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New Books

Mandala Books

...a haven for the soul

September, 2026

"For as long as she could remember, she had thought that autumn air went well with books, that the two both somehow belonged with blankets, comfortable armchairs, and big cups of coffee or tea."

— Katarina Bivald

September's Insights from Lisa

Hello Friends and welcome to your reading for the next 4 weeks :) I say the same thing every September because the older I get, the more it resonates with me. It has been a LONG time since I went back to school, however, there is an unmistakable energy in the air as we shift from summertime where it feels like the fun and freedom will never end to a grounded reality that may seem dull by comparison. Strangely, we are offered a fresh start and a sense of renewal during what feels like an ending. The shift from August into September carries a familiar weight, much like the passage of December to January, yet the emphasis is different. Where January urges us toward bold resolutions and clean slates, September offers a gentler invitation. It arrives with a sense of renewal that no other month can quite match, calling us to lean into acquired insight and cumulative knowledge.



This is not a season of starting over from scratch, but of building upon what we already know. September reminds us that when Mother Nature closes one brilliant chapter she opens another that is full of a different kind of potential. As the wheel of the year turns slowly towards autumn, we are asked to connect with the emerging energies of release and embrace the art of letting go. September arrives carrying the unmistakable feeling of a threshold.

Even for those of us who are not returning to classrooms something ancient within us feels a pull towards educational lore and recognizes this season as a beginning. The light changes. The air begins to sharpen. The trees whisper of transformation. Our first card, **Awakening**, appears like a bell sounding in the distance or perhaps deep within the soul. This awakening is the moment when the scattered pieces begin to form a pattern.

But this is not the awakening of spring. Spring awakens through instinct, the seed breaks open, the green shoot rises, and life reaches toward the light before it knows what it will become. September's awakening is different. It comes after the heat and intensity of summer, after the growing, striving, blooming, and becoming. It is an awakening born not from innocence, but from recognition. Spring whispers, Something new is beginning. September declares, "Now you are ready to understand what it has all been for"

continued on the next page

The recent eclipse may have illuminated something we can no longer unknow. A truth has surfaced. A veil has lifted. The experiences that once seemed separate, the disappointment, the detour, the closed door, the choice we wish we had made differently, begin to reveal themselves as parts of the same sacred education. Perhaps we suddenly understand why a certain path ended, why a relationship changed, or why the thing we once wanted so desperately could not accompany us into our next chapter. This revelation may arrive as a flash of clarity, but it may also rise as a quiet and unwavering certainty from somewhere beneath conscious thought. Our soul has gathered enough evidence. Our intuition has been speaking through every ache, repetition, symbol, and synchronicity, waiting for us to become ready to hear what it has known all along. And now, we are ready.

September does not ask us to erase our past and begin again as though nothing has happened. It asks us to begin anew because everything has happened, and because, at last, we are able to see what it was all trying to teach us. Experience has ripened into wisdom. Wisdom has deepened into intuition. And intuition is now asking to become movement. This is the awakening, not the discovery that a new path exists but the sudden, soul-deep recognition that we are finally ready to walk it.

From this awakening emerge two companions: the *Three of Wands* and *The High Priestess*. They leapt from the deck together, and they must be understood together. One stands at the edge of the known world, gazing toward the horizon. The other sits at the gateway of the unseen, listening to the mysteries beneath the surface. One says, It is time to move forward. The other whispers, The path has already been revealed to you, in dreams, in signs and symbols, in the secret language of your soul.

The Three of Wands carries the spirit of expansion, possibility, and chosen movement. This is where September's "back to school" energy becomes a spiritual invitation. We are all returning to the classroom of our own lives, not as beginners, but as seasoned students. We arrive carrying the knowledge of every previous season. We have studied joy and grief, courage and hesitation, belonging and loss. We have learned through experience. We have the battle scars and wisdom to prove it. Now we must decide what we will do with that wisdom.

