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New Books

Mandala Books



...a haven for the soul

January, 2026

“Knowing others is intelligence; knowing yourself is true wisdom.
Mastering others is strength; mastering yourself is true power.”
— Lao Tzu, Tao Te Ching

January's Insights from Lisa

Happy New Year my magical friends! As we cross into 2026, we enter a Universal Year 1—the first spark of a new cycle—where fresh energy begins to stir after a long period of release. After the emotional reckonings of the previous years, the rhythm changes. There is movement again, but it is intentional rather than rushed. Direction begins to form, not all at once, but through small inner shifts that quietly point us forward. A Universal 1 Year marks a threshold: the opening of a new nine-year story, both collectively and within our own lives. It is the moment when possibility returns before certainty, when intuition leads before plans fully exist. The page is blank, the path is unwritten, and the energy ahead feels charged with potential rather than demand. This reading unfolds like a soft exhale rather than a declaration. It isn't announcing a dramatic turning point; instead, it's marking a subtler shift, the kind that happens when something inside finally steadies after a long season of effort.



We begin with the Duck and the Chrysanthemum, a pairing that speaks to a kind of luck that rarely draws attention to itself. Ducks don't rush. They move with ease between water and land, adapting without drama, without fanfare. They are not in a hurry to prove they belong in either world, they simply do. Chrysanthemums bloom when other flowers are fading, arriving late in the season, when the brightness has thinned and the air has changed. Together, they remind us that timing is not always about speed or visibility. Sometimes luck is born from staying present long enough for the moment to catch up to you.

This kind of luck doesn't feel like a sudden windfall. It feels like alignment. Like things quietly clicking into place after we've already done the hard part—showing up, adjusting, enduring. It's the power of resilience, of patience, of learning how to move forward without force even when we want to.

At the centre of the spread the Six of Wands steps in, not with spectacle, but with recognition. This is a quiet personal victory parade of success. This is the moment where we finally acknowledge how far we've come, even if the world hasn't stopped to

continued on the next page

applaud. A win doesn't always arrive with cheers or validation from others. Sometimes it arrives as relief. As steadiness. As the subtle but unmistakable sense that something is finally working after a long stretch of uncertainty.

This card is deeply affirming. It says we didn't imagine the effort. We didn't exaggerate the struggle. The energy we invested mattered, even if it unfolded slowly, even if it wasn't seen. The Six of Wands here isn't asking us to perform our success—it's asking that we recognize, embrace and accept it. To let it land. To admit, quietly and honestly, that yes, this counts. Last month we were asked to put down what was no longer ours to carry and to leave it behind in 2025. The Six of Wands says well done! Many times success arrives after having to make hard choices. It isn't easy to leave things behind that we would like to carry or cling to. The things that have become comfortable, habitual or relied upon are difficult to walk away from. We are hard wired to choose safety and predictability over the unknown, the uncharted or worse, the unstable. To say that we are vulnerable when we leave what we know behind is an understatement. BUT- what is safe and predictable isn't always good for our growth and our evolution. Sometimes we have to make tough decisions. Knowing what is ours to carry forward and what is a burden that needs to be left behind, in itself, is a success. AND- sometimes acceptance of change itself is a momentous success. Wands are about energy and resources. This card affirms that we are putting both in the right direction.

Now, Dolphin Spirit enters the conversation, carrying the wisdom that ties everything together: This and that are true. This card reminds us that growth is rarely a single-note experience. You can feel tired and still be successful. You can be healing but hurt at the same time. Dolphin Spirit reminds us that it isn't all or nothing, that there is duality to everything. We need to leave room for nuance. Dolphin Spirit brings us lightness and joy. Its playfulness is intelligent, intentional, a reminder that joy is not a reward we earn after everything is resolved. Dolphins move through deep waters with ease, surfacing for breath or even laughter and connection. They remind us that even while navigating emotional complexity we are allowed moments of delight, curiosity and joy. Dolphin Spirit shows us that duality is not a burden, but a living rhythm, one truth rising as another dives. Joy is not a distraction from the soul's work, but a guiding current that brings clarity, resilience, and balance. Play, laughter and delight are not privileges granted after struggle; they are innate frequencies woven into our spiritual selves.

