buddha, Jesus, Lao Tzu, Thomas Merton, Sue Monk Kidd, Anne Lamott, and others, *As I Lay Pondering* feels like sitting down for conversation with a close friend. Filled with soul, it will meet you where you are whether looking for a recharge or grasping for a lifeline. It is a book you can turn to anytime and read cover to cover, randomly, or one entry at a time. Filled with inspiration, short stories, and simple activities to deepen the pathway to presence, this book is the ideal companion for any personal journey.

Contributor Bio
Kayce Stevens Hughlett transitioned from working as an accountant to her current roles when life’s harsh circumstances sent her searching for answers and so lace on a less linear path. Her official titles include Licensed Mental Health Counselor, Spiritual Director, SoulCollage Facilitator, Certified Martha Beck Life Coach, and co-creator of SoulStrolling, a movement for mindfulness in motion, at home or abroad.

A Cherokee Feast of Days
Daily Meditations - Gift Edition
Joyce Sequichie Hifler

Summary
The tenets of Native American wisdom applied to everyday life in a contemplative and essential approach

Joyce Sequichie Hifler offers this beloved collection of daily meditation books drawn from her own rich Cherokee heritage and that of other tribes. She presents readings for each day of the year from *Una la ta nee’*, the cold month January, to *U Ski’ Ya*, the snow month of December. Each reading provides insights in both English and Cherokee, and gems of wisdom recorded in the words of native speakers. This little treasure is for readers of all faiths, and for those seeking faith.

Contributor Bio
Joyce Sequichie Hifler is the bestselling author of *Think on These Things* and *When The Night Bird Sings*. A nationally syndicated columnist, she is a descendant of the Cherokees who were marched across the Trail of Tears. She lives in Bartlesville, Oklahoma.
That Cat Book Coloring Book
Inspiring Change Through Meditative Coloring
Lilly Perrott

Summary
With the use of sixteen intricate illustrations, illustrator, designer and cat fanatic, Lilly Perrott has brought a playful and beautiful coloring experience to part-time artists and cat lovers alike!

Contributor Bio
After completing her Advanced Diploma in Illustration Design, Lilly Perrott furthered her education at New York's School of Visual Arts. Over her stay she interned as a graphic designer at Inked Magazine US including Freshly Inked Magazine and Inked Girls. Lilly also contributes to New York based magazine, Fab Ego as Associate Illustration Editor and creates monthly fashion illustrations to accompany editorials. After recently settling back into Sydney, Lilly currently is the resident designer of La La Land.

The Book of Floating (3rd Edition)
Exploring the Private Sea
Michael Hutchison, Lee Perry

Summary
A thorough and absorbing summary of the healing and therapeutic uses of the floatation tank invented by Dr. John C. Lilly, the celebrated neuroscience researcher. This edition includes a new foreword by Lee Perry, additional illustrations, and updated information.

Contributor Bio
Michael Hutchison (1945-2013) was a journalist, author, and researcher of brain/mind devices. Lee Perry is the co-founder of the Samadhi Tank Company, which built the first commercial floatation tanks according to Dr. John Lilly's guidelines.
The Deep Self
Consciousness Exploration in the Isolation Tank
John Cunningham Lilly

Summary
First published more than 20 years ago and now with a new introduction by the author, this classic work presents the methods and conclusions of more than 25 years of experimentation with the isolation-tank meditative experience. Drawing on the personal testimony of many who tried it, including Burgess Meredith, Gregory Bateson, E. J. Gold, and Jerry Rubin, the evidence shows how, by eliminating the presence of shifting physical input patterns, the tank allows participants to dive deep into their subconscious and focus immediately on their inner perceptions. The different domains of reality and how various experiences with solitude affect different people are discussed along with practical details on the standards for isolation tank manufacture and use.

Contributor Bio
John C. Lilly was the author of many books, including Man and Dolphin, Programming the Human Biocomputer, The Scientist, Simulations of God, and Tanks for the Memories. His research on human–dolphin communication and consciousness-expanding drugs were the inspiration for the films Altered States and Day of the Dolphin.

Kindfulness
How to Be Kinder to Yourself and Find True Happiness
Caroline Millington

Summary
Where do you come on your To Do list? Between juggling the demands of work, potentially toxic friendships, parenting guilt, trying to be the best partner you can be—or looking for love—life can be totally overwhelming. And for so many of us, it’s the bits we’re not winning at that appear to be flashing in neon lights as a daily reminder. That’s where kindfulness comes in—blending mindfulness with being kind to yourself. Simply, remembering to treat yourself with kindness in all instances. That means no more self-flagellation over so-called “failings,” setting boundaries to get the best out of your relationships and making your emotional wellbeing a priority. Kindfulness will help equip readers with the tools they need to have a more positive mindset, put themselves first, identify the triggers in their life which can cause anxiety and generally take better care of themselves.

Contributor Bio
Caroline Millington is a journalist and a digital producer at ITV.
Companions on the Way
A Little Book of Heart-full Practices
Gunilla Norris

Summary
Deep down our hearts are always longing to embody more awareness, kindness and presence. Here is a little book of heart-full ways to grow. Over time a practice can become an intimate companion on the way, one that helps us to inhabit and express our essence and so to live authentic lives with joy and gusto.

Contributor Bio
Gunilla Norris has published eleven children’s books, one book of poetry, and several books on spirituality including: Being Home, Becoming Bread, Inviting Silence, A Mystic Garden, Simple Ways, Sheltered in the Heart, Match, Embracing the Seasons and Companion on the Way.

The Big Bamboozle
How We Are Conned Out of the Life We Want
Cheri Huber, Ashwini Narayanan

Summary
Zen techniques, from a renowned Zen teacher, to derive greater satisfaction from life

Are you making choices that are supposed to give you what you want but leave you feeling unfulfilled and disappointed? This new book is based on the Buddha’s teachings and the practice of Zen, and breaks down the structures of this karmic process. Written in a humorous and lighthearted style, it illustrates through essays, stories, and examples what keeps us from choosing well-being, love, happiness, and joy as our life experience. In addition, the book contains a calendar of practical exercises and nuggets of wisdom from those who have practiced with these teachings.

Contributor Bio
Cheri Huber is the founder of the Zen Center in Palo Alto, California, and the Zen Monastery Peace Center in Murphys, California. She is the author of There Is Nothing Wrong with You; Transform Your Life; What You Practice Is What You Have; and When You’re Falling, Dive. She lives in Murphys, California. Ashwini Narayanan is a student of Cheri Huber, has cofacilitated and created workshops with her, and currently runs the operations of the two nonprofits that Cheri founded. She lives in Cupertino, California. They are the coauthors of I Don’t Want To, I Don’t Feel Like It: How Resistance Controls Your Life and What to Do About It.
What Universe Are You Creating?
Zen and the Art of Recording and Listening: A 52-Card Deck & Guidebook
Cheri Huber, Ashwini Narayanan

Summary
Structured as a daily game, this book and card deck has readers randomly choose a card and then read the corresponding pages in the book. The intention is to broaden perspective, lift spirits, and improve the quality of one’s life. What Universe Are You Creating? is a playful, powerful tool for learning the skill that frees us: Zen, the practice of presence. Recording and listening is a revolutionary tool for practicing turning attention from incessant, haranguing, karmically conditioned patterns of thought and action to the peace of presence. Recording in our own voice and then listening to kind words, encouragement, inspirational readings, favorite songs, gratitude lists, meditations—in short, being our own mentor—turns attention away from the constant stream of negative self-talk, revealing its illusory nature.

Contributor Bio
Cheri Huber is the founder of the Zen Center in Palo Alto, California; the Zen Monastery Peace Center in Murphys, California; and Living Compassion, a nonprofit organization dedicated to peace and service. She is the author of How You Do Anything Is How You Do Everything; There Is Nothing Wrong with You; Transform Your Life; and When You’re Falling, Dive. Her weekly Internet radio show, Open Air with Cheri Huber, broadcasts every Tuesday on TalkShoe. She lives in Murphys, California. Ashwini Narayanan is a student of Cheri Huber, has cofacilitated and created workshops with her, and currently runs the operations of the two nonprofits that Cheri founded. She lives in Santa Clara, California.

The Mindfulness Journal
Exercises to Help You Find Peace and Calm Wherever You Are
Corinne Sweet

Summary
In today's busy world, finding physical and mental space for peace and calm amidst the competing demands of work, family and friends can be a challenge. Mindfulness is a simple and powerful practice that can help you cut through the noise and reclaim tranquility, wherever you are. The Mindfulness Journal offers an introduction to mindfulness and easy exercises that can be done whether you are sitting at your desk, squeezed on to a crowded train, or standing in line at the supermarket. Beautifully illustrated, with notes pages to record your thoughts, this journal is your indispensable companion to a more peaceful, stress-free day.

Contributor Bio
Corinne Sweet is a psychologist, psychotherapist and author of non-fiction titles including Change Your Life with CBT and Overcoming Addiction. A journalist and broadcaster, she is a well-respected figure in self-help and mindfulness is one of her specialist areas.
Meditation Now
Inner Peace through Inner Wisdom
S. N. Goenka

Summary
Celebrated Vipassana meditation teacher S. N. Goenka interprets the Buddha’s teachings in this collection of lectures, essays, and interviews. These writings provide insights into how one of the most influential contemporary Buddhist practitioners defines Vipassana and how he uses it to achieve peace of mind and lead a happy, useful life. Included are transcripts of recent talks given at the World Economic Forum in Davos and at the Millennium World Peace Summit, and a previously unpublished interview conducted by Alan AtKisson, former editor of In Context magazine.

Contributor Bio
S. N. Goenka has trained more than 700 assistant teachers who conduct courses in Vipassana centers around the world. He is the author of The Discourse Summaries, The Gracious Flow of Dharma, and Satipatthana Sutta Discourses.

Satipatthana Sutta Discourses
S. N. Goenka

Summary
The Satipatthana Sutta is the Buddha’s single most important discourse describing the practice of meditation. Here for the first time is the condensed version of the daily evening discourse given by the author to his students on a seven day retreat. This text can serve as a review after taking a course or for scholars as a further study of the sutta. The book is also a great tool to help meditators practice and as S.N. Goenka said, “Liberation can only be gained by practice, never by mere discussion.” Included is a list of abbreviations, a glossary, and an English translation of Pali passages.

Contributor Bio
S.N. Goenka was a renowned teacher of Vipassana in the tradition of Sayagyi U Ba Khin. He taught tens of thousands of people in more than 300 courses in India and around the world. The technique that he taught represented a tradition that is traced back to the Buddha.
**The Art of Dying**
S. N. Goenka, Virginia Hamilton

**Summary**
Weaving together material from many sources, this collection provides a context for understanding death—whether our own or a loved one's—and experiencing it with awareness and equanimity. It features passages from the Pali texts, writings of S. N. Goenka, poems, theoretical expositions, a question-and-answer section, and compelling essays by or about meditators confronting the end of life. With humility, tenderness, and often a smile, they learn to accept their own impermanence, suffering, and nonself. Much of this material was collected from the archives of the *International Vipassana Newsletter*.

**Contributor Bio**
S. N. Goenka has trained more than 800 assistant teachers who conduct courses in Vipassana centers around the world. He is the author of *The Discourse Summaries*, *The Gracious Flow of Dharma*, and *Meditation Now*. Virginia Hamilton is a former editor of the *International Vipassana Newsletter*. She lives in Egbert, Ontario.

---

**Moonbeams of Mahamudra**
The Classic Meditation Manual
Traleg Kyabgon

**Summary**
The Mahamudra path of direct perception is the pre-eminent method of the Dakpo Kagyu tradition. This definitive manual systematically explains its approach to meditation, complete with definitions, pointing-out instructions, and advice for the many pitfalls and errors that beset practitioners. Central to these errors is our failure to acknowledge the difference between understanding and experience, and our tendency to fixate on meditative experiences and mistake them for realization. This translation conveys the freshness and immediacy of these instructions. Belonging to the generation of teachers to first bring Tibetan Buddhism across cultures, Traleg Kyabgon (1955-2012) presents these Mahamudra instructions in a direct, relaxed, and intimate style.

**Contributor Bio**
Traleg Kyabgon (1955–2012) is the founder of the Kagyu E-Vam Buddhist Institute, which is headquartered in Melbourne, with a major practice center in upstate New York and a practice community in New York City. He taught extensively at universities and Buddhist centers in the U.S., Canada, Australia, New Zealand, and Southeast Asia, and is the author of such books as *Essence of Buddhism* and *Karma: What It Is, What It Isn’t, Why It Matters*. 
For Love of the Real
A Story of Life's Mystical Secret
Llewellyn Vaughan-Lee

Summary
A detailed description of the mystical journey to Absolute Truth from Llewellyn Vaughan-Lee. At the root of every mystical calling is the search for what is Real; this book follows this call, detailing the inner journey to Absolute Truth. Readers are guided through traditional experiences of the path—emptiness and the void, oneness, and communion with nature. Particular direction is given for how contemporary seekers can—and must—engage with challenges unique to our times, such as extreme materialism and ecological devastation. A pioneer in the subject of Spiritual Ecology Llewellyn Vaughan-Lee offers spiritual guidance on the vital need to restore a sacred connection to life and the environment. For Love of the Real is a much needed in-depth exploration of the contribution spiritual life can make to our present environmental crisis.

Contributor Bio
Llewellyn Vaughan-Lee is a Sufi teacher who has lectured extensively throughout the United States, Canada, and Europe. He is the founder of The Golden Sufi Center and the author of more than 15 books, including Alchemy of Light, Return of the Feminine and the World Soul, Spiritual Ecology, and Spiritual Power. He lives in Inverness, California.

