

*****This newsletter can be sent to you by email; just let us know that you would like to receive it!*****

Check out our Events page at www.mandalabookshop.com/events.php to see what is happening in our community

New Books

Mandala Books



...a haven for the soul

May, 2026

“There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first; when you learn to live for others, they will live for you.”
— Paramahansa Yogananda

May's Insights from Lisa

Hello my fabulous friends and welcome to your reading for the next 4 weeks :) May opens the door to a softer kind of strength. As we move from April into May, we are invited to rethink what healing and growth can look like and step into a softer way of leaning into both. Healing has been at work beneath the surface, shaping us in ways we are about to better understand. Now, May invites us to notice what has already begun. New ideas and ways of being have broken through the surface and are now ready to bloom :) Who doesn't enjoy a lovely May metaphor about growth?? LOL!



There is a moment in May, not marked on any calendar, when something unseen within us loosens its grip. Not dramatically. Not all at once. But like frost releasing the earth, there is a softening. A yielding. And in that yielding, something begins to breathe again.

This month does not arrive as a beginning in the traditional sense. It feels more like a quiet return, as though some hidden part of us has been walking along an unseen path through the winter, and now we are stepping back into the light. Not unchanged, but... better, stronger in a way we can feel but maybe can't quite articulate. We begin with *The Deer and Oak; Healing*.

The deer stands in a space where forest meets clearing and where shadow meets soft light. It does not rush forward. It listens. It feels. Instinctively it knows when to move and when to remain still. Healing, here, is not something we chased. But it is something that found us, in the pauses that we resisted, in the quiet that we did not ask for, in the spaces where life slowed us down just enough to tend to what had been left unattended. There is something almost sacredly inconvenient about this kind of healing. It arrives in forms we do not always recognize at first. A quiet shift in the stagnation. Soft inspiration that almost went unnoticed. A silence where there was once noise. And yet, in those moments, something within us was being nourished, perhaps even encouraged.

continued on the next page

The oat whispers of sustenance, the kind that is simple, steady, and often overlooked. This is the healing that does not announce itself, but quietly restores what has been worn thin. It teaches us to trust without overthinking or questioning. To recognize that not all growth requires force. From this softness, something unexpected rises. Not fragility, but confidence.

The Boar and Pumpkin enter like a pulse from beneath the earth itself. There is no hesitation here. The boar does not question its place. It does not ask for permission. It moves with a grounded certainty that feels ancient, instinctual, like something remembered rather than learned. Confidence, in this form, is not loud. It is not preformative. It is not the kind that demands to be seen. It is the kind that knows.

And here is the quiet truth that this card offers: confidence is often born in the aftermath of healing. It is what remains when doubt has been gently, persistently unravelled. When the mind, with all its careful arguments and looping questions, begins to loosen its grip. We all know that nagging little irritation that wells up when logic and intuition are at odds. This conflict manifests angst and mistrust within us. Too many times we second guess what we know deep down to be true, not because our instincts are wrong but because too often our brain loudly waves its favourite flag called rationale and yells into a bull horn reciting percentages and probabilities from the left side of our brain.

The mind can be annoying. It loves to build elaborate towers of reason, stacking thought upon thought until the sky is obscured. It raises its banners of “logic” and sounds off loud, insistent and worse, persuasive. Meanwhile, beneath all of that noise our instinct and intuition wait. Patient. Unbothered. Rooted in something far older than thought. Knowledge. That ancestral wisdom we have beneath language or even consciousness for that matter. We all carry it. This month we are asked to be more aware of it. The boar reminds us that we do not need to understand everything in order to move forward. This kind of trust is not naive; it is earned. It grows slowly, shaped by the battles we have fought and the scars that remind us we are stronger than we once believed. Over time, our human experience in a spiritual world teaches us to recognize the deeper wisdom moving beneath the surface, the old knowing carried in our bones. It may not always make sense to the mind, and it can feel confusing when instinct moves before explanation. But with experience, we come to learn into that sacred wisdom that has been guiding us all along. It's powerful and deeply rewarding.

