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New Books

Mandala  Books

August, 2024

...a haven for the soul

"Yesterday, I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

—Jalal al-Din Rumi

August's Insights from Lisa

Happy August Friends! The cards are full of warm golden tones which perfectly embody the month of August. We are smack dab in the middle of Leo season and this in turn brings us energies of courage, charisma and celebration. Leo energy shows up with a swagger in a bold, well fitting suit and some pretty snazzy shoes. It's all about the glitz and glamour with Leo. No other month offers such brilliant and gallant energy for us to enjoy. The cards do bring us the essence of Leo's grandiose energy but with a plot twist. We are asked to shine this month but in a much more subdued manner. Think more "cat stretched out enjoying the luxury of the summer sun" and less "lion racing with force, creating a flurry of dust and debris in his wake". We can shine brightly but also prioritize our peace and well being.



#1. Time For a Nap- This card might seem to contradict the very essence of August and Leo season but if we look closely we can see how it compliments the energy of this month. Our golden fox friend is not only napping but recharging and restoring his energy. While August is a time of high energy and often an enormous amount of output, we are asked to embrace our inner Leo the cat and enjoy some down time, stretched out enjoying the lazy hazy days of summer. Leo isn't always out and about strutting his stuff. A lion cannot live by vibrato alone. He must also rest and recoup as all cats both big and small enjoy a delicious patch of sunshine in which to nap. Some summer days are made for rest where we relax and allow the freedom and ease of the summer breeze to carry away our stresses and strains. An overly busy and taxed mind needs down time so we can regroup. Last month we talked about the benefits of daydreaming and how allowing our thoughts to flow freely can help us to let go of attachments that we no longer need to hold. Time For a Nap asks that we further engage in this process and see what epiphanies and insights surface. Rest and relaxation open us up to allow for thoughts and ideas to flow much more organically because there is no structure or defined path to follow when we are daydreaming and relaxing. It is here where we can truly immerse and indulge ourselves in a dreamy, creative free flowing process.

continued on the next page

It is worth repeating from last month, we are to let go and be imaginative. Don't hold back. No one else will be privy to your thoughts. Let loose and consider a myriad of possibilities. Immerse yourself in your vast and limitless imagination. You never know what creative nuggets of potential will tumble out of a fantastic brainstorm session of your own making. Many a great "ah-ha" moment of inspiration has come from daydreaming. This card is a reminder that we don't always have to be "on" and extroverted in order to be productive, creative or inventive. August encourages us to be bold and bright but this card is a great reminder that sometimes we can achieve and even excel within the creative process when we relax, let go and give our brains time to free flow. Time For a Nap asks that we embrace more quiet time so we can allow our brain and our mind the downtime it needs. We have been conditioned to think that we need to be busy all the time and that our value is based on our output. This card also offers us insight into how we value rest and stillness. We don't have to be productive to be worthwhile and of value. Ask any cat having a nap in the sunshine :)

#2. Third Chakra Archangel Chamuel- The orange, golden tones in all three of these cards are a direct call to pay attention to and bring healing to our lower chakras with an emphasis on our solar plexus chakra. When this chakra is balanced and aligned, it contributes to a strong sense of self, inner strength, and the ability to navigate life's challenges with resilience and clarity. Sound like any lion you might know?? The energy here is filled with great power and determination. The solar plexus chakra governs the fire element inside of us. It is our strength, our vitality, our ego, our willpower, our stamina, our inner power. It's the centre where we get things done. Personal power is the core of the solar plexus chakra. It represents authenticity, confidence, self-responsibility, and self-discipline. When properly aligned, the solar plexus chakra allows us to listen to our intuition more clearly, set healthy boundaries, and stand in our power. It lets our most authentic self shine brightly. This card asks that this month we tap into our third chakra and check in with our energy here. In August, we see clear and direct examples of just how we can harness this energy within ourselves. Mother Nature offers daily inspiration of just how beautiful we can be when we grow and expand and exist in a way that is unique to each and every one of us. I know it's a bit cliché to say that you should be the best version of you, but being true to yourself is how we truly honour ourselves and the power within our own unique personalities. Being true to ourselves allows us to share our gifts and talents to the world and it honours our soul's purpose. This card is a reminder that we need to assess where we are going and why. To ask questions that help us get back onto a path that resonates, feels authentic and allows us to identify areas for improvement. Changes in our lives are unavoidable, but if we have built a strong foundation for ourselves we can fall back on confidence and strength even on those days we aren't exactly sure just how strong we are. Knowing we managed hard times before, gives us the courage to move through hard times again...and come out victorious :)

