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New Books

# Mandala Books

...a haven for the soul

June, 2026

*“In the Buddhist tradition, we 'hold hope lightly.' That doesn't mean we veer toward hopelessness. In fact, it takes mindfulness to be hopeful. The opposite of hopelessness is love and connection. We move toward connection with equanimity, the wisdom born of balance. Instead of trying to wrest control over life's changes, equanimity offers us space to see the world as it is, without fixation or craving, and to see that what is in front of us is not the end of the story.”*

— Sharon Salzberg from *Finding Your Way*

## June's Insights from Lisa

Hello Friends! Welcome to your reading for the next 4 weeks starting in June :) The cards bring us into a landscape of earth, sunlight, patience and quiet strength. This is a reading about community, commitment and confidence. The cards this month share a visual language. Across all three images we see earth tones: greens, browns, golds, yellows, flowers, fields, animals, and rooted landscapes. Nothing here feels rushed or detached. This is not a message carried in by storm clouds or lightning. It is a message rising from the soil. It reminds us that growth does not always announce itself dramatically. Sometimes it appears as a small, steady return to ourselves. Sometimes it is a hand on the gate, a foot on the path, a decision made quietly but firmly in the centre of the body.



**The Tribe** opens the reading with the question of belonging. Who are our people? Where do we feel welcomed, supported, and understood? This card reminds us that we are not meant to move through life alone, especially when we find ourselves isolated or accustomed to spending much time alone. This card reminds us that even when we feel the world is too “peopley” we should strive for balance. There is nourishment in community, in shared stories, in the comfort of being seen by those who recognize something within us. It is vital that we feel seen, heard and have ourselves reflected back to us. We are hardwired for interpersonal connection. Even those of us that are somewhat introverted ( or a lot introverted LOL!) we are wired to be with like minded souls. This can be a challenge today with our online communities. These have a place but we are asked to consider their purpose. The Tribe asks us to reflect. Belonging is not the same as fitting in. There are places where we may have learned to shrink, soften, or perform in order to remain accepted. June asks us to notice the difference between spaces that genuinely hold us and spaces that only allow us to stay if we abandon part of ourselves.

This month, our tribe may include friends, family, creative circles, spiritual companions, animals, ancestors, or even the rituals and practices that help us feel rooted. Sometimes the tribe is not a crowd. Sometimes it is a small circle. Sometimes it is one trusted person, one loyal animal, one beloved place, one table where we can lay down our thoughts and feel a little less alone. The message is not simply to seek community, but to seek the kind of community that allows us to become more fully ourselves.

*continued on the next page*

At the centre of the reading stands the **Knight of Pentacles**, steady, watchful, and deeply attuned to the wisdom of the earth. His presence is especially meaningful in 2026, the Year of the Horse. The horse carries symbolism of movement, momentum, vitality and spirit in motion but in the Knight of Pentacles this energy is not wild or impulsive. This is not a horse charging blindly across an open field. This is sacred movement. Purposeful movement. The kind of movement that listens before it advances.

The Knight of Pentacles is often seen as practical, patient and devoted but there is a deeper spiritual current beneath his stillness. He is the guardian of slow magic. He understands that the material world is not separate from the spiritual world, but one of its most sacred expressions. Soil, seed, body, breath, food, shelter, money, labour, ritual and routine all belong to his temple. He reminds us that the path to manifestation is not always dramatic. Sometimes it is humble. Sometimes it is repetitive. Sometimes it looks like tending the same small patch of life day after day until something begins to grow.

The pentacle he carries is not merely a symbol of work or resources. It is a talisman of embodiment. It represents spirit brought into form, intention made visible. The Knight asks us to consider what we are consecrating through our daily actions. Every habit becomes an offering. Every choice plants a seed. Every act of care says to the universe: this is what I am willing to nurture.

In June, this Knight invites us to move at the pace of trust. He does not rush because he knows the old rhythms. He knows that roots grow in darkness before flowers open in the sun. He knows that a field cannot be forced into harvest simply because we are impatient. There is deep medicine in his patience, especially when paired with the horse, an animal of instinct, stamina, and earthly power. The horse reminds us that movement is available, but the Knight reminds us to guide that movement with wisdom. This card asks us to bring our visions down from the clouds and into the body. What does the need or dream require in practical terms? What sacred structure will support it? What small devotion, repeated faithfully will become the spell? This knight teaches that consistency can be a form of enchantment. He shows us that we do not need to chase every sign, every spark, every sudden gust of possibility. Sometimes the most powerful spiritual act is to stay with the path we already know is true.

