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New Books

Mandala Books



...a haven for the soul

April, 2026

"The happiest people are not the ones who achieve the most. They are the ones who spend more time than others in a state of flow."

— from *Ikigai: the Japanese Secret to a Long and Happy Life* by Hector Garcia and Francesc Miralles

### April's Insights from Lisa

Happy April my Friends and welcome to your reading for the next 4 weeks :) At first glance, this spread feels deeply grounded yet elevated, a meeting place between earth and sky. The palette alone speaks volumes: rich browns, warm golds, and subtle greens. This is fertile soil energy and this soil is alive, quietly charged with potential. This is intentional growth. Rooted beginnings.



The browns, golds, and muted greens create a place of earth and stability and quiet power. This is not loud, chaotic energy. This is rooted, intentional, deeply grounded movement. This is April's hidden awakening. These cards are connected by a quiet powerful energy that is harmony within colour. It's no mistake that brown tones are prominent while quiet patches of green emerge from these earthy rich browns as we move through April.

As Mother Nature turns her muddy wheel of the year this month, beneath the surface, something immense is happening. I say it every April.... "there is a quiet but powerful revolution happening right now below our feet." Roots are stirring. Seeds are cracking open in the dark. The status-quo of the past months is being challenged. What appears still on the surface is anything but. There is pressure building, life insisting, growth preparing itself to rise. These cards echo that exact energy. They remind us that even when nothing seems to be happening, everything is already in motion.

The Ram arrives as the keeper of beginnings, yet his gaze turns gently toward the past with awareness. He stands at the threshold of a new cycle, carrying with him the quiet understanding that forward movement is strengthened by what has already been lived.

This is not a call to linger in what has been, but to gather its wisdom. The Ram asks us to look back with clear eyes, what has shaped us, what has tested us, what has revealed our strength. There is power in this reflection, not as weight to be carried, but as knowledge to be integrated.

*continued on the next page*

Beside him, the dahlia blooms in layered fullness, a symbol of resilience and becoming. It reminds us that growth is rarely simple or linear, but rich, complex, and earned over time. Together, they speak of a quiet determination: to release what no longer fits, to honour what has brought us here, and to step forward with a deeper sense of self. This is the moment before movement, the breath before action, where clarity is gathered and intention begins to take form.

This card is perfectly aligned as this is Aries season. The Ram, as the first sign of the zodiac, carries the spark of beginnings. Aries jumps out of the gate bursting with energy and enthusiasm. There is no looking back with the Ram. Despite pitfalls and blunders made, the Ram only moves forward. There is a clarity that comes from learning through our mistakes. The Ram knows all too well about falling, taking steps back and trying again. Mountain climbing after all is not a linear, easy experience. The Ram doesn't wander aimlessly, he ascends, undaunted, finding a better path to the top of the mountain.

The Ace of Pentacles arrives as a sacred beginning, one that rises from the clarity and truth uncovered in the first card. After a time of reflection, of turning back to understand what has shaped us and what must now be left behind, something real begins to emerge. This is not a passing thought or a fleeting desire, but a seed placed deliberately into our hands. It carries weight. It carries promise.

The owl stands as guardian of this threshold, bringing the wisdom of clear sight and unwavering presence. This is not an innocent beginning, but a conscious one. The owl does not look away. With wings outstretched and gaze steady, it meets us fully in the present moment, the only place where true creation can occur. There is a quiet gravity here, a knowing that what is being offered is both gift and responsibility. This is the point where intention becomes action, where what has been felt and understood must now be lived. The owl asks us to step forward with awareness and commit to what is being placed before us. What we begin here has the potential to root deeply, to grow steadily, and to become something of lasting significance.

The Hawk rises as the guide of what comes next, turning its gaze toward the horizon of the future. Where the Ram reflects and the Owl grounds us in the present, the Hawk lifts us into vision. From above, all becomes clear, the patterns, the pathways, the subtle movements that cannot be seen from where we stand. There is a quiet mastery here. The Hawk does not rush. It circles, observes, and waits for the precise moment to act. It reminds us that true clarity is not found in urgency, but in perspective.

