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New Books

Mandala Books



...a haven for the soul

May, 2024

"There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter."

—Rachel Carson

We can never eulogize spring too much! This time of year streams life back into body and soul.

All winter we wait for leaves to burst forth. The first dusting of green on the trees is more like a lacework of golden light on the branches. It lasts for only a few days but in those days it is an enthralling sight.

The eastern redbuds and the lilacs have their turn at dazzling us as well.

Happy May days to everyone.



May's Insights from Lisa

Welcome to May Friends!! May is the best smelling month of the year LOL! The intoxicating smell of both lilacs and lily of the valley is one of spring's greatest gifts. In May the shoots have all broken through and it's time to thrive. Here we can create a momentum that will carry us far as we are now in a position of readjustment and realignment from the past. The cards ask that we turn and guide our intentions towards the changes we desire. Now is the time to bust out of a rut and to do so without hesitation. Spring does not hesitate to bloom and grow and neither shall we :)



#1. First Light; Beginning a New Cycle- This card ushers us into a month that not only embodies but encourages beginnings and new cycles. May feels like both a great release AND a great reset. Intrinsicly we know it is time to get busy making plans and setting all sorts of ideas in motion. The month of May exclaims it's time to get this party started and the best part is that we cannot help but get caught up in the enthusiasm that is seen all around us. This card asks that we start something new this month and that we begin a new cycle for the sake of the joy itself and the excitement of starting something new. And for goodness sake, do NOT over think this. Just simply start something that will make you smile. Joy is all around us this month. The birds are singing their little hearts out, the squirrels are bouncing about like the manic acrobats that they are and the flowers are stretching and growing

continued on the next page

rejoicing in the warmth of the sun. Let these creatures be your muse for the songs, sights and death deifying antics of the happy squirrel are all here to motivate us so we too can feel what they feel which is renewal and release. May is THE month to embrace the absolute wonder of what happens when we decide to embrace the freedom that a new phase offers. This card reminds us that joy does not need to be earned, it is a birthright for all of us. We do not have to prove ourselves, put in more hours, clean more stuff, exercise more etc. in order to be worthy of joy and freedom. It is ours to revel and participate in. Circumstances may get in the way of our joy but we are hardwired to seek it out.

We often talk about change in this newsletter and the perils and challenges that come with change. We are creatures of habit and change can shake the foundations of our habits BUT this card asks that in May we welcome and start a new cycle of change that inspires us. Instead of looking upon change as something we worry about, we are to find people places and things that bring us the best kind of change. The kind that offers us laughter, friendship, warmth and renewal. Change of scenery or change of circumstances can offer relief, restoration and best of all, motivation and potential excitement. Slow down this month, look around, listen to your intuition and FEEL the pulse of renewal and joy that's in the air. It's there, I promise you. Something joyous is waiting for you this month, you just need to figure out what that might be :)

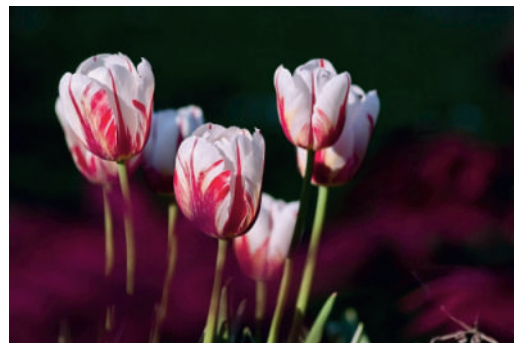
#2. Seven of Pentacles- This card is all about expansion and it offers us a wonderful place in which to declare...Yes, I can! The Seven of Pentacles also brings us the four Ps :) Patience, Planning, Progress and Perseverance. We couldn't follow up with a better card! When we think of this card we think about reaping the rewards and benefits of hard work and resolve. Not only are we seeing our desires and intentions manifest in real time but we are seeing the results of working towards the things that will work for us and not against us. The Seven of Pentacles is what happens when you put in the time and make the changes that allow you to flourish and thrive. Honestly, this is an underrated feel good card. The Seven of Pentacles is proof positive that putting in the effort and problem solving, even when things don't go as planned has tangible rewards. Remember that in the very beginning we start off as The Fool, not knowing what will happen along our journey but we are compelled to explore. We head out blissfully unaware. We have blind faith as we set off on our journey because there are times when we can't have all the answers. Here with the Seven of Pentacles we arrive at a point where we have overcome obstacles and found success through hard work. As our journey unfolds we create a solid and sturdy foundation from which to move forward. We have proven to ourselves that we can grow a garden that will foster us in the future. This card shows us that with persistence, a belief in ourselves we can cultivate what we desire in our lives. We are heavily encouraged to keep forging ahead and to not give up. Yes, we may need to change up our methods, change course, learn some new things along the way but by being adaptable and flexible we will see progress. Getting back on track with a new sense of purpose is what the energy of Seven can bring to us. It also provides the fortitude and determination to succeed in our endeavours and to overcome obstructions or challenges. The key is to see the big picture, stay the course and don't forget to have some fun with it. Enjoy your garden, in whatever form that takes for you. We should find pleasure in growth and change because it can be a beautiful thing. Just ask any flower these days :)