#3. Groundhog Spirit; Time to Let Go- Endings lead to beginnings and death is a part of life. Groundhog Spirit is here to let us know that it is time to accept the natural ending of something that is no longer serving us. We love to hold on to what is familiar, but the new needs space to arrive so growth can occur. When Groundhog Spirit appears, it is a sign there is something in our present situation that we need to let go of so that something new can be born, something that will far better serve us now. When the groundhog sees his shadow, he retreats to his den. So too might we yearn for a little more time to say goodbye as we transition into the new. However, change is inevitable but moreover, change can bring about positive transformations. It encourages innovation, fosters resilience, and opens doors to new experiences and perspectives. It challenges us to reassess our beliefs, values, and goals, prompting personal development and deeper understanding.

Enjoy this glorious month! August is a time to soak up the sunshine and let your soul be filled with warmth as it brings the gradual start to harvest season. Summer peaks and slowly winds down, the wheel of the year turns and we prepare to let go of one state of being and make room for another. As autumn softly approaches, it heralds a season of transition. Instinctively we understand it is important to bask in the warmth of August's rays for all too soon we will move from a time of high energy to one marked by the beauty of letting go and transformation. Speak kindly to yourselves, Hugs Lisa xo



Cards used in this reading:

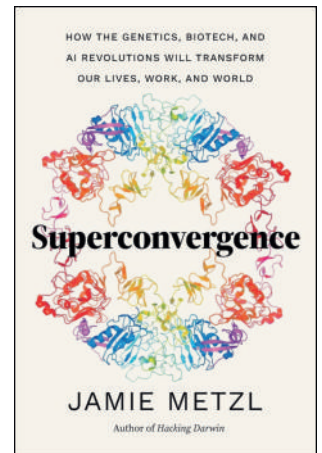
1. Wisdom of the Oracle by Colette Baron-Reid
2. Energy Oracle Cards by Sandra Anne Taylor
3. The Spirit Animal Oracle by Colette Baron-Reid

Jamie Metzl

In *Superconvergence*, leading futurist and OneShared.World founder Jamie Metzl explores how artificial intelligence, genome sequencing, gene editing, and other revolutionary technologies are transforming our lives, world, and future. These accelerating and increasingly interconnected technologies have the potential to improve our health, feed billions of people, supercharge our economies, store essential information for millions of years, and save our planet, but they can also—if we are not careful—do immeasurable harm.

The challenge we face is that while our ability to engineer the world around us is advancing exponentially, our processes for understanding the scope, scale, and implications of these changes, and for managing our godlike powers wisely, are only inching forward glacially. Luckily, in Jamie Metzl, we have a leading expert who integrates science, technology, history, politics, and international affairs to envision a future that most specialists, almost by definition, cannot see. In this bold and inspiring exploration of transformative human knowledge, Metzl gives us the definitive account of the technological precipice on which we stand and the map to where we go from here.

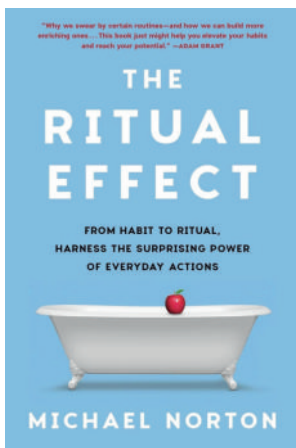
ISBN: 978-1643263007 * Timber Press, 2024 * 431 pages * \$44.00



THE RITUAL EFFECT

From Habit to Ritual, Harness the Surprising Power of Everyday Actions

Michael Norton



Our lives are filled with repetitive tasks meant to keep us on track—what we come to know as habits. Over time, these routines (like brushing your teeth or putting on your right sock first) tend to be performed automatically. But when we’re more mindful about these actions—when we focus on the precise way they are performed—they can instead become rituals. Shifting from a “habitual” mindset to a “ritual” mindset can convert ordinary acts from black and white to technicolor.

