

*****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

January, 2024

"My barn having burned to the ground, I can see the moon."

—Mizuta Masahide (samurai - 1657–1723)

Our hours:

Tuesday to Friday open noon to 6:00 pm

Saturday open 10:00 am to 5:00 pm.

January's Insights from Lisa

Happy New Year Friends! Cheers to the potential of this fresh start in whatever form you desire :)

The middle card is flanked by two cards that are almost identical in tone and colour with the mixture of greens and oranges. The prominent oranges speak to our sacral chakra and the greens, our heart chakra. There is an unmistakable mixing of these colours which suggest that these two chakras will be needing our attention. As we start off the new year, it is important to take notice of the push pull between our hearts and our gut feelings/instincts. This month we are asked to pay more attention to the gut/heart connection. We know that these two are intrinsically connected but we are asked to pay more attention to which one we listen to the most...and why :)



#1. Transformation- This time of the year, there is a tendency to plot and scheme about ALL the things we are going to do differently. We make grand lists and imagine a myriad of ways of improving upon ourselves and our habits. While self improvement is always a good idea, we don't need to reinvent the wheel, that is ourselves. Notice that this card states, "a fresh new way emerges" and not a complete do-over or radical adjustment. This card suggests that we take advantage of this exciting energy and tap into its power of improvement rather than a complete overhaul. Reevaluation is encouraged but we don't need to tear it all down. There can be a tendency this time of the year to proclaim that, "Henceforth and from days on forward, I decree that no sugar shall pass thine lips!" Or that, "I shall ergo hither swarms of time in ye old gymnasium!" LOL! We have all done it on some level. Proclaim our astute desire for an overhaul of our lives. There is a school of thought that if we publicly declare our intentions, we will stick to our new habits with more resolve. A showy or splashy announcement will keep us on track and accountable. Maybe. This card offers us the ability to be assertive with the changes we desire while at the same time, offering us a space to build and improve upon what already works. Self evaluation and self improvement are great ways to make changes that truly feel good, are productive and give us the ability to see actual transformation with definitive and tangible results. We can do it in our way, on our own terms, and create a manageable and reasonable time table for ourselves that will be more prone for success.

continued on the next page

Transformation while rejuvenating and thrilling can also be overwhelming. This card suggests that we spread our wings as does the Phoenix so that we can experience change that is exciting, exhilarating and welcomed. This card advocates for new ways of seeing things, releasing what no longer works and removing the old and outdated. Often, we know deep down what no longer serves us even if we are hesitant to make the changes required. The key here is to change what is ready to transform by utilizing and trusting in the hard work that we achieved in 2023. We spent a lot of time last year working on cultivating strong roots and making sure that we were tending to the foundations that keep us strong, grounded and steadfast. There is always room for improvement but we are to sink deeper into what we know has worked well in the past. What has kept us rooted and determined. We need to bring those well learned lessons with us as we reach for change and growth this month. The Phoenix is about resurrection and returning stronger and better. This card asks us to consider what changes we need to make so that we can become a stronger version of ourselves, while using the hard fought lessons from years prior. The sacred path of our journey has brought us to this point and it is here that we take stock of what stays and what goes. Here in January, in this space of immense newness and vast potential, we wear our battle scars with pride while we bravely move forward in anticipation of what this year's adventure and wisdom will bring. Enjoy!