The Four of Wands appears not as a destination, but as a recognition. A realization that something stable, something meaningful, has already been built.

It is easy to miss this. We are often focused on what is next, what is lacking, what is still uncertain. But this card asks us to pause, to notice and to feel. There is a structure here. A foundation. Not perfect. Not complete. But real. Every choice we've made, every challenge we have faced, every moment we chose to continue instead of retreat, these have formed something solid beneath our feet.

This is a place of quiet celebration. Not the loud kind, but a realizing you are strong enough, steady enough, whole enough to stand where you are without bracing for impact. And within this space, a song begins. Soft at first. Almost imperceptible, but once you hear, it is unmistakable.

The Nightingale Spirit-Love is All Around does not demand our attention. It simply sings.

And if you listen, really listen, you begin to notice something extraordinary. Love has been here the entire time. Not always in the forms we expected, or wanted, for that matter. Not always in ways that were easy to receive. But woven through everything, the pauses, the endings, the unexpected turns, the quiet healings we didn't know were happening. Even when we felt like we might break apart, healing can happen, it just never feels that way at the time. But, this is what beautiful music and song does. It defies logic, carries us off into a different realm and touches our soul in ways we did not see coming.

This is the deeper magic of this spread. When life softens, when things feel lighter, when joy becomes accessible again, this is not the time to rush forward and forget. This is the time to gather. To notice the love, to cherish it and allow it to inspire and motivate. To believe that it is always with us. To let it settle into us. To store it, not as something fragile, but as something with strength. Because change comes. It always does. But with this understanding, you will see certain challenges in a new way.

You will meet it carrying this knowing: That you can heal, even when you do not recognize it at first.

That confidence can rise from the quietest places, not as a roar, but as a knowing. That stability is not waiting somewhere in the distance, it is already being built beneath your feet, stone by stone, choice by choice, breath by breath. That love is not a visitor. It is the hidden architecture of everything, the song beneath the soil, the light threaded through even the hardest seasons. You are not learning to summon it. You are learning to recognize it. And once your spirit remembers where to look, love becomes impossible to unsee.

Savour this lily-of-the-valley and lilac-scented month of growth and beauty. This is one of the most luminous and flower-dressed turns of Mother Nature's wheel. Don't miss a moment of it. Speak kindly to yourselves, Hugs Lisa xoxo
Cards Used in this Reading:

1. Woodland Wardens by Jessica Roux
 2. The Guardian of the Night Tarot by MJ Cullinane
 3. The Spirit Animal Oracle by Colette Baron- Reid
-

When it comes to the phenomenon that is consciousness, there is one point on which scientists, philosophers, and artists all agree: it feels *like* something to be us. Yet the fact that we have subjective experience of the world remains one of nature’s greatest mysteries. How is it that our mental operations are accompanied by feelings, thoughts, and a sense of self? What would a scientific investigation of our inner life look like, when we have as little distance and perspective on it as fish do of the sea?

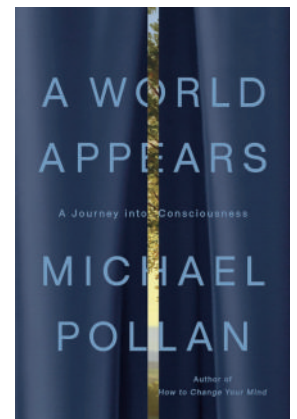
When neuroscientists began studying consciousness in the early 1990s, they sought to explain how and why three pounds of spongy gray matter could generate a subjective point of view—assuming that the brain is the source of our perceived reality. Pollan takes us to the cutting edge of the field, where scientists are entertaining more radical (and less materialist) theories of consciousness. He introduces us to “plant neurobiologists” searching for the first flicker of consciousness in plants, scientists striving to engineer feelings into AI, and psychologists and novelists seeking to capture the felt experience of our slippery stream of consciousness.

In Pollan’s dazzling exploration of consciousness, he discovers a world far deeper and stranger than our everyday reality. Eye-opening and mind-expanding, *A World Appears* takes us into the laboratories of our own minds, ultimately showing us how we might make better use of the gift of awareness to more meaningfully connect with the world and our deepest selves.