Together these cards speak to a moment of quiet integration, where opposing truths no longer compete but learn to move together. Like the duck we have adapted without spectacle, navigating between worlds with calm presence rather than force. Like the chrysanthemum we have continued to bloom even when conditions were not ideal, choosing endurance over display. The Six of Wands rewards our hard earned lessons. Not because it was easy but because we made the hard choices, carried responsibility with integrity and stayed the course when recognition was uncertain. And through it all, Dolphin Spirit reminds us that play and laughter are not rewards reserved for the end of struggle, they are living currents woven into our journey meant to accompany us as we learn that steadiness itself is a quiet, enduring form of magic.

Other notions to consider:

#1. The Duck & The Chrysanthemum- For a simple creature ducks are complex, adaptable and not always as they seem. They thrive in multiple environments, water, land & air. There is something lucky about being able to thrive in all three elements. They appear calm on the surface even when paddling hard underneath. Proof that you just never know what lies beneath the surface.

#2. Six of Wands- This card reminds you that nobody does you like you! This card advises you to embrace your talents. Often our greatest success comes from us being ourselves and embracing who we are, quirks and all. This card serves as a powerful reminder that there is no one else in the world quite like you. Each of us has a distinctive gift, talent, or strength that sets us apart. The wisdom of this card urges us to embrace these abilities. You possess a one-of-a-kind blend of skills—a recipe that only you can offer. Embracing our talents is a vital step towards self-love, which is sanity not vanity :)

#3. Dolphin Spirit- No relationship is either all good or all bad and we all have qualities of both light and shadow. Dolphin Spirit asks that we come up from below and enjoy a weightless moment as we dive in and out of this and that accepting the duality of ourselves and others.

I hope you all have a great start to 2026! It is an exciting time and there IS an unmistakable exhilarating energy around us right now. Embrace this magical time and make it work for you in the best of ways. Remember... Nothing about this moment needs to be rushed.

Nothing about your progress needs to be proven.

Speak Kindly to yourselves. Hugs and 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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A girl believes she has been struck blind for stealing a kiss. A mother watches helplessly as each of her children is replaced by a changeling. A woman is haunted each month by the same four chords of a single song. In neurology, illness is inextricably linked with narrative, the clues to unraveling these mysteries hidden in both the details of a patient's story and the tells of their body.

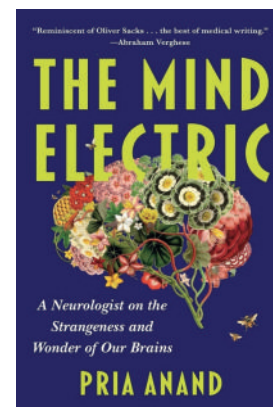
THE MIND ELECTRIC
*A Neurologist on the Strangeness
and Wonder of Our Brains*

Pria Anand

Stories are etched into the very structure of our brains, coded so deeply that the impulse for storytelling survives and even surges after the most devastating injuries. But our brains are also porous—the stories they concoct shaped by cultural narratives about bodies and illness that permeate the minds of doctors and patients alike. In the history of medicine, some stories are heard, while others—the narratives of women, of Black and brown people, of displaced people, of disempowered people—are too often dismissed.

In *The Mind Electric*, neurologist Pria Anand reveals—through case study, history, fable, and memoir—all that the medical establishment has overlooked: the complexity and wonder of brains in health and in extremis, and the vast gray area between sanity and insanity, doctor and patient, and illness and wellness, each separated from the next by the thin veneer of a different story.

Moving from the Boston hospital where she treats her patients, to her childhood years in India, to Isla Providencia in the Caribbean and to the Republic of Guinea in West Africa, she demonstrates again and again the compelling paradox at the heart of neurology: that even the most peculiar symptoms can show us something universal about ourselves as humans.



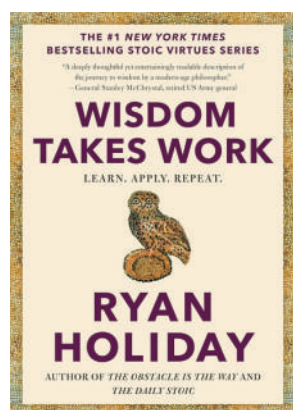
ISBN: 978- 1668064016 * Washington Square Press, 2025 * 275 pages * \$38.99

WISDOM TAKES WORK

Learn. Apply. Repeat

Ryan Holiday

Of all the stoic virtues—courage, discipline, justice, and wisdom—wisdom is the most elusive. This is especially apparent in an age where reaction and idle chatter are rewarded, and restraint and thoughtfulness are unfashionable. The great statesman and philosophers of the past would not be fooled, as we are, by headlines or appearances or the primal pull of tribalism. They knew too much of history, of their own flaws, of the need for collaboration to do any of that. That's wisdom—and we need it more than ever.