For June, his message is clear: honour the slow unfolding. Trust the work that is happening beneath the surface. Let your actions become ritual. Let your patience become power. Let the ordinary world reveal itself as holy.

Then comes **Badger Spirit**, with the clear message: **Be Fearless and Bold**. Badger brings a more ancient, instinctive kind of earth energy. Where the Knight is steady and devoted, Badger is fierce, focused, and unafraid to meet life head-on. Where The Tribe speaks of connection, Badger speaks of sacred boundaries, personal power, and the deep knowing that our energy is worth protecting. This card does not ask us to become harsh or combative, but it does ask us to stop dimming our strength in order to make others more comfortable. There are moments when compassion must be paired with courage, and gentleness must be held inside a strong circle of self-respect. There are moments when we must say what we mean, claim what matters, and stand as guardians at the threshold of what is sacred to us. You know that saying, "Do not confuse my kindness for weakness." Badger Spirit arrives as a reminder that softness and strength can live in the same body, and when the moment calls for it, we are allowed to rise from the roots, show our teeth, and let it be known that our spirit is not so easily moved.

The golden yellows in these cards are especially important. The yellow flowers, warm sunlight, and harvest-like tones all connect beautifully to the solar plexus chakra, the energetic centre of confidence, willpower, courage, personal power, and self-trust. This is the inner sun, the place within us that remembers we are allowed to choose, act, speak, and become. When this centre is strong, confidence does not need to be loud or performative. It becomes a steady flame in the body, a quiet spiritual authority, a deep knowing that says, "I can meet this."

Together, these cards suggest that June is a month for rooted courage. We are not being asked to rush forward without thought, nor are we being asked to wait passively for life to change around us. We are being asked to belong wisely, move with devotion, and act from the centre of our own power. The Tribe reminds us that true belonging should nourish the self, not erase it; the Knight of Pentacles teaches that slow, faithful work can become sacred manifestation; and Badger Spirit reminds us that when our inner fire is steady, we are allowed to protect what is sacred and stand boldly in the truth of who we are.

The collective message is this: find the places and people that strengthen you, then move forward from that rooted place with quiet determination. Let your confidence grow through each practical step. Let courage be something you practice, not something you wait to feel perfectly. Be careful, but not timid. Be kind, but not invisible. Be patient, but not passive. Speak kindly to yourselves! Much love, Lisa xo

Cards Used in This Reading:

1. Wisdom of the Oracle by Colette Baron-Reid
  2. Grimalkin's Curious Cats Tarot by MJ Cullinane ( a brand new deck at Sue's!)
  3. The Spirit Animal Oracle by Colette Baron-Reid
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Revered meditation teacher and licensed psychotherapist Margaret Cullen reveals scientific breakthroughs and spiritual intersections that demonstrate how the power of equanimity allows us to live more fully, with balance and wisdom.

We are facing complicated and untenable predicaments—climate change, political division, global conflict—that are beyond our control, which often results in feelings of powerlessness and resignation, or disconnection and bitterness.

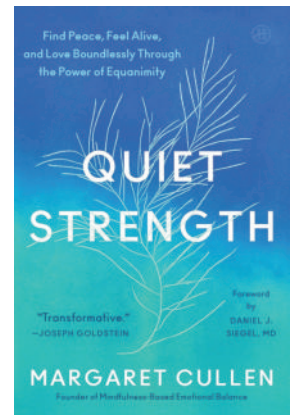
Drawing on decades of mindfulness practice and teaching, Margaret Cullen offers contagious enthusiasm about the groundbreaking discoveries focused on a virtuous habit that has been hiding in plain sight for over two thousand years: equanimity. Equanimity is characterized by non-reactivity and clear seeing and has the power to help us navigate the biggest dramas in our lives—not by ignoring them (or reacting in more fiery ways) but by being present with, and open to, all the very real struggles of being human without being hijacked by them. Equanimity is a profound and powerful force that can transform our responses to the events of our lives and in the world at large—and effect change inside our hearts and in all our interactions.