Think about the way you savor a certain beverage, the care you take with a particular outfit that gets worn only on special occasions, the unique way that your family gathers around the table during holidays, or the secret language you enjoy with your significant other. To some, these behaviors may seem quirky, but because rituals matter so deeply to us on a personal level, they give our lives purpose and meaning. Drawing on a decade of original research, Norton shows that rituals play a role in healing communities experiencing a great loss, marking life’s major transitions, driving a stadium of sports fans to ecstasy, and helping us rise to challenges and realize opportunities.

Compelling, insightful, and practical, *The Ritual Effect* reminds us of the intention-filled acts that drive human behavior and create surprising satisfaction and enjoyment.

ISBN: 978-1982153021 * Scribner, 2024 * 272 pages * \$37.00

HOMEOPATHY AS ENERGY MEDICINE

Information in the Nanodose

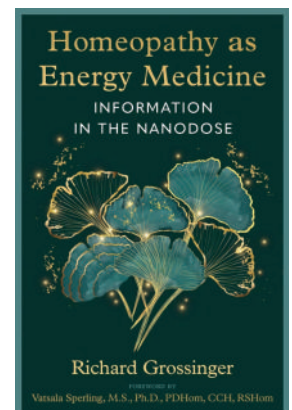
Richard Grossinger

Helping first-time patients as well as longtime devotees gain a deeper understanding of just what homeopathy is, Richard Grossinger presents a comprehensive overview of the healing art, explaining its essential philosophy and methodology and showing how it relates to the broader concepts of energy medicine and nanodose treatments. He introduces homeopathy’s basic framework and explores its three central principles: the Law of Similars, microdose transmission of energetic information, and potentization. Addressing the many critiques of homeopathy, he looks at the power of the placebo effect and offers a comparison of homeopathy to other alternative and mainstream healing modalities.

Placing homeopathy in a historical context, he explores doctor Samuel Hahnemann’s discovery of homeopathy in the late 18th century and looks at medical and pharmaceutical systems that preceded homeopathy, such as alchemy, Paracelsan herbalism, and Greek and Roman medicine. He examines homeopathy’s rise and fall in popularity over the years, including its renaissance in early 19th-century North America and its revival in the counterculture of the 1970s. He looks at modern evolutions of homeopathy, including Dr. Rajan Sankaran’s "sensations" theory, homeopathy’s resonance during the COVID-19 pandemic, the concept of the pill-less pharmacy, the microdose basis of astrological charts, and psychic homeopathy.

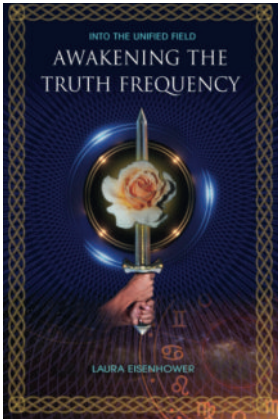
Presenting a contemporary understanding of homeopathy as energy medicine, this book offers everything needed to begin self-healing with the power of the nanodose.

ISBN: 978-1644119662 * Healing Arts Press, 2024 * 304 pages * \$31.50



AWAKENING THE TRUTH FREQUENCY

Laura Eisenhower



Laura Eisenhower is a master astrologer and the great granddaughter to five-star general and 34th president Dwight D. Eisenhower. As a child, she intimately sensed the resistant forces working around her and embarked on her own journey into the underworld, only to discover her own truth frequency and overcome the many challenges in life by the remembrance of the divine feminine energies in union with the masculine, which is encoded in our DNA. Her experience has included extreme wilderness training and an attempted recruitment into living off-planet on Mars as part of the secret space program, which revealed to her many things. She declined, to stay true to her purpose here on Earth. She is quite informed of our galactic history, the different timelines of humanity, and the window period in which we are ascending in the Great Awakening.