The Three of Wands asks us to lift our eyes from the familiar shoreline and look toward what might be waiting beyond it. An idea wants to be explored. A decision wants to be made. A part of us that has been waiting for permission to change, to grow and start something. But this is not reckless movement. The High Priestess stands beside the Three of Wands as sacred counsel. She reminds us that not every answer will be found through logic, planning, or visible proof. Some truths arrive through dreams, symbols, synchronicities, bodily knowing, and the inexplicable pull of the soul. In September, our intuition may feel clearer because experience has taught us how to better recognize its voice.

We have learned the difference between intuition and fear. Fear shouts, rushes, and demands certainty. Intuition is quieter. It does not always explain itself, but it returns again and again with the same steady message. The High Priestess invites us beneath the surface. She asks us to listen more deeply to the signs and symbols Spirit places before us. A repeated word, an unexpected encounter, an animal crossing our path, a dream we cannot forget, these are the threads in a larger tapestry. We are not being asked to force meaning onto everything. We are being asked to become still enough to notice when meaning finds us. Together, the Three of Wands and the High Priestess create a powerful September lesson: outer movement must be guided by inner knowing. We are ready to take action, but we need not abandon mystery to do so. We can make plans while remaining receptive. We can choose a direction without knowing every turn in the road. We can move toward the horizon while trusting the compass within.

And then, at the edge of this new landscape, we meet it with gratitude and grace. Turkey Spirit reminds us that true abundance is not measured only by what we possess, achieve, or receive. Abundance becomes sacred when it moves through us. The wisdom gained from our struggles can become compassion for another. The courage we fought to reclaim can become encouragement offered to someone still finding their way. Even our mistakes can become gifts when we allow them to soften us rather than shame us. Gratitude does not require us to pretend that every lesson was pleasant. Grace does not ask us to be thankful for the pain itself. Instead, we may honour what grew from it: stronger roots, clearer boundaries, deeper empathy, and a more intimate relationship with our own soul.

As September unfolds, allow yourself to stand at this threshold with reverence. Awaken to the truth that you are not beginning empty-handed. You carry an entire library within you. Listen to the High Priestess. Follow the gaze of the Three of Wands. Let Turkey Spirit remind you to share what life has taught you generously, gratefully and with grace. The path ahead is new, but the soul walking it is wise.

Enjoy this glorious time! Speak kindly to yourselves, many hugs Lisa xo

Cards used in this Reading:

1. Vintage Wisdom Oracle by Victoria Moseley
 2. Everyday Witch Tarot by Deborah Blake
 3. Spirit Animal Oracle Deck by Colette Baron-Reid
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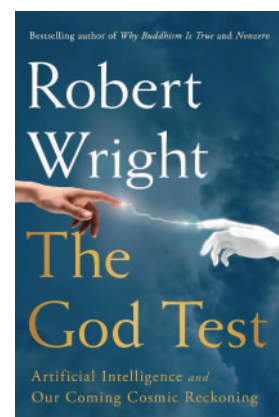
From bestselling author and Pulitzer Prize finalist Robert Wright comes a sweeping new view of artificial intelligence—as an evolutionary force that will pose deep political and spiritual challenges and could, in the process, give our species a unifying sense of purpose.

THE GOD TEST
Artificial Intelligence and Our Coming Cosmic Reckoning

Robert Wright

The God Test is the first book to capture the power behind the AI revolution—to clearly explain the breakthroughs that sparked the current wave of advance and compellingly show why this wave will grow in magnitude and meaning. Written by one of our foremost public intellectuals, and informed by his decades of chronicling the digital age, the book argues that we are about to witness the most abruptly dramatic social transformation in the history of our species. Wright says that to truly understand this moment in technological history, we need to expand our perspective beyond the last century or even the whole history of technology and look back across billions of years of life on Earth. The advance of AI, he argues, is driven by evolutionary dynamics like those that led to intelligent life in the first place. And understanding those dynamics can empower us to confront our climactic challenge: Can we muster the political, moral, and even spiritual resources needed to guide this technology wisely? If we fail, the consequences for the whole planet could be grave. But if we meet the challenge—if we pass “the God test”—we can live in a world where humanity thrives, finding not just happiness but deeper meaning and purpose. The very machines that might otherwise imperil or oppress us can enrich us, helping us transcend the psychological impediments to human concord and fulfillment.