Anatomyzing Divinity
Studies in Science, Esotericism and Political Theology
James L. Kelley, Joseph P. Farrell

Summary
This three-part analysis of modernity assesses the impact that Western thought and philosophy has had on today's world. Making use of neglected research from the fringes of academia, "Anatomyzing Divinity" traces the circuitous path of occult wisdom from China, India, Egypt and the Hellenistic world to Byzantium and beyond. At the heart of the book is an investigation of the life and thought of G. W. Leibniz, the man who invented calculus and laid the groundwork for binary code, which in turn made computers possible. Leibniz's roots, Kelley shows, lay in the Frankish metaphysical tradition, and thus have little in common with some of his contemporaries' materialism. Along the way, sidelights are turned on 1) the occult basis of Western political systems, as well as 2) the alchemical basis of much Western philosophy and theology.

Contributor Bio
James L. Kelley is the author of A Realism of Glory. He lives in Norman, Oklahoma.
Do You QuantumThink?
New Thinking That Will Rock Your World
Dianne Collins, Fred Alan Wolf, Ph.D.

Summary
The world is changing at a dizzying pace. We're all looking for new ways of thinking that can bring about real solutions to modern problems, from the pursuit of inner serenity to solving world conflicts. In Do You QuantumThink? author Dianne Collins shares her ingenious discovery that reveals a critical missing link to make sense of our changing times. Her discovery provides us with the understanding and methodology to rise above problems of today by laying the foundation for an entirely new way to think.

Part science, part philosophy, part spirituality, Do You QuantumThink? draws on a wide spectrum of sources, from cutting edge innovations in the sciences to the insights of the world’s greatest spiritual leaders. This book will make you laugh, free you from limiting ideas, and introduce you to the most advanced principles and practical methods for living. Do You QuantumThink? will rock your world in the best of ways as you experience one revelation after another.

Contributor Bio
Dianne Collins is an important thought-leader for our time. She is a master of translating spiritual wisdom into what she calls

Evolution's Purpose
An Integral Interpretation of the Scientific Story of Our Origins
Steve McIntosh

Summary
Does the science of evolution really prove that life, humanity, and the universe as a whole are meaningless accidents? On the contrary, as science has shown how everything in the universe is subject to evolution, including matter, life, and human culture, these very facts reveal that the process of evolution is unmistakably progressive. And, as Steve McIntosh demonstrates, when we come to see how evolution progresses, this reveals evolution’s purpose—to grow toward ever-widening realizations of beauty, truth, and goodness.

McIntosh argues that the purpose of evolution is not intelligently designed or otherwise externally controlled; rather, its purpose is being creatively and originally discerned through the choices of the evolutionary creatures themselves. Without relying on spiritual authorities, the author shows how the scientific story of our origins is actually a profound and sacred teaching compatible with many forms of contemporary spirituality. Evolution’s Purpose: An Integral Interpretation of the Scientific Story of Our Origins presents a fresh and compelling view of evolu...

Contributor Bio
STEVE MCINTOSH J.D. is a leader in the integral philosophy movement and author of the recent book, Evolution’s Purpose, as well as the acclaimed 2007 book, Integral Consciousness. He is also a co-founder of the new thinktank: The Institute for Cultural Evolution. In addition to the think tank and his work in philosophy, McIntosh has had a variety of other successful careers, including founding the consumer products company Now & Zen, practicing law with one of America’s largest firms, working as an executive with Celestial Seasonings Tea Company, and Olympic-class bicycle racing. He is a graduate of the University of Virginia Law School and the University of Southern California Business School, and now lives in Boulder, Colorado with his wife and two sons. For more on his work, visit: www.stevemcintosh.com
What is Reality?
The New Map of Cosmos, Consciousness, and Existence
Deepak Chopra, Ervin Laszlo, Ph.D., Stanislav Grof

Ervin Laszlo's tour de force, What is Reality?, is the product of a half-century of deep contemplation and cutting-edge scholarship. Addressing many of the paradoxes that have confounded modern science over the years, it offers nothing less than a new paradigm of reality, one in which the cosmos is a seamless whole, informed by a single, coherent consciousness manifest in us all. Bringing together science, philosophy, and metaphysics, Laszlo takes aim at accepted wisdom, such as the dichotomies of mind and body, spirit and matter, being and nonbeing, to show how we are all part of an infinite cycle of existence unfolding in spacetime and beyond.

Augmented by insightful commentary from a dozen scholars and thinkers, along with a foreword by Deepak Chopra and an introduction by Stanislav Grof, What is Reality? offers a fresh and liberating understanding of the meaning and purpose of existence.

Summary
Ervin Laszlo's tour de force, What is Reality?, is the product of a half-century of deep contemplation and cutting-edge scholarship. Addressing many of the paradoxes that have confounded modern science over the years, it offers nothing less than a new paradigm of reality, one in which the cosmos is a seamless whole, informed by a single, coherent consciousness manifest in us all. Bringing together science, philosophy, and metaphysics, Laszlo takes aim at accepted wisdom, such as the dichotomies of mind and body, spirit and matter, being and nonbeing, to show how we are all part of an infinite cycle of existence unfolding in spacetime and beyond.

Contributor Bio
Dr. Ervin Laszlo is well recognized as the founder of systems philosophy. While at the United Nations, he headed various research programs related to sustainability. His written work has included an extensive amount of promotion and practice of sustainable efforts. He serves as President and Founder of the Club of Budapest, an organization devoted to promoting a new way of thinking for global solidarity. He also serves as the Chairman of the Ervin Laszlo Center for Advanced Study, Chancellor of the Giordano Bruno Global Shift University, and Editor of World Futures: The Journal of New Paradigm Research. Laszlo is a recipient of the highest degree in philosophy and human sciences from the Sorbonne, the University of Paris, as well as of the coveted artist diploma of the Liszt Ferenc Academy of Budapest. Additional prizes and awards include four honorary doctorates. His appointments have included research grants at Yale and Princeton Universities,

Desire
Dr. Saida Désilets

Summary
Desire has a bad reputation, yet still remains a titillating subject.

Currently, most books on desire either focus on the latest research in the field of human desire or are more erotic and explicit in their orientation.

This polarized view on desire is also reflected within the greater collective of our society with the recent rise of the #MeToo movement and the outing of influential leaders. The time is ripe for the introduction of a new paradigm for desire.

In my book, I compare the impact of socially mandated desires on our living experience of fulfillment (or lack thereof) with the igniting and guiding force of our true desires. As such, I regard desire as an emerging, evolutionary force in our lives—to be both harnessed and trusted as our own unique compass.

I also share the possibility that desire is more like a symphony, appearing in our life as different types of desire songs: the Song of Eros, the Song of Rapture, the Song of Love, the Song of Procreation, the Song of Thriving, and the Song of Contribution.

Contributor Bio
Dr. Saida Désilets wants to live in a world filled with audacious, sexually sovereign women living on their own terms.

As a thought-leader and body-philosopher, she’s has published several books: The Emergence of the Sensual Woman & The Illustrious Jade Egg and had her innovative method featured in Dr. Christiane Northrup’s best selling books: Women’s Wisdom, Women’s Bodies & The Secret Pleasures of Menopause, as well as in Dr.
Sacred Kink (2nd Edition)
The Eightfold Paths of BDSM and Beyond
Lee Harrington

Summary
Some of us have had a moment in the middle of fun and sexual exploration that lead to connecting with the divine or having an epiphany about life that was far from expected. Others have been drawn to the possibilities of finding universal truths between the sheets or in the dungeon for all of their lives. Some are aware that their bodies hold the key towards knowing their spirits, but don’t know which doors of desire to unlock. Others have glimpsed the limitless where they have been told that only debauchery lives, and are looking to go back for more.

This and more is Sacred Kink.

Modern tools of BDSM, fetishism, kink and erotic adventuring have roots that go far back into history, tools that have been used for reaching altered states of consciousness, creating spiritual epiphanies, and changing lives. Sacred Kink: The Eightfold Paths of BDSM and Beyond explores the sacred roots of kink tools, and the ways kink can be used today for sacred workings. Explore and find practical tools involving:

- Negotiation, Communication and Aftercare for Sacred Kink
- Catharsis, Top Trances and Exorcism...

Contributor Bio
Lee Harrington is an internationally known spiritual and erotic authenticity educator and an award-winning writer. He is the author of several books, including Shibari You Can Use. He lives in Anchorage, Alaska.

Calling Us Home
Chris Lüttichau

Summary
From a respected shamanic teacher, a blueprint for happiness which interweaves practical teachings, history, anecdote, and ancestral wisdom. Alongside consciousness, meditation, and mindfulness, shamanism, with its vision of the interconnectedness of all life, is undergoing an unprecedented revival in the western world. With personal stories from the author’s 35-year study of shamanism and the earth-wisdom teachings, and clear, practical tools, this book offers a path leading to the transformation of ourselves, of our reality and consequently the course of our lives.

Contributor Bio
Chris Lüttichau is the author of Animal Spirit Guides.
Silver Wheel
The Lost Teachings of the Deerskin Book
Elen Tompkins

Summary
A precious treasure of lost Lemurian wisdom is found in the forest. It is a book, clad in worn white deerskin, and within on pages of bark is inscribed a mysterious and glowing script. It is written in the language of the Elven Ones, who so long ago vanished from our world. Silver Wheel is an exquisite mandala of wisdom teachings from the Elven realms of Lemuria, that declares the Golden Dawn of a New Earth. It announces the return of the Shining Ones, and guides us into their ancient knowledge, their harmony with the earth and stars. Elen Tompkins received these teachings during her years of shamanic training in the forests of Wales. These beautiful teachings offer navigational tools for the New Earth. They activate our own otherworldly gifts and memories, and our intuitive grace of connection to the elemental and star realms.

Contributor Bio
Elen Tompkins is a Shamanic and Reiki healer and teacher. Having read English and Philosophy at university, she spent some deeply quiet years living in the forests of Wales, where she received spiritual teachings directly from the Elven Elders.

The School of Soft-Attention
Frank LaRue Owen

Summary
It has been said that poetry can be a marker of where a poet has been, or a way for a poet to point to places where we, the reader, can go. Both types of poems appear in The School of Soft-Attention. Not corralled to any one poetic style, the heart-mind-river that forms this flowing collection has been shaped by the author’s diverse cross-cultural experiences, spiritual tutelage with a New Mexican wisewoman and wilderness guide, and fueled by such practices as meditation in the Zen tradition, mountain pilgrimages, fasting in the deserts of New Mexico, and intensive dreamwork. At every point along the way, the poems in The School of Soft-Attention invite the reader to turn to a new way of seeing, a new way of paying attention to the life within and around us.

Contributor Bio
Frank LaRue Owen’s poetry is influenced by diverse sources including the teachings embedded within dreams, the seasons, the energies of various landscapes, and the churning gyre of the soul’s journey, resulting in a poetic path his late teacher referred to as "deep-mapping of unseen reality, inner, outer". Owen studied for a decade with a New Mexican wise woman and wilderness guide who — inspired by her own training in Zen and Mesoamerican spiritual traditions — blended contemplative practice, dreamwork, and nature spirituality rooted in the forests, arroyos, and mountains of the American Southwest. The practice of poetry was inseparable from this path…along with lots of green chiles and pan-fried tortillas. He also studied eco-poetry and eco-literature with the late Jack Collom of the Jack Kerouac School of Disembodied Poetics.
Walking with the Ineffable
Stephani Nur Colby

Summary
Have you been touched by the Mystery? You may not remember it but we have all been touched in some mysterious way by the divine. Though we know that traumatic memories are often suppressed, the fact that we all, particularly as children, are likely to have had significant spiritual experiences of great goodness and importance to us is generally rejected, its remembrance discouraged. But these experiences remain within us, ready to re-awaken, when the right catalyst enters our lives. *Walking with the Ineffable* is a memoir of one woman's walk through the mystery of spiritual experiences. It is about the changing weather of belief: what we believe, why we believe, and when we believe. Steeped in the mysticism of Christian, Sufic, and other spiritual transmissions and pilgrimages, the author, aided by a vibrant company of a host of wise-eyed, mischievous cats, brings a broad spiritual perspective to the perennial quest of the human soul to know itself and its Maker, and to the discovery of that hidden splendor, waiting to shine, in the depths of us all.

Contributor Bio
From childhood, **Stephani Nur Colby** has felt fleeting touches of grace, like the brush of unseen bird of Paradise wings from another world. They drew her on in search of healing for herself and others from a great ineffable harmony she sensed at the core of everything living. Spiritually seeking, she was already bathed in the powerfully mystical atmosphere of the Greek Orthodox Church from birth but over time explored other Christian expressions as well, a rich and subtle Sufism open to those of all faiths, a Native American transmission carried through hawks, owls, and falcons, herbal apprenticeship, and the study of various gentle but dynamic forms of energy-healing—trying always to follow the leading and guidance of the Holy Spirit.

Wonders of Spiritual Unfoldment
John Butler

Summary
A personal account of searching for spiritual understanding initially outside Christian teaching, this book takes the position that there are as many ways to God as there are paths up a mountain. Interpreting his own spiritual breakthroughs, the author describes them as "windows of realization" and likens them to the sensation of being made whole. The book describes his journey from Eastern mantra-style meditation to the Orthodox "prayer of the heart" and details how a love of nature and a desire to do good played an important part in his spiritual unfoldment.

Contributor Bio
**John Butler** is an organic farmer who lives in Britain and has traveled to Russia, North and South America, and Africa, seeking spiritual experience.
Light on the Path (3rd Edition)
Swami Muktananda

Early writings that explore such topics as the nature of grace, the guru-disciple relationship, the science of mantra, and kundalini awakening.