ISBN: 978-1888729948 * CCC Publishing, 2024 * 312 pages * \$28.50

THE SECRET LANGUAGE OF THE BODY

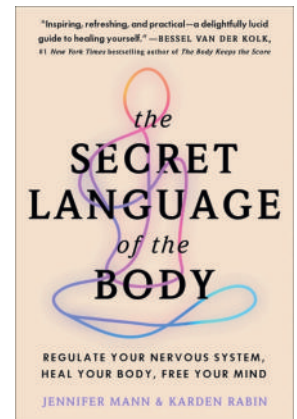
Regulate Your Nervous System, Heal Your Body, Free Your Mind

Your autonomic nervous system is responsible for the constant but mostly subconscious communication between your brain and body. When you experience stress, anxiety, or trauma, your nervous system formulates responses to keep you alive. But you can also become trapped in survival mode if you're consistently exposed to unsafe environments, toxic relationships, or destructive thought patterns. When this happens it's known as nervous system dysregulation or sensitization, which can result in chronic mental and physical pain and confusion, leaving you unable to cope with life's strains and stresses.

Mind-body practitioners Jen Mann and Karden Rabin, co-founders of the Chronic Fatigue School now provide the first in-depth look at nervous system regulation, somatic therapy, Polyvagal theory, the vagus nerve, and the mind-body connection. Combining science-backed insights and hands-on techniques, *The Secret Language of the Body* teaches you how to move out of survival mode, regulate your nervous system, and heal your mind and body. Rabin and Mann don't teach stress management, but something far more powerful—how to control your body's nervous system. With this revolutionary book, you will learn to skillfully speak the language of your body and train it to not only manage stress but achieve personal transformation.

ISBN: 978-0063382381 * Harper One, 2024 * 340 pages * \$24.99

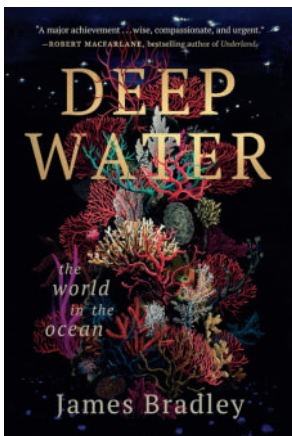
Jennifer Mann
Karden Rabin



DEEP WATER

The World in the Ocean

James Bradley



Seventy-one percent of the earth's surface is ocean. These waters created, shaped, and continue to sustain not just human life, but all life on Planet Earth, and perhaps beyond it. They serve as the stage for our cultural history—driving human development from evolution through exploration, colonialism, and the modern era of global leisure and trade. They are also the harbingers of the future—much of life on Earth cannot survive if sea levels are too low or too high, temperatures too cold or too warm. Our oceans are vast spaces of immense wonder and beauty, and our relationship to them is innate and awe inspired.

Deep Water is both a lyrically written personal meditation and an intriguing wide-ranging reported epic that reckons with our complex connection to the seas. It is a story shaped by tidal movements and deep currents, lit by the insights of philosophers, scientists, artists and other great minds. Bradley takes readers from the atomic creation of the oceans, to the wonders within, such as fish migrations guided by electromagnetic sensing. He describes the impacts of human population shifts by boat and speaks directly and uncompromisingly to the environmental catastrophe that is already impacting our lives. It is also a celebration of the ocean's glories and the extraordinary efforts of the scientists and researchers who are unlocking its secrets. These myriad strands are woven together into a tapestry of life that captures not only our relationship with the planet, but our past, and perhaps most importantly, what lies ahead for us.

A brilliant blend of Robert MacFarlane's *Underland*, Susan Casey's *The Underworld*, and Simon Winchester's *Pacific* and *The Atlantic*, *Deep Water* taps into the essence of our planet and who we are.

