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New Books

Mandala Books

...a haven for the soul

August, 2026

"At the heart of it, that we will fall and fail and make mistakes is not newsworthy. It's in facing what we've done or failed to do that our character is formed. It's in what we choose to lean on and trust when getting up that lets us begin again."

— Mark Nepo from *The Language of the Soul*

August's Insights from Lisa

Hello my fabulous friends! August arrives wrapped in gold and we find ourselves standing at the radiant peak of summer. We are still firmly within Leo season at the moment and I will use the same analogy as I did two years ago because it absolutely resonates today. The gold colours and tones in these cards emphasize Leo season which bring us energies of courage, charisma and celebration. Leo energy shows up with a swagger in a bold, well fitting suit and some very snazzy shoes. It's all about the glitz and glamour with Leo. No other month offers such brilliant, magnetic and enchanting energy. Leo season is ALL about the show LOL! It is time to celebrate and to do our best to enjoy the luxuries this time of the year offers. Long days, gorgeous scenery with endless displays of colour mixed with Mother Nature's beautiful and detailed handiwork. The songs of the birds and cicadas fill us with joy and memories of childhood, basking in the richness that is August. No wonder Leo struts around decked out in his best finery. This is the theatrical season of razzle AND dazzle :)



This month the cards bring us the essence of Leo's grandiose energy with all the bells and whistles but there is a bit of a plot twist. We are asked to shine this month but not in a hurried chaotic way. Think more “cat stretched out enjoying the luxury of the summer sun” and less “lion dancing at the disco in a three piece suit complete with gold chains and platform boots” :)

We are asked to embrace our inner Leo the cat (vs. the lion) and enjoy some 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, for all cats, big and small, enjoy a delicious patch of sunshine in which to nap. It is here where we find a sacred threshold between fullness and release.

The Sun rises as the radiant beginning of our story and as the great celestial ruler of August itself. At this point in the wheel of the year, the land is saturated with its golden power. Gardens are heavy with growth, fields begin offering their first harvests, and everything touched by its light appears full, vivid and alive. Yet beneath this abundance, the days have already begun their almost imperceptible shortening. The August sun therefore carries a particular kind of magic: it is the light of fulfillment, ripening and

continued on the next page

revelation, but also a reminder that no season remains at its height forever. It asks us to become fully present to what is flourishing now, to recognize the growth that has been taking place before the wheel turns and this chapter begins to change.

As this sacred light reaches into the hidden places within us, uncertainty starts to dissolve and the shape of our journey becomes clearer. We can finally see that the small choices, quiet acts of courage and persistent efforts we once questioned were not insignificant; they were seeds slowly ripening beneath the surface. In this particular card, a woman rises from a great cup of water as though answering the call of the Sun above her. She has descended into the deep waters of emotion, intuition and the unconscious, the mysterious inner realm where healing and transformation occur beyond the reach of ordinary sight. Now she emerges into the golden light carrying the wisdom of everything she encountered there. This is not the untouched radiance of someone who has never known darkness. It is the sacred luminosity of someone who entered the waters of her own soul and returned more fully herself. The water has not extinguished her fire; it has consecrated it, giving her light greater depth, compassion and spiritual power. August does not ask us to shine merely for attention or applause. It asks us to shine because we have remembered something essential about ourselves.

As The Sun's golden light moves across the spread, it reaches the Ten of Cups and transforms personal awakening into a shared blessing. The woman who rose from the sacred waters no longer stands alone. Her inner light has become a beacon, calling others toward her, not because she has changed herself to earn their acceptance, but because she is now shining with the unmistakable frequency of her truest self. What was awakened within her begins to ripple outward, touching her home, relationships and community.

Here we find a gathering of animals assembled beneath an ancient tree and a luminous arch of cups. The scene feels almost ceremonial, as though creatures from many different paths have answered the same unseen call. Each carries its own nature, instincts and spiritual medicine, yet all have gathered beneath the same sky. This is the deeper magic of the Ten of Cups: a sacred belonging that does not require us to become smaller or surrender any part of ourselves. We can remain whole and still be welcomed into the circle.

There is also a wonderful lion-like "pride" within this card, even though no lion appears. This is not the pride of ego demanding admiration, but the ancient pride of kinship: a circle of souls held together by loyalty, affection and shared experience. Healthy pride expands the heart. It allows us to honour what we have created while remembering every person, ancestor, spirit and companion who helped us reach this place.