Wisdom is Ryan Holiday's guiding principle, and *Wisdom Takes Work* is the culmination of all his work. Drawing on fascinating stories of the ancient and modern figures alike, Holiday shows how to cultivate wisdom through reading, self-education, and experience. Through the lives of Montaigne, Seneca, Joan Didion, Abraham Lincoln, and others, Holiday teaches us how to listen more than we talk, to think with nuance, to ruthlessly question our own beliefs, and to develop a method of self-education. He argues convincingly for the necessity of mental struggle and warns against taking shortcuts that deprive us of real knowledge. And he shows us how dangerous power and intelligence can be without the tempering influence of wisdom.

An absence of curiosity and prudence is a catastrophe for all of us, argues Ryan Holiday. This incredibly timely book both diagnoses the greatest problem of our current moment and offers solutions for the way forward. Wisdom is work—but it's worth it.

ISBN: 978-0593191736 * Portfolio, 2025 * 374 pages * \$39.00

In this practical exploration, experienced Chinese medicine practitioner and yoga teacher Jennifer Raye guides you through movement, mindfulness, and healing practices that align with the natural rhythm of the seasons.

WISDOM OF THE EARTH,
WISDOM OF THE BODY
*A Seasonal Guide to Chinese Medicine
and Yoga for Balance and Vitality*

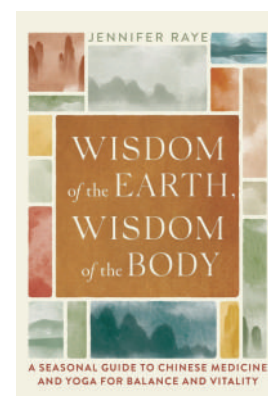
Jennifer Raye

Drawing on these time-tested systems, Raye offers modern insights into using yoga postures, healing foods, herbal medicine, meditation, and other practices to balance the body and mind in an accessible and holistic way. This book includes:

A unique way to understand your body, mind, and spirit based on the natural rhythm of the seasons.

- An easy-to-understand exploration of five-element theory and how it manifests in your life.
- Suggestions on what foods and lifestyle practices to implement at different times of the year.
- Yoga practices and postures that target the organs and meridians according to the Chinese medicine model.
- Numerous meditations, breathing techniques, inquiry suggestions, and journal exercises to maintain health and balance your energy.
- Inspiration to heal your spiritual self and transform your heart to benefit the world we share.
- And much more!

ISBN: 978-1645471721 * Shambhala, 2025 * 296 pages * \$33.95



FAWNING

Why the Need to Please Makes us Lose Ourselves and How to Find Our Way Back

Dr. Ingrid Clayton



Most of us are familiar with the three F's of trauma—fight, flight, or freeze. But psychologists have identified a fourth, extremely common (yet little-understood) response: fawning. Often conflated with “codependency” or “people-pleasing,” fawning occurs when we inexplicably draw closer to a person or relationship that causes pain, rather than pulling away.

Fawning explains why we stay in bad jobs, fall into unhealthy partnerships, and tolerate dysfunctional environments, even when it seems so obvious to others that we should go. And though fawning serves a purpose—it’s an ingenious protective strategy in unsafe situations—it’s a problem if it becomes a repetitive, compulsory reaction in our daily lives.

But here’s the good news: we can break the pattern of chronic fawning, once we see it for the trauma response it is. Drawing on twenty years of clinical psychology work—as well as a lifetime of experience as a recovering fawner herself—Dr. Ingrid Clayton demonstrates WHY we fawn, HOW to recognize the signs of fawning (including taking blame, conflict avoidance, hypervigilance, and caretaking at the expense of ourselves), and WHAT we can do to successfully “unfawn” and finally be ourselves, in all our imperfect perfection.

ISBN: 978-8217045327 * G. P. Putnam, 2025 * 285 pages * \$42.00

Many of us were told to stuff our feelings down when we were younger. We were taught that that our emotional reactions and responses should be controlled so we didn’t embarrass or upset our parents and those around us.

However, if that control oozes over into our relationships it’s considered a bad thing. Controlling our friends or romantic partners is seen as toxic. Control is a precarious thing. Some sides of control are meant to keep us safe, while others harm connections. So, what are we supposed to do?