“Let Spirit be Your Guide” is not a passive invitation, but a call to trust the deeper knowing within you. To listen beyond the noise. To recognize that you are not moving blindly, but with guidance that is both intuitive and exact. And yet, the Hawk is not removed from the world below. It remains deeply connected, able to respond in an instant, to move with precision and purpose. This is the balance being asked of us now, to rise high enough to see clearly, while staying grounded enough to act when the moment calls. The Hawk carries us forward, not with force, but with trust. It reminds us that the path ahead is already unfolding, with clear sight and steady intention, we will know exactly when to move.

There is also an interesting balance here between control and surrender. The Ram holds firm. The Owl acts with precision. But the Hawk, he trusts the currents of the air. This suggests that while we are being called to take action and make choices, we are not meant to force outcomes. This is not a chaotic turn of the wheel. It is a guided one. This is a call to move, to choose, to step forward, but not through force or urgency. We are not being asked to push or control what unfolds, but to recognize the current already beneath us. There is a natural flow moving through this moment, steady and deeply aligned.

There are moments in the turning of the seasons when something within us begins to stir, quietly at first, almost imperceptibly and then with a steady insistence that cannot be ignored. This is one of those moments. Beneath the surface of our daily lives, something is shifting, asking for our attention, our clarity, and our willingness to move forward with intention. The cards for this reading arrive not with urgency, but with quiet certainty, guiding us through a process of reflection, grounded beginnings, and clear vision for what lies ahead.

May you honour where you have been, trust where you stand, and move forward with clear and steady intention. May what is beginning now take root with strength, guided by wisdom and may you remember, as the path unfolds before you, that you are both grounded in the earth and supported by something greater. Speak kindly to yourselves.

Much love, Lisa xo

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
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## THE ANATOMY OF AWAKENING

*The 5 Hidden Codes to Activate Self-Healing, Unlock Your Higher Consciousness, and Live Your Divine Destiny*

In a world that feels faster, louder, and more uncertain than ever, many of us are searching for something steady to stand on. We want clarity, peace, and a sense of who we truly are, without feeling lost in the chaos.

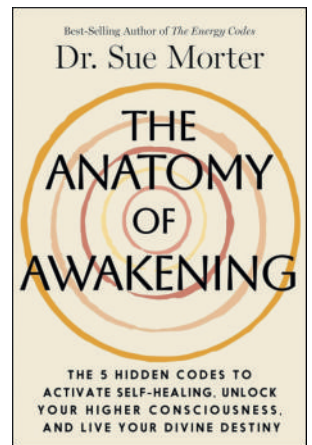
Dr. Sue Morter

In *The Anatomy of Awakening*, Dr. Sue Morter, best-selling author of *The Energy Codes*, changes the narrative of how we understand human potential, perceive ourselves and others, and manifest the visions for our lives by learning the deeper language of the authentic self. Using this deeper language, we recover suppressed aspects of ourselves to heal completely and create the lives we are meant to live.

Using an approach keyed to the higher states of consciousness within all of us, *The Anatomy of Awakening* opens what Dr. Sue describes as a “vibrational combination lock,” activating deeper levels of awareness and helping us become more masterful in how we live, feel, and respond. We align with five transformative universal principles or quantum “codes” to reveal a greater Truth:

- Access our inner guidance and clarity
- Move from overthinking into aligned action
- Regulate the nervous system and change the way we experience life
- See beyond limiting narratives
- Integrate light and shadow to empower everyday life

ISBN: 978-1401998608 \* Hay House, 2026 \* 312 pages \* \$39.99

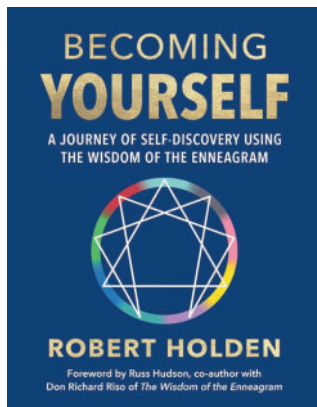


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## BECOMING YOURSELF

*A Journey of Self-Discovery Using the Wisdom of the Enneagram*

Robert Holden



The Enneagram is one of the most powerful self-awareness tools we can access for greater happiness, success, and fulfillment. But if we just identify our own “Ennea-Type” and its most overt characteristics—and we stop there—we’re not tapping this powerful thought system’s full potential.