#2. Blossoming Abundance- January not only offers us the gift of change and new experience but it also provides us with a kind of a safety net, called abundance. Here this lush, rich garden has everything we need and then some. Sometimes it can sound like a cliché to say that abundance is everywhere. For those who struggle with serious issues and difficulties it can seem like abundance is very much NOT everywhere. There are some that feel like there is a lack of many things and despite how hard they work and try, abundance is not forthcoming. In fact, I think it is safe to admit that there are many times when we all feel this way. The truth is that we all struggle and some days we don't have the energy for positive thinking or the blind belief that it will all be OK. This past year brought epic struggles for many and it was an incredibly difficult year. What this card offers us, in the way of a safety net despite the challenges and struggles that we all face, is perspective and objectivity. We have choice and autonomy over how we see the world around us. There are always going to be challenges and issues, especially when transformation is involved. If we make the choice to see our world as abundant rather than seeing it through the lens of lack, scarcity or deficiency we will have a safe space to fall into when needed. If we are able to see and appreciate the abundance that is around us everyday and become practiced in looking for and appreciating what we already have, as opposed to fixating on what we don't have, we can find comfort. We can find ease in knowing that in many ways, we have already been provided for. It may not be in the way we want but seeing the abundance that is already in front of us can be extremely healing and reassuring. I know I say it all the time but perspective can be a total game changer. Abundance as a lens in which we view life both through the good times and bad can offer not only stability and consistency but possibly harmony if we allow it. Even during our darkest times we CAN see in front of us those people, places and things that bring abundance into our lives. The Phoenix brings change and rebirth which can be a mixed bag of emotions and feelings but combined with abundance we have a cushion to soften the rough edges of transformation and a place to rest that offers comfort and clarity.

#3. Giraffe Spirit; See the Big Picture- Giraffes stretch upward to reach the treetops and look down from a high vantage point. When Giraffe Spirit appears, it is a sign to observe from a higher view. In all aspects of our lives, it's time to stretch our necks out and broaden our view. To see the big picture and how we fit into it. No matter how great our wisdom, knowledge or experience, we don't want to overlook details and connections that will help us better understand ourselves, our circumstances or how we fit into all of it. This card asks that we stretch ourselves, look beyond what catches our attention at eye level and know that not everything is as obvious as we might like it to be. Giraffe Spirit will bestow upon us a new perspective that might make a big difference.

Enjoy the magical energy of change that is not only welcomed but enjoyed this month. It isn't often that we crave the sorts of change that we do in January. Embrace this powerful energy that is full of potential and innovation in a way that only January can offer. Under the darkness of winter January opens us to the light and spark of possibility. Speak kindly to yourselves! Hugs and much love, Lisa xo

Cards Used in This Reading:

1. Sacred Traveller Oracle Cards by Denise Linn
2. Energy Oracle Cards by Sandra Anne Taylor
3. The Spirit Animal Oracle by Colette Baron-Reid



If you're like most people, the relentless daily grind of go-go-go, do-do-do, can run down your energy and deplete your resources. While most of us find our lives full of "Upstate" moments that rev up our stress engines, it doesn't have to be this way. World-renowned sleep researcher Sara C. Mednick, PhD, shows us how we can access the most replenishing and repairing aspects of sleep through activities and moments that happen during our day by diving into our "Downstate." Dr. Mednick shows that bringing ourselves back to the Downstate is critical for our health, well-being, and cognitive longevity.

Drawing on her original findings—and those of others across many fields of medicine—Dr. Mednick creates a comprehensive picture of the Upstate/Downstate rhythms that orchestrate all of our bodies' vital systems, along with a novel theory that aging is caused by spending less and less time in Downstate activities. ***The Power of the Downstate*** offers practical, evidence-based insight into how we can all enable those systems to work together in better harmony. You'll learn:

- How our bodies and minds are guided by a natural Upstate/Downstate rhythm—and how our modern lifestyles disrupt these rhythms to our detriment;
- How our vital organs and systems benefit from spending more time in the Downstate—which decreases the risk for Alzheimer's disease, chronic illness, and early death;
- How we can activate the Downstate through rethinking how to breathe, eat, sleep and exercise; and
- The practical four-week Downstate Recovery Plus Plan.

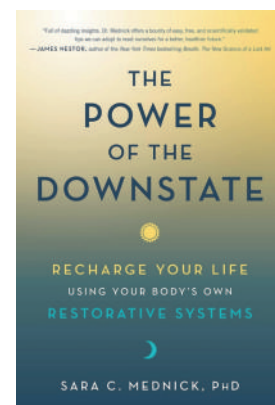
Get ready to be more alert, productive, and cognitively sharp during the day, feel greater intimacy and affection, and enjoy consolidated, restorative sleep at night . . . not to mention expand your years of mental and physical vitality.