In *Why Do I Keep Doing This?* licensed family and marriage therapist , Kati Morton, explores this common struggle and contradiction with control. Kati shows how our upbringing and anxiety are often connected to our struggle to take up space. We can feel like we are too much by just existing in the same place as someone else, or that we are less deserving of their time and care. This struggle with asserting ourselves, or taking what we require can harm our development. We sometimes think the only way to feel okay and get what we need is to please everyone else first. *Why Do I Keep Doing This?* is a vital tool in helping us understand why control can be so attractive, but if left unmonitored can become detrimental to our lives.

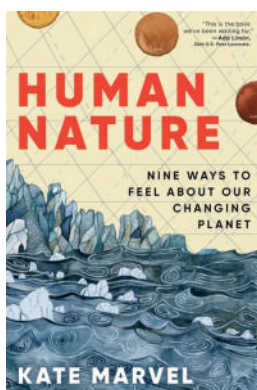
Why Do I Keep Doing This? will shed light on shared struggles as readers follow Kati through some key points of growth in her own life while incorporating what she has learned as a therapist and content creator who knows how to create lasting healthy change. This book gives readers the ability to not only ask themselves why do I keep doing this? but also have the insight to find a real answer.

ISBN: 978-0330683654 * Balance, 2025 * 242 pages * \$35.00

HUMAN NATURE

Nine Ways to Feel About Our Changing Planet

Kate Marvel



Scientist Kate Marvel has seen the world end before, sometimes several times a day. In the computer models she uses to study climate change, it’s easy to simulate rising temperatures, catastrophic outcomes, and bleak futures. But climate change isn’t just happening in those models. It’s happening here, to the only good planet in the universe. It’s happening to us. And she has feelings about that.

Human Nature is a deeply felt inquiry into our rapidly changing Earth. In each chapter, Marvel uses a different emotion to explore the science and stories behind climate change. As expected, there is anger, fear, and grief—but also wonder, hope, and love. With her singular voice, Marvel takes us on a soaring journey, one filled with mythology, physics, witchcraft, bad movies, volcanoes, Roman emperors, sequoia groves, and the many small miracles of nature we usually take for granted.

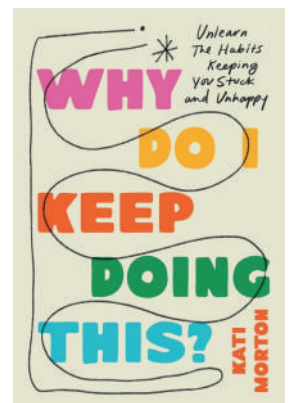
Hopeful, heartbreaking, and surprisingly funny, *Human Nature* is a vital, wondrous exploration of how it feels to live in a changing world.

ISBN: 978-0063241534 * Ecco, 2025 * 284 pages * \$37.00

WHY DO I KEEP DOING THIS?

Unlearn the Habits Keeping You Stuck and Unhappy

Kati Morton



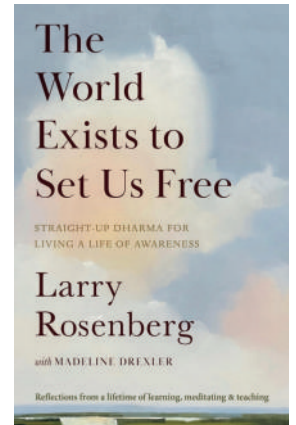
THE WORLD EXISTS TO SET US FREE
Straight-Up Dharma for Living a Life of Awareness

Larry Rosenberg
with Madeline Drexler

How does dharma wisdom show up in our lives every day? This collection of teachings by the beloved Insight Meditation teacher Larry Rosenberg offers clear, down-to-earth guidance on learning how to live a life informed by Buddhism—through questioning, reflective observation, and self-understanding. Rosenberg is known for presenting the essence of Buddhism in a way that is unvarnished, utterly accessible, and that resonates with a wide audience. Here he unpacks—with his signature engaging and iconoclastic style—such topics as meditation, silence, use of the breath, self-knowing, working with strong emotions, intimacy, illness and grief, among others.

There are few teachers who so epitomize the idea of “spiritual friend” in the way that Larry Rosenberg does. His teachings give a clear sense that dharma is very much a part of everyday life. This book is also informed by what Rosenberg considers his deeper and more immediate understanding of dharma that has come in recent years—a period marked in his own life by illness and disability—and in the life of the planet by a deadly pandemic, war, an existential climate crisis, and pervasive technological distraction.