Summary
Early writings that explore such topics as the nature of grace, the guru-disciple relationship, the science of mantra, and kundalini awakening.

Contributor Bio
Swami Muktananda introduced the Siddha Yoga path all over the world, creating what he called a "meditation revolution." He is the author of Play of Consciousness, his spiritual autobiography.

Meditate
Happiness Lies Within You
Swami Muktananda

This invaluable source of wisdom and inspiration for both beginners and experienced meditators sparks enthusiasm for pursuing this practice and its highest goal, self-realization.

Summary
This invaluable source of wisdom and inspiration for both beginning and experienced meditators sparks enthusiasm for pursuing this practice and its highest goal, self-realization.

Contributor Bio
Swami Muktananda introduced the Siddha Yoga path all over the world, creating what he called a "meditation revolution." He is the author of Play of Consciousness, his spiritual autobiography.
My Lord Loves a Pure Heart
The Yoga of Divine Virtues
Gurumayi Chidvilasananda

Examining virtues that include fearlessness, reverence, freedom from anger, and compassion, this text draws on of the Bhagavad Gita to illustrate how these virtues assist a seeker in attaining realization.

Summary
Examining virtues that include fearlessness, reverence, freedom from anger, and compassion, this text draws on the Bhagavad Gita to illustrate how these virtues assist a seeker in attaining realization.

Contributor Bio
Gurumayi Chidvilasananda is a spiritual teacher, author, musician, and the head of the Siddha lineage of meditation masters in the ancient yogic tradition of India.

Resonate with Stillness
Daily Contemplations
Swami Muktananda, Gurumayi Chidvilasananda

The teachings of Swami Muktananda and Gurumayi Chidvilasananda are dated and arranged into 12 themes of spiritual life to be used for daily meditation.

Summary
The teachings of Swami Muktananda and Gurumayi Chidvilasananda are dated and arranged into 12 themes of spiritual life to be used for daily meditation.

Contributor Bio
Swami Muktananda introduced the Siddha Yoga path all over the world, creating what he called a "meditation revolution." He is the author of Play of Consciousness, his spiritual autobiography.
The Sacred Power
A Seeker's Guide to Kundalini
Swami Kripananda, Dr. Deba Brata Sen Sharma

Based on scriptural and authoritative works from the East and West, this volume includes the author's own experiences with kundalini (the creative power of the universe) as well as those of other contemporary seekers.

Summary
Based on scriptural and authoritative works from the East and West, this volume includes the author's own experiences with kundalini (the creative power of the universe) as well as those of other contemporary seekers.

Contributor Bio
Swami Kripananda, a former professor of Spanish literature and language, teaches Siddha Yoga courses under the guidance of her spiritual master, Gurumayi Chidvilasananda.

The Splendor of Recognition
An Exploration of the Pratyabhijna-hṛdayam, a Text on the Ancient Science of the Soul
Swami Shantananda, Peggy Bendet

Unique in its combination of scriptural erudition and experiential wisdom, this book makes accessible the true philosophy of Tantra and Kashmir Shaivism for dedicated students of yoga and Eastern philosophy.

Summary
Unique in its combination of scriptural erudition and experiential wisdom, this book makes accessible the true philosophy of Tantra and Kashmir Shaivism for dedicated students of yoga and Eastern philosophy.

Contributor Bio
Swami Shantananda studied art history at the University of London and has been studying Kashmir Shaivism for thirty years. He teaches Siddha Yoga meditation courses and leads retreats around the world under the guidance of meditation master Gurumayi Chidvilasananda.
The Yoga of Discipline
Gurumayi Chidvilasananda, David Katz

In this collection of 14 talks on Yogic discipline, Gurumayi Chidvilasananda discusses discipline in seeing, hearing, eating, speaking, and thinking.

Summary
In this collection of fourteen talks, Gurumayi Chidvilasananda teaches students how to cultivate yoga discipline of the senses on the Siddha Yoga path.

Contributor Bio
Gurumayi Chidvilasananda is a spiritual teacher, author, musician, and the head of the Siddha lineage of meditation masters in the ancient yogic tradition of India.

Spiritual Activism
Leadership as Service
Matt Carmichael, Alistair Macintosh, Alastair McIn...

Summary
Over the past half century, our understanding and awareness of spirituality has changed in nature, as have the issues facing activists. Spirituality is rising up the agenda for activists because it offers distinct, tried and tested approaches to deep questions such as Where did it all go wrong? What does it mean to be human? What is the place of leadership? What is the nature of power? This book starts from scratch, defining spirituality for a generation sometimes dazzled by the claims of materialism.

Contributor Bio
Matt Carmichael is a climate activist, English teacher, writer and homemaker with a degree in theology from University of Durham, England. He was a founder board member of Schumacher North, a forum devoted to exploring and promoting the ideas of deep ecology, sustainable development and social transformation. Alastair McIntosh is a Scottish writer, scholar, broadcaster, and activist. He is a fellow of the Centre for Human Ecology, an honorary fellow in the School of Divinity at Edinburgh University, and an honorary senior research fellow in the College of Social Sciences at Glasgow University.
Haunted Iowa
Kathleen Vyn

Haunted Iowa
Kathleen Vyn

Summary
While belief in religious supernatural claims is waning throughout the West, evidence suggests belief in nonreligious supernatural claims is on the rise. What explains this contradiction? How can a society with a falling belief in God have a rising belief in ghosts, psychic powers, ancient astronauts, and other supernatural or pseudo-scientific phenomena? Taking the same anthropological approach he employed in his notable studies of religion, atheist author and activist David G. McAfee turns his attention to nonreligious faith-based claims. Whether going undercover as a medium, getting tested at Scientology headquarters in Los Angeles, or interviewing celebrity paranormalists and famous skeptics, he leaves no stone unturned in his investigation. As in the case of religion, he finds an unwillingness among "believers" to critically examine their most closely held convictions. Only once individuals honestly assess their own sacred cows will they be able to ensure that their beliefs conform to the known facts—and that our decisions as a society are based on the best available evidence.

Contributor Bio
David G. McAfee is author of Mom, Dad, I'm an Athiest: The Guide to Coming Out as a Nonbeliever, Disproving Christianity and Other Secular Writings, and The Belief Book. He holds a degree in religious studies from the University of California--Santa Barbara and lives in Southern California. Yvette d'Entremont, also known as SciBabe, is a public speaker, science blogger, and former analytical chemist.
Haunted by History
Separating the Facts and Legends of Eight Historic Hotels and Inns in Southern California
Craig Owens

Summary
*Haunted by History, Volume I,* by Craig Owens uncovers little known facts about eight prominent historic hotels in Southern California and the origins behind many of their ghost stories. Not only does his well-documented research separate facts from legends, but Owens also keeps the subject matter interesting by interweaving historic photos with his own elaborately staged Old Hollywood-style photos shot in the most haunted rooms, hallways, and lobbies. This unique book blends solid research, fascinating insights, and haunting photography that will appeal to believers and non-believers alike.

Hotels and inns featured in Vol. 1 are the Hotel del Coronado, the Victorian Rose Bed & Breakfast, the Julian Gold Rush Hotel, the Mission Inn Hotel & Spa, the Alexandria Hotel, the Wyndham Garden Pierpont Inn, the Banning House Lodge, and the Glen Tavern Inn.

Contributor Bio
Craig Owens first fell in love with history and the paranormal in 1972. At that time, he was as a seven-year-old boy playing on the grounds of a Southern plantation known as Waverley, located outside of West Point, Mississippi. While Waverley's owners admitted to seeing and hearing the ghost of a young female child, Craig never encountered her. Yet the atmosphere and history of Waverley stayed with him long after his family moved to Texas. In 1994, Craig moved to Los Angeles and began to work freelance in the film and television industry. His production credits include *Wag the Dog* (1997), *Phone Booth* (2000), and *The Gilmore Girls* (2000-2001). In 2002, Craig left film production to work for the Century City Chamber of Commerce and later the International Cinematographers Guild, I.A.T.S.E. Local 600. While working for the chamber of commerce, he contributed articles for the Century City View and wrote the History of Century City. In 2009, Craig began staging vintage style photo shoots at haunted hotels as an idea for an Old Hollywood themed project. While on location, he saw what appea...

Britain's Paranormal Forests
Encounters in the Woods
Peter A. McCue

Summary
In this, the follow up to his acclaimed Paranormal Encounters on Britain's Roads, Dr Peter McCue examines intriguing reports of strange experiences people have reported across wooded locations in Britain. From strange experiences on camping trips followed up with poltergeist activity, to forest residents plagued by electrical humming and flashing lights, many of these accounts are disturbing in the extreme. With cases involving such diverse phenomena as ghost sightings, big cats, bigfoot-type creatures, owls, UFOs and alien-type entities, all thoroughly debated and critiqued in the author's signature style, after reading this book you might think twice about planning a woodland expedition!

Contributor Bio
Peter McCue is the author of *Paranormal Encounters on Britain’s Roads.*
The Little Book of Ghosts
Paul Adams

Summary
This spine-chilling book features intriguing, obscure, and strange trivia about all things that go bump in the night. Here you will find haunted houses and castles, parks and woods, highways and byways, phantom animals, royal ghosts, angry poltergeists, and haunted objects. Also included are spooky séances and time slip ghosts, as well as some of the famous ghost-hunters themselves, including Harry Price, Elliott O'Donnell, and R. Thurston Hopkins. Anyone curious enough to pick up this book will be terrified, enthralled, and never short of facts about the mysterious realm of ghosts and haunted places.

Contributor Bio
Paul Adams is a paranormal historian and the co-founder of The Chiltern Society for Psychical Research. He is the author of Ghosts & Gallows and co-author of Extreme Hauntings: Britain’s Most Terrifying Ghosts.

Haunting Illinois (3rd Edition)
Michael Kleen

Summary
For over a decade, Michael Kleen, author of Paranormal Illinois and Tales of Coles County, has researched and traveled to mystery spots all over the Prairie State. Now, he has created an organized and comprehensive guide to haunted and legendary places in Illinois. Haunting Illinois is that guide. This new edition of Haunting Illinois contains a listing of 260 mystery sites, with more than 120 photos and illustrations. Divided into eight distinct regions and listed by county and town or neighborhood, each location features a description, directions, and sources drawn from a wide variety of books, articles, and websites. In his introduction, Michael traces the history of legend tripping in Illinois, from the boys who chased after the Diamond Island Phantom in 1885, to the paranormal investigation teams and tours of today. Haunting Illinois challenges you to get off the couch and start exploring our wonderful state of Illinois. You might be surprised at what you discover!

Contributor Bio
Michael Kleen earned a M.A. in History from Eastern Illinois University in 2008 and a M.S. in Education from Western Illinois University in 2011. He is the author of several books, including Tales of Coles County, Six Tales of Terror, and Paranormal Illinois. Michael has spoken about local history and folklore at conventions, libraries, cafes, schools, and colleges; and he has presented research papers at the 2007, 2010, and 2011 Conference on Illinois History in Springfield. To discover more about Michael’s writing and the more unusual side of Illinois, please visit michaelkleen.com or mysteriousheartland.com
Stepping Into Darkness
Michigan True Accounts of the Paranormal and Unexplained
Kathleen Tedsen, Beverlee Rydel

Violent crimes and legends with a paranormal twist, from mass murders to haunted tourist attractions.

When you come to the end of all light and nothing but darkness is ahead - there is one sliver of space. A small gray area where light and dark join. It is here the known merges with the unknown and ...

Summary
When you come to the end of all light and nothing but darkness is ahead - there is one sliver of space. A small gray area where light and dark join. It is here the known merges with the unknown and the real truth exists. The true stories in this book will take you into that gray area. The area right before darkness.

Contributor Bio
In 2006, the two sisters began their journey in the paranormal. Since then, they've traveled 10's of thousands of miles around the state in search of Michigan's most haunted locations. Beginning as skeptics, what they have personally witnessed and recorded challenged their beliefs. Before their paranormal adventures began, Kat and Bev had professional positions completely unrelated to their current endeavors. Before beginning TR Desktop Publishing in 1991, Kat Tedsen had over 15 years’ experience in writing, media production, training and management. She directed media programs for Fortune 500 clients, including General Motors Corporation, Ford Motor Company, Harley Davidson and Kelly Services. It was during their travels while writing the Michigan Vacation Guide book series, Kat and Bev met reputable people who described paranormal experiences so powerful it made them true believers in ghosts and demons. These individuals recounted fascinating stories and identified locations they sincerely believe to be haunted. Were they simply eerie ghost stories, urban legends, folklore or fact? T...

The Real Vampires
Death, Terror, and the Supernatural
Richard Sugg

Respected scholar Richard Sugg reveals the true history of vampires, exploring their cultural origins in a globetrotting tale of superstition, horror and strangeness. Sugg makes seemingly bizarre beliefs, practices and incidents comprehensible by showing in detail how vampires arose from a world of ...

Summary
The real vampires were not suave, polished, cultivated, or rich. They looked like ordinary dead peasants. Yet for those who believed in them, they were terrifying. So terrifying that they prompted live burials, nervous breakdown, hysterical paralysis, and speechlessness. During a real vampire panic, an overworked, underfed community was so terrified that it found the energy to dig up 11 graves, and the wood to burn 11 corpses. Real vampires were so terrifying that the energy of fear they produced actually caused poltergeist attacks. In several cases, they were so terrifying that they quite literally scared people to death. From Russia to New England, from the Scottish borders to Crete, and from the Bronze Age to the days of Twilight, The Real Vampires takes the reader on an unforgettable tour of wonder, horror, and strangeness.