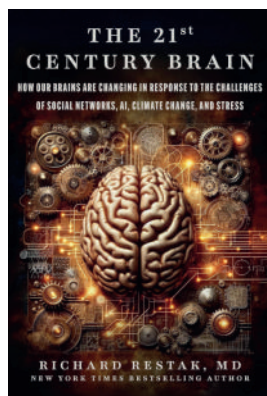
ISBN: 978-1668061657 * Simon and Schuster, 2026 * 343 pages * \$42.00



THE 21st CENTURY BRAIN

How Our Brains Are Changing in Response to the Challenges of Social Networks, AI, Climate Change, and Stress

Richard Restak



During the past twenty-five years, we've encountered powerful influences for good and bad on brain function and even brain structure. Consider the changes that have already taken place in how we communicate. During the last half of the twentieth century, images displaced words as the common parlance of communication. Yet AI is turning the traditional dynamic that images carry more weight than words (“seeing is believing”) upside down because we now have to question the authenticity of images. We are finding ourselves forced to adjust to a world where what we see is not always what's really happening.

Next, consider the effects of our changing environment on our brains and our behavior. Wildfires, becoming more and more common thanks to climate change, affect air quality, which is often undetectable by the average person until it reaches toxic levels. Studies have proven that wildfire smoke is affecting our brains and potentially causing disease.

The brain is always evolving. *The 21st Century Brain* will describe those influences on brain and behavior that are unique to this century, as well as available preventive measures to mitigate some of these factors. This book is a quintessential study on how our brains are uniquely changing in the twenty-first century, as well as a guide to the personal and collective measures that can be taken to eliminate these factors or reduce their impact.

ISBN: 978-1510784154 * Skyhorse Publishing, 2025 * 242 pages * \$44.99

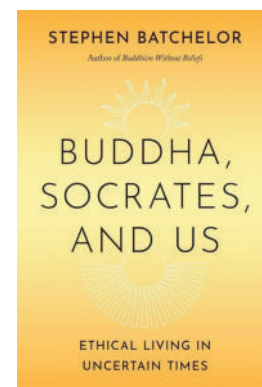
BUDDHA, SOCRATES, AND US
Ethical Living in Uncertain Times

Stephen Batchelor

The Buddha's revolutionary teachings transformed Asia, and his contemporary Socrates laid the foundations of Western philosophy. Although they never met, Socrates and the Buddha each addressed in a radically new and surprisingly similar way the core questions of how to lead a good, just, and dignified life amid turbulence and violence. Common to their teachings was an ethics of uncertainty: both refused to make truth claims about the ultimate nature of reality, insisting on the primacy of critical self-evaluation as the basis of an ethical life.

In this illuminating book, best-selling author Stephen Batchelor explores the philosophical, social, and political worlds of the Buddha and Socrates, showing how their teachings continue to provide lessons in how to lead a flourishing and engaged life. Keenly aware of the fickle and conflicted nature of the human mind, Gotama and Socrates inspired their followers to act with humility and courage, risk and resolve, doubt and confidence. Drawing on their insights, and those of their followers, Batchelor uncovers a middle way between Buddhist dharma and Greek philosophy that can serve as a starting point for a “secular faith” that addresses the most pressing spiritual and planetary issues of our age.

ISBN: 978-0300292077 * Yale University Press, 2026 * 340 pages * \$29.00



IMAGINE THAT

Transform How You Think, Feel, and Live With the Science of Imagination

Cassandra Vieten, PhD.



What if the most overlooked key to mental health, innovation, and human connection wasn't a pill, a device, or a productivity hack—but your own imagination? In *Imagine That*, psychologist and imagination scientist Dr. Cassandra Vieten makes a radical claim: imagination is not just for artists and dreamers, it's the operating system behind how all of us think, act, and live. And it exists within everyone.