ISBN: 978-0306925795 * Hachette Go, 2022 * 337 pages * \$37.00

THE POWER OF THE DOWNSTATE

*Recharge Your Life Using
Your Body's Own Restorative Systems*

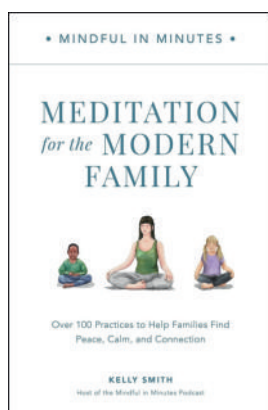
Sara C. Mednick, PhD.



MINDFUL IN MINUTES

Meditation for The Modern Family

Kelly Smith



As a certified yoga teacher, meditation teacher, and host of the chart-topping podcast *Mindful in Minutes*, Kelly Smith is no stranger to the wide-ranging health benefits of meditation. And she discovered she needed them more than ever when she became a mom for the first time. Suddenly finding herself coping with sleepless nights, disheartening physical changes, uncontrollable worries, and near constant sensory overload, Kelly found solace in the same thing she always had: her daily meditation practice. In doing so, she discovered how meditation could help not only moms cope with common family challenges, but every other member of the family as well.

Kelly shares her hard-won wisdom with listeners across the country in her second podcast *Meditation Mama*, and now, in this fully illustrated book. ***Mindful in Minutes: Meditation for the Modern Family*** helps families of all kinds learn how to use meditation to cope with the everyday struggles of being a person who is also part of a family. Covering topics ranging from quieting the mind and managing stress to handling resentment and cultivating compassion, this book offers specialized practices for each family member by age—young to old.

ISBN: 978-0760382141 * Fair Winds, 2023 * 176 pages * \$32.99

In this uncompromising investigation into today's most urgent issues, Naomi Wolf uses her own wildly politicized pilgrimage—from New York Times bestselling author and high-level Democratic consultant to a journalist cast out from the elite political and social circles she once moved through—as a stunning narrative framework that is both chilling and incisive.

Wolf's sin? Doing the job that good journalists once prided themselves on: asking questions, challenging authority, and, during one of the most politically divisive moments in modern history, exposing the many failures of the public health response during the COVID-19 pandemic by chronicling the dangerous descent of our democracy into tyranny, censorship, and totalitarianism.

Unable to remain silent in the shadows and unwilling to collude with the mainstream, Wolf bravely covers topics that few other writers dare to address critically for fear of being deplatformed. ***Facing the Beast*** explores reproductive rights, medical freedom, the uncurious thought-policing of the "progressive" left, the Second Amendment, the criminal relationship between the FDA and Pfizer—Wolf's clear writing repeatedly shines light in the dark corners of our fractured society.

A decades-long champion of free speech, freedom of the press, and the Constitution, Wolf found herself not only in the midst of a political rebirth but a spiritual transformation as well—one in which the events of the day could only be described in terms of good, evil, and a metaphysical quest on the nature of reality.

ISBN: 978-1645022367 * Chelsea Green, 2023 * 232 pages * \$34.00

FACING THE BEAST

*Courage, Faith and Resistance
In a New Dark Age*

Naomi Wolf



LOVE, NATURE, MAGIC
*Shamanic Journeys Into
the Heart of My Garden*

Maria Rodale

In *Love, Nature, Magic*, organic advocate and former CEO of a global health and wellness company Maria Rodale combines her love of nature and gardening with her experience in shamanic journeying, embarking on an epic adventure to learn from plants, animals, and insects—including some of the most misunderstood beings in nature. Maria asks them their purpose and listens as they show and declare what they want us humans to know. From Thistles to Snakes, Poison Ivy to Mosquitoes, these nature beings convey messages that are relevant to every human, showing us how to live in balance and harmony on this Earth.

Through journeys filled with surprises, humor, and foibles, follow Maria's evolution from being annoyed with to accepting—and even falling in love with—our most difficult neighbors (including human ones). Along the way, she tells her own story of how she learned about shamanic journeying and its near-universal manifestation in traditional cultures worldwide. She describes what her experiences of shamanic journeying are like—simply, honestly, and with a touch of irreverence.