ISBN: 978-0063390171 *Harper One, 2024 * 434 pages * \$23.99

If you could rewind your life to the very beginning and then press play, would everything turn out the same? Or could making an accidental phone call or missing an exit off the highway change not just your life, but history itself?

In *Fluke*, myth-shattering social scientist Brian Klaas takes a deep-dive into the phenomenon of random chance and the chaos it can sow, taking aim at most people's neat and tidy version of reality. The book's argument is that we willfully ignore a bewildering truth: but for a few small changes, our lives—and our societies—could be radically different.

Offering an entirely new lens, *Fluke* explores how our world really works, driven by strange interactions and apparently random events. How did one couple's vacation cause 100,000 people to die? Does our decision to hit the snooze button in the morning radically alter the trajectory of our lives? And has the evolution of humans been inevitable, or are we simply the product of a series of freak accidents? Drawing on social science, chaos theory, history, evolutionary biology, and philosophy, Klaas provides a brilliantly fresh look at why things happen—all while providing mind-bending lessons on how we can live smarter, be happier, and lead more fulfilling lives.

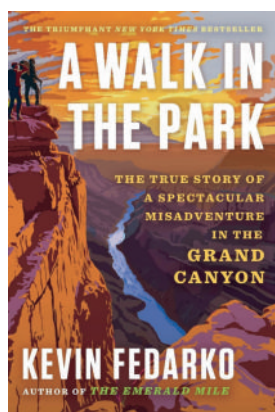
ISBN: 978-1668006528 * Scribner, 2024 * 323 pages * \$39.99



A WALK IN THE PARK

The True Story of a Spectacular Misadventure in the Grand Canyon

Kevin Fedarko



A few years after quitting his job to follow an ill-advised dream of becoming a guide on the Colorado River, Kevin Fedarko was approached by his best friend, the National Geographic photographer Pete McBride, with a vision as bold as it was harebrained. Together, they would embark on an end-to-end traverse of the Grand Canyon, a journey that, McBride promised, would be “a walk in the park.” Against his better judgment, Fedarko agreed to the scheme, unaware that the small cluster of experts who had completed the crossing billed it as “the toughest hike in the world.”

The ensuing ordeal, which lasted more than a year, revealed a place that was deeper, richer, and far more complex than anything the two men had imagined—and came within a hair's breadth of killing them both. They struggled to make their way through the all but impenetrable reaches of its truest wilderness, a vertical labyrinth of thousand-foot cliffs and crumbling ledges where water is measured out by the teaspoon and every step is fraught with peril—and where, even today, there is still no trail along the length of the country's best-known and most iconic park.

Along the way, veteran long-distance hikers ushered them into secret pockets, invisible to the millions of tourists gathered on the rim, where only a handful of humans have ever laid eyes. Members of the canyon's eleven Native American tribes brought them face-to-face with layers of history that forced them to reconsider myths at the center of our national parks—and exposed them to the impinging threats of commercial tourism.

A Walk in the Park is a singular portrait of a sublime place, and a deeply moving plea for the preservation of a great natural treasure.

ISBN: 978-1501183058 * Scribner, 2024 * 488 pages * \$42.00

Magic points to something intrinsic to, and necessary for, the wholeness of the human spirit. It's a marker for the gnawing craving for a connection which includes, but also stretches beyond, the human realm. The exploration of this word was part of Maia's search for both personal empowerment and a sense of cosmic connectedness, the yin and yang of our lives. In *Letting Magic In* Maia shares the story of her own magical becoming—from the untimely death of a friend that leads her to abandon Brooklyn in favor of the small town of Beacon, NY, to taking a yearlong sabbatical of exploration, and finally to Ireland, where she studied under an herbalist and learned the true magic of listening to the earth itself.

This book is the story of one woman's becoming—the story of pushing past the boundaries of what once seemed possible to discover the extraordinary all around us. In it Maia shares how she learned to let magic in so she could live the life she longed for—one filled with curiosity, connection, and the deepest kind of inner knowing. In this soulfully written recollection—peppered throughout with magical learnings and rituals gathered along the way—Maia uncovers the things that change you in unexpected ways and guide you to become the person you never knew you wanted to be, but perhaps, always were.