ISBN: 978-1984881991 * Penguin Press, 2026 * 280 pages * \$44.00

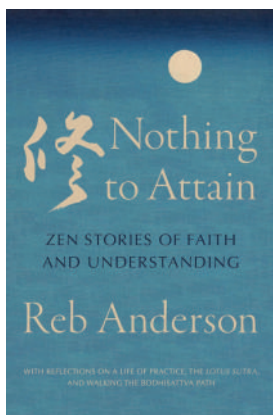
A WORLD APPEARS
A Journey Into Consciousness

Michael Pollan



NOTHING TO ATTAIN
Zen Stories of Faith and Understanding

Reb Anderson



We all fully possess the wisdom and virtues of the buddhas. This is our original nature. It is completely pure and always accessible, but because of misconceptions and attachments we do not realize it.

In the great Buddhist text the Lotus Sutra, there is a striking parable that expresses this idea. A child leaves his home village and becomes a destitute young man. Years later, he comes upon his father, who has moved to a new city and become quite wealthy—but he doesn’t recognize him. His father, however, recognizes the son, and sees his potential to become a great man. Slowly, his father trains him in the ways of maintaining the household, and slowly, the son gains confidence in himself. One day, having witnessed the son’s growth in character, his father tells him, “From now on, you and I are to be no different.” He reveals the truth of their family bond and bequeaths all his wealth to his son.

We already are what we most deeply yearn for, and yet we need training to recognize this truth—such is the essence of the Zen spiritual path. Informed by a lifetime of practice, this mature reflection explores key aspects of Zen training—including the guidance of the teacher, the taking of precepts, the study of the mind, and the cultivation of compassion—through the lens of the parable of the destitute son. With insightful reflections on additional Zen stories, as well as the author’s own life stories and memories of such legendary teachers as Shunryu Suzuki Roshi and Daini Katagiri Roshi, *Nothing to Attain* offers readers a new way of looking at their own spiritual path—not as a journey to a foreign destination but as a homecoming to the place we’ve always belonged.

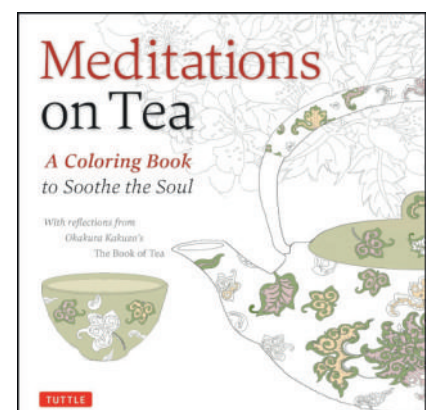
ISBN: 978-1645474272 * Shambhala, 2026 * 199 pages * \$25.99

MEDITATIONS ON TEA
A Coloring Book to Soothe the Soul

In the Japanese tea ceremony, the act of making and drinking a bowl of tea is an act of respect, gratitude, and interconnectedness. It’s about emptying your mind of cares as you enjoy one of life’s simplest pleasures. Now, *Meditations on Tea* presents an adult coloring experience as soothing as a hot cup of your favorite tea blend.

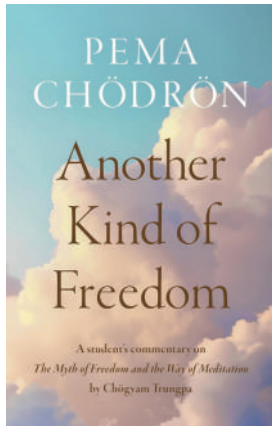
All aspects of Japanese art and culture are connected in some way with tea, and now these traditions can be explored and enjoyed in a beautiful new coloring book for adults. *Meditations on Tea* includes over 90 traditional Japanese images celebrating life and giving it meaning. There are designs to suit every mood—from woodblock prints depicting Japanese life and myth to doodles with color for creative relaxation—all waiting for the artistic touch of your pencils or fine markers.