Drawing on her original, cutting-edge neuroscientific research, Vieten introduces the concept of imagination neurodiversity: the idea that each of us has a unique set of strengths and tendencies that can be understood and activated. This book is your map to that inner world, and the key to unlocking new possibilities in every area of life.

Vieten's research unpacks the neurological, cognitive, and social components of imagination, and uncovers how we can cultivate and apply it in our daily lives. Readers of this book will gain the ability to:

- Open their mind to new possibilities to help alleviate depression, anxiety, & other problems.
- Deepen spirituality or other existential explorations.
- Develop more joy and creative energy through a more colorful way of seeing and being.

ISBN: 978-1668067390* S&S/Simon Element, 2026 * 275 pages * \$41.00

BEYOND DARWIN

How Epigenetics, Quantum Science, and Cooperation Shape Humanity's Future

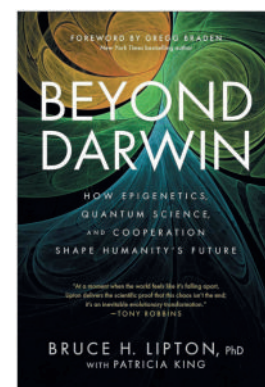
For over a century, Darwin's concept of "survival of the fittest," or life as competition, has shaped the fate of civilization. From the climate crisis to collapsing "dinosaur corporations," and the 1% wealth gap to our need for the resources of 1.6 planet Earths—Lipton places today's turmoil in an evolutionary context. We're not witnessing humanity's death throes. We're in the cocoon. The science reveals an optimistic vision of exactly how we can emerge as the butterfly.

Bruce Lipton

In this groundbreaking book, you'll uncover:

- How environmental signals, not genes, control your biology (making you the creator of your destiny)
- Why cooperation—shown in bacterial colonies to human civilization—is evolution's actual survival strategy
- The fractal patterns that make evolution predictable, showing current global chaos as a necessary breakdown
- Four cultural myths keeping us trapped in self-destruction—and the scientific realities that shatter them
- Why quantum physics reveals we're energetically connected in a field where consciousness shapes matter

Beyond Darwin is the unified theory of Conscious Evolution backed by hard science, offering evidence-based optimism precisely when we need it most. We can become conscious creators of a cooperative civilization. The evolutionary patterns prove transformation isn't just possible—it's predictable. The future is our own conscious evolution.

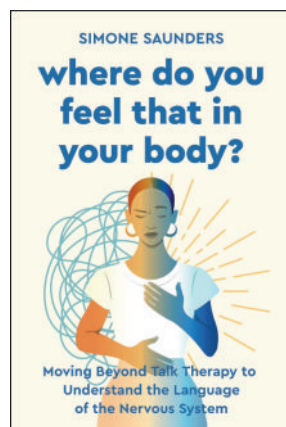


ISBN: 978-1637749364 * BenBella Books, 2026 * 224 pages * \$35.99

WHERE DO YOU FEEL THAT IN YOUR BODY?

Moving Beyond Talk Therapy to Understand the Language of the Nervous System

Simone Saunders



Many of us assume that once we understand why we feel the way we do, things will finally change. Traditional talk therapy often equips us with the language and self-awareness we've been missing — yet so many of us find ourselves stuck. We can recognize the trigger, name the pattern, and explain the story, yet still feel unable to create tangible change in our day-to-day lives.

In Where Do You Feel That in Your Body, Simone Saunders guides you through a gentle and practical approach to noticing what emotions feel like in your body, understanding the protective patterns shaped by identity and past experiences, and recognizing how your nervous system responds to stress and disconnection. You'll learn how to read your body's signals with curiosity, and how to build the capacity to stay present with your emotions instead of disconnecting from them.