Enneagram expert Robert Holden wants us to have a fuller picture: not just to understand what our own Type means for us personally, but to see the people around us through the Enneagram’s lens and navigate our lives by its light. *Becoming Yourself* is inviting and exciting, a rich and reader-friendly deep dive full of timeless wisdom and practical insight you can put to use in your life right now.

In *Becoming Yourself*, you’ll start by pinpointing your Enneagram Type, then you’ll explore all 9 of the types in detail—since all their energies are present in all of us. Robert illuminates the essential characteristics of each Type: their core strengths and innate gifts; their ego drivers, fixations, and basic fears; the path of growth that connects them to the virtues of other Types; and more.

ISBN: 978-1401997120 \* Hay House, 2026 \* 337 pages \* \$33.99

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## THEO OF GOLDEN

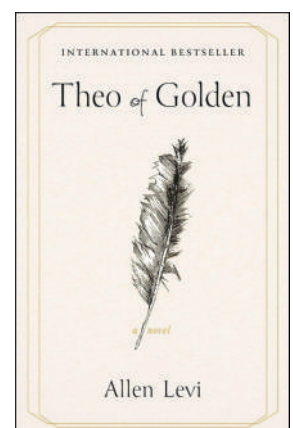
*A Novel*

One spring morning, a stranger named Theo arrives in the small Southern city of Golden. He doesn’t explain much about where he came from or why he’s there—but when he visits the local coffeehouse, where pencil portraits of the people of Golden hang on the walls, he begins purchasing them, one at a time, and giving each portrait to the person depicted. In exchange, he asks only for the person’s story. And so portrait by portrait, person by person, secrets are revealed, regrets are shared, and ordinary lives are profoundly altered.

Allen Levi

A story of giving and receiving, of seeing and being seen, *Theo of Golden* is an unforgettable novel about the power of generosity, the importance of connection, and the quiet miracles that happen when we choose kindness and wonder.

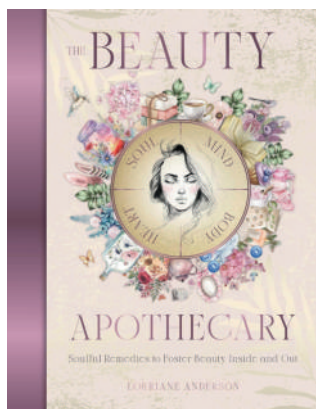
ISBN: 978-1668236550 \* Simon and Schuster, 2025 \* 387 pages \* \$26.99



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THE BEAUTY APOTHECARY  
*Soulful Remedies to Foster Beauty Inside and Out*

Lorriane Anderson



This sacred book will teach you how to nourish your mind, heart, and soul to radiate beauty from within. Unveil the beauty that is uniquely yours with this comprehensive beauty bible of rituals, meditations, and practices expertly crafted to help you glow from the inside out. From cultivating self-love, learning to establish self-sovereignty, embracing a holistic self-care practice, and learning the art of sacred adornment to dozens of beauty SOS protocols, you'll find everything you need to embrace all the unique qualities, both inside and out, that make you truly beautiful.

ISBN: 978-1923208018 \* Rockpool, 2026 \* 217 pages \* \$35.95

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PAIN FREE

*The Easy Four-Step Method to Reduce Pain Naturally*

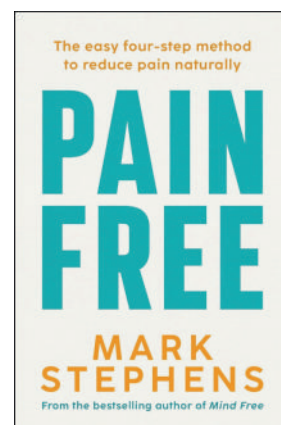
Mark Stephens

Chronic pain affects one in five adults, impacting mental health and overall quality of life. Despite trying various methods for relief, many people continue to live with pain every day. There is hope—a solution that lies within the power of your mind. Research has shown we can flip the pain switch off and tap into a wonderful DOSE of Happy Healing Hormones.