#3. Stag Spirit; Take the Lead- We may not have intentions to lead but we might just find ourselves suddenly called to step up and do just that. Stag Spirit arrives to show us that now is the time to heed the call and to be strong but also compassionate. Others will look at us and see the confidence we carry whether we are aware of this not. This card is a reminder that others do not see us as we see ourselves. Often they see us in a much higher light. Stag Spirit wants to show us that we can be a leader even in a soft and gentle way. We do not need to herald a revolution but we can be a beacon of strength. This month we are asked to look around and see where our leadership may be of service. We are asked to share what we know about renewal, strength, hope and resiliency. By sharing our stories with others we can help to inspire, heal and comfort. We never truly know how sharing even a small part of our story can help another soul. Our recollections and tales of strength can offer ah-ah moments, hope and motivation to others. We all know that feeling of relief when you realize you are not the only one. When someone has the courage to ask.. "You too?" and the reply is.. "Yes, me too." , there is a great comfort there. The beauty of leading by sharing our genuine stories is that we affirm just how closely we are connected.

Enjoy this wonderful month of vast potential. In May it feels like anything is possible and if we spend some time allowing Mother Nature and her tiny band of merry makers to inspire us, we too can tap into this energy. Sometimes we just need to give ourselves permission to let go and see what happens. Speak kindly to yourselves, Hugs Lisa xo

Cards Used in this Reading:

1. Sacred Traveller Oracle Cards by Denise Linn
2. The Housewives Tarot by Paul Kepple and Jude Buffum
3. The Spirit Animal Oracle by Colette Baron-Reid



Languishing—the state of mental weariness that erodes our self-esteem, motivation, and sense of meaning—can be easy to brush off as the new normal, especially since indifference is one of its symptoms. It is not a synonym for depression and its attendant state of prolonged sadness. Languishers are more likely to feel out of control of their lives, uncertain about what they want from the future, and paralyzed when faced with decisions. Left unchecked, languishing not only impedes our daily functioning but is a gateway to serious mental illness and early mortality.

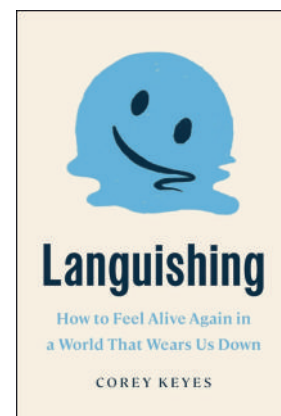
Emory University sociologist Corey Keyes has spent his career studying the causes and costs of languishing—the neglected middle child of mental health. Now Keyes has written the first definitive book on the subject, examining the ripple effect of languishing on our lives before deftly diagnosing the larger forces behind its rise: the false promises of the self-help industrial complex, a global moment of intense fear and loss, and a failing healthcare system focused on treating rather than preventing illness.