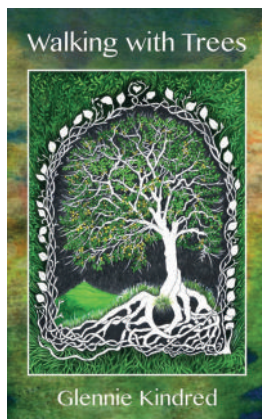
Throughout, Rodale shares an essential truth that resonates across her shamanic explorations: We first must heal our own hearts, for only then can we truly love others and begin to heal planet Earth.

ISBN: 978-1645021711 * Chelsea Green, 2023 * 219 pages * \$38.00



WALKING WITH TREES

Glennie Kindred



In *Walking with Trees*, Glennie Kindred takes us on an intimate and profoundly connecting walk with thirteen of our native trees. She leads us into their worlds and opens our hearts to their wonders, their qualities and their potential to heal. This is a book about relationships and inter-relationships: our relationship with the trees, their relationships with each other and with the natural world around them, and the flow of our communal relationship, past and present, which affects us all as the web of life.

Glennie's passion for trees is infectious, and inspires us to look more closely, listen more intently and walk with trees more often. She shares her stories and encounters with trees and weaves together many ways to deepen our engagement with them, from growing them, harvesting and using them for medicine, food, and craftwork. She also encourages us to find our way into a more subtle and intuitive relationship with the trees, as part of our journey to heal our fractured relationship with the Earth.

As with all of Glennie's books, the seasonal cycles and the Earth festivals are interwoven and provide further ways to deepen our journey with trees. This is a book about possibilities, for those who care for our environment. This is a book that reminds you of what you might have missed or forgotten, and reminds you of your power. This is a book of our time, where we recognise our deep interconnectivity with the trees, with all of life and with the Earth herself. It inspires us to open our arms and hearts wide, and joyfully embrace the changes. Illustrated with the author's exquisite pencil drawings.

ISBN: 978-1856233262 * Permanent Publications, 2019 * 269 pages * \$27.50

IMPERMANENCE IN PLAIN ENGLISH

Bhante Gunaratana
Julia Harris

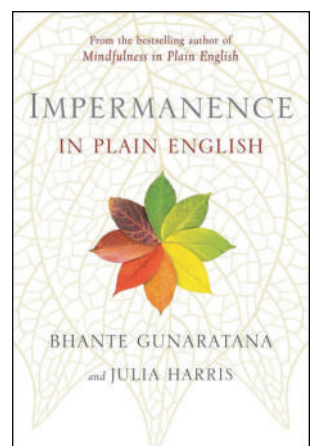
The bestselling author of *Mindfulness in Plain English* guides the reader toward a direct and personal realization of one of the foundational tenets of Buddhism: all things that arise must pass away.

In *Impermanence in Plain English*, the beloved author and teacher Bhante Gunaratana, alongside Julia Harris, clearly and masterfully explains the key Buddhist insight of impermanence and invites the reader to personally investigate its truth.

Once-youthful bodies grow old and weary. New thoughts, feelings, and sensations arise and fade every second. Impermanence is not some abstract, metaphysical idea. This is the Dhamma, and you can see it for yourself.

Drawing from Pali scriptures and writing with fresh, direct language, Bhante Gunaratana and Julia Harris highlight the Buddha's exhortation that we must directly realize for ourselves the liberating insights that free us from suffering and cyclic existence, without relying only on the word of religious authorities or academic or philosophical musings.

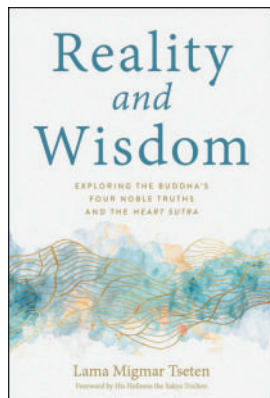
ISBN: 978-1614298915 * Wisdom Publications, 2023 * 139 pages * \$24.95



REALITY AND WISDOM

Exploring the Buddha's Four Noble Truths and The Heart Sutra

Lama Migmar Tseten



Written in a warm and accessible style by one of today's most respected Tibetan Buddhist masters, **Reality and Wisdom** leads the reader on a journey of discovery beginning with the very first teachings of the Buddha and into the profound experience of emptiness.