Mark's easy-to-follow Four-Step Pain-Free Method can be practised by anyone. Within these pages, you'll discover a proven combination of breathing exercises, meditation techniques, self-hypnosis scripts and memorable mantras, making it possible to manage and reduce emotional, acute and chronic pain. And don't worry if you think you can't be hypnotised or can't meditate, Mark has that covered.

*Pain Free* is a simple step-by-step guide designed to help you navigate and overcome pain. This book aims to support you on your journey toward a healthier, happier and pain-free life.

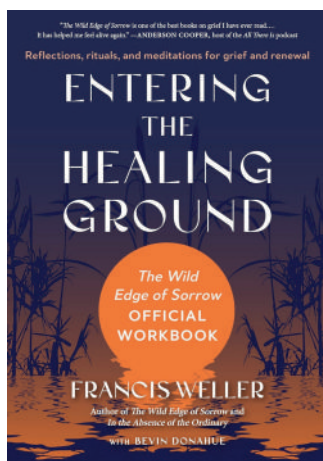
ISBN: 978-0733652929 \* Hachette Australia, 2026 \* 308 pages \* \$28.99



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ENTERING THE HEALING GROUND  
*The Wild Edge of Sorrow Official Workbook*

Francis Weller



Inspired by Francis Weller's revelatory bestseller, *The Wild Edge of Sorrow Workbook* offers a guided pathway through the sacred depths, unexpected turns, and soul-restoring work of grief. Chapter by chapter, Weller walks readers through writing exercises, embodied practices, guided reflections, and rituals from *The Wild Edge of Sorrow*. The workbook is designed to be flexible: you can work section by section as you read the book or dip into standalone chapters that resonate with your own specific experiences. Weller invites you to cultivate a conversation with your grief, to understand your pains and losses in new and poignant ways—and he welcomes you into a deepened relationship with the anima mundi, the soul of the world.

New exercises include:

- Orientation: An apprenticeship with sorrow
- Writing practice: Supporting your grief work
- Reflection prompt: Deepening your kinship with the living earth
- Invitation: Holding a ritual space
- Journal prompts: The Five Gates of Grief

In a profoundly fractured world, Weller's gentle and compassionate voice calls us back into ourselves—our griefs, joys, pains, and the ineffable qualities that make us human...and opens us up, once again, to the interdependence and healing connections that make us whole.

ISBN: 979-8889843313 \* North Atlantic Books, 2026 \* 53 pages with blank journal pages \* \$24.95

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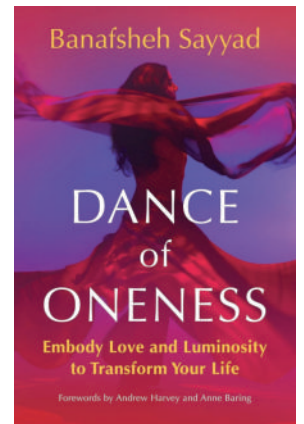
DANCE OF ONENESS  
*Embody Love and Luminosity to Transform Your Life*

Banafsheh Sayyad

Your body—the material aspect of your soul—is a living map to freedom, joy, and your highest potential. In *Dance of Oneness*, Banafsheh Sayyad offers a transformative path to attune to your body's wisdom and awaken love as a healing catalyst for greater well-being, awareness, ease, and connection.

This book isn't about professional dance techniques. Instead, Sayyad shows how you can reclaim your body as the temple of the soul—a holy instrument through which the greater consciousness expresses love, unity, and the miraculous wonder of existence. Rooted in Divine Feminine wisdom and a spiritual awakening through dance that transmuted the pain of exile from her Motherland, Iran, Sayyad's *Dance of Oneness*® modality fuses Sufi whirling, Persian dance, and flamenco with Traditional Chinese Medicine, mysticism, and feminine embodiment practices to dissolve patterns of constriction, activate your light body, and awaken vitality and purpose. For the first time in a book, Sayyad initiates you into whirling as a living portal to embodied love, higher consciousness, and union with the Divine.