The traditional rainbow of the Ten of Cups becomes especially powerful when placed beside The Sun. A rainbow is born only when sunlight enters water and is transformed. Neither element can create the miracle alone. Light must meet emotion. Fire must meet feeling. Courage must meet vulnerability. The visible world must touch the unseen.

Our happiness may feel especially sacred now because it was not simply handed to us. It has been ripening quietly through seasons when progress was too subtle to measure. We continued tending the soil of our lives before we had proof that anything would grow. And now, beneath the arch of cups, we are invited to recognize the first fruits of that devotion. From the same emotional waters that carried the woman toward The Sun and created the rainbow above us, Turtle Spirit begins to emerge, ready to show us how to protect this wisdom and carry it patiently into the next season of our lives.

Turtle Spirit emerges as the ancient keeper of sacred time, carrying the wisdom of the waters upon her back. Moving between water and land, Turtle travels between the unseen realm of emotion and intuition and the earthly world of form. What began as illumination beneath The Sun and expanded into emotional abundance beneath the Ten of Cups must now be carried into the way we live. Our spiritual growth is not meant to remain hidden within us; it must slowly become visible through our choices, boundaries, relationships and acts of self-honouring.

The turtle's shell is both sanctuary and sacred armour, its ancient patterns resembling a map of the cosmos carried wherever the journey leads. Turtle Spirit teaches us that protection does not require a closed heart. We can love deeply while honouring our limits. We can celebrate without depleting ourselves. We can shine without surrendering our peace.

Turtle also moves according to a rhythm older than urgency. She reminds us not to race past the very blessings we once asked the Universe to provide. Before the wheel turns toward another season, August asks us to pause upon this sun-warmed shore, recognize the distance we have travelled and give ourselves credit. We are not behind. We are moving in sacred time, and we have already come farther than we realize.

Enjoy August and speak kindly to yourselves. Hugs and love, Lisa xo

Cards Used in this Reading:

1. Energy Oracle Cards by Sandra Anne Taylor
 2. The Guardian of the Night Tarot by MJ Cullinane
 3. The Spirit Animal Oracle by Colette Baron-Reid
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REWired

The Breakthrough Tapping Method to Stop Overthinking, Calm Your Body, and Finally Feel at Ease

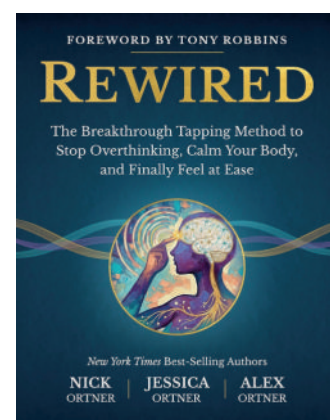
Since the publication of the Ortner's first guide, *The Tapping Solution*, substantial advancements have occurred in neuroscience, trauma research, and somatic therapy. This new book integrates these latest scientific breakthroughs, providing a deeper, evidence-based understanding of why and how Tapping works—in perfect timing, because in our current climate of global anxiety we need emotional resilience more than ever.

Nick Ortner
Jessica Ortner
Alex Ortner

Now in **Rewired**, using the latest neuroscience to explain why and how tapping works, the Ortners help you break free from survival mode, guiding you step by step through the process of emotional transformation. In this book, you'll find:

- Clear, science-based explanations of what's happening in your brain and body when you're triggered—and how tapping interrupts those patterns.
- Step-by-step tapping scripts designed for specific emotional challenges, from daily irritations to long-held wounds.
- Reflection prompts that help you identify your personal triggers and break free from reactive loops.
- Real stories of transformation showing how tapping creates both instant relief and lasting change.

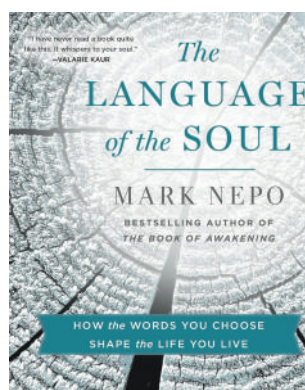
ISBN: 978-8318602597 * Hay House, 2026 * 349 pages * \$42.00



OF THE SOUL

*How the Words You Choose
Shape the Life You Live*

Mark Nepo



For poet and spiritual teacher Mark Nepo, words have always been more than tools for communication—they are vessels of meaning, portals to the sacred, and medicine for the soul. In ***The Language of the Soul***, Nepo explores the deep, often forgotten roots of 228 words from thirty-one languages and traditions, revealing their original, undiluted power to awaken, connect, and heal. Woven with stories from history, mythology, and the author's own remarkable life journey, this is a rich and contemplative guide to the spiritual essence of language.