ISBN: 978-0804850636 * Tuttle Publishing, 2018 * 96 pages * \$7.95



ANOTHER KIND OF FREEDOM

Pema Chödrön



What if the freedom you seek isn't found by changing your circumstances but by embracing life exactly as it is? Pema Chödrön goes back to her very foundations in her latest and possibly most important book. With the spiritual classic *The Myth of Freedom* as the touchstone, Pema invites us to look beyond the “myth of freedom”—the idea that we can escape discomfort—and to work compassionately and wisely with what keeps us stuck.

Drawing from the seminal work from her beloved teacher Chögyam Trungpa Rinpoche, Pema explores how meditation, mindfulness, and radical self-acceptance can transform our struggles, neuroses, and pain into gateways to awakening. “These were the teachings,” Pema says, “that inspired me most in my early years of practicing Buddhism. They continue to inspire me now and have influenced all the teachings I’ve given over the years.”

With her characteristic humor, practical wisdom, and compassionate insight, she shows us how to make friends with our minds, work skillfully with emotions, and open our hearts to the richness of human experience. Inspiring and accessible, this book is an essential companion for anyone longing for genuine freedom, clarity, and connection in a world of uncertainty and change.

ISBN: 978-1645473268 * Shambhala, 2026 * 246 pages * \$33.95

ORDINARY TIME—LESSONS LEARNED WHILE STAYING PUT *A Memoir of Humor and Hope in Small-Town Life*

Annie B. Jones

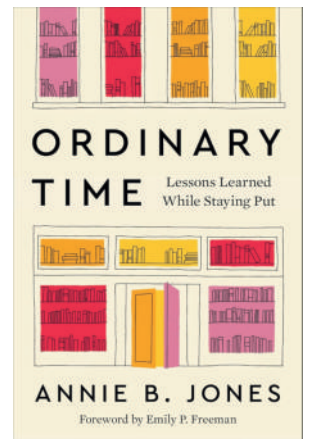
Annie B. Jones always assumed adulthood would mean adventure: a high-powered career; life in a big, bustling city; and travels to far-flung places she'd longed to see. But her reality turned out differently. As the years passed, Annie was still in the same small town running an independent bookstore—the kind of life Nora Ephron dreamed.

After ten years, Annie realized she might never leave. But instead of regret, she had an epiphany. She awakened to the gifts of a quiet life spent staying put.

We've long been encouraged to follow our dreams, to pack up and move to new places and leave old lives—and past selves—behind. While there is beauty in these kinds of adventures, *Ordinary Time* helps us see ourselves right where we are: in the middle of messy, mundane lives, maybe not too far from where we grew up.

We don't have to leave to find what we yearn—we can choose to stay, celebrating and honoring our ordinary lives, which might turn out to be bigger and better than we ever imagined.

ISBN: 978-0063411272 * HarperOne, 2025 * 240 pages * \$24.99



SCREEN PEOPLE

How We Entertained Ourselves into a State of Emergency

Megan Garber



Whether it's our reality-television-star President or our expertly curated Instagram feeds, the line between fact and fiction—between what's real and what's fabricated for entertainment—has never been more blurred. *Screen People* explores what happens when we cede our reality to spectacle. Megan Garber explains how today's internet-inflected culture conditions us to see one another not as people but as characters in an ongoing show, and how some of our most chronic and harmful social conditions—loneliness, depression, mistrust, misinformation, cynicism—stem from our demand for diversion.

In ten chapters, each themed around an element of entertainment—from “The Producers,” who edit our reality, to “The Extras,” the strangers we turn into objects of our amusement, to “the Haters,” the worshipful Qanon-types who expect the prophecies of their anonymous leader to play out on live television—Garber argues that this comedy of our daily lives is quickly becoming tragedy. And we can't understand our politics without first understanding our culture.

Screen People is an urgent, page-turning, and dazzling look at how we entertained ourselves into our current predicament, and how we might find our way out of the maze of misinformation and chaos.