Ultimately, Keyes presents a counterintuitive approach to breaking the cycles keeping us stuck and finding a path to true flourishing. Unlike self-improvement systems offering quick-fix mood boosts, his framework focuses on functioning well: taking simple but powerful steps to hold our emotions loosely, becoming more accepting of ourselves and others, and carving out daily moments for the activities that create cycles of meaning, connection, and personal growth.

ISBN: 978-0593444627 * Crown, 2024 * 304 pages * \$38.99

LANGUISHING
*How to Feel Alive Again in a World
That Wears Us Down*

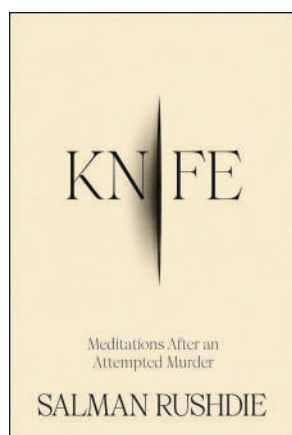
Corey Keyes



KNIFE

Meditations After an Attempted Murder

Salman Rushdie



On the morning of August 12, 2022, Salman Rushdie was standing onstage at the Chautauqua Institution, preparing to give a lecture on the importance of keeping writers safe from harm, when a man wearing black clothes and a black mask rushed down the aisle toward him, wielding a knife. His first thought: *So it's you. Here you are.*

What followed was a horrific act of violence that shook the literary world and beyond. Now, for the first time, and in unforgettable detail, Rushdie relives the traumatic events of that day and its aftermath, as well as his journey toward physical recovery and the healing that was made possible by the love and support of his wife, Eliza, his family, his army of doctors and physical therapists, and his community of readers worldwide.

Knife is Rushdie at the peak of his powers, writing with urgency, with gravity, with unflinching honesty. It is also a deeply moving reminder of literature's capacity to make sense of the unthinkable, an intimate and life-affirming meditation on life, loss, love, art—and finding the strength to stand up again.

ISBN: 978-1039009653 * Knopf Canada, 2024 * 209 pages * \$34.95

THE INDOCTRINATED BRAIN
*How to Successfully Fend Off the Global
Attack on Your Mental Freedom*

Michael Nehls, MD, PhD

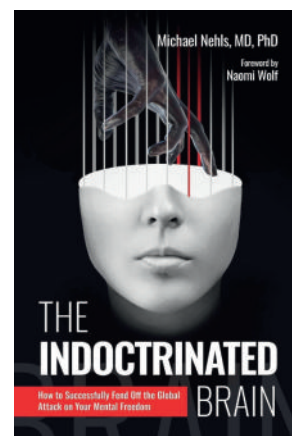
Throughout the world, mental capacity is declining, especially among young people, while depression rates are rising dramatically. Meanwhile, one in forty men and women suffers from Alzheimer's, and the age of onset is falling rapidly. But the causes are not being eliminated, quite the opposite. Can this just be coincidence?

The Indoctrinated Brain introduces a largely unknown, powerful neurobiological mechanism whose externally induced dysfunction underlies these catastrophic developments.

Michael Nehls, medical doctor and internationally renowned molecular geneticist, lays out a shattering chain of circumstantial evidence indicating that behind these numerous negative influences lies a targeted, masterfully executed attack on our individuality. He points out how the raging wars against viruses, about climate change, or over national borders are—more likely intended than not—fundamentally providing the platform for such an offensive against the human brain that is steadily changing our being and is aimed at depriving us of our ability to think for ourselves.

But it is not too late. By exposing these brain-damaging processes and describing countermeasures that anyone can take, Nehls brings light and hope to this fateful chapter in human history. Nothing less will be decided than the question of whether our species can retain its humanity and its creative power or whether it will lose them irretrievably.

ISBN: 978-1510778368 * Skyhorse Publishing, 2023 * 258 pages * \$39.99



BAD THERAPY
Why the Kids Aren't Growing Up

Abigail Shrier



In virtually every way that can be measured, Gen Z's mental health is worse than that of previous generations. Youth suicide rates are climbing, antidepressant prescriptions for children are common, and the proliferation of mental health diagnoses has not helped the staggering number of kids who are lonely, lost, sad and fearful of growing up. What's gone wrong with America's youth?