Just as rivers and mountains erode over time, so too do the meanings of words. Nepo invites readers to walk beside him along a timeless river of understanding, where ancient expressions are reawakened and everyday language is imbued with depth and resonance. Whether it's a word like "courage" or "forgive" or a lesser-known gem from Sanskrit, Hebrew, or Chinese, each entry becomes a doorway into timeless wisdom, offering moments of insight, stillness, and transformation.

For seekers, artists, caregivers, and lovers of language, ***The Language of the Soul*** is both a spiritual lexicon and a personal companion. With the lyrical clarity that has made him one of our most beloved spiritual voices, Nepo reminds us that words, when opened with care and wonder, can carry us back to ourselves—and forward into the world with greater compassion, clarity, and grace.

ISBN: 978-1250404237 * St. Martin's Essentials, 2026 * 304 pages * \$31.00

ART OF SOLITUDE

When world renowned Buddhist writer Stephen Batchelor turned sixty, he took a sabbatical from his teaching and turned his attention to solitude, a practice integral to the meditative traditions he has long studied and taught. He aimed to venture more deeply into solitude, discovering its full extent and depth.

This beautiful literary collage documents his multifaceted explorations. Spending time in remote places, appreciating and making art, practicing meditation and participating in retreats, drinking peyote and ayahuasca, and training himself to keep an open, questioning mind have all contributed to Batchelor's ability to be simultaneously alone and at ease. Mixed in with his personal narrative are inspiring stories from solitude's devoted practitioners, from the Buddha to Montaigne, from Vermeer to Agnes Martin.

In a hyperconnected world that is at the same time plagued by social isolation, this book shows how to enjoy the inescapable solitude that is at the heart of human life.

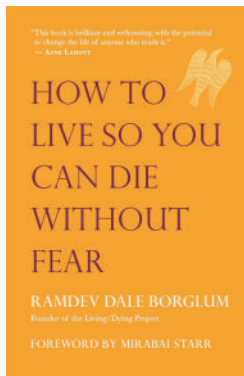
ISBN: 978-0300261523 * Yale University Press, 2022 * 181 pages * \$24.95

Stephen Batchelor



HOW TO LIVE SO YOU CAN DIE WITHOUT FEAR

RamDev Dale Borglum



Caretakers for the sick and dying, people facing a terminal diagnosis, and all those seeking higher truths will discover in this powerful book a gateway to not just conscious dying but to living so fully that they can, when the moment arrives, die without fear. RamDev Dale Borglum blends personal memoir with practical guidance for spiritual transformation. With an eclectic background and a lifetime of cross-traditional spiritual study, he presents a unique healing path that integrates Western psychology, somatic healing, devotional practices, the chakra system, meditation, and more. He teaches us to compassionately work with our fears to heal our old wounds, treat grief as an invitation to deeper love, and ultimately recognize the wholeness of who we are. His simple yet profound tools empower us to meet life's most challenging moments with grace.

ISBN: 978-1955831086 * New World Library, 2026 * 270 pages * \$30.95

You've heard the hype: AI will make us healthier, give every child a personalized tutor, run our businesses more efficiently, return hours of free time to our overworked brains, and make discoveries previously unimagined by humankind. Will AI make life better?

I AM NOT A ROBOT
My Year Using AI to Do (Almost) Everything

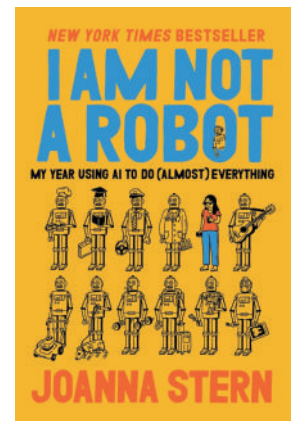
Joanna Stern

To find out, award-winning journalist Joanna Stern surrendered her life to artificial intelligence for one year. The results are both hilarious and unsettling.

I Am Not a Robot is like a time machine trip to the very near future, where AI promises to be your doctor, chauffeur, teacher, masseuse, coworker, therapist, financial planner, chef, housekeeper, and even . . . romantic partner. Your colleague might be using ChatGPT to write emails at work, but Joanna used AI tools and robots to do household chores, to manage her health, and to transport her family on vacation. If there was a decision to make or a task to do, she let AI go first. Along the way, she conducted exclusive interviews with the tech leaders building this future, then reported back from the front lines as your funny, no-nonsense tour guide.