Contributor Bio
Richard Sugg specializes in marginal, forgotten, or tabooed histories, as showcased in his previous writing on a variety of supernatural and unusual themes.
Future Esoteric (2nd Edition)
The Unseen Realms
Brad Olsen

Summary
Examining the flaws of mainstream society, this collection of conspiracy theory, esoteric knowledge, and fringe subjects seeks to present solutions to current social, economic, and environmental world issues. This book encourages the exploration and integration of modern science with ancient wisdom, which will lead modern society towards advancement and enlightenment. Topics discussed include religious mythos, government manipulation, technological advances, and utopia.

Contributor Bio
Brad Olsen is an editor for World Explorer Magazine and writes a bimonthly column for Examiner.com. He is the author of the "Sacred Places" series of books, and six other books. He lives in San Francisco.

Modern Esoteric (2nd Edition)
Beyond Our Senses
Brad Olsen

Summary
This completely reworked second edition of Modern Esoteric includes new information, over a dozen additional images, and up-to-date revisions. Winner of the Best Book Design 2014, Modern Esoteric examines the flaws in modern history and looks at how conspiracy theories, esoteric knowledge, and fringe subjects can be used to help change the dead-end course humanity seems to be following. The Lifeology section explores the long and storied "alternative narrative" of life on this planet. In the Control section, author Brad Olsen examines how Big Brother is here in the form of the New World Order, and how they keep the knowledge of humankind's true nature from the mass population. Finally, the Thrive section looks at all the ways humans are evolving to achieve their full potential.

Contributor Bio
Brad Olsen is an award-winning writer who has appeared on various television shows, on nationally syndicated radio programs, and in an array of print publications. He has been interviewed for the hit History Channel series Ancient Aliens, and his commentaries have appeared on CNN, NPR, and more.
Monster Hunters
On the Trail with Ghost Hunters, Bigfooters, Ufologists, and Other Paranormal Investigators
Tea Krulos

Summary
Do ghosts exist? What about the Bigfoot, or Skinwalkers? And how will we ever know? Journalist Tea Krulos spent over a year traveling nationwide to meet individuals who have made it their life’s passion to hunt down evidence of entities that they believe exist, but that others might shrug off as nothing more than myths, fairytales, or overactive imaginations.

Follow along with Krulos as he joins these believers in the field, exploring haunted houses, trekking through creepy forests, and scanning skies and lakes as they collect data on the unknown—poltergeists, Chupacabras, Skunk Apes (Bigfoot’s stinky cousins), and West Virginia’s Mothman. Along the way, he meets a diverse cast of characters—true believers, skeptics, and hoaxers—from the credible to the quirky. And in the end, Krulos leaves it to the reader to decide: are these people tilting at supernatural windmills, or are they onto something?

Contributor Bio
Tea Krulos is a freelance journalist and the author of Heroes in the Night and the blog of the same name. He lives in Milwaukee, Wisconsin.

Haunted Yorkshire
Nick Tyler
Yorkshire ghost stories, legends and history

Summary
Yorkshire is steeped in history and culture and it's little wonder that it has laid claim to some of the world’s greatest ghost stories. Explore some of the strangest tales of ghosts, ghouls and demons and recount eyewitness reports in unedited form. Packed with eerie locations, folklore and local history, discover Yorkshire as you've never seen it before. Hear about Old Bess, who haunts the kitchens at Nostell Priory, or 'Are you there, Emily?', the ghostly voice of a man trapped in eternity, looking for his love. Venture into Eccleshall Woods and learn about the demonic Leshy that resides there, or be spooked by the Padfoot that wanders Fore Lane in Sowerby Bridge after dark. Does a ghost really haunt the Low Valley Arms and does the Green lady really wander the streets of Great Kelk?

Contributor Bio
Nick Tyler started writing in his spare time alongside researching local ghosts and legends, and has uncovered plenty of stories for a book on the subject.
Haunted Indiana 2
Mark Marimen

Summary
As the slogan goes, "There's more than corn in Indiana". If the ghostly legends and tales are to be believed, indeed the Hoosier state is populated not just with corn, but with restless spirits that refuse to stay buried and forgotten. Haunted Indiana is a collection of the many ghostly legends that are told in spooky voices throughout Indiana.

Contributor Bio
Mark Marimen was born in Merrillville, IN, and received his master's degree from Duke University. The author of five other books, including Haunted Indiana I-V and School Spirits, he currently lives in Crown Point, IN, with his family.

Haunted Michigan
Recent Encounters with Active Spirits
Gerald S. Hunter

Summary
Buy a theater ticket, treat yourself to dinner at a nice restaurant, stop in for drinks at the neighborhood tavern, or visit a historical setting. These places and more are yours to visit all across Michigan. Just keep your eyes open and your ears tuned in at all times because the strangers you see and the voices you hear may prove that ghosts are found in places both ordinary and extraordinary. The Haunting Continues! Includes a glossary of paranormal terms, a full description of each haunted location, dates of investigations, and haunt meters to rate the pervasiveness of paranormal activity. Experience the ghostly regions of Michigan through these pages and, if you have the courage, explore a haunting on your own!

Contributor Bio
Gerald S. Hunter has always possessed an affinity for storytelling and his work has appeared in the Detroit Free Press, the Akron-Beacon Journal, and the Michigan Christian Advocate. He became interested in the paranormal at a young age when his family moved into an old farmhouse in the Village of Brooklyn, just south of Jackson, Michigan. It was the intense ghostly occurrences there which whetted his appetite to investigate the nature of hauntings. Gerald is an ordained United Methodist minister. He currently resides in Hillsdale County with his wife and cats. This is his third book about haunted places in Michigan.
Haunted Michigan 3
The Haunting Continues
Gerald S. Hunter

Summary
Buy a theater ticket, treat yourself to dinner at a nice restaurant, stop in for drinks at the neighborhood tavern, or visit a historical setting. These places and more are yours to visit all across Michigan. Just keep your eyes open and your ears tuned in at all times because the strangers you see and the voices you hear may prove that ghosts are found in places both ordinary and extraordinary. The Haunting Continues! Includes a glossary of paranormal terms, a full description of each haunted location, dates of investigations, and haunt meters to rate the pervasiveness of paranormal activity. Experience the ghostly regions of Michigan through these pages and, if you have the courage, explore a haunting on your own!

Contributor Bio
Gerald S. Hunter has always possessed an affinity for storytelling and his work has appeared in the Detroit Free Press, the Akron-Beacon Journal, and the Michigan Christian Advocate. He became interested in the paranormal at a young age when his family moved into an old farmhouse in the Village of Brooklyn, just south of Jackson, Michigan. It was the intense ghostly occurrences there which whetted his appetite to investigate the nature of hauntings. Gerald is an ordained United Methodist minister. He currently resides in Hillsdale County with his wife and cats. This is his third book about haunted places in Michigan.

Covensense
Patricia Crowther

Summary
In her latest book, Patricia Crowther explores some of the many questions she has been asked over almost 50 years as an initiate of the craft and a high priestess of the Great Goddess. What is a witch's ladder? Why is the left hand associated with the devil? Is it true that only a young woman can become a high priestess? These are just some of the questions addressed in these pages. An acknowledged authority on witchcraft and magic, the author offers the reader the benefit of her considerable knowledge. There are sections on Magic Mirrors, the validity of self-initiation, how to protect yourself against ill-wishing, the Mansions of the Moon, talismans, the language of flowers, and a guide to running a successful coven. Laced with poetry, this new paperback edition of Covensense will be an instructive and exciting addition to any Occultist's library.

Contributor Bio
Patricia Crowther is the author of High Priestess.
Fifty Years in the Feri Tradition
Cora Anderson, Dennis Strand

Summary
Written as a gift to the author's husband, the blind poet and shaman Victor H. Anderson, for their 50th wedding anniversary, this book explains the Andersons' work and teachings in the Fairy Faith of the Old Religion—its theology, physics, and social structure. Profound and insightful, this slim volume is packed with information not available anywhere else and is the definitive text on the Anderson Feri Tradition, also known as Vicía.

Contributor Bio
Cora Anderson was one of the foremost teachers of the Feri tradition, helping to train some of the most influential voices in neo-Paganism, including Starhawk and Gwydion Pendderwen. She worked as a hospital cook for many years and was a contributing writer to Potpourri of Cookery. Her articles were featured in Witch Eye and Circle magazines and her recipes were published in Women’s Circle.

Lifting the Veil
A Witches' Guide to Trance-Prophesy, Drawing Down the Moon, and Ecstatic Ritual
Janet Farrar, Gavin Bone

Summary
Written to fill an existing gap in the current available knowledge on trance, prophesy, deity-possession, and mediumship within the neo-Pagan and Wiccan communities, Lifting the Veil was developed from Janet Farrar and Gavin Bone's personal work and public workshops on trance-prophesy and ecstatic ritual over the last 20 years. The book covers the history and modern practice of trance as well as the methods of practice, including ecstatic ritual, drawing down the moon, sex magic, and working with the spirits of the dead. It also explores the Four Keys, which include the importance of understanding mythical cosmology and psychology, understanding the role of energy in trance, the nature of spirits and deity, and understanding what trance is and the techniques involved. Because trance-prophesy is a very subjective process, the book includes descriptions of the personal experiences of others and transcriptions from several independent sessions by modern seers and priestesses.

Contributor Bio
Janet Farrar is a leading voice in neo-Paganism and the coauthor of eight books with her late husband, Stewart Farrar, including A Witches’ Bible: The Complete Witches’ Handbook and The Witches’ Goddess. Gavin Bone is a registered nurse and natural spiritual healer who has been practicing Witchcraft for more than 20 years. He leads speaking engagements and workshops on a variety of subjects with his partner, Janet Farrar. They are the coauthors of The Healing Craft, The Inner Mysteries, and The Pagan Path (with Stewart Farrar).
The Heart of the Initiate
Feri Lessons
Victor Anderson, Cora Anderson

Summary
Featuring rare teachings from two influential teachers on the Feri tradition of witchcraft, this compact and unique resource covers Feri initiation, sexual ethics, the Guardians, Deities, and more. Including commentaries, letters to students, and extraordinary interview excerpts, this handbook reveals profound insights into the Goddess, rites, symbols, and the mysteries of the Craft.

Contributor Bio
Victor Anderson was the acclaimed author of Lilith’s Garden and Thorns of the Blood Rose. He contributed to Green Egg, Nemeton, and Witch Eye magazines and was a recipient of the Clover International Poetry Competition Award. Cora Anderson was the author of Fifty Years in the Feri Tradition and Kitchen Witch: A Memoir. She has contributed to Circle and Witch Eye magazines as well as Women’s Circle. They were the coauthors of Etheric Anatomy: The Three Selves and Astral Travel and were Grand Masters of the Feri tradition as well as two of its foremost teachers.

Thorns of the Blood Rose  (2nd Edition)
Victor H. Anderson, Gwydion Pendderwen

Summary
Winner of the 1975 Clover International Poetry Competition Award, this collection of ritual and love poetry of witchcraft has been hailed as a classic of neo-Pagan literature.

Contributor Bio
Victor H. Anderson was the seminal teacher of the Feri tradition. An extraordinary poet, priest and shaman, he trained some of the most influential voices in neo-Paganism, including Starhawk and Gwydion Pendderwen. Blind since childhood, Anderson began teaching the tradition in the 1950s in California. He is the author of the posthumous work of poetry Lilith’s Garden and the collection of writings Etheric Anatomy.
**Witchcraft for Tomorrow**  
Doreen Valiente

**Summary**  
Answering many of the most frequently asked questions about witchcraft, such as *How can I find a witches’ coven?* and *How can I become a witch?*, Doreen Valiente explains what the old religion of witchcraft has to offer the new age of Aquarius, how the age-old Craft of the Wise can be practiced in the modern world, and how to initiate yourself as a witch and found your own coven. The leading figure in the establishment of the modern Wiccan movement, Valiente includes here a new Book of Shadows—the witches' handbook of rituals and instructions—based upon ancient magical tradition, but geared to the age of the future. There are witch songs, spells, incantations, and practical advice on how to run a coven and how to acquire your own collection of magical implements; as well as methods of divination and other witch lore. The author shows how oral witchcraft traditions throw light not only upon the origins of the present-day witch cult and the activities of the witch leader George Pickingill and his covens, but also upon the mystery of the founding of the famous magical order, the Golden Da...

**Contributor Bio**  
Doreen Valiente (1922–1999) was one of the founders of modern Wicca and was initiated into four different branches of the Old Religion. The author of *An ABC of Witchcraft: Past and Present*, *Natural Magic*, *The Rebirth of Witchcraft*, and *Witchcraft: A Tradition Renewed*, she made many television and radio appearances, discussing witchcraft and folklore.

---

**The Visions of Isobel Gowdie**  
Magic, Witchcraft and Dark Shamanism in Seventeenth-Century Scotland  
Emma Wilby

**Summary**  
The witchcraft confessions given by Isobel Gowdie (in Auldearn, Scotland in 1662) are widely celebrated as the most extraordinary on record in Britain. Their descriptive power, vivid imagery, and contentious subject matter have attracted considerable interest on both academic and popular levels. This book, written by Emma Wilby, author of the critically acclaimed *Cunning Folk and Familiar Spirits*, provides the first full-length examination of the confessions and the life and character of the woman behind them. The author's discovery of the original trial records, deemed lost for nearly 200 years, provides a starting point for an interdisciplinary endeavor to separate Isobel's voice from that of her interrogators, to identify the beliefs and experiences that informed her testimony, and to analyze why her confessions differ so markedly from those of other witchcraft suspects from the period. In the course of these enquiries, the author develops wider hypotheses relevant to the study of early modern witchcraft as a whole, bringing together for the first time recent research into Amazonian...