In *Bad Therapy*, bestselling investigative journalist Abigail Shrier argues that the problem isn't the kids—it's the mental health experts. Drawing on hundreds of interviews with child psychologists, parents, teachers, and young people, Shrier explores the ways the mental health industry has transformed the way we teach, treat, discipline, and even talk to our kids. She reveals that most of the therapeutic approaches have serious side effects and few proven benefits. Among her unsettling findings:

- Talk therapy can induce rumination, trapping children in cycles of anxiety and depression
- Social Emotional Learning handicaps our most vulnerable children, in both public schools and private
- "Gentle parenting" can encourage emotional turbulence – even violence – in children as they lash out, desperate for an adult in charge

Mental health care can be lifesaving when properly applied to children with severe needs, but for the typical child, the cure can be worse than the disease. *Bad Therapy* is a must-read for anyone questioning why our efforts to bolster America's kids have backfired—and what it will take for parents to lead a turnaround.

ISBN: 978-0593542927 * Sentinel, 2024 * 297 pages * \$39.99

HERBAL HANDBOOK

With Recipes, Tinctures, Teas, Balms, and More

New York Botanical Garden

Did you know that woodruff was used as a room freshener in the Middle Ages; that crushed bergamot leaves can soothe bee stings; and that dried fenugreek seeds were found in the tomb of King Tutankhamen?

Herbs are magical, and their uses myriad. Inside *Herbal Handbook* are fifty-one herbs portrayed in words and rare botanical art curated by experts at The New York Botanical Garden. Some, like saffron, are treasured and rare; others, like purslane, grow by the roadside. They all have a place—in the garden, in the kitchen, in the bed or the bath. Use *Herbal Handbook* to explore their history, how to grow them, and how they were used in the past and present. Then bring them into your daily life; each herb's profile offers a recipe or project that highlights its unique properties.

So cleanse your face with calendula when you wake up, sip a bergamot tea at breakfast, have a lovage tuna sandwich for lunch, and mix a caraway cocktail at the end of the day. Let *Herbal Handbook* delight your senses as they have done to others for thousands of years.

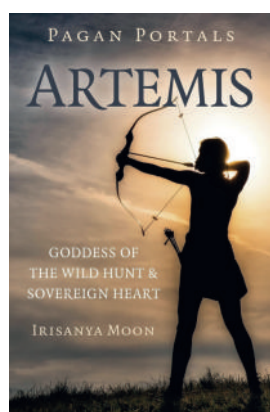
ISBN: 978-1524759131 * Clarkson Potter, 2022 * 176 pages * \$21.99



PAGAN PORTALS - ARTEMIS

Goddess of the Wild Hunt & Sovereign Heart

Irisanya Moon



Often pictured running in the woods, Artemis is a goddess unto Herself. She is wild, and She is the Wild. Through Her, we can learn about tapping back into our wildness, learning to care for our hearts, and returning to the places that we have been told to fear. Artemis' aim is always true, some say, and building a relationship with Her can help set the best direction for our own arrows.

"Irisanya Moon's book, *Artemis*, couldn't have arrived at a better time. In a world filled with chaos and uncertainty where some would seek to stifle the power and voices of the wild woman, '*Artemis*' invites us to step fully into our power and learn to trust ourselves. Through the use of research, stories, personal experiences and a variety of hands-on tools, Irisanya Moon's book helps to bring to life a deity that, while complex, is a powerful mentor and guide for our times."

-- Robin Corak

ISBN: 978-1803413211 * Moon Books, 2024 * 96 pages * \$17.95

21 DAYS TO JUMP-START YOUR INTUITION
Awaken Your Most Empowering Super Sense

Sonia Choquette

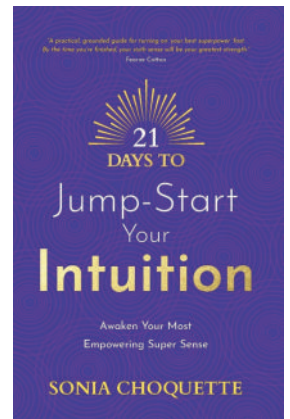
Your intuition is the voice of your authentic Self. Developing your intuition allows you to recognize that you are a spiritual being, connect with the sacred gift that is your sixth sense, and trust the inner light of your spirit to help you maneuver your way to a prosperous life.