Of course, tech's sunny promises never tell the whole story, and that's what Joanna is here to share. Filled with illustrations and photographs, this book offers less hype, more clarity, and as little jargon as humanly (or robotically) possible. It's an AI guide for ordinary people—not the tech bros who tried to sell you a cruise to the metaverse or an NFT of a cartoon monkey.

This book is not the definitive story, because we're only a few years into the AI revolution. But after a year of living as a human lab rat, Joanna delivers one of the clearest—and funniest—pictures yet of what's really happening and what it means for you.

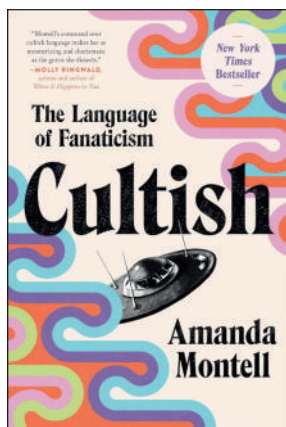


ISBN: 978-0063446618 * Harper, 2026 * 320 pages * \$42.00

CULTISH

The Language of Fanaticism

Amanda Montell



What makes “cults” so intriguing and frightening? What makes them powerful? The reason why so many of us binge Manson documentaries by the dozen and fall down rabbit holes researching suburban moms gone QAnon is because we're looking for a satisfying explanation for what causes people to join—and more importantly, stay in—extreme groups. We secretly want to know: could it happen to me? In this captivating work of nonfiction cultural commentary, Amanda Montell's argument is that, on some level, it already has . . .

Our culture tends to provide pretty flimsy answers to questions of cult influence, mostly having to do with vague talk of “brainwashing.” But the true answer has nothing to do with freaky mind-control wizardry or Kool-Aid. In *Cultish*, Montell argues that the key to manufacturing intense ideology, community, and us/them attitudes all comes down to the specific language of fanaticism. In both positive ways and shadowy ones, cultish language is something we hear—and are influenced by—every single day.

Through juicy storytelling and cutting original research, Montell exposes the verbal elements that make a wide spectrum of communities “cultish,” revealing how they affect followers of groups as notorious as Heaven's Gate, but also how they pervade our modern start-ups, cult fitness classes, Peloton leaderboards, and Instagram feeds. Incisive and darkly funny, this enrapturing take on the curious social science of power and belief will make you hear the fanatical language of “cultish” everywhere.

ISBN: 978-0062993168 * Harper Perennial, 2025 * 310 pages * \$25.99

EVERYDAY NERVOUS SYSTEM REGULATION

Simple Exercises to Reset and Recenter

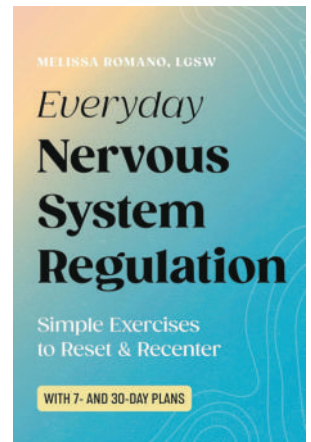
Melissa Romano, LGSW

For many of us, stress is baseline. Busy schedules, trauma, and chronic pressure can keep the nervous system stuck in survival mode. In ***Everyday Nervous System Regulation***, Melissa Romano—bestselling author of the *Vagus Nerve Deck*—translates neuroscience into simple practices that return the mind and body to a calm and connected state. These accessible, somatic exercises help you reset in the moment while gradually retraining your nervous system to feel more grounded, less reactive, and attuned to the world around you.

Inside this book you will find:

- Accessible Tools: Start now—no exercise clothes required. These practices are intentionally low effort while remaining effective.
- Science-backed stress relief: Proven techniques to release stored tension and restore energy using the natural power of breath, movement, nature, and more.
- Targeted somatic practices: Find exercises mapped to a specific experience—like anger, loneliness, or fatigue—or begin with the Emergency Toolkit that includes 10 quick resets.
- Structured 7- and 30-day plans: Turn simple practices into sustainable habits. Examples and templates provided.