**Contributor Bio**  
Emma Wilby is an honorary fellow in history at the University of Exeter and the author of *Cunning Folk and Familiar Spirits*.
Navajo and the Animal People
Native American Traditional Ecological Knowledge and Ethnozoology
Steve Pavlik, William B Tsosie

A fascinating insight into the Navajo tribe's spiritual relationship with carnivorous animals.

Summary
This text examines the traditional Navajo relationship to the natural world. Specifically, how the tribe once related to the Animal People, and particularly a category of animals, which they collectively referred to as the "naatl' eetsoh" - the "ones who hunt." These animals, like Native Americans, were once viewed as impediments to progress requiring extermination.

Contributor Bio
Steve Pavlik taught Native American Studies and Native Environmental Science at Northwest Indian College, Bellingham, Washington, and had over thirty-five years of teaching experience in the field of American Indian education. Mr. Pavlik held a MA in American Indian Studies and a M. Ed. in American History from the University of Arizona. He authored or edited four books including Destroying Dogma: Vine Deloria, Jr. and His Influence on American Society (edited with Daniel R. Wildcat) and over 70 other published articles, essays, and reviews. His academic specialty areas include Native American religion and spirituality, ethnozoology, cognitive ethology, and environmental ethics. William B. Tsosie Jr. is an orthodox Navajo traditionalist and resides in the Navajo Reservation of the Four Corners region. He is an enrolled Navajo Nation tribal member and is married to Janice Catherine (Sun Clan) of Jemez Pueblo and has a daughter, son, and five grandchildren. He has Bachelor of Arts degree in Anthropology and Southwest Studies from Fort Lewis College in Durango, Colorado and his Associat...

Sheltered in the Heart
Gunilla Norris

Summary
To have the deep love of a friend is to have the shelter in which to embody more and more of the essence that we each are. In her book Gunilla Norris shows how in holding each other with trust and compassion our shells fall away and we emerge into the world as freer beings. Participating in a true friendship is profound and holy work. This book is a gift for the journey.

Contributor Bio
Gunilla Norris has published eleven children's books, one book of poetry, and several books on spirituality including: Being Home, Becoming Bread, Inviting Silence, A Mystic Garden, Simple Ways, Sheltered in the Heart, Match, Embracing the Seasons and Companion on the Way.
How to Tame the Tumbles
The Mindful Self-Compassionate Way
Eileen Beltzner, Christopher Germer

Summary
How to Tame the Tumbles pushes the literature and practice of mindfulness to a new frontier where parents and children, together, can find an avenue to self-compassion. This concise and engaging book of 14 chapters will guide parents and children towards a new appreciation as to how they can deal with the "tumbles" that inevitably arise from time to time. The book also includes helpful exercises and resource materials to "tame the tumbles."

Contributor Bio
Eileen Beltzner is a Registered Social Worker, a Special Care Counsellor, a Child and Family Therapist, a Certified MSC Teacher, and a Making Friends with Yourself (MFY) teacher. Eileen has more than 40 years of experience in extensive training and clinical experience with families and individuals experiencing challenges posed by anxiety, bereavement, depression, and trauma. Eileen has incorporated Mindful Based Cognitive Therapy (MBCT) and Mindful Self-Compasison practices into her private work with clients since 2009.

Christopher Germer, PhD is a clinical psychologist and lecturer on psychiatry at Harvard Medical School. He is a co-developer of the Mindful Self-Compassion (MSC) program, author of The Mindful Path to Self-Compassion, and co-editor of Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy. Dr. Germer is a founding faculty member of the Institute for Meditation and Psychotherapy as well as the Center for Mindfulness and Compassion, Cambridge Health Alliance, Harvard Medical School.

Russell Grant's Art of Astrology
Discover Your Inner Self Through Colour
Russell Grant

Summary
Ever wondered what the colors you choose say about you? Go on a journey of self-discovery in the Art of Astrology coloring book for adults. Lose yourself by coloring in beautiful designs, based on the key signs of the Zodiac, their accompanying planets, and mythological archetypes. Then read about the meaning behind your choice of colors and how they connect with your sun sign in Russell’s amazing astrological colorscopes. The ultimate horoscope from a leading writer on spirituality, this is a truly incredible guide to reading yourself and your sun sign, and at the same time an immersive and relaxing task that takes you out of this world.

Contributor Bio
Russell Grant is an astrologer and the author of The Illustrated Dream Dictionary and The Book of Birthdays.
Diary of a Medical Intuitive
One Woman’s Eye-Opening Journey from No-Nonsense E.R. Nurse to Open-Hearted Healer and Visionary
Christel Nani

Summary
A native New Yorker and die-hard skeptic offers a personal look at the development of her medical intuition while serving as a trauma nurse in this riveting memoir. Twenty-five case studies with patients suffering from heart disease, breast cancer, prostate cancer, multiple sclerosis, adult onset diabetes, and other illnesses document the emotional and physiological causes behind patients' symptoms. The interaction of a person’s energy system with health and illness is discussed in detail, as are the revelations that medical intuition offers about life, death, healing, and the existence of God. Instructive strategies for increased health and well-being offer ways to increase resistance to disease and reverse the progress of illness.

Contributor Bio
Christel Nani, RN, PhD, is a medical intuitive and was an E.R. and trauma nurse in New York City’s busiest emergency rooms. She is the author of two CDs, Diary of a Medical Intuitive and Healing Your First Three Chakras. She lives in Encinitas, California.

Here For Now
Living Well With Cancer Through Mindfulness
Elana Rosenbaum MS LICSW., Jon Kabat-Zinn

Summary
Through narrative, guided exercises, and meditations, Here For Now was the first book to apply the principles of mindfulness meditation to living with cancer. This book empowers the reader to transform suffering into compassion and joy. Follow Elana’s journey as she experiences the shock of her own cancer diagnosis, the vulnerability of being a patient, the gratitude of survival and recovery, as well as the ability to live with uncertainty and help others live wholly and fully. Elana's career and life experience combine to make her a unique and powerful voice on living with cancer, one which cancer patients, survivors, family members and health professionals will turn to again and again. Elana’s moving life story of living with and surviving cancer, and the meditation and visualization exercises she's created for patients are both practical and inspirational. Here For Now is a sought after addition to the current body of work available to patients and healthcare practitioners alike, as well as anyone who wants to thrive in the face of adversity.

Contributor Bio
Elana Rosenbaum MS LICSW, is a leader in clinical application of mindfulness meditation to cancer care. Diagnosed with Non-Hodgkin's lymphoma in 1995, she subsequently underwent stem-cell transplantation, which led to developing a mindfulness-based intervention for bone marrow transplant patients at UMass Medical Center, Emery University and Dana Farber Cancer Institute. Adjunct faculty at University of Massachusetts Medical School, psychotherapist, teacher, speaker, workshop leader and research consultant.
**Inner Focus, Outer Strength**

*Using Imagery and Exercise for Health, Strength and Beauty*

**Eric Franklin**

**Summary**

The mental technique of imagery—demonstrated, for example, when a dancer pictures a sunflower reaching toward the sun as he/she stretches upward—is thoroughly explained in this guide to daily stress-relieving routines. Movement, coordination, flexibility, and posture are discussed as external characteristics that can be improved significantly with a strong inner focus, and the same conclusion is reached in chapters on the benefits of good mental health for circulation, breathing, and even individual body cells. Practical advice proceeds from this background information, including how to choose and use an assortment of personal mental images, how to use tricks such as "mental recycling," and how to set up an imagined "portable fitness studio" during stress-inducing dead time waiting in line, climbing stairs, sitting in an airplane seat, talking on the telephone, or running the vacuum cleaner.

**Contributor Bio**

**Eric Franklin** is the director of the Franklin Method Institute in Uster, Switzerland, and travels worldwide conducting workshops. He is a member of the International Association of Dance Medicine and Science and has taught at the Institute for Psychomotor Therapy in Zurich. He is the author of *Dance Imagery for Technique and Performance; Relax Your Neck, Liberate Your Shoulders;* and *Pelvic Power.*

**Abundantly Well**

*The Complementary Integrated Medical Revolution*

**Susun S. Weed**

Patch Adams wants you to read Susun Weed’s new book: Abundantly Well. Every healing modality is covered—including forest bathing, story medicine, placebos, orgonomy, tai chi, drumming, wild food, non-dual therapies, Feldenkrais, hug therapy, reiki, psychic surgery vibrational medicine, dosing, orga...

**Summary**

This book covers every healing modality—including forest bathing, story medicine, placebos, orgonomy, tai chi, drumming, wild food, non-dual therapies, Feldenkrais, hug therapy, reiki, psychic surgery vibrational medicine, dosing, orgasm, psychoactives, adaptogens, supplements, anti-radiation allies, and surviving surgery. Join the Complementary Integrated Medical Revolution. Enjoy the Seven Medicines. This may be the only book on health you’ll ever need.

**Contributor Bio**

**Susun S. Weed** is the founder of the Wise Woman Center, editor-in-chief of Ash Tree Publishing, a high priestess of Dianic Wicca, a member of the Sisterhood of the Shields, a Peace Elder, and a happy herder of her dairy goats. For more than thirty years she has opened hearts to the magic and medicine of the green nations, restoring herbs as women’s common medicine, and empowering women to care for themselves. She is the author of *Breast Health and the Wise Woman Way, Down There, Healing Wise, New Menopausal Years the Wise Woman Way,* and *Wise Woman Herbal for the Childbearing Year.* She writes a regular herbal column for *SageWoman Magazine* and hosts the Wise Woman website and forum.
Ashtanga Yoga
Richard Pilnick

Summary
Photographer Richard Pilnick has created an unprecedented study of the asanas in the first four series by working with four of the leading teachers from the global community, all of whom studied under the guidance of the father of Ashtanga yoga, Sri K. Pattabhi Jois (Guruji). Both a detailed reference of the practice, and an elegant gift for its practitioners, this book curates over 150 inspirational images, all photographed using a large format camera and black-and-white film. They present the asanas in a detail that captures the mindful nature of the practice. The photographs are given the space to speak for themselves, each accompanied merely by its name in English and Sanskrit. The book proceeds from the Sun Salutation and Fundamental Postures, through the Primary and Intermediate series, to two Advanced series and a Finishing sequence. The backgrounds used for the portraits progress from dark to light, reflecting the progression of the inner self from darkness to light through the journey of the Ashtanga yoga movement meditation. Each chapter is introduced by an accompanying poe...

Contributor Bio
Richard Pilnick's work has been exhibited around Europe and Asia, most notably in London's National Portrait Gallery. Richard was working as a fashion photographer when a trip to Gokarna, India, ignited his passion for Ashtanga yoga and yoga photography. After building a studio on the beach, he began photographing the series of portraits that would develop into his mission to portray Ashtanga yoga with integrity and inner beauty, and so inspire more people to take up the practice.

Stretching Your Faith
Practicing Postures of Prayer to Create Peace, Balance and Freedom
Michelle Thielen

Do you want to achieve wholeness in mind, body, spirit and soul? Your journey to lasting transformation begins here! Stretching Your Faith is a personal journey of creating space and time to hear from the Lord. In these pages, you will learn to be still and quiet the chaos that surrounds you, so you...

Summary
God is not trying to hide His plans from you. He wants you to invite Him into every area of your life so He can communicate the plans He has predestined for you. As a Christian, you will discover that the most important thing that you can do is hear from God. By practicing the postures in this book, you will soon create a joyous daily habit of spending time with your Maker. You will discover that He created you to worship. Perhaps spending time with God has become a burden to you. During our time together, you will invite the Holy Spirit into the innermost parts of your life, to breathe new oxygen into your heart and soul. You will experience whole worship and complete surrender like never before! Put into practice on a regular basis, you will also find healing for your mind, body, spirit, and soul.Dear friend, it is time to be whole because you were created to worship your Creator.

Contributor Bio
MICHELLE THIELEN is an activist, author, professional speaker and the founder of YogaFaith, an internationally recognized and accredited Christian Yoga Alliance school. She has not only trained thousands of students and instructors in yoga, but empowers those that attend her worldwide trainings and conferences to live a purpose-driven life out loud! Through her own struggles of losing everything, depression, battling addictions and suicide, Michelle shares with others the message of hope, and how your greatest mess can become your most profound message.Her humanitarian efforts continue to reach several continents as she educates poverty-stricken communities in holistic living, purpose, empowerment and productivity. Her life's mission is to abolish modern-day slavery in this generation. Michelle resides in the Pacific Northwest with her husband and 3 furry kids.
**Stretching Your Faith**
Practicing Postures of Prayer to Create Peace, Balance and Freedom
Michelle Thielen

Do you want to achieve wholeness in mind, body, spirit and soul? Your journey to lasting transformation begins here! Enjoy 210 pages, hundreds of illustrated postures and a 90 minute, 3-class instructional video to help you along your transforming path! Stretching Your Faith is a personal journey of...

**Summary**

Are you able to hear God's still small voice among the chaos of today's loud world? Because you were created to hear from your Creator. Have you ever experienced such intimate and distraction-free worship? You were created for worship. When was the last time you completely surrendered your all? Are you ready to deepen your walk with Christ, hear from Him and have hidden mysteries, treasures and wonders revealed to you? He is trying to communicate to His children. He has things He needs you to hear and know. You have places to go, things to do and people to meet! Maybe you are ready to encounter God for the very first time, or long for a fresh encounter with the Living Waters? Would you like to get healthy and whole once and for all? Are you willing to be transformed from the inside out? Awesome! I was hoping you would say yes! I want to share how your life can be truly transformed by the Living Christ and the amazing gift of yoga. Do not be afraid of the word yoga, it simply means to be united, or to yoke. It is not our business how others use yoga or what they set their hearts and mi...

