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New Books

# Mandala Books

...a haven for the soul

July, 2026

*"Perfectionism is trying to do everything flawlessly. It is a trap that leads to stress and burnout. Excellence means picking and choosing what matters most, giving those pursuits your all, and letting others go. Excellence also realizes that every masterpiece begins as a rough draft, that every story of enduring progress contains highs and lows."*

— Brad Stulberg from *The Way of Excellence*

## July's Insights from Lisa

Hello Friends! July arrives in a flurry of yellows and oranges! It comes in with a rooster call, a sunflower turning its face, a golden cat curled in the garden, and a fox watching from the edge of the path. At first glance, these cards seem warm, bright, and almost simple. Yellow flowers. Golden coins. Orange fur. A red fox spirit glowing like an ember in the dark. But tarot and oracle cards are rarely interested in the obvious thing alone. They ask us to look twice. They ask us to notice what is hidden inside the colour, the animal, the posture, the direction of the gaze.



Together, these cards tell a story about sacred timing, practiced wisdom, and the courage to adapt. This month may bring moments when we need to speak, move, decide, adjust, or trust the knowledge we have earned through experience. Not perfect knowledge. Not polished, untouchable wisdom. But the kind of knowledge that comes from falling down, getting up, trying again, and realizing we are not as unprepared as we once believed. The month begins with a question hidden inside all this gold. What if the answer is not waiting somewhere far away, but already moving through your body, your instincts, your wisdom and the lessons your spirit remembers before your mind can name them.

We start with the loudest and most demanding LOL! The rooster announces the hour! It's time! The sunflower follows the light. The cat rests inside the work. The fox waits for the moment to move. Together, they suggest July is not only a month of action, but a month of sacred timing. Not movement for the sake of movement. Not noise for the sake of being heard. Not busyness dressed up as purpose. This is a month about knowing when to rise, when to speak, when to practice, when to pause and when to think quickly because the path has shifted and we need to adapt. Change is to be expected. The colours tell their own story before the cards say a word. We see yellow, orange, amber, red. These are the colours of the lower fire in the body: the sacral chakra and solar plexus chakra. Creativity. Desire. Courage. Confidence. Instinct. The will to live and participate more fully inside our own lives.

The first card, The Rooster and Sunflower speaks of communication, timing, and awakening. The rooster does not whisper politely into the dawn. It announces. It calls the day into being. There is something here about knowing when to speak, when to rise, when

*continued on the next page*

to make the first sound after a long silence. The sunflower too, carries its own ancient lesson. It turns toward the sun seeking nourishment, but when the sun is hidden, sunflowers turn toward one another. This is such a tender and powerful image for July. When clarity is not immediately available, we may need to find light with kindred spirits, conversation, shared wisdom or simply in standing beside others who are like minded.

This card suggests that July may bring important messages, invitations, realizations or moments when we are called to say something plainly. Not aggressively. Not defensively. But truthfully. The rooster reminds us that communication has power when it comes from alignment. There is a difference between making noise and sounding the bell. This month, we may need to ask: What needs to be named? What have I been waiting too long to say? Where is my voice part of the medicine?

Then we move into the Eight of Pentacles, and the energy becomes more grounded, patient, and embodied. Here we see the cat resting among flowers and golden pentacles and this gives the traditional meaning of the Eight of Pentacles a softer but “purrfect” twist. Usually this card speaks of work, practice, apprenticeship, discipline, and the long road of mastery. But this image reminds us that skill is not only built through constant effort. The cat knows that mastery requires integration as much as repetition.

There is a deep message here about earned knowledge, but not the kind we receive all at once in a flash of lightning. This is slower magic. This is the wisdom that gathers through repetition, correction, humility, and return. It is the knowledge that comes from trying, failing, adjusting, trying again and realizing that every mistake has been quietly teaching the spirit how to move differently next time. The Eight of Pentacles is not asking for instant brilliance. It is asking for devotion. The repeated act. The small offering placed again and again upon the altar of becoming. This is the card of apprenticeship, but not only to a craft, a job, or a visible skill. It is an apprenticeship to life itself. To our patterns. To our courage. July may remind us that mastery is not born from never falling down. It is born from the sacred decision to rise and return.

This is especially connected to the solar plexus. Confidence does not always arrive before we begin. Often, confidence is something we build by proving to ourselves that we can continue. Every small act of follow-through becomes a golden coin placed on the altar of self-trust. By the end of the month we may not have everything perfected, but we may realize we are no longer the same person who began.