The first section of the book explores the bedrock Buddhist teachings of the four noble truths—insights into freedom from suffering from craving—which underpin all schools of Buddhism. Lama Migmar presents and explores these foundational Buddhist truths with humor and insight, explaining how, from a Mahayana Buddhist perspective, these truths serve as crucial supports for cultivating the transformative wisdom of emptiness.

In the book's second half, Lama Migmar illuminates the terse and enigmatic lines of the Heart Sutra, perhaps the most studied and revered of all Mahayana Buddhist scriptures. The Heart Sutra presents the reader with a vision of reality as it is perceived by a buddha, a vision underpinned by and infused with the radical flexibility and possibility of emptiness and the engagement and responsiveness of profound compassion.

The clarity, warmth, and vibrancy of Lama Migmar's writing combined with the comprehensiveness and detail of his presentations of key Buddhist teachings make this book a valuable resource for a range of readers, from beginners to more advanced practitioners seeking to deepen their practice.

ISBN: 978-1614298328 * Wisdom Publications, 2023 * 268 pages * \$25.95

Join a charming cast of animals from diverse habitats as they embark on an unforgettable journey of learning and growth. Through this heartwarming tale, children and parents alike will learn the invaluable lesson that true happiness doesn't come from having more stuff. It comes from appreciating what we already have.

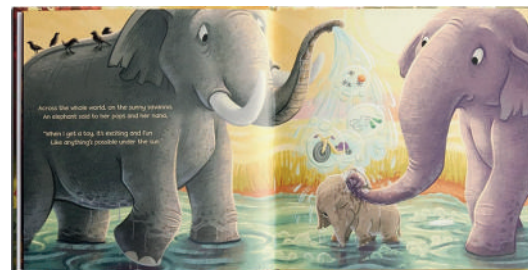
This enchanting story isn't just a book—it's a simple tool that helps parents spark meaningful conversations with their children about entitlement and contentment (without actually having to use those big, fancy words). As your child journeys through *I'm Glad for What I Have*, they'll not only enjoy the adventure but also gain a new understanding of what it means to appreciate what really matters -- God's love, not having more stuff.

Rachel Cruze's gift for storytelling shines through every word, and the stunning illustrations bring it all to life, making this book a cherished addition to your family's library.

ISBN: 978-8887820163 * Ramsey Press, 2023 * 32 pages * \$21.99 * ages 2 to 6

I'M GLAD FOR WHAT I HAVE

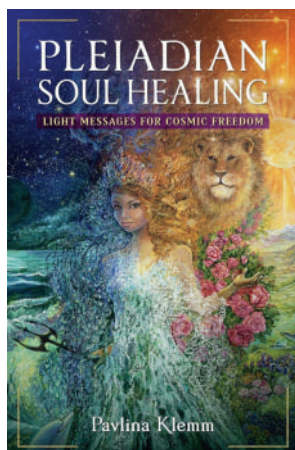
Rachel Cruze
Lauren Gallegos, Illus.



PLEIADIAN SOUL HEALING

Light Messages for Cosmic Freedom

Pavlina Klemm



Speaking through healer and channel Pavlina Klemm, the higher beings known as the Pleiadians share healing wisdom to assist humanity as we ascend into the light-filled dimensions of consciousness. In this high-vibration book, the Pleiadians describe the radical energetic changes currently happening on Earth and how they affect us. They also share how the manipulation of humanity in the past can be healed and our lost soul parts recovered.

Through their messages, the Pleiadians describe how, due to the ongoing influx of Cosmic Light to planet Earth, processing and healing the karmic situation of humanity as a whole is now possible. They explore the healing of the natural feminine and masculine power, with a focus on nurturing all souls, families, and children in the world, and offer exercises to amplify the vibration of love.

Detailing the spiritual, genetic, and karmic manipulation that humanity has endured over the millennia, the Pleiadians offer sacred number sequences and visualizations to support you in dissolving artificially encoded consciousness programs as well as releasing negativities from your soul, mind, body, and energy body. They explain how to retrieve lost soul parts, reprogram yourself to tune in to light energy, and heal, regenerate, and protect your DNA by bringing the inner light back to your cells and connecting with the Divine Source. The Pleiadians also explore how to remember your Pleiadian soul parts, which will help you activate and strengthen your healing abilities and live out your higher purpose in this incarnation.