In recent years, the language of the body—posture, facial expressions, movements, and sensations—has become more widely recognized for the integral role it plays in shaping and maintaining our survival patterns. *Where Do You Feel That in Your Body* shows you how to build a steady, supportive relationship with your nervous system that grows and shifts over time. You'll understand how your body and mind communicate, how identity and culture shape your emotional responses, and how to gently shift the patterns that once helped you survive.

ISBN: 978-0306836459 * Balance, 2026 * 285 pages * \$40.00

THE IMMORTAL MIND
A Neurosurgeon's Case for the Existence of the Soul

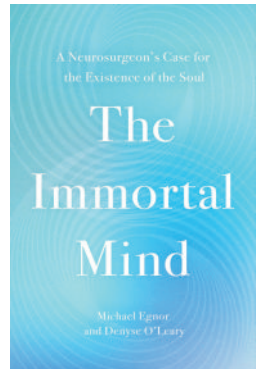
Michael Egnor
Denyse O'Leary

Many scientists and doctors believe that there is no such thing as the soul. That there is no part of us that persists beyond death. We are not spiritual in any respect. We are made up of cells and tissue, and completely controlled by a material organ in our heads: the brain. In this groundbreaking book, Dr. Michael Egnor makes the case—based on 40 years of practice and over 7,000 brain surgeries—that science has gotten it all wrong.

The human brain is incredible, mysterious, and powerful. But it's not what makes us who we are. The soul does that. Drawing on the most important research studies in neuroscience, Dr. Egnor presents evidence that the brain alone does not explain the mind. He explores, using modern neuroscience and his vast surgical experience, how inside every damaged brain there is a thinking, feeling person with a spiritual soul that transcends the brain. He also uses fascinating case studies to show how research on conjoined twins who share parts of their brains, on patients in deep coma who are still able to communicate with people around them, on near-death experiences, and on artificial intelligence all make a scientific case for the existence of the spiritual human soul.

Engaging, thought-provoking, and groundbreaking, *The Immortal Mind* shows here that some aspect of who we are is spiritual and immortal, transcending the physical body.

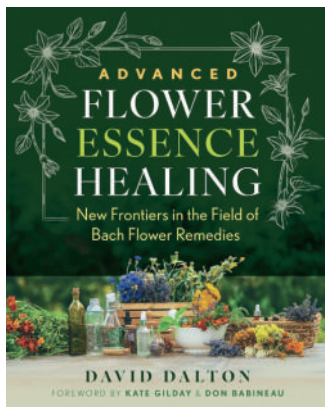
ISBN: 978-1546006350 * Worthy Books, 2025 * 257 pages * \$40.00



ADVANCED FLOWER ESSENCE HEALING
New Frontiers in the Field of Bach Flower Remedies

David Dalton

Drawing on 35 years of experience as a flower essence producer and practitioner, David Dalton comprehensively explores the field of flower essences. He honors the pioneering work of the past and details the developments that are hallmarks of the field's present.



Dr. Edward Bach discovered the first 38 flower essences in his work to alleviate the root cause of disease, which he found to be a split between one's personality and soul. In advancing this work, David Dalton details how to make and use additional flower essences, beyond Bach's original 38, including how to store them to maintain their potency. He gives methods for determining the action of the flower essences he has used for specific situations, including plant attunement, reading the elemental energy of each plant, and observing flower structure as it relates to the chakra system.

Sharing his in-depth interview process, Dalton explains how to review a client's past and present stresses, traumas, emotions, behavior patterns, and physical imbalances to create a full clinical picture and determine which essences to use. He shows how to select and combine flower essences based on the client's need for support and grounding and their readiness to process past experiences. He then shows how to target thoughts and behaviors for change, how to move stuck emotions, how the body processes stress and trauma, and how to release trauma and triggering shadows with flower essences.