There is also a beautiful contradiction in this card: work and rest are not enemies. The cat bathing itself in the garden suggests refinement, care, and integration. July may ask us to stop confusing exhaustion with devotion. True mastery includes rhythm. A crafts-person must know when to sharpen the tool, when to use it, and when to put it down.

And then comes Fox Spirit: Think on Your Feet. This card brings a flash of red-orange intelligence into the reading. If the rooster announces and the cat practices, the fox adapts. The fox is not reckless. The fox is alert. It reads the room, the weather, the path, the opening in the hedge. Fox Spirit reminds us that this month may not unfold in a perfectly linear way. Again, expect change and better trust our instincts. This is where the sacral chakra becomes very important. Sacral energy is not only about creativity in the artistic sense. It is also about responsiveness. Flow. Sensual intelligence. The ability to move with life instead of becoming rigid when life refuses to follow the original plan. The fox says: Do not panic just because the path changes. You are more resourceful than you think.

There is a strong timing thread running through the whole reading. The rooster knows it's time. The sunflower knows high noon. The cat knows when to rest and tend itself. The fox knows when to move. This month may teach us that wisdom is not only about what we do, but when we do it. A right action at the wrong time can drain us. A small action at the right time can change the whole situation :)

In practical terms, this may look like choosing one area of life where we are ready to practice with more devotion. It may mean speaking up where we have been quiet. It may mean asking for support instead of pretending we are fine in the dark. It may mean resting before we resent the work. It may mean changing direction without calling ourselves inconsistent. The month does not ask us to be perfect. It asks us to be awake. And perhaps that is the deeper medicine of these cards. This month is not simply about action. It is about conscious action. Action with timing. Action with instinct. Action that rises from the body, passes through the heart, and lands in the world with golden little feet.

This month, listen for the rooster. Face the sun when it is there. Face each other when it is not. Practice what matters. Rest inside the garden of your becoming. And when the path suddenly bends, let the fox in you adapt. You know more than you think.

Speak kindly to yourselves, hugs Lisa xo

Cards Used in this Reading:

1. Woodland Wardens by Jessica Roux
  2. Grimalkin's Curious Cats Tarot by MJ Cullinane
  3. The Spirit Animal Oracle by Colette Baron-Reid
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THE WAY OF EXCELLENCE  
*A Guide to True Greatness and Deep Satisfaction in a Chaotic World*

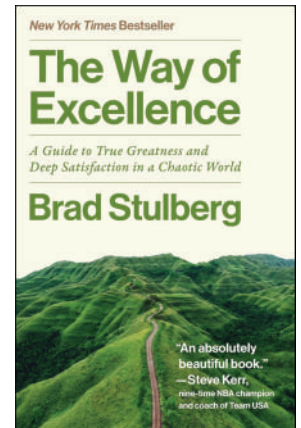
Brad Stulberg

Whether you are practicing guitar, pushing your limits at the gym, leading a team, honing a craft, studying medicine, or giving yourself the time and space to finally write that book, the pursuit of excellence is a big part of what makes life worth living—and it is for all of us. Unlike "pseudo-excellence," which is about hustle culture and hacks, genuine excellence is about challenging yourself in worthwhile endeavors, focusing on what matters most, and expressing the unique qualities that make you who you are. Too often, we get caught up in convenience and distraction to the detriment of our true potential. The good news is that we can set ourselves on a better path, one that includes more aliveness and resonance, more connection to self and others.

Here, Stulberg finds convergence between modern science, age-old philosophy, and daily practice to explain that we are wired to strive for excellence—it is what we are here to do, core to our humanity. Yet our environment often works against us. The path he shares to reclaim excellence means learning the attitudes and strategies to accomplish any goal.

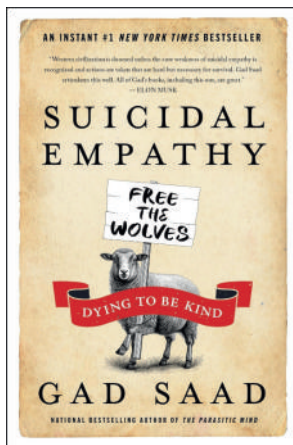
At its core, excellence is a deeply-fulfilling process of becoming—the best performer, and person, you can be.

ISBN: 978-0063385948 \* HarperOne, 2026 \* 276 pages \* \$36.99



SUICIDAL EMPATHY  
*Dying to Be Kind*

Gad Saad



In his new book, *Suicidal Empathy*, Saad unleashes a blistering critique of maladaptively irrational altruism that has gripped our culture. This mind parasite hijacked the empathy module of our progressive elite, leading to a catastrophic miscalibration of moral priorities. The results are everywhere: from coddling violent criminals to protecting rapists to branding self-defense as toxic behavior. We are witnessing a civilization in rapid decline. Lunatic policies are instituted because we prioritize the feelings of ostensibly marginalized groups over The Truth, criminals over victims, and squatters over homeowners. This is not humane; it's an active dismantling of the pillars that keep us safe and free.