Featuring guided meditations, cutting edge research and fascinating insights from experts across a range of fields, *Quiet Strength* sparks curiosity and engagement with the practice of equanimity.

ISBN: 978-0063415232 \* HarperOne, 2026 \* 317 pages \* \$38.99

QUIET STRENGTH  
*Find Peace, Feel Alive, and Love Boundlessly  
Through the Power of Equanimity*

Margaret Cullen

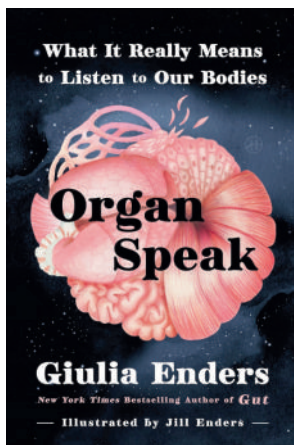


## ORGAN SPEAK

*What It Really Means to Listen to Our Bodies*

Giulia Enders

In a world that is becoming ever louder and more complex, sometimes the best perspective is to look inward—at our own physicality. For thousands of years, our bodies have faced challenges and found their own unique ways to overcome them. What can we learn from these extraordinarily complex beings?



In her new book, internationally renowned medical expert and star of Netflix's *Hack Your Health* Giulia Enders embarks on a journey of discovery into our inner workings, raising fundamental questions:

- What can the immune system teach us about security?
- How does the process of wound-healing inform our understanding of emotional recovery?
- What do we truly need to thrive?
- What are we capable of when we achieve peak health?
- How do we truly want to treat one another?

Our bodies offer fascinating answers to all these questions, transforming our perspective on life itself. With the latest scientific insights and her unmatched talent for making complex concepts vividly accessible, Giulia Enders inspires a deep appreciation for something that is both intimately familiar yet profoundly mysterious—the very basis for how we find our happiest selves.

ISBN: 978-0063494015 \* HarperOne, 2026 \* 302 pages \* \$39.00

We live in a world of more—work more, earn more, do more—but as Zabie Yamasaki writes, “The truth is sometimes what our nervous systems need is less.” In *Protect Your Energy*, Zabie helps us connect to our inner wisdom to make the powerful changes we need to reclaim control of the thousands of ways our energy is depleted each day.

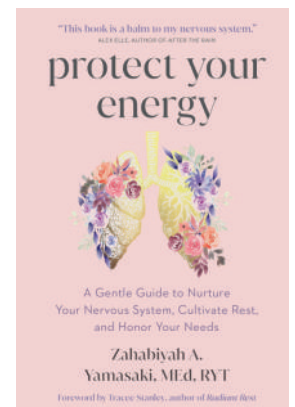
*Protect Your Energy* helps us compassionately learn to listen to the messages our bodies are sending us through our nervous system. With evidence-based practices drawn from Polyvagal Theory, as well as yogic philosophy and personal experience, Zabie shares practical wisdom to help us turn inward to effect small but vital changes that make living in our fast-paced culture more sustainable. *Protect Your Energy* offers:

- Reflections to help us understand both where we are and where we want to go
- Restorative and accessible practices to help us understand our energy drains and honor our capacity
- Support to set and hold supportive boundaries, unwind burnout, and much more.

ISBN: 978-1649633224 \* St. Martin's Essentials, 2026 \* 210 pages \* \$29.00

PROTECT YOUR ENERGY  
*A Gentle Guide to Nurture Your Nervous System, Cultivate Rest, and Honor Your Needs*

Zahabiyah A. Yamasaki

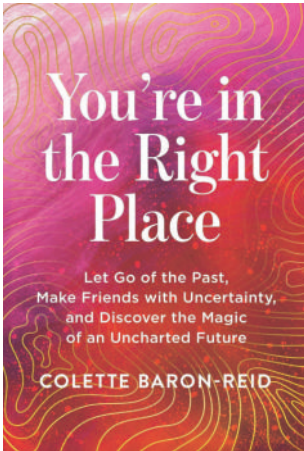


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## YOU'RE IN THE RIGHT PLACE

*Let Go of the Past, Make Friends with Uncertainty, and Discover the Magic of an Uncharted Future*

Colette Baron-Reid



You're being called forth into uncharted territories—away from the familiar ways that don't work anymore—to discover yourself and the infinite potential for your life. Your challenge is to release your fears and surrender fully to Spirit, trusting that no matter what, you are where you're meant to be. It's in these as-yet-undiscovered places within us that we come to recognize our authentic selves, what we can be, and what we can co-create with Spirit.