ISBN: 979-8217331130 * Zeitgeist. 2026 * 253 pages * \$27.99

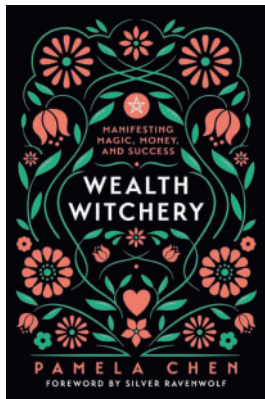


WEALTH WITCHERY

Manifesting Magic, Money, and Success

Pamela Chen

Manifest the rich witch life of your dreams!



Wealth Witchery teaches you how to tap into your inner magic to influence the flow of money, regardless of your current circumstances or past experiences. Through success stories and her five-step *Richcraft Manifestation System*, Pamela Chen encourages you to transform money energy. Pamela offers thirteen spells and thirteen "richuals" to welcome the vibration of wealth into your life. Focus your magic on your goals with spiritual and energetic tools, such as oils, herbs, tarot cards, crystals, and moon phases. Create an abundance altar, prosperity dream board, and Wealth Journal. With simple daily and weekly practices, ***Wealth Witchery*** offers the magical boost every go-getter needs to live their best life.

ISBN: 978-0738773537 * Llewellyn, 2025 * 224 pages * \$25.95

WHERE DO POSSIBILITIES LIVE?

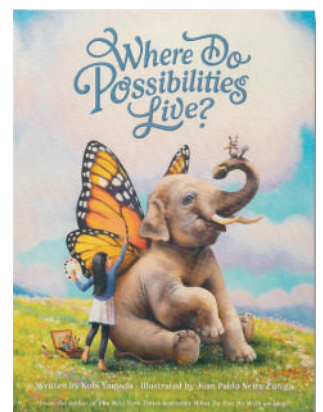
Kobi Yamada

Juan Pablo Neira Zúñiga, Illus.

Filled with encouraging words, astonishing paintings, and questions that invite curiosity, ***Where Do Possibilities Live?*** is an exploration of the boundless power of possibilities. Open the pages to discover fantastical scenes—winged elephants, ancient cities perched on the backs of tortoises, and museums where the paintings spring to life. With every turn, this book awakens the explorer, seeker, maker, and adventurer within, asking readers of all ages to believe in their own possibilities—because those possibilities already believe in them.

Yamada's signature approach of crafting inspiring, easy-to-grasp wisdom comes to life in a whole new way with fine artist Juan Pablo Neira Zúñiga's dreamlike illustrations. Originally hand painted with oils on canvas, Zúñiga's intricate scenes follow the adventures of a little girl in her own world of imagination. Creative, alluring details are packed into every spread and create an experience that's sure to astound and delight both children and adults. You might just notice something new each time you open this book.

ISBN: 979-1957891774 * Compendium, 2026 * 52 pages * \$24.99 * ages 7 & up



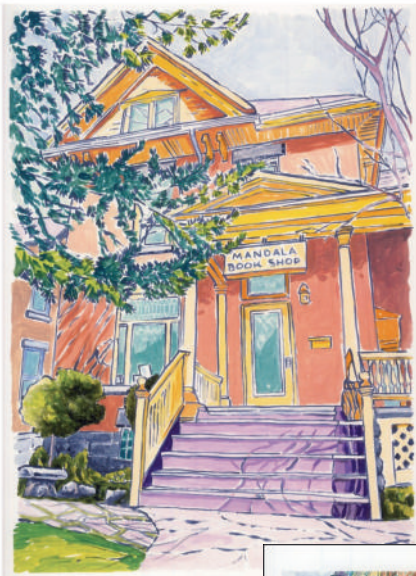
Artwork by Sheri Cowan now here at Mandala!

Back in June this year, Attic Books celebrated its 50th anniversary. Congratulations to Attic!

For the event, Attic organized a Bibliomania Book Festival, a block party with most of the remaining independent book stores from London. Mandala didn't make it to the event because we are now a one woman show and we don't have staff to be at two locations on a working day.

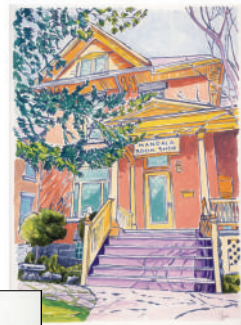
However, in honor of the event, Sheri Cowan created beautiful watercolor paintings of the 8 book stores that continue to offer curated collections of books to book lovers.

We now have posters for sale of Mandala Book Shop in 2 sizes. We also have packages of cards of all 8 book stores shown below. These are lovely reminders of local and beloved treasures to those of you who have supported books stores through the decades.