ISBN: 978-0762480418 * Running Press, 2023 * 215 pages * \$34.00

LETTING MAGIC IN

A Memoir of Becoming

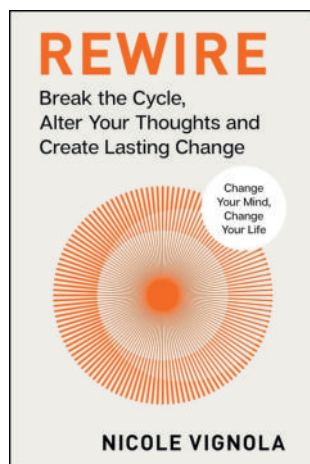
Maia Toll



REWIRE

Break the Cycle, Alter Your Thoughts and Create Lasting Change

Nicole Vignola



Change your mind to change your life—discover the neuroscience of a better you in this revolutionary book from neuroscientist and online sensation Nicole Vignola that teaches you how to rewire your brain to achieve peak mental wellbeing.

- Are you stuck in a habit of believing you are not good enough?
- Do you fixate on a particular story about yourself that you wish you could change?
- Are negative beliefs holding you back from reaching your fullest potential?
- Do you sometimes feel like it's just too hard, or too late, to change?

If any of this sounds familiar, you need **Rewire**, your personal guide to understanding the neuroscience of why you are subconsciously programmed to repeat certain habits and how you can do, or undo, any type of behavior to be the person you want to be.

In clear language, neuroscientist Nicole Vignola demystifies the science of breaking bad habits and how to make good ones, the principles of neuroplasticity, and neurohack methods for changing behavioral patterns. In the end, she helps you to see yourself in a different way and control how you react to any life situation, from overcoming negative, limiting beliefs to managing stress and achieving peak mental wellbeing.

ISBN: 978-0063349797 * Harper One, 2024 * 335 pages * \$36.99

GOOD ENERGY

The Surprising Connection Between Metabolism and Limitless Health

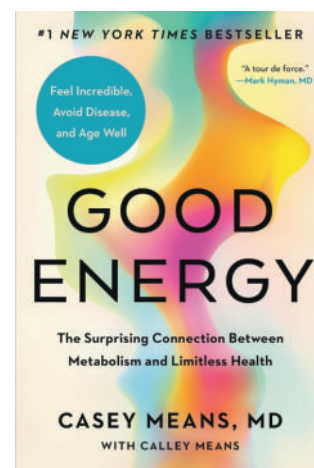
What if depression, anxiety, infertility, insomnia, heart disease, erectile dysfunction, type 2 diabetes, Alzheimer's, dementia, cancer and many other health conditions that torture and shorten our lives actually have the same root cause?

Casey Means, MD.

Our ability to prevent and reverse these conditions—and feel incredible today—is under our control and simpler than we think. The key is our metabolic function—the most important and least understood factor in our overall health. As Dr. Casey Means explains in this groundbreaking book, nearly every health problem we face can be explained by how well the cells in our body create and use energy. To live free from frustrating symptoms and life-threatening disease, we need our cells to be optimally powered so that they can create “good energy,” the essential fuel that impacts every aspect of our physical and mental wellbeing.

If you are battling minor signals of “bad energy” inside your body, it is often a warning sign that more life-threatening illness may emerge later in life. But here's the good news: for the first time ever, we can monitor our metabolic health in great detail and learn how to improve it ourselves.

Good Energy offers a new, cutting-edge understanding of the true cause of illness that until now has remained hidden. It will help you optimize your ability to live well and stay well at every age.