We need a different kind of map—not one that tells us where we've been, but one we fill in as each new experience changes us into who we need to be to live our destiny. In this book, you'll learn to draw your own Map of the soul as “spiritual cartographer” Colette Baron-Reid guides you through the five interconnected realms of co-creation and self-evolution.

You'll connect to your intuition in the Realm of Spirit and meet your ego in the Realm of Mind. In the Realm of Light, you'll experience transformation as you illuminate the darkness, reclaim lost parts of yourself, and reprogram your subconscious. Then you can consciously direct the forces influencing you in the Realm of Energy, before seeing the results of your self-evolution manifested in the material world in the Realm of Form.

At every step, you learn to harness your personal power, break patterns of suffering, and make friends with uncertainty as you venture into the uncharted.

ISBN: 978-1401997755 \* Hay House, 2025 \* 190 pages \* \$23.99

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## THE HOLY YEAR OF THELEMA

*A Guide to the Ritual Calendar of Aleister Crowley's Tradition*

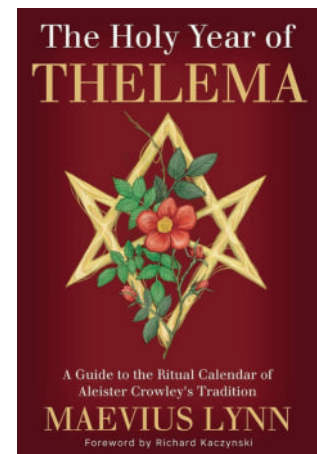
As a system of ceremonial magic, Thelema can give you a profound understanding of who you are and your place in the world. Yet it is often intimidating to even seasoned magicians. With her fresh and accessible approach, Maevius Lynn provides a unique path to starting or enriching your practice through the celebrations of Thelema's calendar year.

Maevius Lynn

No matter your background or experience level, Lynn makes it simple to incorporate the Thelemic holy days into your spirituality. She shares in-depth rituals—with room for innovation—and insights into Aleister Crowley's life and beliefs. She also showcases the forgotten women who helped pioneer Thelema and clearly explains complicated metaphysical topics.

This groundbreaking book's practical, year-long format is the perfect way to dive into Thelema. Here you can gain the knowledge and tools to ascend into your best and most authentic self.

ISBN: 978-0738779355 \* SLLewellyn, 2026 \* 333 pages \* \$33.95



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## THE CELTIC WHEEL OF THE YEAR

*Ancient Wisdom for Living in Harmony with the Land*

Rhonda McCrimmon



In the rush of modern life, many of us have become disconnected from the natural world and the rich, spiritual reality that lies just beneath its surface. But the ancient Celts knew that connecting with the land provided a vital source of meaning, strength, and contentment. These traditions survive in their Wheel of the Year—a sacred guide to living in harmony with the cycles of the land.

In *The Celtic Wheel of the Year*, bestselling author Rhonda McCrimmon invites you to rediscover that magic. Within its pages, you will explore:

- The ancient Celtic worldview that saw spirit in every tree, stone, and river.
- How the lessons of the Wheel—introspection in winter, growth in spring, abundance in summer, and release in autumn—can bring balance to your modern life.
- Practical rituals, meditations, and ceremonies to honor the seasons and connect with timeless wisdom that is available to us all.

Approachable and insightful, *The Celtic Wheel of the Year* does not strive to recreate the past, but to draw from its wisdom to create a more balanced and magical present.

ISBN: 978-1950253739 \* Hierophant, 2026 \* 264 pages \* \$38.50

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THE WAY OF THE WILD SOUL WOMAN  
*5 Earth Archetypes to Unleash Your Full Feminine Power*

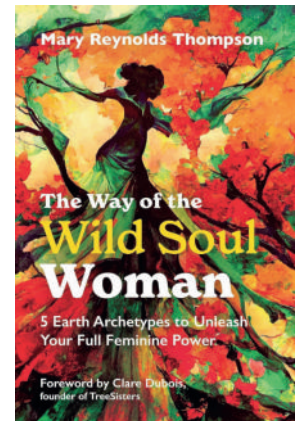
Are you ready to become a force of nature? Trapped in a culture that shames and tames us, we often struggle to give full voice to our passions and purpose. But a *Wild Soul Woman* will not be silenced. Sourcing her strength from five Earth archetypes, she speaks her truth, stands up for her values, and becomes an eloquent defender of life.