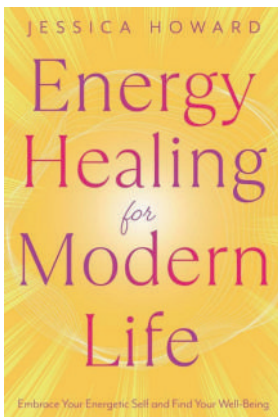
ISBN: 978-1649633835 \* St. Martin's Essentials, 2026 \* 270 pages \* \$27.00



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ENERGY HEALING FOR MODERN LIFE  
*Embrace Your Energetic Self and Find Your Well-Being*

Jessica Howard



This revolutionary guide to healing bridges ancient wisdom and modern needs, offering an accessible, practical approach to cultivating energetic well-being amid today's challenges.

Reiki master and seasoned energy healer Jessica Howard demystifies everything from auras and chakras to ley lines and meridians, presenting them as valuable tools rather than rigid doctrines. Learn to create protective shields for crowded commutes, establish energetic boundaries in your home office, and much more.

Jessica provides ethical guidance alongside techniques that respect your individual beliefs and lifestyle. Whether you're seeking relief from stress, deeper spiritual connection, or simply curious about energy work, this compassionate guide meets you exactly where you are.

ISBN: 978-0738782355 \* Llewellyn Publications, 2026 \* 217 pages \* \$28.95

*The Supreme Gift* is an invitation for reflection, a clear and concise response to life's biggest questions. Inspired by a 19th century sermon by Henry Drummond offering a deeper understanding of love, here Coelho explains love as the culmination of nine elements, which we can incorporate into our everyday lives for an instant connection to life's most important gift:

patience,  
kindness,  
generosity,  
humility,  
gentleness,  
dedication,  
tolerance,  
sincerity, and  
innocence.

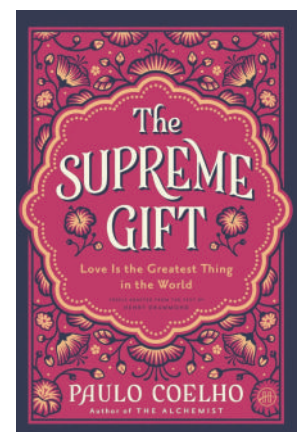
In *The Supreme Gift*, Paulo Coelho offers a real and powerful message that will help us incorporate love into our daily life and experience all its transformational power.

ISBN: 978-0063470088 \* HarperOne, 2026 \* 98 pages \* \$29.99

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THE SUPREME GIFT  
*Love is the Greatest Thing in the World*

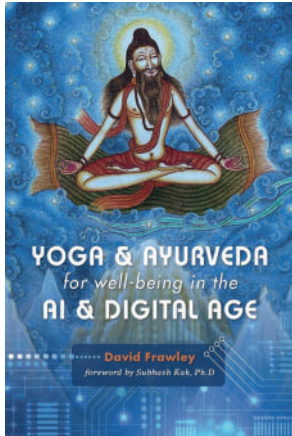
Paulo Coelho



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## YOGA & AYURVEDA FOR WELL-BEING IN THE AI & DIGITAL AGE

David Frawley



Yoga and Ayurveda teach us the Vedic science of consciousness, prana, and self-realization following great yogis and rishis of India. This unique and in-depth book explores how to use Vedic wisdom to overcome the challenges of our high-tech era of AI so we can use our technology according to a transformative inner vision that frees us from all outer dependency and illusion.

This extraordinary book shares Ayurvedic healing practices for body and mind and the depths of yoga, Vedanta, mantra, and meditation for unfolding a higher consciousness. It teaches us how to master our new technology with a new vision connected to the universe within and around us, showing us the discernment and detachment necessary to master our new technology according to the intelligence of our own inner Self (Atman).