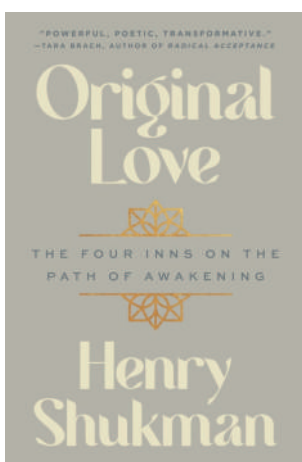


ISBN: 978-0593712641 * Avery, 2024 * 379 pages * \$42.00

ORIGINAL LOVE

The Four Inns on the Path of Awakening

Henry Shukman



This is the essential meditation guide for the twenty-first century: renowned mindfulness teacher Henry Shukman replaces the concept of original sin with original love, teaching us to tap into the love that shapes our world and can transform who we are.

An increasing number of people today feel disconnected, disengaged, and lonely. Many of us are seeking solace, beginning with ourselves. **Original Love** is the secular spiritual handbook we need to ease our troubles and find the highest possible happiness.

Henry Shukman, spiritual director of Mountain Cloud Zen Center in Santa Fe, New Mexico, provides a way forward based on four paths—Mindfulness, Support, Absorption, and Awakening—that promote growth and healing through meditation for practitioners of any level. And it works! Shukman includes inspiring stories from the students of his **Original Love** program that reveal how it has transformed their lives.

ISBN: 978-0063356108 * Harper One, 2024 * 332 pages * \$34.99

AMPHIBIOUS SOUL
Finding the Wild in a Tame World

Craig Foster

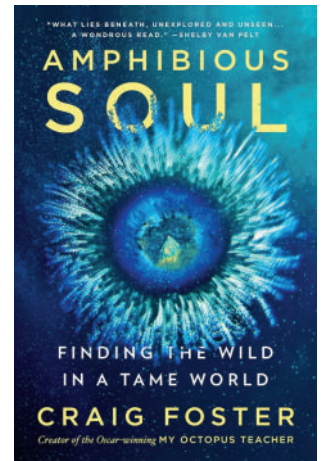
How can we reclaim the soul-deepening wildness that grounds us and energizes us when so much of the modern world seems designed to tame us?

In this thrilling memoir of a life spent exploring the most incredible places on Earth—from the Great African Seaforest to the crocodile lairs of the Okavango Delta—Craig Foster reveals how we can attend to the earthly beauty around us and deepen our love for all living things, whether we make our homes in the country, the city, or anywhere in between.

Foster explores his struggles to remain present to life when a disconnection from nature and the demands of his professional life begin to deaden his senses. And his own reliance on nature's rejuvenating spiritual power is put to the test when catastrophe strikes close to home.

Foster's lyrical, riveting *Amphibious Soul* draws on his decades of daily ocean dives, wisdom from Indigenous teachers, and leading-edge science.

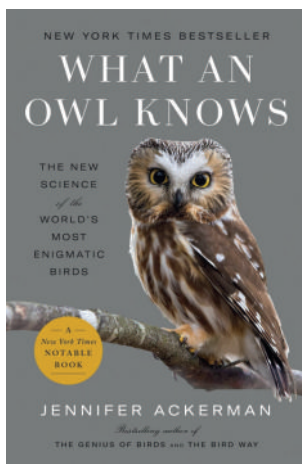
ISBN: 978-0063289024 * Harper One, 2024 * 310 pages * \$36.99



WHAT AN OWL KNOWS

The New Science of the World's Most Enigmatic Birds

Jennifer Ackerman



With their forward gaze and quiet flight, owls are often a symbol of wisdom, knowledge, and foresight. But what does an owl really know? And what do we really know about owls? Some two hundred sixty species of owls exist today, and they reside on every continent except Antarctica, but they are far more difficult to find and study than other birds because they are cryptic, camouflaged, and mostly active at night. Though human fascination with owls goes back centuries, scientists have only recently begun to understand the complex nature of these extraordinary birds.

In *What an Owl Knows*, Jennifer Ackerman joins scientists in the field and explores how researchers are using modern technology and tools to learn how owls communicate, hunt, court, mate, raise their young, and move about from season to season. Ackerman brings this research alive with her own personal field observations; the result is an awe-inspiring exploration of owls across the globe and through human history, and a spellbinding account of the world's most enigmatic group of birds.