Mary Reynolds Thompson

Award-winning author Mary Reynolds Thompson takes you on a groundbreaking journey, showing you how to unleash your full feminine power, as you discover and learn from:

- Desert Woman—to let go of what no longer serves you
- Forest Woman—to seed new dreams and nurture them in your depths
- Ocean and River Woman—to ride the flow of your deepest longings
- Mountain Woman—to rise up in service of a vision
- Grassland Woman—to engage with community as your rewilded self

Woven throughout with the author's personal story and the stories of other women who have blazed a trail, this is an inspirational how-to guide to exploring your inner nature. *The Way of the Wild Soul Woman* is also a blueprint for the next wave of feminism and its larger purpose—to reshape our culture and our institutions.



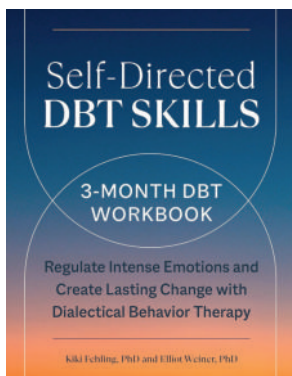
ISBN: 979-8888500330 \* Findhorn Press, 2nd. edition, 2024 \* 349 pages \* \$28.99

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SELF-DIRECTED DBT SKILLS. 3-MONTH DBT WORKBOOK

*Regulate Intense Emotions and Create Lasting Change with Dialectical Behavior Therapy*

Kiki Fehling, PhD  
Elliot Weiner, PhD



Created by psychologist Marsha M. Linehan, Dialectical Behavior Therapy (DBT) is an evidence-based approach for managing difficult emotions, thoughts, and behaviors. In this practical guide and workbook, you will develop skills in four key areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. While traditional DBT programs take 6 to 12 months to complete and require weekly individual therapy, weekly group skills training, and regular phone coaching, *Self-Directed DBT Skills* distills the DBT skills into a 3-month program that anyone can access and implement on their own. Using this roadmap filled with actionable exercises, you'll build a strong foundation for emotional well-being and create lasting change.

- Beginner-friendly DBT fundamentals that prepare you to move through a 3-month program so you can learn DBT skills without a DBT therapist
- Step-by-step exercises by DBT-Linehan-board-certified psychologists who have helped hundreds of clients build meaningful lives through DBT
- Downloadable worksheets and bonus materials like a DBT Skills Cheat Sheet to reinforce skills and help you apply them to your daily life

ISBN: 978-0593435984 \* Zeitgeist, 2023 \* 219 pages \* \$26.99

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THE SELF-LED INTERNAL FAMILY SYSTEMS WORKBOOK

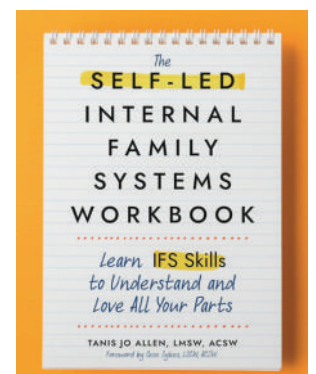
*Learn IFS Skills to Understand and Love All Your Parts*

*The Self-Led Internal Family Systems Workbook* is a self-guided workbook to lead yourself through the IFS process and create inner harmony and peace, as endorsed by Dr. Richard C. Schwartz, founder of Internal Family Systems.

Tanis Jo Allen, LMSW, ACSW

Transform the way you relate to yourself and your mental health struggles with this clear and structured guide to Internal Family Systems (IFS), an evidence-based approach to parts work therapy. The IFS model views every person as having an "internal family" of parts or subpersonalities, each with their own set of thoughts, feelings, and roles. Some parts hold pain from the past, while others work to prevent that pain from surfacing. When parts are understood and accepted, they can release this pain and heal.