**Contributor Bio**

MICHELLE THIELEN is an activist, author, professional speaker, life coach and the founder of YogaFaith, an internationally recognized and accredited Christian Yoga Alliance school. She has not only trained thousands of students and instructors in yoga, but empowers those that attend her worldwidetrainings and conferences to live a purpose-driven life out loud! Through her own struggles of losing everything, depression, and battling addictions, Michelle shares with others the message of hope, and how our greatest mess can become our most profound message: "If we don't allow our battles to help others, then we waste the glory of the victory." Her humanitarian efforts continue to reach several continents as she educates poverty-stricken communities in holistic living, purpose, empowerment and productivity. Her life's mission is to abolish modern-day slavery in this generation. Originally from Portland, Oregon, Michelle has always loved movement. At the age of five, she

---

**Yoga Made Easy**
A Personal Yoga Program that Will Transform Your Life
Howard Kent

**Summary**

Expert instructions and clear step-by-step color photographs introduce the basic yoga postures and build on them in a month-by-month course, enabling students to gradually create their own daily exercise programs. Ideal for beginners who are looking to yoga to ease the rush and stress of modern life while building physical strength and flexibility, this course is also a great refresher for more advanced students who want to improve their postures and technique. The meditative side of yoga, which helps to build a calm, positive attitude, is integrated into the lessons.

**Contributor Bio**

HOWARD KENT is the founder of the Yoga for Health organization, established in 1976 and now operating in 20 countries around the world. He is the author of Beat Fatigue with Yoga; Breathe Better, Feel Better; and Yoga for the Disabled.
Yoga for Pain Relief
A New Approach to an Ancient Practice
Lee Albert

Summary
Relieve Your Pain Through Yoga
Do you suffer from painful muscular conditions that hold you back – on and off the mat? *Yoga for Pain Relief* shows you how to identify the specific muscle imbalances that cause YOUR pain and create a safe yoga practice to rebalance YOUR body.

- Understand how your current yoga practice and lifestyle may be creating pain.
- Learn how to practice yoga safely and achieve superior results.
- Design your own practice to align your neuromuscular system and achieve a pain-free body.
- Learn to use three tools – asana practice, pranayama, and meditation – for powerful benefits.
- Take charge of your own path to health and well-being.

Contributor Bio
Lee Albert, NMT, creator of Integrated Positional Therapy (IPT), is a nationally recognized yoga instructor and expert in neuromuscular pain relief. For over 25 years, Lee has helped people learn how to live pain-free using IPT’s innovative tools and techniques. He treats patients one-on-one at the Kripalu Center for Yoga & Health in Lenox Massachusetts. Lee conducts training seminars in IPT, Pain Free Yoga and consults with businesses on ergonomic training for employees to reduce workplace injuries. Connect with Lee at www.LeeAlbert.com

Yoga for the Special Child (Revised)
A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, Autism Spectrum Disorders and Learning Disabilities
Sonia Sumar

Summary
An innovative and easy-to-follow program for parents, educators, yoga teachers, and health care professionals. The book includes: A step-by-step, integrated system of yoga poses designed to increase cognitive and motor skills in children with learning and developmental disabilities. Specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity. And early intervention program to assure the healthy formative development of infants and toddlers.

Contributor Bio
Sonia Sumar holds a Bachelor’s Degree in Education and has taught at elementary school level. She has conducted workshops and addressed special education programs and symposia in North America, South America, Europe, Asia, Oceania, and India. She currently resides in Florida. Sonia continues teaching children and adults and offers her specialized training courses to Yoga teachers and other professionals worldwide.
The Templar Treasure
An Investigation
Tobias Daniel Wabbel

Summary
A fact-based treasure hunt through time...
The year 1120 A.D.: Hugues de Payns and eight other men of French high nobility gather in Jerusalem. Their pretense: Guarding the pilgrimage routes after the conquest of Jerusalem by the crusaders. Their real mission: Digging and searching beneath the Temple Mount for a mysterious object.
When they return to France in 1128, they own the most dangerous artifact in European Christendom. Suddenly, the Order of the Knights Templar — as they now call themselves — becomes incredibly wealthy. Suddenly, huge Gothic cathedrals rise from the soil of Northern France — and with them a secret architectural code left by the Knights Templar that up to the present day marks the way to the hiding-place of the most important archeological relic in human history.
Following author Tobias Daniel Wabbel’s research and investigation throughout Europe, this book finally solves the mystery of the legendary treasure of the Knights Templar. Both a travel guide to the secrets of the treasure of the Knights Templar and an enthralling tale, The Templar Treasure will shake ...

Contributor Bio
Tobias Daniel Wabbel has published six nonfiction books in his native German on subjects that range from the search for radio signals of extraterrestrial intelligence and the search for extraterrestrial intelligence (SETI) to the science-theology debate and a new theology after the Holocaust.

Integral Buddhism
Developing All Aspects of One’s Personhood
Traleg Kyabgon

Summary
Traleg Kyabgon Rinpoche IX skillfully illustrates how to incorporate the whole human experience onto the Buddhist path. With mastery of Western concepts, the author explains how to integrate traditional Buddhist philosophies, psychology, and Tibetan medicine in the service of reducing suffering and developing all aspects of one’s personhood to overcome the confinement of a limited sense of self.

Contributor Bio
Traleg Kyabgon (1955–2012) was the founder of the Kagyu E-Vam Buddhist Institute, which is headquartered in Melbourne, with a major practice center in upstate New York and a practice community in New York City. He taught extensively at universities and Buddhist centers in the U.S., Canada, Australia, New Zealand, and Southeast Asia, and is the author of such books as Essence of Buddhism and Karma: What It Is, What It Isn’t, Why It Matters.
The Strength and Flexibility of Women
Jonathon Harrington

Summary
A visually stunning photographic celebration of the power and beauty of the female form in yoga poses

A photographer’s first yoga session became the inspiration for this photo essay on the nude female form in yoga asanas. Each photograph is a beautifully composed work of art as well as a testimony to the athletic prowess and flexibility of the practitioners. The women depicted in this book will inspire and intrigue the viewer, blending eroticism, athleticism, and spirituality into a stunning tribute to the female athlete’s body and spirit.

Contributor Bio
Jonathon Harrington is the owner and photographer of Icon Imaging. He lives in Ottawa, Ontario.

The Temple of Warm Harmony
Frank LaRue Owen

Summary
The Temple of Warm Harmony is a book of poems, but it is also something of a map. Some of the poems are about the author, some are about the reader, while other poems are about the times we’re all living through. A blend of mini-exorcisms, healing incantations, dreams, and invitations to numinous ways of observing and experiencing life, the book is divided into three parts: In the World of Red Dust, Heartbreak and Armoring, and Entering The Temple of Warm Harmony. On the heels of his award-winning first book of poetry, The School of Soft-Attention, poet Frank LaRue Owen invites “fellow travelers” to consider ways we can regain a sense of harmony even while navigating challenging terrain, personally and collectively.

Contributor Bio
Frank LaRue Owen’s poetry is influenced by dreams, the energies of landscape and the seasons, archetypal psychology, the Ch’an/Daost hermit-poet tradition, and Zen living. He studied for a decade with a Zen woman who—inspired by Ch’an and Daoist tradition—blended silent illumination (meditation), dreamwork, mountain-and-forest spirituality (“landscape practice”), and poetics into a unified path. Owen also studied eco-literature and eco-poetry with the late Jack Collom, a poet and professor in the Jack Kerouac School of Disembodied Poetics at Naropa University in Boulder, Colorado. His first book of poetry, The School of Soft-Attention, was the winner of the 2017 Homebound Publications Poetry Prize.
**Trump Is a Four Letter Word**

E. J. Gold

**Summary**

Gold incorporates science fiction, magic realism, film references, humor and other linguistic devices to combat what he characterizes as the ignorance, selfishness, and sleep of the Trump mindset. Coincidentally, his writing also combats the sleep of the reader and suggests personal remedies and antidotes for apathy.

**Contributor Bio**

**E. J. Gold** is a leader of the human potential movement on the West Coast. He has extensive career experience in the recording industry, television, and film production, stand-up comedy, screenwriting, and publicity photography. He is the author of more than 50 books in the spiritual and self-help fields. He lives in Nevada City, California.

---

**Reframing PTSD as Traumatic Grief**

*How Caregivers Can Companion Traumatized Grievers Through Catch-Up Mourning*

Alan D. Wolfelt

**Summary**

An estimated eight percent of Americans are thought to be suffering from posttraumatic stress disorder at any given time. Many are victims of or witnesses to violence. Others have been neglected or abused. Some have experienced a traumatic accident or natural disaster. Still others have experienced the sudden and perhaps violent death of someone they love. No matter the cause, PTSD results in symptoms of acute stress, including anxiety, persistent thoughts or flashbacks, and a host of other physical, emotional, cognitive, social, and spiritual challenges. In this guide for counselors and caregivers, Dr. Alan Wolfelt reframes PTSD as a form of grief. Helping PTSD sufferers mourn their unacknowledged and "carried" grief over the traumatic events that caused their symptoms is the key to helping them heal. Rather than seeking to quickly treat away symptoms of PTSD, caregivers who follow Dr. Wolfelt's "companioning" philosophy will instead see the natural and necessary PTSD symptoms as indications that the sufferer needs additional support and encouragement to express himself. This holis...
The Unforgettable Tree
Ken Klein

Tradition is the enemy of truth. This is the central thesis of The Unforgettable Tree. Ken Klein has pieced together, after a lifetime of biblical study, the literal truth behind the crucifixion--the where, the how, and the why of the most important event in Christian history. Walk with the author ...

Summary
Tradition is the enemy of truth. This is the central thesis of The Unforgettable Tree. Ken Klein has pieced together, after a lifetime of biblical study, the literal truth behind the crucifixion--the where, the how, and the why of the most important event in Christian history. Walk with the author down the roads that Jesus trod as he sheds light on the seventeen hundred years of artifice that have obscured the meaning of Christ's final days.

Contributor Bio
Author and documentary filmmaker Ken Klein has thousands of followers on his online university and millions view his films. Ken Klein's interest in film production and writing came after stumbling into the writings of ancient prophets. Ken takes on life's greatest mysteries, rips the cover off, and exposes them through fascinating and riveting films and books.

An Ancient Path
Talks on Vipassana Meditation as Taught by S.N. Goenka
Paul R Fleischman

Summary
These lectures given by Dr. Paul Fleischman on Vipassana meditation as taught by S. N. Goenka, explore subjects such as mental health, mindfulness, and cultivating inner peace. They were given to diverse audiences across the world in locations including Boston, Dublin, Madrid, and Vienna. The collection is a valuable introduction to Vipassana meditation, as well as an inspiring resource for those who are already practicing.

Contributor Bio
Paul R. Fleischman, MD, is a retired psychiatrist who has practiced Vipassana meditation for 40 years. He is the former chief resident at the Yale University School of Medicine and the author of numerous articles and nine books, including Cultivating Inner Peace and Karma and Chaos. He lives in Amherst, Massachusetts.
The Way to Ultimate Calm
Webu Sayadaw, Roger Bischoff

Summary
A wide number of discourses by one of the outstanding Burmese meditation masters of the 20th century is brought together in this pivotal Vipassana collection. It is a deeply inspiring look at Webu Sayadaw, who spent his life teaching the practical basics of the Buddha’s teaching to all who were inclined to listen. Sayadaw stressed that actual meditation practice was the only way to truly understand the teachings of the Buddha. His refreshing simplicity, his patience, his lovely sense of humor, and his humility—all of which are revealed in these dialogues with his audience—illuminate a side of the Buddha’s teaching that can not easily be perceived in treatises and texts. The book also highlights Sayadaw’s relationship with Sayagyi U Ba Khin, who would help in the spread of Vipassana meditation to the West.

Contributor Bio
Webu Sayadaw was one of the most highly respected Buddhist monks of the last century in Burma, famous for his unflagging diligence in meditation and for spending most of his time in solitude. He practiced, and later taught, the technique of Anapana-sati (awareness of the in-breath and out-breath). Roger Bischoff is a student of the Burmese and Pali languages who has been teaching Vipassana meditation alongside Mother Sayamgyi at the International Meditation Centre in the UK, and on her travels, since 1989.

Contemplation and Community
A Gathering of Fresh Voices for a Living Tradition
Jessica M Smith, Stuart Higginbotham, Tilden Edwar...

Summary
"All around the world a resurgence of Christian contemplative living is creating a new framework for spirituality inside and outside of formal religion. Building on and expanding from the thoughts and works of such as Richard Rohr, Thomas Keating, Tilden Edwards, Laurence Freeman, and other founding members of the modern contemplative movement, a new movement carries on the work of their mentors. This collection brings together the diverse voices who have emerged as new leaders of the contemplative movement. Exploring a multitude of themes, such as silence, imagination, meditation, embodiment, community and social action, this volume introduces the new voices who reflect globally on the gifts, challenges, differences and commonalities of Christian contemplation today for communities and people of faith."