This crisis of empathy creates a horrifying system of inverse morality where the strong and successful are demonized, and the destructive are celebrated. Just look at the insane inversions we tolerate daily: we prefer illegal migrants over our own legal citizens and veterans, permit drug addicts to threaten children's safety in parks, and elevate transgender 'women' above biological women in sports and safe spaces. Common sense is dying in a deluge of misguided compassion.

*Suicidal Empathy* is your wake-up call. Stop ignoring your survival instincts in the name of political correctness. This isn't just misguided policy; it is the ultimate expression of a culture actively choosing its own demise.

ISBN: 978-0063446533 \* Broadside Books, 2026 \* 238 pages \* \$43.99

ALWAYS CONNECTED  
*How to Find Comfort, Clarity, and Direction from the Spirit Within*

Suzanne Gieseemann

*Always Connected* is for open-hearted seekers, those grieving a loss, spiritual explorers, and anyone ready to move beyond old belief systems. Author Suzanne Gieseemann—a former U.S. Navy commander turned spiritual teacher and evidential medium—bridges practical spirituality, heart-centered wisdom, and cutting-edge consciousness studies. She guides readers to a life of greater peace, connection, and meaning by learning to say, "Hey, Spirit!" and listen for divine insight.

Combining memoir, evidence-based spirit communication, channeled guidance from higher consciousness, and engaging dialogue with Suzanne's nonphysical teachers, the book is structured in two parts: Part I shares personal stories and foundational teachings to help readers trust and access inner guidance. Part II offers spiritual insights on universal challenges such as grief, anger, forgiveness, regret, and self-worth, paired with practical invitations for readers to connect directly with spirit themselves.

*Always Connected* provides a 21st-century approach to spirituality that integrates science and the sacred, offering an empowering alternative to shift from the external noise of everyday stress to the quiet wisdom within.

ISBN: 979-8318601347 \* Hay House, 2026 \* 199 pages \* \$23.99

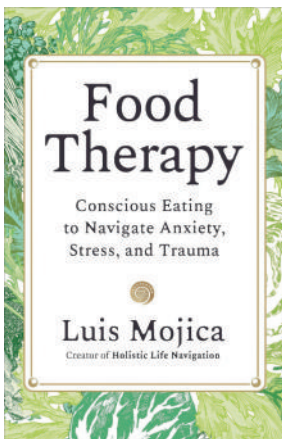


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## FOOD THERAPY

*Conscious Eating to Navigate Anxiety, Stress, and Trauma*

Luis Mojica



Food is therapy—and the choices you make each day impact your capacity to heal from anxiety, stress, and even trauma. Somatic Educator Luis Mojica offers a groundbreaking approach to eating to support the nervous system, adrenals, and glucose balance. When you learn how nutrition impacts your emotions and your body, every food choice becomes an opportunity to shift your biochemistry and support your goals. This knowledge can be incorporated into both therapeutic and personal practices, revealing how to:

- Learn which foods affect your fight-or-flight response.
- Replace judgment and shame with curiosity to reveal the unmet needs behind your food cravings.
- Avoid food-induced stress so your body can better handle life's ups and downs.
- Eat both processed and whole foods in a balanced way.

Neither a cookbook nor a one-size-fits-all diet of dos and don'ts, this book is a guide to becoming a conscious alchemist, deeply in tune with your body, using food as a medicine.

ISBN: 978-1401998387 \* Hay House, 2026 \* 255 pages \* \$24.99

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## ALCHEMICAL LIGHTWORK

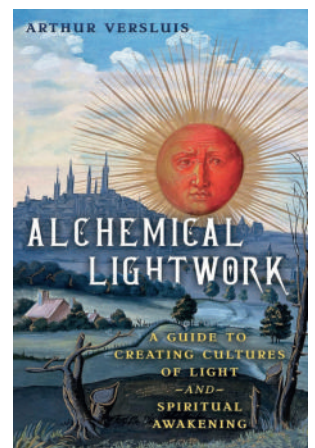
*A Guide to Creating Cultures of Light and Spiritual Awakening*

This book weaves contemporary lightwork and classical, transformative alchemy to offer a path to achieving spiritual evolution. Examining the contradictions of modern times through the concept of the “end of an age,” Arthur Versluis reveals how to transcend materialism and create new cultures of light rooted in perennial wisdom.