ISBN: 978-0063415690 * HarperOne * 304 pages * \$36.99

YOUR INNER HEALER
Using Chakras and Energy Medicine to Achieve Wholeness

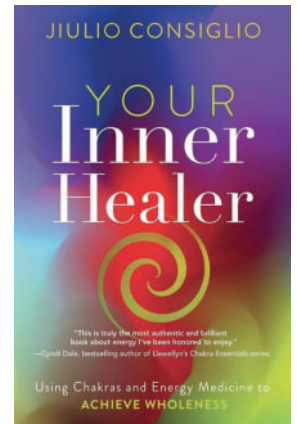
Jiulio Consiglio

Tune into your body's frequency and experience a transformative journey of self-healing. With this beginner-friendly guide, you can align with the wisdom of your chakras, allowing your subtle body to work harmoniously with your physical one for a full expression of vitality. Sharing his personal experiences overcoming intense anxiety and cancer, Jiulio Consiglio examines the cause of disease and explores what extraordinary wellness means.

Through intentions, exercises, and meditations, you will connect with your body's energy, achieve higher states of consciousness, and heal your mind, body, and soul.

"Jiulio's book is the most compelling one I've ever read on how to employ the chakras—and stillness—to awaken to the wholeness already within. His logic is sheer poetry, and the practices are wondrous." —Cyndi Dale, bestselling author of Llewellyn's Complete Book of Chakras

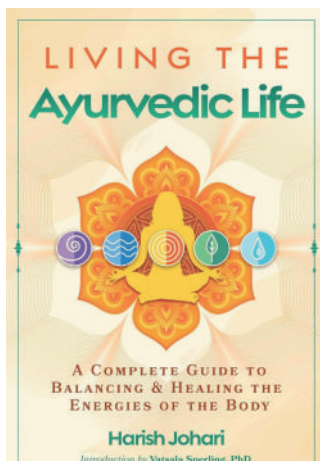
ISBN: 978-0738778976 * Llewellyn, 2025 * 252 pages * \$28.95



LIVING THE AYURVEDIC LIFE
A Complete Guide to Balancing & Healing the Energies of the Body

Harish Johari

In this classic guide to Ayurvedic principles, Indian artist, teacher, and scholar of tantra, Harish Johari reveals how making small, strategic changes to habits and behaviors in daily life can lead to better physical, mental, and spiritual well-being no matter what your current age or state of health.



The author explains the three types of energy (gunas) in the Ayurvedic tradition—sattva (essence), rajas (activity), and tamas (inertia)—and how they influence our emotional patterns, mental habits, and physical health as well as how we can cultivate or suppress each type of energy. He explores the power of breath, including the specific effects of breathing through the left and right nostrils. He also looks at the energizing effects of waking up just before sunrise and offers guidance on developing healthy sleep habits.

Revealing the far-reaching effects of diet, Johari explores the impact that specific foods have on the body and mind for each Ayurvedic body type as well as the power of fasting. He also explains appropriate yoga and exercise practices for different ages, the healing effects of massage and meditation, the influences of different gemstones on the body and mind, and how sexual energy retention can increase vitality.

Sharing a practical set of principles for daily living based on thousands of years of Ayurvedic science, this guide will help you develop habits for a healthier, happier, and more balanced life.

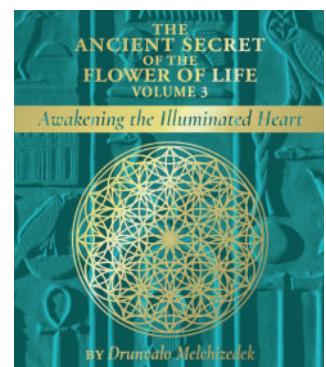
ISBN: 979-8888503157 * Healing Arts Press, 2026 * 256 pages * \$24.99

THE ANCIENT SECRET OF THE FLOWER OF LIFE, VOLUME 3
Awakening the Illuminated Heart

Drunvalo Melchizedek

Only now, with the recent shift in humanity's new level of consciousness — the highest in all of humanity's existence — could Drunvalo Melchizedek reveal new information on the living Mer-Ka-Ba, connecting the heart to the brain and the pineal gland. These updated and expanded processes of Awakening the Illuminated Heart will allow you to find images and ancient inner movements within you (initialized through meditation) that can alter the nature of your consciousness and even the whole planet's consciousness. Doing this can bring you, as an initiate, to immortality, where you can change your body into pure light and continue to ascend into higher realms of existence.