ISBN: 978-1644118290 * Findhorn Press, 2023 * 190 pages * \$24.99

With this new book, Chopra, Tuszynski and Fertig bring readers a visionary work that delves into the innovative world of quantum science and shows how unlocking its secrets can revolutionize how we live and age—and, ultimately, how we can eradicate disease. The key is the quantum body.

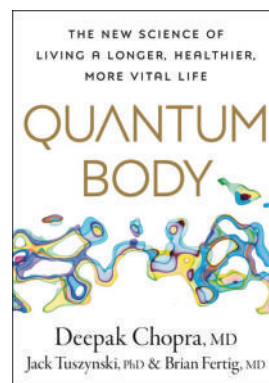
Unlike our physical body, which is subject to aging, injury, and decay, the quantum body exists on a sub-atomic level and is the infinite, invisible source of everyday reality that affects your thoughts, feelings, sensations, and biological responses. Without your quantum body, there is no physical body. And this lack of awareness of the most crucial part of ourselves negatively impacts our lives every day.

Through a powerful combination of prescriptive exercises and innovative research into the quantum world, the authors unveil seven breakthroughs that will revolutionize the future of everyone's well-being. Central to this revolution is a groundbreaking understanding of metabolism—the way our cells process energy—that promises to challenge our understanding of modern medicine as we know it.

ISBN: 978-0593579985 * Harmony, 2023 * 323 pages * \$34.00

QUANTUM BODY
*The New Science of
Living a Longer, Healthier
and More Vital Life*

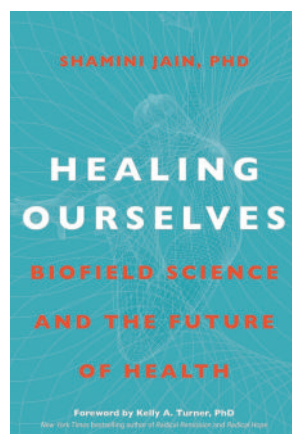
Deepak Chopra
Jack Tuszynski, PhD
Brian Fertig, MD



HEALING OURSELVES

Biofield Science and the Future of Health

Shamini Jain, PhD.



Spontaneous remission, the placebo effect, and energy healing—these phenomena have baffled the medical community for decades. What do all these marvels tell us? “Our current models of medicine fall short of understanding the depths of our human healing potential,” says Dr. Shamini Jain. “We are on the cusp of finally becoming awake to our human healing potential. A growing number of scientists are exploring a new path—a true expansion of science joined with understandings from ancient concepts of spirituality.”

With *Healing Ourselves*, Dr. Jain presents a new vision of health and healing. Here she rejects the “either-or” thinking that has placed conventional medicine at odds with so-called alternative methods—offering an integrated path based on sound scientific evidence and personal empowerment. Join her to explore:

- Biofield science—peer-reviewed research on the inseparable relationship between consciousness and healing
- The placebo and beyond—what placebo research tells us about the power of consciousness to heal ourselves, whether we choose drugs, surgery, or holistic medicine
- Evidence—what strong, published research actually says about the healing power of holistic practices such as yoga, tai chi, meditation, and energy healing
- The Healing Keys—in-depth instruction with evidence-based recommendations and ancient spiritual practices that you can integrate into your life for healing yourself

ISBN: 978- 1683644330 * Sounds True, 2021 * 298 pages * \$33.99

CHANGE YOUR MIND

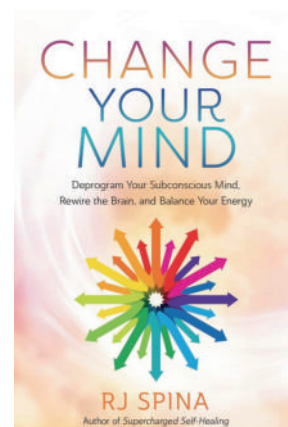
Deprogram Your Subconscious Mind, Rewire the Brain, and Balance Your Energy

Change Your Mind presents revolutionary teachings to help rewire your subconscious mind and bring balance to your energy. Through a 14-day journaling exercise, you'll uncover the mental programming already affecting you, and then apply specialized activities to counteract it. Through a series of self-reflective questions, you will discover a simple yet highly powerful energy diagnostic system that quantifiably measures the return on your energetic investments (such as people, activities, behaviors, and events). This will give you total clarity on what increases or decreases your energetic bank account and therefore your quality of life.