In this easy-to-follow guide to developing your intuition, Sonia will show you how to:

- tap into your intuition to lead you to a life filled with purpose
- rid yourself of self-doubt, confusion, and anxiety so you can truly enjoy all that life has to offer
- re-energize your spirit and manifest abundance

21 Days to Jump-Start Your Intuition is packed with intuitive guidance, expert teachings, and practical exercises that will help you to trust your vibes so you can live fully, freely, and joyously.

ISBN: 978-1401976095 * Hay House, 2024 * 175 pages * \$19.99



THE GOLDEN FUTURE

What to Expect and How to Reach the Fifth Dimension

Diana Cooper



We all know how turbulent life has been recently. How long will the world carry on like this? Will things ever improve? Bestselling teacher, author and card deck creator Diana Cooper believes a better future is on its way. In this uplifting spiritual guide, she describes how an entirely new age – the golden future – is being birthed. Current times are challenging but we are moving towards a new fifth-dimensional Golden Age that will be a time of peace and happiness, when the world as we know it will have changed beyond recognition for the better.

Diana Cooper tells the history from the fall of Atlantis to the current period and the time frame to 2032. This vital spiritual guide is split into four enlightening parts, covering:

- The journey to the golden future of Earth
- The Transformation – life in the new Golden Age
- Preparing for the Fifth Dimension
- Higher Ascension tools to propel you into the golden future

As Diana shares the journey to the new Golden Age, she explains the reason why there are eight billion people on the planet and the cosmic happenings in 2032 that will change the world. Amidst the turmoil of modern-day life, allow *The Golden Future* to inspire and guide you along this collective transformational journey towards a better future.

ISBN: 978-1401972875 * Hay House, 2023 * 291 pages * \$25.99

AURA ALCHEMY

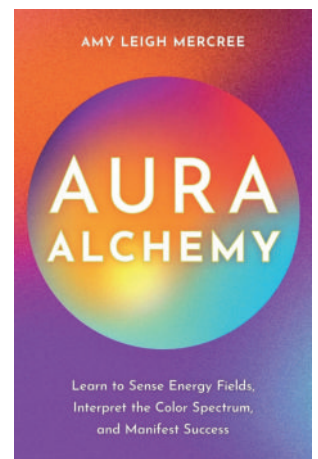
Learn to Sense Energy Fields, Interpret the Color Spectrum, and Manifest Success

Amy Leigh Mercree

A fresh take on auras from a medical intuitive who has been working with energy on a quantum level for over twenty years. Take a deep dive into the history and science of auras with this in-depth guide, learning not just what the colors of auras mean and how to see them in yourself and others, but how to raise the frequency of your own aura and those of others and use that knowledge to manifest your best life, filled with harmony and abundance.

This book dives profoundly into the truth of complete interconnection in the universe and the living electromagnetic fields around all living things, which we call auras. In essence, the study and awareness of auras is an opening to feel the connection between all life. It also encourages and necessitates opening the clairvoyant and other intuitive senses to feel, taste, smell, touch, see, and hear auras and perceive them in new and expanded ways. These experiences allow the reader to open mind and heart to the universal life force that comprises all existence.

ISBN: 978-1401976323 * Hay House, 2024 * 248 pages * \$22.99



SEASONS OF THE WITCH — LITHA ORACLE

Lorriane Anderson
Juliet Diaz



And now the wheel turns to Litha - also known as Midsummer and the Summer Solstice - the celebration of abundance, light, growth and joy. The earth has so much to teach us about embracing the energy of prosperity. More than money or wealth, abundance represents having enough of anything. Enough love, kindness, happiness, freedom, creativity, confidence - and, of course, money too. *Seasons of the Witch - Litha Oracle* is here to help you rediscover your soul's natural wealth so you can awaken your ability to manifest more of your heart's desires. For beginners and advanced practitioners alike, whether you are a green witch looking to reconnect to the bounty of the earth, a lover of slow magical Sundays spent slinging cards, or you're ready to let the light drive away your shadows and experience more healing and expansion, the 44 cards in this beautiful and unique deck are your confidants and companions.