Developed by a veteran IFS clinician who has lived, practiced, and trained others on the IFS model for more than 25 years, *The Self-Led Internal Family Systems Workbook* can help you connect to your true, authentic Self—which is always inside of you, ready to lead—so you can meet your internal family of parts, respond compassionately when they're activated, and send them healing energy when they need it.



ISBN: 978-0593886403 \* Zeitgeist, 2025 \* 190 pages \* \$26.99

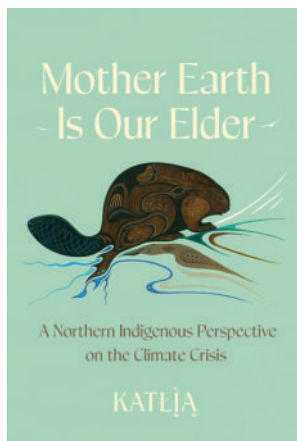
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## MOTHER EARTH IS OUR ELDER

*A Northern Indigenous Perspective on the Climate Crisis*

Katlia



The Dene in Canada's Northwest Territories have lived alongside nature for many generations. From battling environmental racism on the front lines of historical environmental protests to living a balanced life through effective individual and collective governance, the Dene have long protected Mother Earth from destruction through their intricate knowledge systems, natural laws, and age-old principles.

Now more than ever, institutions and citizens alike are seeking out and relying on the resilience of Indigenous knowledge systems to help solve the climate crisis. This book brings together a diverse group of Dene Elders and knowledge carriers on the subject of climate change to answer the calls for help. Adhering proudly to these responsibilities and values, Katlia writes a Dene manifesto fit to address the state of emergency we're in.

With evidence of how this all works for the Dene people, we see how it might work for us all. This generous, pragmatic, and hopeful book shows us how to find coexistence with Mother Earth and embrace the wisdom of our local Indigenous communities.

ISBN: 978-0771018572 \* McClelland & Stewart, 2026 \* 349 pages \* \$36.00

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## INSECT SAFARI

*Exploring the Wondrous World of Everyday Bugs*

Margie Patlak

When science writer Margie Patlak was inspired to take a quick close-up snapshot of a bee in her backyard, it was the start of a years-long obsession with cataloging and understanding the tiny creatures that were all around her. The essays in her book showcase the superpowers, alien anatomies, and striking untold behaviors and thinking abilities of bugs hidden in plain sight in backyards, parks, gardens, and even in the flowerpots that dot city courtyards and balconies. Each essay focuses on a specific bug and explores the big ideas these little bugs raise, such as whether the maternal instinct is truly instinctual, the value of a short life, whether to blend in or alter your environment, and whether you can have altruism without tribal atrocities.

But what perhaps makes *Insect Safari* the most intriguing is its reporting on the plethora of recent scientific findings revealing there's more to the inner lives and behaviors of insects than people ever thought possible. Who knew wasps use tools and recognize faces, bees play with balls and do math, ants invented farming way before we did, and even fruit flies mull over their mating choices?

These findings reinforce the notion that we aren't the only intelligent beings on Earth and tap into people's curiosity about the alien life right here on their own planet.

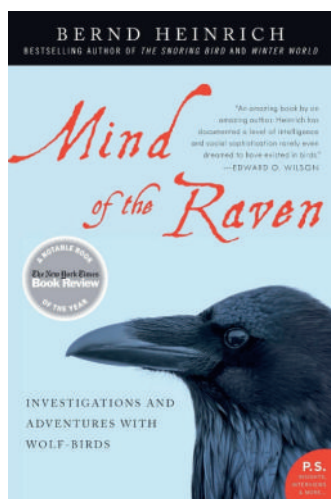
ISBN: 978-1523533060 \* Workman Publishing, 2026 \* 269 pages \* \$25.99

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## MIND OF THE RAVEN

*Investigations and Adventures with Wolf-Birds*

Bernd Heinrich



Heinrich involves us in his quest to get inside the mind of the raven. But as animals can only be spied on by getting quite close, Heinrich adopts ravens, thereby becoming a "raven father," as well as observing them in their natural habitat. He studies their daily routines, and in the process, paints a vivid picture of the ravens' world. At the heart of this book are Heinrich's love and respect for these complex and engaging creatures, and through his keen observation and analysis, we become their intimates too.