Versluis considers the ramifications of the materialism that separates us from nature. Modern technology may seem to point toward endless progress but, without a spiritual orientation, this progress is an illusion. While some may fall into pessimism, Versluis shows that seeds of light are present in the darkness.

Exploring the tradition of alchemy through the *Emerald Tablet of Hermes Trismegistus*, the Grail tradition, and other esoteric works, Versluis shows how we can achieve psychological and spiritual transformation. He explains how lightwork is at the heart of how to wake up and experience a regeneration of self and a reconnection to the Earth. He includes alchemical images for visualization practices to help us awaken to deeper truths, see beyond the veil of illusion, and transcend an illusory sense of self. *Alchemical Lightwork* provides the perennial wisdom that shows how we can seed new cultures to recover our humanity, achieve self-realization, and improve the world at large.

Arthur Versluis



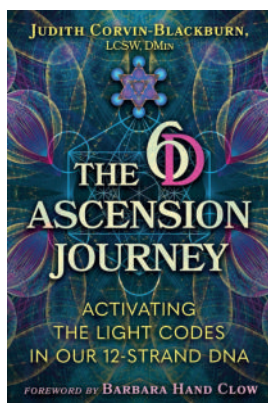
ISBN: 979-8888500187 \* Destiny Books, 2025 \* 148 pages \* \$23.99

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## THE 6D ASCENSION JOURNEY

*Activating the Light Codes in Our 12-Strand DNA*

Judith Corvin-Blackburn



As physical reality shifts from 3D to 5D, humans are evolving from the dense 3D/4D frequencies to the enlightening frequencies of 5D/6D. In this guide to incorporating 6D into our ascension process, Judith Corvin-Blackburn shows how to activate the power of 6D to manifest our highest potential, personally and collectively.

As 3D/4D humans, 10 of our 12 strands of DNA are shut down. This book shows how, as we evolve into 5D/6D Divine humans, we reopen these strands and activate their embedded light codes. With meditations, spiritual tools, and insights to activate these light codes, the author reveals how to identify old beliefs, wounds, and resistances and consciously process, release, and transform them. She explores the light language of 6D embedded in sacred geometry and sound and shares how it connects us to Divine Mind. Activating more strands of DNA gives us access to higher dimensions and helps us reclaim the wisdom of our Star ancestors and the civilizations they seeded in Atlantis, Lemuria, and ancient Egypt. Connecting with 6D frequencies allows us to manifest intentions and connect with our ka body, the energetic blueprint of our soul.

ISBN: 978-1591435464 \* Bear & Co. , 2025 \* 256 pages \* \$22.50

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WHAT I WISH I KNEW ABOUT LUCK  
*A Crash Course on Turning Aspirations Into Achievements*

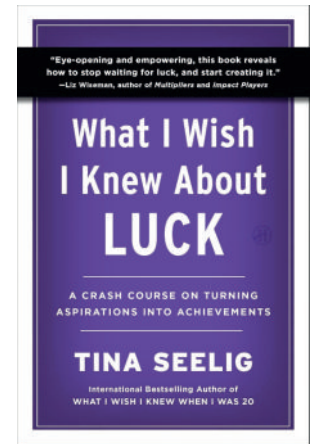
Tina Seelig

Much of what we call luck is the result of deliberate actions and consistent efforts. As Tina Seelig shared in her popular TED Talk, luck is like the wind, constantly blowing, often unpredictable, and always in motion. To catch the winds of luck, you need to construct your sail by doing the internal work that sets the stage for success; recruit your crew by bringing others along; and hoist your sail by acting in ways that lead you closer to your goals. With these practical tools in hand, the winds of luck carry you toward the future you dream to live.

*What I Wish I Knew About Luck* is filled with memorable examples, personal anecdotes, and behavioral science research. You will learn:

- how to stay steady in turbulent waters
- how to sail past your limits
- how to see problems as opportunities
- how to bu clear clutter on your path to success
- how luck is amplified over the course of a lifetime

As a professor at Stanford University, with expertise on leadership, entrepreneurship, and innovation, Dr. Seelig teaches her students how to see and seize opportunities, especially those hidden in plain sight. Opportunities are everywhere, waiting to be discovered!