ISBN: 978-1922579768 * Rockpool, 2023 * 44 cards * \$33.95



Open your heart and enjoy this journey called Life!

This deck is an inspiring culmination of art, soul, and insight from one human to another to elevate our collective consciousness through kindness, compassion, and connection. The art is bold, vibrant, symbolic and wildly abstract calling the diviner to reflect on the universality of the human experience which the art invokes.

Most oracles are tools for self-transformation, this oracle is meant to delve into our collective consciousness. *The Human Spirit Oracle* provides a message of hope, unity, and harmony and is intended to reflect and inspire everyone in this journey called life.

ISBN: 979-1922785176 * Rockpool, 2023 * 44 cards & guidebook * \$35.99

HUMAN SPIRIT ORACLE
Learning to Reconnect

Jena Dellagrottaglia



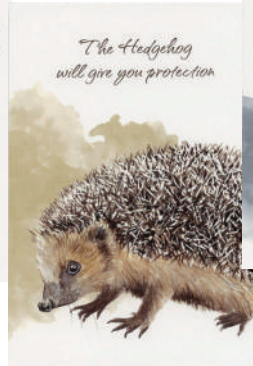
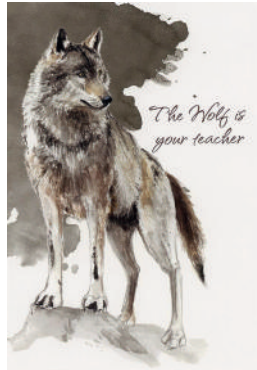
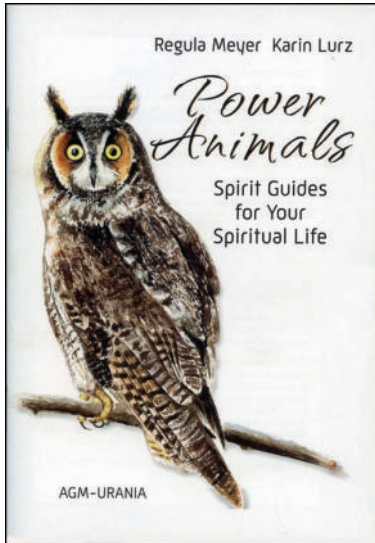
POWER ANIMALS

Spirit Guides for Your Spiritual Life

Regula Meyer
Karin Lurz

Animals fascinate and affect us. Often we intuit that they possess exceptional powers and skills. When we mentally connect ourselves to them, we can use their spiritual powers and adopt their wisdom as our own. These unique animal cards, illustrated with great empathy, have their own auras. Find your very own personal animal guide that will help you with current issues and future situations throughout your whole life. Use the power and the messages they provide in this deck to develop and strengthen your own potential.

ISBN: 978-1572819429 * AGM Urania, 2018 * 49 cards and guidebook * \$42.00



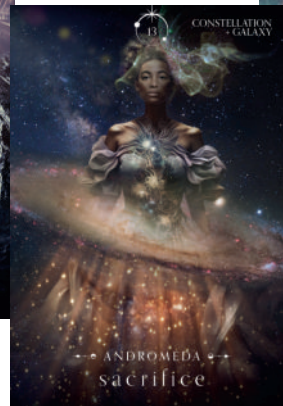
Humans have always been fascinated by the night sky and the spin of the planets. The earliest cave paintings feature the stars, the sun, the moon, and constellations all woven into myths, stories and lessons. Every day we learn a little bit more about the vastness of space. Not only are we exploring constellations, stars, planets, black holes and even whole galaxies that we now know exist, but also energies such as dark matter and new space phenomena that are now being discovered and further understood.

ORACLE OF THE UNIVERSE
Divine Guidance From the Cosmos

Stacey Demarco
Kinga Britschgi

This card deck is perfectly created for those who have always sought the cosmos for divine guidance and inspiration.

ISBN: 978-1922785015 * Rockpool, 2024 * 44 cards & guidebook * \$33.95



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