Heinrich's passion for ravens has led him around the world in his research. *Mind of the Raven* follows an exotic journey—from New England to Germany, and from Montana to Baffin Island in the high Arctic—offering dazzling accounts of how science works in the field, filtered through the eyes of a passionate observer of nature. Each new discovery and insight into raven behavior is thrilling to read, at once lyrical and scientific.

ISBN: 978-0061136054 \* Ecco, 2002 \* 380 pages \* \$23.99

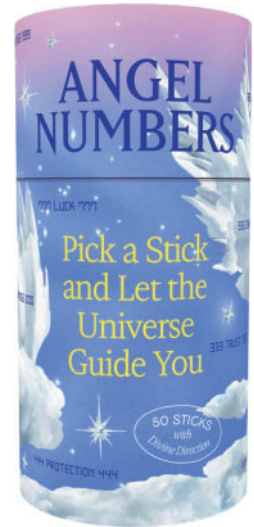
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ANGEL NUMBERS  
*Pick a Stick and Let the Universe Guide You*

Angel Numbers are recurring numbers believed by spiritual communities to hold special messages, and that the number you see is the one needed at that moment.

This unique divination set allots the ten Angel Numbers (000, 111, 222, 333, 444, 555, 666, 777, 888, 999) to five sticks (for a total of 50 sticks). On each, one side has a message in the theme of the Angel Number, and the other side holds a coinciding prompt—a reflective question or activity—to connect you to the number’s message, all designed to help ground you in the moment and deepen your spiritual instincts.



Each Angel Number has its own unique theme:

- 000 – New Beginnings
- 111 – Intuition
- 222 – Alignment
- 333 – Trust
- 444 – Stability
- 555 – Change
- 666 – Reflect
- 777 – Luck
- 888 – Balance
- 999 – Release

ISBN: 978-1797226880 \* Chronicle Books, 2024 \* 50 sticks \* \$22.50

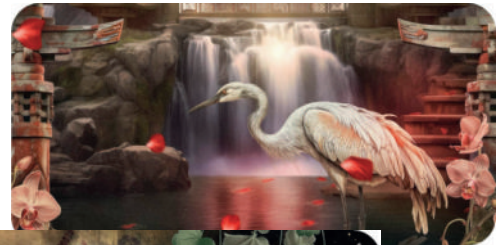
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ANIMAL GUIDES

Spiritual animal allies are ever-present, guiding you toward growth and alignment with your higher purpose. These gorgeous cards by bestselling artist and author Jena Dellagrottaglia feature 40 animal messengers and their wise guidance to enrich your day.

Jena Dellagrottaglia

ISBN: 978-1923208551 \* Rockpool, 2026 \* 40 mini cards \* \$17.95



**Folklore Oracle** explores the rich symbolism within folk wisdom, mythology, custom and superstition, acknowledging each symbol as a key to unlock the hidden pieces of the psyche. A deck in the vein of *Women Who Run With the Wolves*, but with a practical eye toward insight within the seeker's own hidden depths. Each card is a literary exploration of an image, a symbol, an item, a habit or a phenomenon found in folklore and regional tradition and used to highlight an aspect of the soul that needs to be brought out from the murky subconscious into the light of consciousness.

FOLKLORE ORACLE

Hadas Knox  
Giada Rose, Illus.

Giada Rose, bestselling illustrator of *Seasons of the Witch*, dives into the rich, archetypal, and cautionary wisdom of folklore and regional traditions. With a cottagecore vibe, this beautiful oracle is perfect for a journey of self-discovery.

ISBN: 978-1922786166 \* Rockpool, 2025 \* 44 cards & guidebook \* \$35.95



## UNLOCKING THE SECRET GARDEN ORACLE

Angi Sullins  
Jena DellaGrottaglia, Illus.

There is a secret garden inside you, fortified by stone walls old enough to remember the moon's first name. In this magic garden, every plant, flower, insect and animal is a portal, a passageway to secret knowledge and illuminated wisdom. You already have the keys to open each portal. This deck and guidebook are intended to accompany your own intuition as you navigate your way through the garden. Question-keys and answer-locks, when fitted together, open ancient passageways and doorways of opportunity, where you will discover wisdom treasure. Visit the garden to unlock the secrets still tucked away in your own potential.



ISBN: 978-1646711499 \* U.S. Games, 2023 \* 44 gold gilt-edged cards and guidebook \* \$41.95



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