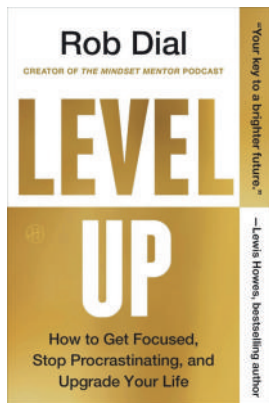
ISBN: 978-0063471368 \* HarperOne, 2026 \* 230 pages \* \$25.99

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LEVEL UP

*How to Get Focused, Stop Procrastinating, and Upgrade Your Life*

Rob Dial



*Level Up* will revolutionize the way you approach your life and your goals. Rob Dial gives you a groundbreaking roadmap to break self-sabotaging patterns and unlock your full potential. When you understand the way the brain and body work together, you can begin to make positive changes. In this book, you will find:

- A proven system designed to revolutionize the way you approach your goals, success, and personal motivation.
- Powerful secrets of highly successful individuals who have mastered the art of focus, defeated procrastination, and achieved extraordinary results.
- Cutting-edge breakthroughs in brain research and psychology that unveil the science behind mental focus and motivation.
- Techniques and tools that empower you to understand and control your mind like never before.

Rob cracks the code to peak performance, teaching you how to apply these tools and insights to your own life. *Level Up* is not just another self-help book. It is a step-by-step guide that helps you quickly get from where you are now to the life you truly want.

ISBN: 978-0063224711 \* HarperOne, 2025 \* 241 pages \* \$23.99

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THE ECHOING UNIVERSE  
*How Radio Astronomy Helps Us See the Invisible Cosmos*

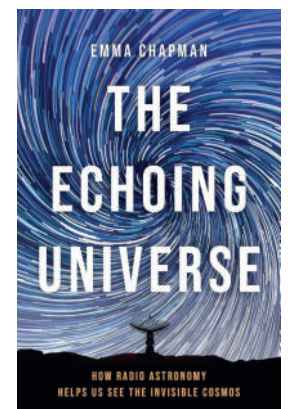
Emma Chapman

In *The Echoing Universe*, Emma Chapman tunes us in to the universe and what it is trying to say, through the science of radio astronomy. Everything is sending out signals: the surface of the Moon, distant stars—maybe even extraterrestrials. With radio waves, we can uncover what visible light cannot show us and peer into realms that are otherwise unreachable. Even the hostile surface of Venus, where high temperatures, lethal acid rain, and crushing pressure rapidly annihilate even the hardest robotic probes, yields its secrets through radio observations.

This exhilarating expedition is just the beginning as new and bigger radio telescopes come into play and propel our curiosity well beyond the edge of our galaxy.

Despite the seeming silence of space, *The Echoing Universe* reveals that the future of astronomy is loud and vibrant. When we turn our radio telescopes to the sky and simply listen, we'll discover far more than what our eyes could ever see.

ISBN: 978-1541601857 \* Basic Books, 2026 \* 332 pages \* \$42.00



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## NEW GIFT ITEMS



*Thoughtfulls* each hold 30 pop-open cards with unique hidden messages behind a perforated window. Measuring 2.25" x 2.25", these cards are perfectly sized for tucking into a greeting card, placing at table settings for a dinner party, slipping into mailboxes at work, or sharing as random acts of kindness. With vibrant designs and inspiring quotes and sentiments, this set offers bursts of good feelings, ready to share.

Each set holds 30 cards for only \$11.95



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## MUGS FROM MANDALA ARTS

Just for fun, we brought in these ceramic mugs from Mandala Arts. Each full colour mug holds 16 ounces and they are each \$19.95.

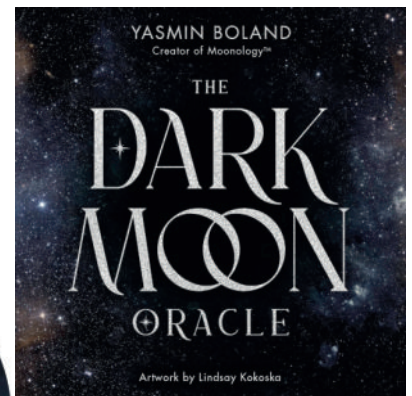


The Dark Moon takes place during the final stage of the lunar cycle, just before the New Moon. It's a time for exploring your shadow, cleansing emotional debris, and experiencing healing. It's also a time for stillness and rest, and getting ready for change, as you prepare to set new intentions with the upcoming New Moon. Containing 48 circular cards, this stunning deck is divided into four suits:

- Essence: Confront the truths you need to face.
- Shadow: Engage in powerful transformational shifts.
- Dark Goddess: Empower yourself through Goddess energy.
- Rebirth: Embrace new beginnings and reconnect with your dreams.

Dive deep into the mysteries of the Dark Moon and emerge renewed, empowered, and ready for change.

ISBN: 978-1837822584 \* Hay House, 2026 \* 48 cards & guidebook \* \$33.99



## THE DARK MOON ORACLE

Yasmin Boland  
Lindsay Kokoska, Illus.

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