ISBN: 979-8888502457 * Healing Arts Press, 2026 * 324 pages * \$37.50

TAROT FOR THE WILD SOUL
A Trauma-Informed Approach for Growth, Healing, and Grounding in the Present Moment

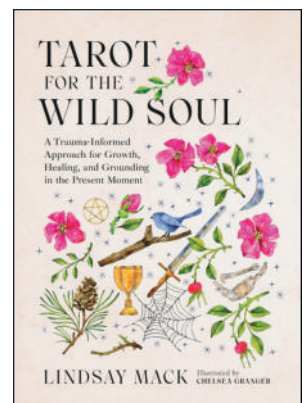
Lindsay Mack

In *Tarot for the Wild Soul*, author Lindsay Mack teaches their signature Soul Tarot method, in which each of the cards is seen as a helpful ally and anchor for the present moment, rather than a forecast of the future. At the heart of Soul Tarot are three guiding principles:

- We honor each card as an invitation for exploration of the present, not necessarily as a sign of what will be or might happen in the future.
- We consider each card that we pull as helpful medicine for our continued growth, not a predictive statement about things to come.
- There are no "good" or "bad" cards in the Tarot. All of the cards bring medicine.

Perfect for beginners and seasoned readers alike, this simple yet revolutionary approach honors Tarot as a powerful tool for self-inquiry, healing, growth, and returning to your inner wisdom. Alongside detailed guidance on each card in the deck, *Tarot for the Wild Soul* includes practices to center your intention before a reading and suggested spreads to help you begin. Whether you're navigating challenging times, seeking personal clarity, or looking for a deeper connection with the cards, this soul-nourishing guide offers insight, empathy, and empowerment.

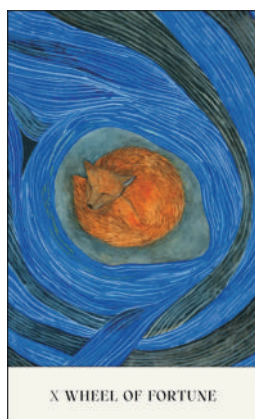
ISBN: 978-0762488971 * Running Press, 2026 * 276 pages * \$39.00



Discover the ***Soul Tarot*** deck and guidebook — a transformative companion for navigating life's seasons through a soul-led, inclusive, trauma-informed, non-predictive approach to the Tarot.

A companion to author Lindsay Mack's USA Today bestselling book *Tarot for the Wild Soul*, this beautifully designed tarot set invites you into a new relationship with the cards—one where they serve as supportive allies and present-moment anchors, rather than tools for predicting the future.

ISBN: 978-0762488988 * Running Press, 2026 * 78 cards & guidebook * \$37.00



X WHEEL OF FORTUNE



I THE MAGICIAN



ACE OF PENTACLES



KNIGHT OF CUPS

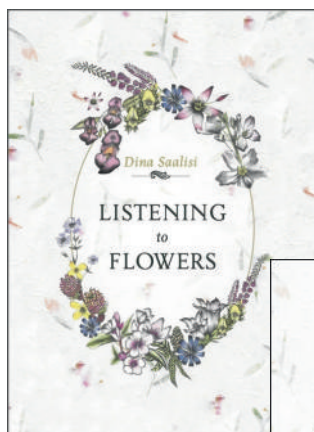


SOUL TAROT
*A Deck and Guidebook for
Healing and Self-Discovery*

Lindsay Mack
Chelsea Granger, Illus.

LISTENING TO FLOWERS

Dina Saalisi



The idea that our emotions govern our physical state is recognized spiritually and scientifically, now more than ever. Develop your emotional well-being by using the energy of flowers with this powerful self-help deck that explores the 38 Bach flower essence remedies through the practice of positive affirmations.

With illuminating invocations and captivating hand-drawn images, you will discover your higher self by using ancient principles relating to earth energy in a way that is fresh and inspiring. Anyone who loves flowers and is interested in developing a positive mindset to counteract emotional challenges will be enchanted by the beauty and simplicity found within this system.

ISBN: 978-0764363795 * Red Feather, 2022 * 38 cards * guidebook * \$37.50



CHERRY PLUM



CHESTNUT BUD

*I cultivate wisdom as I learn from my mistakes
I release old patterns as I embrace
deeper awareness
I grow through life experience*



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