RJ guides you every step of the way, providing meditations, mindfulness practices, and more. He demonstrates how to not only meet the real you, but also maintain and express it through numerous activities you can easily integrate into your daily life. With this book's help, you'll experience a greater sense of self, power, and freedom.

ISBN: 978-1683644330 * Llewellyn, 2023 * 203 pages * \$24.99

RJ Spina



SPIRIT ANIMALS MESSAGE CARDS

Dr. Steven Farmer
Tali Payne, Illus.



Our Indigenous brothers and sisters have long known that animals can communicate, and that the animal messages they received helped guide them along their life paths. For many of us non-indigenous people it's only recently that we have awakened to the deep ancestral memory that we are related to every being on this planet and can communicate with these beings. Spirit provides guidance through the animals that show up in an unusual way or repeatedly in a short space of time. When an animal presents itself to deliver a message from Spirit, it can be a physical animal or a symbol of the animal, such as in a dream or an image on a poster. The message may be clear and straight forward or somewhat cryptic and require contemplation.

The Spirit Animals Message Cards are palm-sized affirmation-style cards that can be easily carried in your pocket or handbag. With illustrations on one side, two short messages and an affirmation on the other, they are ideal for spontaneous and meaningful readings. You'll find easy-to-understand instructions on how to use the cards whenever you're in need of some instant and easily accessible guidance. Once you have used the cards, always thank the Spirit Animal that has presented.

ISBN: 978-0646837628 * Five Kings Press, 2023 * 70 cards & guidebook * \$41.95



Jayne Wallace has entwined the ancient magic of the Tarot with the moon's wisdom to create *Lunar Tarot* the perfect deck to guide us through an ever-changing world. Gain new insights into the cards and their meanings as interpreted from a lunar perspective and learn how to plan your life according to the phases of the moon. The accompanying guidebook gives detailed interpretations for both the major and minor arcana as well as explaining how to lay the cards. With helpful key words and moon mantras, let the moonlight illuminate your journey and channel your dreams and wishes.

LUNAR TAROT
*Manifest Your Dreams With the Energy
of the Moon and Wisdom of the Tarot*

Jayne Wallace

ISBN: 978-1800652651 * Cico Books, 2023 * 78 cards & guidebook * \$32.99



PRACTICAL MAGIC ORACLE
An Oracle for Everyday Enchantment

Serene Conneeley
 Selina Fenech, Illus.

Energize the purpose, knowledge, and potential within you to empower your heart and transform your tomorrows. This comprehensive magical resource helps you create sacred space, understand moon phases, work with nature's cycles, and more. You'll journey into initiation and possibility, set nurturing boundaries, and shape your reality with the support of deities, herbs, crystals, and colors. Believe in your innate powers of creation and charge your world with wonder—now and always.

ISBN: 978-0738776286 * Llewellyn, 2023 * 36 cards & guidebook * \$52.95



These oracle cards will take you on a fantastical storytelling adventure of witches, grandmother trees, ancient archetypes, and sparkling portals. And each card shares practical wisdom, rituals, and manifestation practices to take with you into your own life, as well as an affirmation spell to cast upon yourself. There is a synergy to be found when we combine the two worlds of spirituality and the psyche, merging the mystical with the realistic. If we want to grow to the heavens, we must be deeply rooted in the Earth. You can, by some strange alchemy, turn the most ordinary of ingredients of life into the most extraordinary life magic.

ISBN: 978-1922785206 * Rockpool, 2023 * 44 cards & guidebook * \$34.95



MAGICAL SPIRIT ORACLE
The Brilliance of You

Alexis Rakun

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

Mandala Book Shop

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

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