ISBN: 978-0593298909 * Penguin Books, 2024 * 333 pages * \$25.99

THE WHEEL OF THE YEAR COMPANION
Rituals for Celebrating Pagan Festivals of the Season

Anjou Kiernan

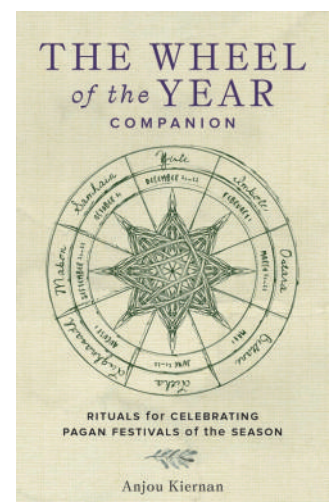
Bring magic into your daily life by celebrating the sacred cycles of Nature with this beautiful and portable guide to the eight Wiccan sabbats. Lavishly illustrated and photographed, *The Wheel of the Year Companion* guides you through the history of the holidays, their Pagan roots, and how to merge these sacred cycles and celebrations with today's traditions and holidays. Each sabbat chapter is brimming with spells and practices that will help you incorporate the old magick of the seasons into your modern life.

Accompanying each turn of the Wheel as it cycles through the holidays of Yule, Imbolc, Ostara, Beltane, Litha, Lughnasadh, Mabon, and Samhain are:

- Feast recipes
- Spells and rituals
- Altar ideas
- And more

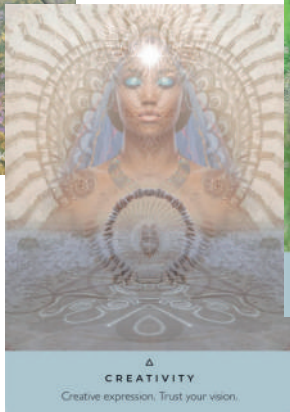
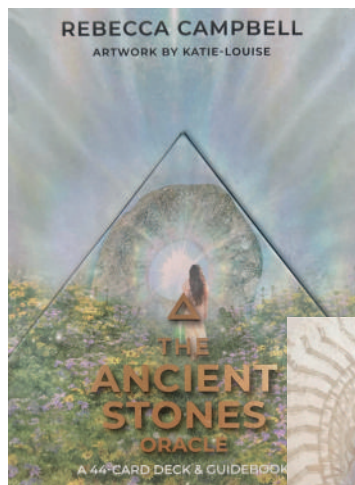
From the bright blessings of the Yuletide solstice to the fertile flower magick of Beltane to the thinning of the veil on Samhain, each transition lends itself to a unique catalog of spells, altars, and practices that you can use all year long.

ISBN: 979-0760391310 * Fair Winds Press, 2024 * 176 pages * \$25.99



THE ANCIENT STONES ORACLE

Rebecca Campbell



Stones are the most permanent material on earth. They have seen civilizations come and go. They have witnessed and withstood eons. Bones of the earth, Ancient Stones are living history. They hold and preserve our stories, offering us a portal to reach back into our ancestry. Stones are powerful teachers, healers, and guardians.

This activating oracle card deck invites you to consciously connect with stones as wisdom keepers, recognize their incredible power in transmitting wisdom, and unlock a sacred connection that—for many of us—has been severed in our lineages.

ISBN: 978-1788179331 * Hay House, 2024 * 44 cards & guidebook * \$33.99

SEASON OF THE WITCH - LAMMAS ORACLE

The seventh deck in the bestselling Seasons of the Witch series reclaims Lammas, the season of harvest, success and gratitude, as the energy of the boss witch. Explore the meanings of the 44 beautiful cards and use the invocations and practices in the guidebook to connect more deeply with the energy of Lammas as you support and nourish your dreams. This deck will guide you to believe in yourself and have the courage to chase your desires.

Lorriane Anderson
Juliet Diaz

ISBN: 979-1922579775 * Rockppol, 2024 * 44 cards & guidebook * \$33.95



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