ISBN: 978-1622330898 * Light Technology Publishing, 2026 * 215 pages * \$42.50



HOW DO YOU CHOOSE?

A Human Design Guide to What's Best for You at Work, in Love, and in Life

Erin Claire Jones



Do you know what career you're really meant to pursue? Can you identify the relationships you should really be investing in? Are you living your life to the fullest? The Human Design system is a mystical personality assessment tool that uses NASA data, astrology, and Eastern philosophy to generate mind-blowingly accurate insights into how you uniquely thrive at work, in love, and beyond.

In *How Do You Choose?*, world-renowned Human Design coach and educator Erin Claire Jones offers a roadmap to using this cosmic system as a practical tool for personal transformation.

Written as an easy-to-understand self-discovery guide, Jones shares relatable stories from her own life, case studies from her work with thousands of clients, examples of how influential figures like Nelson Mandela, Taylor Swift, Beyoncé, Maya Angelou and more have used their Human Design gifts to change the world, actionable tips for immediate transformation, and more than a hundred journaling prompts.

Whether you want to advance your career, motivate others to change, take creative risks, find deeper connections, build better habits, start a new chapter, or simply create more happiness in your life and relationships, *How Do You Choose?* offers you a resource for spiritual growth to shift your mindset and unlock your full potential.

ISBN: 978-0063412774 * HarperOne 2025 * 240 pages * \$33.50

WALK

Rediscover the Most Natural Way to Boost Your Health and Longevity—One Step at a Time

Did you know...

- Your risk of falls and overall longevity can be measured by your foot health
- Your walking speed can predict your overall health status and risk of early death
- Increasing your walking cadence has been shown to help reduce knee, hip, and lower back pain
- The number of daily optimal steps is not 10,000 (spoiler alert: it's fewer!)

Walking is as important to our health and longevity as sleep and proper breathing; it is the 6th vital sign. And yet we've almost engineered it out of our lives. *Walk* is an expert-driven, science-backed guide that not only underscores the power of movement to just about every aspect of our life, it restores walking to its rightful spot as one of the key pillars of health.

With the most up-to-date research, self-assessments, tips on choosing the best shoes for foot health, as well as easy movement snacks to help with low back pain and foot pain, and customizable programs to develop or enhance your own fitness, *Walk* is *the* definitive guide to optimizing wellness.

ISBN: 978-0738778976 * Balance, 2026 * 334 pages * \$40.00

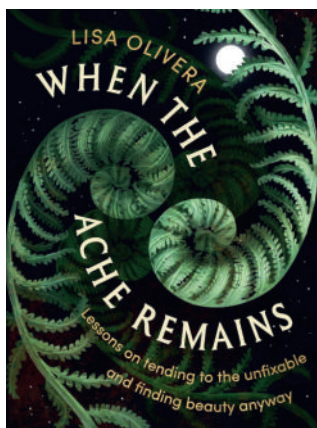
Courtney Conley, DC
Milica McDowell, MS, DPT



WHEN THE ACHE REMAINS

Lessons on Tending to the Unfixable and Finding Beauty Anyway

Lisa Olivera



Emotional pain, of all kinds and magnitudes, is part of life. We'll never be able to find ourselves free of it; no meditation or amount of therapy will cure us of the harder parts of being alive. The practice of turning toward the ache with care—reverence, even—might be one of the most meaningful gifts we can give ourselves. It might even save us.

Lisa Olivera has confronted this reality for years as a therapist, weaving her exploration of it throughout her popular newsletter, *Human Stuff*. She asks questions like, *how do we confront and tend to the painful parts of being human without letting that pain entirely overtake us? How do we find joy even when depression visits, even when we lose someone we love, even when the hurt of the world is ever-present? How do we cultivate aliveness in the midst?*

When the Ache Remains explores these questions for readers in a tender and wise exploration of how ache shapes life, how we can alchemize our pain into medicine, and how presence is accessible even in the midst of difficulty. Blending deeply personal narrative, humanistic psychology, lessons from nature, words of nourishment, and her naturally poetic undertone, Lisa invites readers on a journey alongside her as she explores the impact of depression and the process of learning to tend to it, and all of our aches, in more open, integrative, and loving ways.