Contributor Bio
Jessica (Jessie) M. Smith, Ph.D., is an educator and writer at heart, who is deeply committed to spiritual practice, faith-based public engagement, and theological reflection. After receiving her doctorate in theological studies from Emory University, she currently serves on the board of directors of the Shalem Institute for Spiritual Formation and as Senior Executive Director of Research, Planning, and Spiritual Formation at The General Board of Church and Society of The United Methodist Church in Washington, DC. Stuart Higginbotham, an Episcopal priest, is the rector of Grace Episcopal Church, Gainesville, GA. His contemplative practice has been nurtured by time with the Shalem Institute for Spiritual Formation and the World Community for Christian Meditation. His current work and writing focuses on the intersection of contemplative practice, leadership development, and congregational ministry. He writes at www.contemplativereformation.com. Contributors : Thomas Bushlack Sarah Bachelard Sicco Claus Kirsten Oates Bo Karen Lee Mark Longhurst Phileena Heuertz Leonardo Correa Mark Kuto...
**Everybody Has an Angel**

*Anselm Gruen*

**Summary**

In this follow-up to *Angels of Grace*, Anselm Gruen shows how the gentleness and compassion of God is embodied in the kindness of angels throughout the Bible. *Everybody Has an Angel* presents the angels of the Bible as spiritual helpers, accessible to believers today. There is the Angel who Accompanies, the Angel Who Heals, the Angel who Shares My Joy, and many more. Gruen makes clear that as humans we are held safe in a special way, and most of all, we do not have the responsibility for everything that happens to us.

---

**Pope Francis: The Last Pope?**

*Money, Masons and Occultism in the Decline of the Catholic Church*

*Leo Lyon Zagami, Brad Olsen*

**Summary**

*Pope Francis: The Last Pope?* reveals the possible reasons for the choice of historical abdication of Benedict XVI and traces the process that led to the election of Cardinal Bergoglio: the Pope who many have prophesized will be the last and will bring the Catholic Church to its end. The book details the history of this prophecy, which was hidden away in the Vatican for hundreds of years and predicts that the reign of the last Pope will herald the beginning of “great apostasy” followed by “great tribulation.” It also explores the recent scandals in the Catholic Church and addresses questions including *What pressures decreed the end of the pontificate of Benedict XVI? What powers have an interest for the Church to end?* and *What is the relationship between the Vatican and the New World Order?* Perfect for anyone interested in prophecies about the end times, *Pope Francis: The Last Pope* reveals the truth about what numerology says about the last Pope and the darkness that may follow him, as well as fascinating investigations into the gay lobby, Freemasonry, and the Jesuit agenda in the Vat...

**Contributor Bio**

*Leo Lyon Zagami* is a writer and researcher who wrote a popular blog concerning his direct involvement with the New World Order and secret societies connected to it. He is the author of numerous books in his native Italian on a variety of subjects ranging from history of the secret societies and the Vatican to geopolitical matters.
The Rebirth of Witchcraft
Doreen Valiente

Summary
One of witchcraft's most widely known figures, Doreen Valiente was a close friend of the late Gerald Gardner, generally regarded as the founder of modern Wicca. Initiated by him in the 1950s and for a time High Priestess of his coven, Doreen helped him rewrite his seminal Book of Shadows and establish witchcraft's international reputation. In this intriguing exposé, Doreen provides an insider's account of the birth and evolution of the contemporary Wicca movement. She recalls her spat with Gardner that eventually split his coven, the controversy surrounding Alex Sanders, "King of the Witches," and many other witches whom she has known, including "Dafo," Robert Cochrane, Leslie Roberts, and Sybil Leek. She also describes the clairvoyant communications she received purporting to come from John Brakespeare, an 18th-century witch.

Contributor Bio
Doreen Valiente (1922-1999) was one of the most well respected and influential leaders of Wicca. Her previous books include An ABC of Witchcraft Past and Present, Natural Magic, and Witchcraft for Tomorrow.

Daughter of Fire
A Diary of a Spiritual Training with a Sufi Master
Irina Tweedie
Sufism
The Transformation of the Heart
Llewellyn Vaughan-Lee

Summary
Sufism, the Transformation of the Heart gives a clear and accessible outline of Sufism: its basic principles, historical background, and recent development in the West. While exploring the spiritual and psychological processes of transformation, this book offers practical guidelines to help the seeker. Sufism, the Transformation of the Heart is a valuable introduction to a dynamic spiritual path that is attracting growing interest in the West.

Contributor Bio
Llewellyn Vaughan-Lee is a Sufi teacher specializing in the area of dreamwork.

The Bond with the Beloved
The Inner Relationship of the Lover and the Beloved
Llewellyn Vaughan-Lee
Prayer of the Heart in Christian and Sufi Mysticism
Llewellyn Vaughan-Lee

Summary
Guiding the reader through the stages of mystical prayer—a way to create a living relationship with the Divine within the heart—this book draws upon Christian and Sufi sources such as St. Teresa of Avila, 'Attâr, St. John of the Cross, and Rûmî. Llewellyn Vaughan-Lee describes the stages of prayer: how prayer is first born of need, but then takes one deep within the heart, into the stages of union and ecstasy. Through mystical prayer, one is drawn into the silence of real communion with God. Here, in the silence within the heart, a meeting and merging takes place that carries one beyond the self into the mystery of divine presence. This exploration delves into the secret of how to pray without ceasing, in which prayer becomes alive within the heart, and includes a chapter on the need to pray for the well-being of the Earth. It brings together the Christian and Sufi mystical traditions and will benefit any practitioner of prayer who is drawn to discover a relationship with God within their heart.

Contributor Bio
Llewellyn Vaughan-Lee is a Sufi teacher who has lectured extensively throughout the United States, Canada, and Europe, and is the author of more than 15 books, including Alchemy of Light, Return of the Feminine and the World Soul, and Spiritual Power. He lives in Inverness, California.

Including the Earth in Our Prayers
A Global Dimension to Spiritual Practice
Llewellyn Vaughan-Lee

Summary
Including the Earth in Our Prayers tells a story of love and prayer, how spiritual practice is not just for ourselves, our own journey, but for life itself. It steps back to reclaim the wisdom of our ancestors, including the "Original Instructions" of Indigenous peoples—how we need to "get along" with all of creation—and relates these teachings to the need of our present time. With our ecosystem in crisis and our culture increasingly divisive, it suggests ways in which the energy and transformative potential of our spiritual nature can be applied to these critical issues, and reconnects us with a spiritual understanding of the living Earth.

The simple premise of this book is that there is a vital need to shift our collective culture from a story of separation and exploitation into a new story of living oneness, and that spiritual practice, and the love and light it generates, have an essential part to play in this shift.

Contributor Bio
Llewellyn Vaughan-Lee, Ph.D., is a Sufi teacher and author. He has written a series of books giving a detailed exploration of the stages of spiritual and psychological transformation experienced on the Sufi path, with a particular focus on the use of dreamwork as inner guidance on the journey. Since 2000 the focus of his writing and teaching has been on spiritual responsibility in our present time of transition, the awakening global consciousness of oneness, and spiritual ecology. He has also been featured in the TV series Global Spirit and was interviewed by Oprah Winfrey as a part of her Super Soul Sunday series.
**Spiritual Power**

*How It Works*

Llewellyn Vaughan-Lee

**Summary**

How can we use spiritual power to help heal and transform our world? In this new, fully revised edition, Llewellyn Vaughan-Lee shows how spiritual activism addresses our current global crisis in a visionary and revolutionary way. He reintroduces us to the ancient wisdom of the power of the land, as well as the ways we can use our light and love to create real change. Spiritual Power explores how spiritual practice and spiritual energy have a central part to play as a catalyst in the vitally needed shift from the story of separation—that lies at the root of our present ecocide—to a new story of the Earth’s multihued unity. This is practical mysticism on a global level, the simple wisdom that can reconnect us to the magic of life and awaken us to its essential oneness.

**Contributor Bio**

Llewellyn Vaughan-Lee, Ph.D., is a Sufi teacher and author. He has written a series of books giving a detailed exploration of the stages of spiritual and psychological transformation experienced on the Sufi path, with a particular focus on the use of dreamwork as inner guidance on the journey. Since 2000 the focus of his writing and teaching has been on spiritual responsibility in our present time of transition, the awakening global consciousness of oneness, and spiritual ecology. He has also been featured in the TV series Global Spirit and was interviewed by Oprah Winfrey as a part of her Super Soul Sunday series.

---

**The Inner Mysteries** *(2nd Edition)*

*Progressive Witchcraft and Connection to the Divine*

Janet Farrar, Gavin Bone

**Summary**

A look into the underlying principles behind modern magic in Witchcraft, this investigation provides an integrated training system for both solitary Witches and coven-based trainees in the form of magical energy practice and cosmology. By fully explaining the values of Witchcraft, this work makes numerous Wiccan practices approachable, including Circle casting, raising energy, elemental work, and drawing down the moon. Illustrating how Wicca is a modern, nondogmatic, and dynamic tradition still in a state of evolution, this book also features a history of the spirituality of Witchcraft.

**Contributor Bio**

Janet Farrar is considered one of the world’s leading experts on the subject of Wicca. She is the author of numerous books on the subject, including *A Witches’ Bible: The Complete Witches’ Handbook*, *The Witches’ Goddess: The Feminine Principle of Divinity*, and *The Wiccan Way*. Gavin Bone has been practicing Witchcraft for more than 20 years. He travels around the world leading speaker engagements and workshops on the subject. They are the coauthors of *The Healing Craft* and *The Pagan Path*. 
The Little Book of Calm
Tame Your Anxieties, Face Your Fears, and Live Free
Aaron Balick

Summary
This definitive book, written by a clinical psychotherapist, offers techniques, advice, and inspiration on the best and most effective ways to manage anxiety. From exercises to help you put your worries into perspective, to relaxation methods for when anxiety attacks, Dr. Aaron Balick shows you how to feel more at ease and sustain a sense of calm.

Contributor Bio
Aaron Balick has spent more than 15 years as a clinical psychotherapist. He has been an agony uncle for many years for both CBBC and BBC Radio 1, as well as on television, including BBC Worldwide, BBC 3, and BBC Learning.

Resisting Elegy
On Grief and Recovery
Joel Peckham

Summary
In this thoughtful collection of narratives, author Joel Peckham explores the transformative power of emotional and physical pain from the vantage point of a husband and parent who lost his wife and a child in an accident that left him in chronic distress. Along the way, he fills a need for a brutally honest literary examination of not only grief and suffering, but also of recovery.

Contributor Bio
Joel Peckham is a poet, essayist, and literary scholar. He has published three other collections of poetry: The Heat of What Comes and Nightwalking from Pecan Grove Press and Movers and Shakers from Pudding House. His poems have appeared in many literary journals, including The Beloit Poetry Journal, Black Warrior Review, Prairie Schooner, Rattle and The Southern Review. In 2012, his memoir, Resisting Elegy, appeared from Academy Chicago Publishers. Dean Monti is the author of several plays and short stories, and has had his work staged in Chicago and Norfolk, Virginia. As a journalist for a large trade magazine, he has written many feature articles, and has read his work on WBEZ, National Public Radio, in Chicago.
The Paradoxes of Mourning
Healing Your Grief with Three Forgotten Truths
Alan D. Wolfelt

Summary
When it comes to healing after the death of someone loved, our culture has it all wrong. We’re told to be strong when what we really need is to be vulnerable. We’re told to think positive when what we really need is to wallow in the pain. And we’re told to seek closure when what we really need is to welcome our natural and necessary grief. Dr. Wolfelt’s new book seeks to dispel these misconceptions that we hold on to so tightly and help people everywhere mourn well so they can live fuller lives. The Paradoxes of Mourning discusses three truths that grieving people used to know and respect but in the last century, seem to have forgotten: 1. You must make friends with the darkness before you can enter the light. 2. You must go backward before you can go forward. 3. You must say hello before you can say goodbye. In the tradition of the Four Agreements and the Seven Habits, this compassionate and inspiring guidebook by North America’s most beloved grief counselor gives you the three keys that unlock the door to hope and healing.

Contributor Bio
Alan D. Wolfelt, PhD, CT, is a speaker, a grief counselor, and the director of the Center for Loss and Life Transition. He is the author of numerous books, including Companioning the Bereaved, Companioning the Grieving Child, Healing Your Traumatized Heart, and Understanding Your Grief, among many other bestselling titles on healing in grief. He lives in Fort Collins, Colorado.

The Magpie Art
Gathering the Brightness of Every Day
Paul Weinfield

Summary
This is not a book on meditation or Buddhism, though it has certainly been influenced by both. It is a book of encouragements for all those who are interested in using the unit of a single day to develop good qualities in their minds and hearts. It is a book about teaching yourself "from the middle" — the middle of frustration or joy or boredom or wherever else you find yourself. It is a book with a single thesis: that there is always something you can do, moment by moment, to rediscover the brightness of your own life.

Contributor Bio
Paul Weinfield is a singer, songwriter, poet, and meditation teacher. After teaching religion and philosophy for ten years at Columbia University and Hunter College, he left academia to explore the overlap between creativity and spirituality. He lives and teaches in New York City.
**Black Swan**

**The Twelve Lessons of Abandonment Recovery**

Susan Anderson

**Summary**

*Black Swan: The Twelve Lessons of Abandonment Recovery* is a self-help tool, a supplement for personal growth. "Black Swan is a symbol for healing, a spirit guide for overcoming the woundedness of abandonment."

Twelve lessons for healing from the loss of love, presented in an allegorical tale of a child who meets a magical black swan after she is abandoned in the forest by her father. This story within a story includes the author’s own experience with loss. The book provides emotional and spiritual healing to those going through heartbreak, loss, and abandonment.