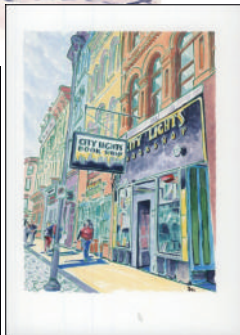


Mandala Book Shop 11 x 14 print \$21
Mandala Book Shop 8 x 10 print \$13
Packages of 8 indy book shops \$30

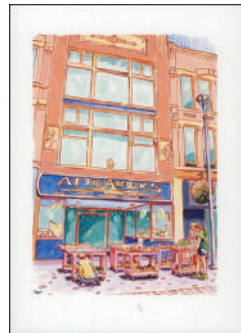
We also have a selection of Sheri's other London memories greeting cards. Samples are shown below and they make a lovely gift enclosure to remind people of the charm of London. Each card is blank with an envelope and sells for \$5.



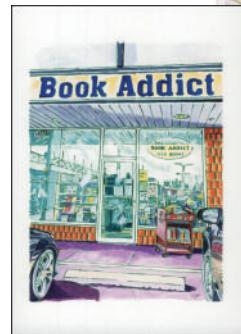
Oxford Book Shop



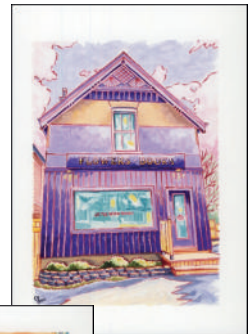
City Lights Books



Attic Books



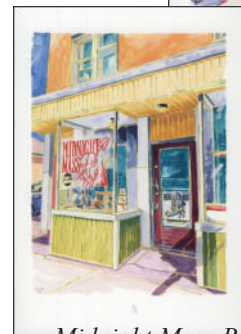
Book Addict



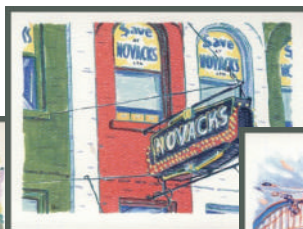
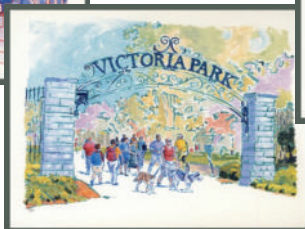
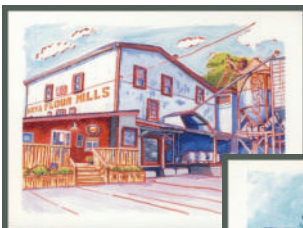
Little Wren Books



Bread and Roses Books



Midnight Mass Books



Connect to your intuition and learn an alternative method to healing through 28 exquisite art cards depicting guides, who share their secrets and inspire your curiosity. The cards are paired with a symbolic companion book of animals, messages, and magical settings to aid in the unfolding story of you. Each reading is entirely personal and will help you gain insight into some deeper issues that are not ordinarily seen in everyday life. Unique and playful guides reveal practical methods that show you how to recognize more magic within yourself and the world around you.

SECRET WOODS
Guides and Inspirational Messages

Kelly Patton

ISBN: 978-0764361685 * Red Feather, 2021 * 26 cards & guidebook * \$35.99

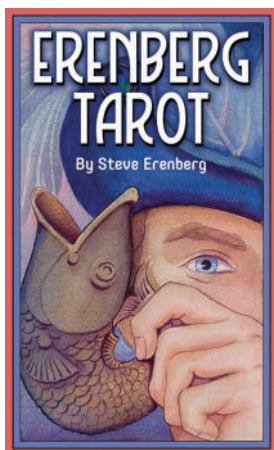


ERENBERG TAROT

Steve Erenberg

Erenberg Tarot offers unique perspectives on the iconic Rider-Waite Tarot, from which it takes its inspiration. In contrast to traditional tarot scenes that prompt the viewer to look inward, the subjects in these cards are looking out at the readers, inviting them to join this journey to discover the fascinating stories and mystical tales within the deck. The artwork also focuses on key aspects of the cards and illuminates vital elements and concepts, allowing the reader to delve deeper into the inner meanings. Includes 78 cards and 76-page illustrated guidebook with keywords for upright and reversed positions.

ISBN: 978-1646711741 * U.S. Games, 2024 * 78 cards * guidebook * \$35.95



Mandala Book Shop

190 Central Avenue, London, Ontario
E-mail: info@mandalabookshop.com

Phone: 519-432-9488

Web: www.mandalabookshop.com

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