ISBN: 978-1538773932 * Balance, 2026 * 239 pages * \$35.00

AN ALMANAC OF BIRDS
100 Divinations for Uncertain Times

Maria Popova

How do we live with uncertainty? How can we come to know ourselves, to trust our own secret knowledge? Maria Popova was navigating a challenging season of being, longing for guidance, when this improbable project arrived one morning as a fully formed idea fusing her love of birds and her love of language, her skepticism about tarot and her compassion for the basic human yearning to be shown the way through, and her faith in constraint as a powerful catalyst of creativity.

Originally intended as a gift to her friends for her fortieth birthday, she set out to create a sort of avian alternative to tarot—a deck of cards less for telling the future than for making sense of the present, for finding grace in the complexities and confusions of our human lives.

ISBN: 978-1961341432 * McNally Jackson Books, 2025 * 100 cards & guidebook * \$69.95

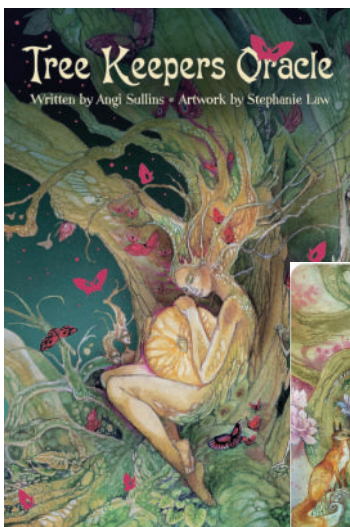


TREE KEEPERS ORACLE

Angi Sullins
 Stephanie Law, Illus.

Long ago, before trees were used for their pulp and fiber to bind our stories, they were story protectors of a different kind. As legend and druids can tell you, there are places on the planet where the veil between worlds is thin, and the trees were guardians of these sacred spaces. During that age, if one was lucky, one might encounter a door in the trunk of a tree, known as a duirwaigh, a portal between magical worlds. The contents of this oracle were entrusted to me from a Tree Keeper in Lapland who guarded the ancient groves. The Tree Keeper gifted me her legacy book. *Tree Keepers Oracle* is derived from that tome.

ISBN: 978-1646711543 * U.S. Games, 2023 * 44 cards and guidebook * \$41.95

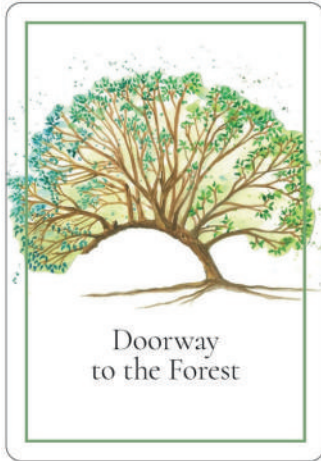
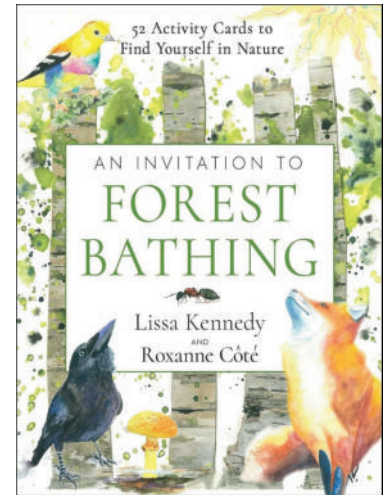


AN INVITATION TO FOREST BATHING

Forest bathing isn't just about being outside—it's about truly feeling it. Well-being begins with your first steps. This deck provides activities to begin your own practice and transform any natural setting—a sprawling forest, urban green spaces, or your garden—into a sanctuary for your senses. Discover a unique path to peace and presence.