As one of the most innovative studies of yoga and Ayurveda for global health and wellbeing today, the book offers many insights and practices to align our life and consciousness with yogic powers of peace, bliss, self-awareness and immortality. It shows us that beyond all outer and artificial information and intelligence the Self of the entire universe dwells within us.

ISBN: 978-1608692903 \* Lotus Press, 2025 \* 188 pages \* \$27.95

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## RADIANT MINDFULNESS

*How to Reach the Awakened State Beyond the Mind*

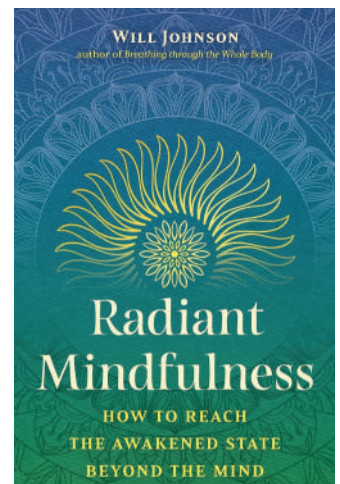
Will Johnson

Drawing on the Buddha's teachings, Will Johnson provides a daily practice that moves beyond the static consciousness of mindfulness to a natural, spontaneous state of embodied awareness. Acknowledging the foundational importance and structural limitations of mindfulness practice, he explores the often overlooked culminating instruction of the Buddha in the Satipatthana Sutta to breathe through the whole body.

Through somatic reflections and meditations, Johnson shows you how to alter your physiology to change consciousness. He explains how to move through levels of conscious awareness, from the passive observation of the breath and the reality of this present moment to radiant mindfulness—an awakening of the body, liberation of breath, and opening up to vision and sound. In this state, the “I” disappears but awareness becomes heightened and unfiltered, allowing a direct experience of unity with the world and within oneself.

This book offers ways to spontaneously achieve the enlightened state beyond the mind that the Buddha taught as the true goal of meditation. The simple yet profound practice of radiant mindfulness can transform everyday life into a path of spiritual awakening.

ISBN: 979-8888500606 \* Inner Traditions, 2026 \* 117 pages \* \$22.99



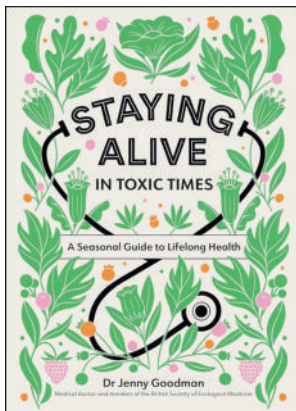
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## STAYING ALIVE IN TOXIC TIMES

*A Seasonal Guide to Lifelong Health*

Dr. Jenny Goodman

Are you confused about what supplements you should be taking? Do you want to know how you can reverse the effects of pollution on your body? Would you like to eat seasonally?



Drawing on Dr Jenny Goodman's 20+ years' experience as a medical doctor, lecturer and qualified nutritionist, *Staying Alive in Toxic Times* sets out exactly what to eat in order to live our healthiest lives, and how to adapt our lifestyle according to the season we are in.

Dr Jenny Goodman lays out how to safely and effectively supplement your diet with vitamins and minerals, explains what really works in terms of detoxing your body, and sorts through the confusing myriad of diets and healthy eating fads, using her expertise to myth-bust. *Staying Alive in Toxic Times* also reveals how to avoid seasonal health hazards, such as indoor pollution, hay fever and SAD.

With so many people feeling tired, ill and run-down, this timely guide is what everyone needs to read in order to live vibrant, happy and long lives.