**Contributor Bio**

Susan Anderson has devoted more than 30 years of clinical experience and research to helping people overcome abandonment trauma and its aftermath of self-sabotaging patterns. Founder of the abandonment recovery movement, she reaches out through her websites, workshops, and media to share her methods of abandonment recovery with abandonment survivors from around the world. Anderson is author of four trailblazing books including *Journey from Abandonment to Healing*, *Abandonment Recovery Workbook*, and *Taming Your Outer Child* which guide people through a protocol specific to healing abandonment, heartbreak, and loss. People can contribute to Susan’s ongoing research project by submitting (confidentially) your personal stories to her website http://www.abandonment.net/submit-your-personal-abandonment-story. The websites www.abandonment.net and www.outerchild.net reach out with help and information.

**Mudra Pocket Cards**

**Stress Reduction at Your Fingertips**

Emily Fuller Williams, Stuart Prado

**Summary**

These carefully illustrated cards show how mudras can be learned in just a minute and can help to relieve tension almost immediately. Each card uses step-by-step instructions to demonstrate how to use the hands, fingers, and sometimes the entire body to form these ancient stress-relieving gestures. Mudras can be used by a large cross-section of people, from those who need to relieve the strain caused by emotionally demanding work to children as young as preschool, and they are perfectly utilized in the immediate stress-causing moment. Each of the 48 cards also contains additional information on other stress-management strategies to be used in conjunction with the mudras, making it all encompassing.

**Contributor Bio**

Emily Fuller Williams is a licensed massage therapist who has spent more than a decade studying and teaching the stress-reduction gestures of Mudras. She is the author of *Mudras*. She lives in Fairview Park, Ohio. Stuart Prado is a freelance illustrator. He lives in Seattle.
Mudras
Ancient Gestures to Relieve Modern Stress
Emily Fuller Williams, Stuart Prado

Summary
Introduces easy, economical ways to cope with physical and emotional tension. Used for centuries by many different cultures, mudras are seen in Eastern dance and meditation, in ancient Egyptian friezes, even in Byzantine icons of Christ. Most of us use them today, too: we wave goodbye, we press a hand to our chest in distress, we wriggle our fingers to release energy, or press fingertips together to calm ourselves. This carefully-illustrated step-by-step guide can be used by adults and children, wherever we are: behind the wheel, behind the desk, at the kitchen counter or on a walk. A mudra can be learned in a minute and it can relieve tension in as little as five minutes. The basis for the Mudra Pocket Cards.

Contributor Bio
A native of River Falls WI, Williams graduated from the University of Wisconsin-Madison and the Ohio College of Massage Therapy. She lives in a suburb of Cleveland OH. She practices massage therapy and teaches mudras.

Take a Moment
Activities to Refocus, Recentre and Relax Wherever You Are
Mind

Summary
Modern life isn't just stressful, it can be overwhelming. With expert support from Mind, these short, simple techniques will help you take a moment and find calm wherever you are and whenever you need it.

Contributor Bio
Mind is a mental health charity based in England and Wales.
Cannabis and the Soma Solution

Chris Bennett

Summary

Seeking to identify the plant origins of the early sacramental beverages Soma and Haoma, this study draws a connection between the psychoactive properties of these drinks and the widespread use of cannabis among Indo-Europeans during this time. Exploring the role of these libations as inspiration for the Indian Rig Veda and the Persian Avestan texts, this examination discusses the spread of cannabis use across Europe and Asia, the origins of the Soma and Haoma cults, and the shamanic origins of modern religion.

Contributor Bio

Chris Bennett is an expert in the use of ethnobotanicals. He has contributed articles to numerous magazines, including Cannabis Culture and High Times, and he is the author of several books, including Green Gold the Tree of Life: Marijuana in Magic and Religion and Sex, Drugs, Violence and the Bible. He lives in Vancouver, British Columbia.

Confessions of an Illuminati, Volume II

The Time of Revelation and Tribulation Leading up to 2020

Leo Lyon Zagami

Summary

After his master thesis of the secret societies network as outlined in volume 1, the Confessions of an Illuminati narrative of Leo Lyon Zagami is projected to the reality of today, including the occult maneuvers behind the New World Order. We need to wake up beyond our current belief systems, because the "controllers" of the New World Order are moving fast using the "Prophecies" to their advantage to implement their evil plan by 2020, when World War III will finally break loose.

The author demonstrates that the hierarchy of power emanating from Rome and Jerusalem, with the Jesuits and the Zionist’s united by a secret pact since the Second Vatican Council, are in cahoots working towards the creation of a world government. There is also China playing a new role in the NWO with the far reaching tentacles of Chinese Freemasonry manipulating economic Hit Men and disinformation artists, while Russia is building their Christian orthodox alliance to apparently oppose the Western antichrist.

In this unprecedented scenario, we also have the involvement of the big media moguls like Ted Turner ...
Confessions of an Illuminati, Volume III
Espionage, Templars and Satanism in the Shadows of the Vatican
Leo Lyon Zagami

Summary
Zagami pushes the boundaries once again with this unique and personal journey into the mysteries of the secretive world of the Dark Cabal. In the third book of this acclaimed series, Zagami explores a variety of cryptic topics that are always verified with documentation. This is not a work of fiction, but a tool with which readers can comprehend topics that range from the truth about the mythical Knights Templars to the Jesuits and their Vatican espionage game. Zagami uncovers the most credible candidates of the Grail mystery with proven testimony from an official saint of the Catholic Church. Zagami also upholds what he calls "conspiracy reality," a way to fight back against the system of lies and deceit responsible for the rise of Satanism in the Vatican, showing in the process the magical practices of the Illuminati.

Contributor Bio
Leo Lyon Zagami is the author of Pope Francis: The Last Pope?: Money, Masons and Occultism in the Decline of the Catholic Church, and the Confessions of an Illuminati series.

The Most Dangerous Book in the World
9/11 as Mass Ritual
S. K. Bain, Peter Levenda

Summary
In this shocking exposé, investigative researcher and author S. K. Bain explores the inconsistencies, coincidences, and historical precedents of the events of September 11, 2001, and reconstructs an occult-driven script for a Global Luciferian MegaRitual. Bain argues forcefully that the framework for the entire event was a psychological warfare campaign built upon a deadly foundation of black magick and high technology. The book details a view of the sinister nature of the defining event of the 21st century and opens a window into the vast scope of the machinery of oppression that the author asserts has been constructed around us.

Contributor Bio
S. K. Bain is the former art director of Weekly Standard magazine and Oxford American magazine. He recently helped author portions of U.S. Public Law 111-11, an act that designates certain land as components of the National Wilderness Preservation System. He lives in Blue Mountain, Mississippi. Peter Levenda is the author of Sinister Forces and Unholy Alliance: A History of Nazi Involvement with the Occult. He has appeared in numerous documentaries for the History Channel and the Discovery Channel, as well as in TNT's documentary The Faces of Evil. He has also appeared on Coast-to-Coast with George Noory and Ian Punnett. He lives in Miami.
The Key to Solomon's Key (2nd Edition)
Is This the Lost Symbol of Masonry?
Lon Milo DuQuette, James Wasserman, Mark Stavish

Summary
Sketching out a fascinating network of historic figures, cults, and Christendom, this book by an occult-studies expert and respected authority on magic and sorcery takes Western spiritual traditions seriously—but examines them with common sense and self-effacing humor. Working backward from the Freemasons to one of their original orders, the 14th-century Knights Templar, the account considers sorcery, heresy, and intrigues; explores the legend that the Knights possessed a powerful secret dangerous to the Church of Rome; and finds an essential clue to the order's practices in their connection to the biblical Solomon, king of Israel in the 10th century BC. This updated edition features new images, chapters on important symbols, and a new preface.

Contributor Bio
Lon Milo DuQuette is the author of Angels, Demons & Gods of the New Millennium; The Magick of Aleister Crowley, and My Life in Spirits, a memoir of his life as a practicing ceremonial magician. He lives in Costa Mesa, California. James Wasserman specializes in esoteric literature and currently works in book production and graphic design. He lives in New York City. Mark Stavish is the Director of Studies for the Institute for Hermetic Studies, and is the author of Between the Gates: Lucide Dreaming, Astral Projection, and the Body of Light in Western Esotericism.

The Complete Book of Shaolin (Illustrated)
Comprehensive Programme for Physical, Emotional, Mental and Spiritual Development
Kiew Kit Wong

Summary
Shaolin Kungfu has been considered by many as the best martial art in the world. But kungfu is just one of the three treasures of Shaolin, the other two being chi kung and Zen.

For the first time ever, this inspiring book, written by an internationally acclaimed Shaolin Grandmaster, brings to you the crystallization of Shaolin wisdom and practice spanning many centuries. Its scope and depth is amazing, touching on, among many other things, poetry and enlightenment.

Yet it is written in a language easy to understand. Profound concepts and difficult techniques are explained systematically with many illustrations.

The book includes:
- The background and scope of kungfu.
- Form and combat applications.
- Principles and methods of force training.
- Energy training and mind training.
- Secrets of the masters.
- Traditional Chinese weapons.
- Maintaining one's health and vitality and the healing of so-called incurable diseases.
- Interesting stories and legends of Shaolin.
- Zen and spiritual development.

Contributor Bio
Wong Kiew Kit, popularly known as Sifu Wong, is the fourth generation successor of Venerable Jiang Nan from the famous Shaolin Monastery in China and Grandmaster of Shaolin Wahnam Institute of Kungfu and Chi Kung. He received the “Chi Kung Master of the Year” Award during the Second World Congress on Chi Kung held in San Francisco in 1997. He has practiced and taught the Shaolin arts for more than 3 decades and has
Masters of Perception
Sensory-Motor Integration in the Internal Martial Arts
Jan Diepersloot

Summary
Divided into four parts, this book describes the developmental stages of the internal martial artist. The first requirement lies in the constant cultivation and maintenance of proper posture and breathing habits, both in the stillness of sitting and standing and in the movement of the body. The next stage develops “jin,” or “fajin,” a unique power characteristic of internal martial arts that is examined through the fundamental, physiological, anatomical, and mechanical bases and parameters. Also important is the “yi,” which refers to the mental faculty tasked with controlling our movements and actions in the world, and “shen,” the peak or transcendent experience of awareness. This is the final volume of the Warriors of Stillness trilogy.

Contributor Bio
Jan Diepersloot has studied martial arts for more than 35 years and is the author of Qigong of the Center and The Tao of Yiquan. He is the founder of the Contra Costa Center for Healing and the Arts, where he teaches. He lives in Walnut Creek, California.

The Warriors of Stillness Trilogy
Meditative Traditions in the Chinese Martial Arts
Jan Diepersloot

Summary
This boxed set includes all three volumes in The Warriors of Stillness Trilogy which follow the author’s experiences and investigations into the internal martial arts. The first book discusses techniques on movement, issuing the “jing,” and the theory and practices of taijiquan. The second book pulls from the practices that are used in Yiquan such as the ability to defeat power and speed, traditional meditation techniques, and the skills that are used to counter and control force. The last book describes good posture and breathing habits, instruction on developing the “jin,” how to control body movements and actions, and the peak transcendent experience of awareness. Each volume includes illustrations that complement the text and offer a visual guide through the various stages in martial arts.

Contributor Bio
Jan Diepersloot has studied martial arts for more than 35 years. He is the founder of the Contra Costa Center for Healing and the Arts, where he teaches. He lives in Walnut Creek, California.
**SQ21** (New edition)

**The Twenty-One Skills of Spiritual Intelligence**

Cindy Wigglesworth

New in paperback with a foreword by John Mackey, founder and CEO of Whole Foods.

According to author Cindy Wigglesworth, Spiritual Intelligence is the ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the situation. In her new book, *SQ21: The Twenty-One Skills of Spiritual Intelligence*, Cindy helps us understand how spiritual intelligence is analogous to such concepts as IQ and emotional intelligence (EQ). Using clear, practical language she defines the 21 skills that comprise spiritual intelligence and in doing so, teaches you the steps to begin developing your own spiritual intelligence. Cindy refers to her method as spiritual weightlifting—a process whereby we work to develop our muscles to shift away from thinking with our self-focused ego to behaving from our more loving and peaceful Higher Self. Her model is both faith-friendly and faith-neutral, and *SQ21* offers a way for atheists, people of faith, and those who are spiritual but not religious to understand each other and discuss our universal concerns. These skills are especially crucial for those in positions of leadership, since they help us to make de...

**Summary**

According to author Cindy Wigglesworth, Spiritual Intelligence is the ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the situation. In her new book, *SQ21: The Twenty-One Skills of Spiritual Intelligence*, Cindy helps us understand how spiritual intelligence is analogous to such concepts as IQ and emotional intelligence (EQ). Using clear, practical language she defines the 21 skills that comprise spiritual intelligence and in doing so, teaches you the steps to begin developing your own spiritual intelligence. Cindy refers to her method as spiritual weightlifting—a process whereby we work to develop our muscles to shift away from thinking with our self-focused ego to behaving from our more loving and peaceful Higher Self. Her model is both faith-friendly and faith-neutral, and *SQ21* offers a way for atheists, people of faith, and those who are spiritual but not religious to understand each other and discuss our universal concerns. These skills are especially crucial for those in positions of leadership, since they help us to make de...

**Contributor Bio**

Cindy Wigglesworth is the President and Founder of Deep Change, Inc., a company dedicated to helping individuals and organizations integrate and access their Deep Intelligence(R). She is the creator of the SQ21 Spiritual Intelligence self-assessment, the first competency-based spiritual intelligence assessment instrument. In addition to her many radio appearances, she has been a guest on the Oprah Winfrey Show and PBS television.