Lissa Kennedy
Roxanne Côté

ISBN: 978-1590035795 * Red Wheel Weiser, 2026 * 52 cards * \$30.50

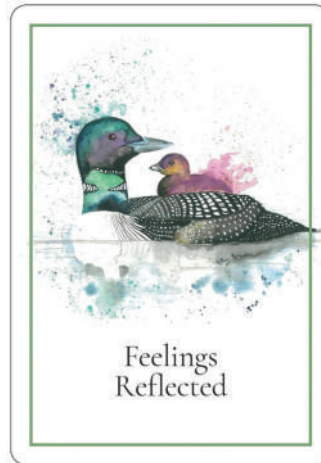


Invitation
Pass through a "doorway" and imagine that you have entered the forest's home. What thoughts or feelings arise for you?

Benefits
Feeling a safe orientation in nature reduces stress and builds relationship to the land.

The Practice

1. Find a "doorway"—perhaps between two trees or over a bundle of sticks.
2. Intentionally pass through this nature threshold, imagining that you have now entered the forest's home.
3. Introduce yourself—you may want to speak your name out loud or in your mind, or by touching a tree.
4. Make yourself comfortable in the forest's home—perhaps take off your shoes and find a place to sit.
5. Observe the uniqueness of this home. Who lives here? How does it feel to visit?
6. Engage with your surroundings in any way that feels good, staying curious and open.
7. When you are ready to leave, thank the forest and pass through the doorway once again.



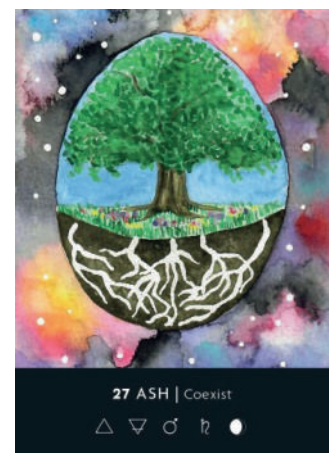
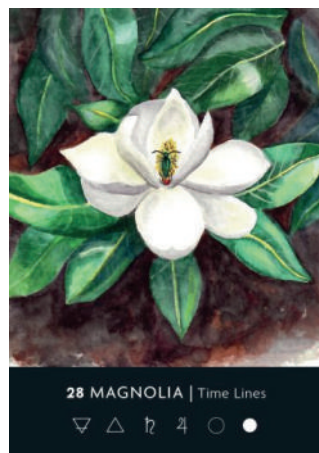
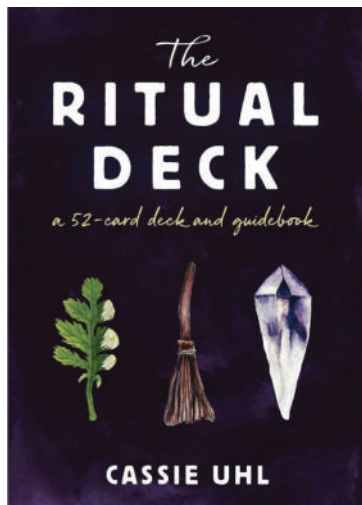
RITUAL DECK

Cassie Uhl

Rituals can be sacred, but they can also be simple. And the transformative power of ritual is available to all. With this deck as a tool, you'll be able to learn about—and craft your own—rituals that work for you and your lifestyle. *The Ritual Deck* by Cassie Uhl, energy worker and author of *Craft Your Own Magic*, allows engage with a variety of spiritual symbols and tools, from crystals and candles to moon phases and sacred geometry. The cards can act as an energetic stand-in for these tools, allowing you to perform meaningful rituals without needing expensive or elaborate items.

As you work with the Ritual Deck, you'll deepen your connection to your intuition and the energies around you. Whether you are seeking guidance for a moon phase, chakra, or element, the deck's intuitive flow helps you understand how to align with the energies that best support your needs.

ISBN: 978-1401975265 * Hay House, 2026 * 52 cards and guidebook * \$33.99



Mandala Book Shop

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

Phone: 519-432-9488
Web: www.mandalabookshop.com

Hours: Tuesday to Friday, noon to 6 pm and Saturday 10 am to 5 pm