ISBN: 978-1529309799 \* Yellow Kite, 2021 \* 377 pages \* \$19.99

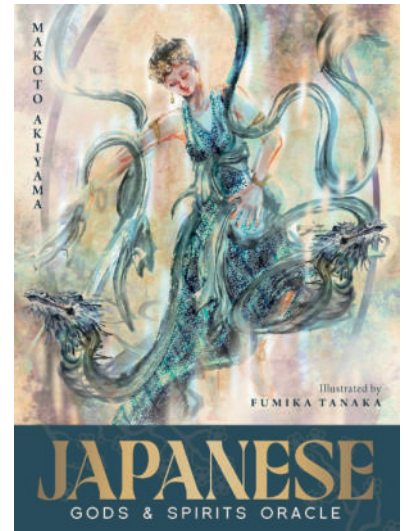
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JAPANESE GODS & SPIRITS ORACLE

Steeped in mythology and legend, *Japanese Gods & Spirits Oracle* introduces the wondrous spiritual beings of Buddhism, Shintoism and Japanese folklore, and the array of powers they possess. Created by Makoto Akiyama, the cards in this deck bring the gods and spirits to life, encouraging users to synchronise with them. Through vivid depictions, you will learn to connect deeply with these dynamic beings and seek their assistance. Whatever you need in your life right now, *Japanese Gods & Spirits* can help you with their wise counsel.

Makoto Akiyama  
Fumika Tanaka, Illus.

ISBN: 978-1923208186 \* Rockpool, 2026 \* 44 cards & guidebook \* \$35.99

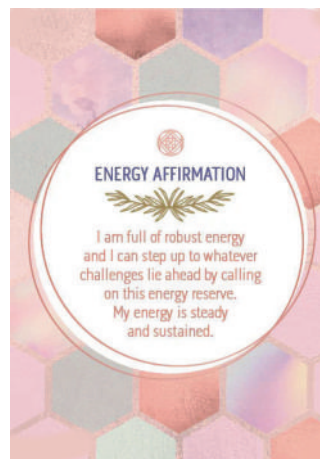


MINDFUL LIVING INSPIRATION CARDS  
*Deepen Your Relationship with Yourself*

Katie Rose

Deepen your daily spiritual practice and meditations through these 36 cards of intuitive messages drawn from ayurvedic wisdom and yogic philosophy. Learn how to let go of your busy life and instead apply conscious spiritual practice through meditations, prayers, mantras and ritual. Pick one card each day as a focus for meditation, a spiritual teaching to live by or to solve a problem and reflect on a challenge in your life. Inspired by Eastern philosophies and traditions, these cards are perfect for yoga teachers, meditators, parents, healers and anyone interested in spiritual development and personal growth.

ISBN: 978-1925924596 \* Rockpool, 2021 \* 36 cards & guidebook \* \$33.95



*Arcana Folia Orace* reminds us to take some time out of our busy lives to reconnect with nature and listen to the messages it offers us. This verdant deck is an invitation to journey into the forest where we can connect with the pure vibrations of flora and fauna. Inspired by the delicate essence and intricate secrets of plants, trees, flowers and leaves, this lushly illustrated deck is a gateway to self-reflection and personal growth. Channeling the powerful energy of nature will enhance your intuition, enabling you discover clarity and grounded wisdom for your deepest questions. Deck includes 50 round cards with earthy painted edges and 72-page illustrated guidebook with insightful messages and custom card spreads.

ARCANA FOLIA ORACLE

Nora Paskaleva

ISBN: 978-1646712748 \* U.S. Games, 2025 \* 50 cards & guidebook \* \$35.95



MYSTIC PSYCHE TAROT

Emily Balivet

Discover the *Mystic Psyche Tarot*, a beautifully crafted 78-card deck that merges timeless wisdom with contemporary insight. Designed for both beginners and seasoned readers, this divinatory tool explores the depths of the human experience through vibrant, mythological, and psychedelic art by Emily Balivet. Using Celtic, surreal and Art Nouveau artwork, each card is a portal to universal archetypes through dynamic, otherworldly visions that offer intuitive guidance and spiritual self-discovery. Rooted in esoteric traditions, this deck bridges tarot, alchemy, and pagan lore, inviting you to navigate life's cycles and unlock transformative truths. Let the magic of Emily Balivet's art guide you on a journey of self-discovery and spiritual insight.

ISBN: 978-1922786548 \* Rockpool, 2025 \* 78 cards and guidebook \* \$39.95



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