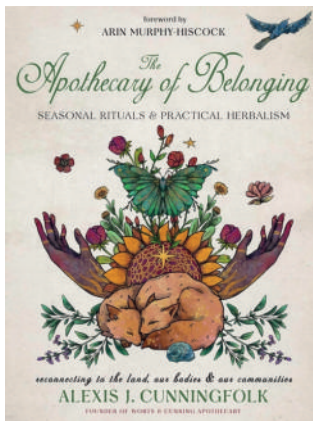
ISBN: 978-1645473947 * Shambhala, 2025 * 238 pages * \$28.95



THE APOTHECARY OF BELONGING
Seasonal Rituals & Practical Herbalism

Alexis J. Cunningfolk

The Apothecary of Belonging takes us on a magickal journey through each of the four seasons with plant allies as our guides and companions. Author Alexis J. Cunningfolk explores how to know ourselves as beings who deeply belong to the land and one another, while teaching us about the energetic foundations of traditional Western herbalism that flow through the seasons within and around us.



Featuring twelve main seasonal allies and over seventy additional plant and herbal profiles, you will find methods for combining seasonal herbalism for physical vitality with magickal practices to support personal healing and community empowerment, including:

- An indications-based guide to plant allies for common ailments.
- Herbal remedy suggestions.
- Simple tea recipes to support your energy.
- Rituals for solo or community practice including divination techniques.
- Lunar blessings to support your remedy-making throughout the year.
- Opportunities for sacred inquiry through journaling.

Speaking to the common yearning for kinship and connection, ***The Apothecary of Belonging*** is a love letter reminding us that we can always find our way back home to each other.

ISBN: 978-1578638826 * Weiser Books, 2025 * 257 pages * \$30.50

Trish O’Kane is an accidental ornithologist. In her nearly two decades writing about justice as an investigative journalist, she’d never paid attention to nature. But then Hurricane Katrina destroyed her New Orleans home, sending her into an emotional tailspin.

BIRDING TO CHANGE THE WORLD
A Memoir

Trish O’Kane

Enter a scrappy cast of feathered characters—first a cardinal, urban parrots, and sparrows, then a catbird, owls, a bittern, and a woodcock—that cheered her up and showed her a new path. Inspired, O’Kane moved to Madison, Wisconsin, to pursue an environmental studies PhD. There she became a full-on bird obsessive—logging hours in a stunningly biodiverse urban park, filling field notebooks with bird doings and dramas, and teaching ornithology to college students and middle-school kids.

When Warner Park—her daily birdwatching haven—was threatened with development, O’Kane and her neighbors mustered a mighty murmuration of nature lovers, young and old, to save the birds’ homes. Through their efforts, she learned that once you get outside and look around, you’re likely to fall in love with a furred or feathered creature—and find a flock of your own.

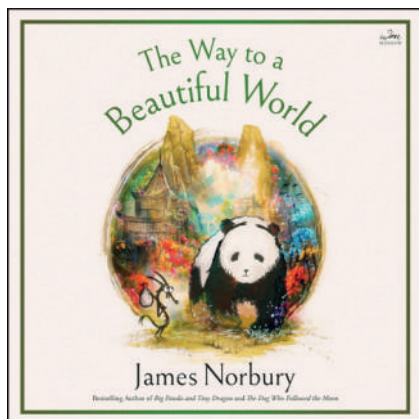
In ***Birding to Change the World***, O’Kane details the astonishing science of bird life, from migration and parenting to the territorial defense strategies that influenced her own activism. A warm and compelling weave of science and social engagement, this is the story of an improbable band of bird lovers who saved their park. And it is a blueprint for muscular citizenship, powered by joy.



ISBN: 978-0063223165 * Ecco, 2025 * 384 pages * \$23.99

THE WAY TO A BEAUTIFUL WORLD

James Norbury



"It's hard to imagine there's light when we are so deep in the darkness. But it's there, so let's keep walking."

Sometimes, to find ***The Most Beautiful Place in the World***, we must traverse foreboding terrain.

As beloved friends Big Panda and Tiny Dragon journey to find the lost land, there are moments when the dense forests, hazardous mountains, derelict ruins, and dark caves, and the feelings they bring, threaten to overwhelm them. But, together, they find the will to keep on walking. Each environment, so menacing at first, slowly yields glimmers of life, light, and beauty.

In an exploration of life-affirming friendship, struggle, and hope, Big Panda and Tiny Dragon learn the immense power of looking for beauty in the most unlikely places.

ISBN: 978-0063456341 * William Morrow, 2025 * 176 pages * \$31.00

ADAPTIVE TAI CHI

An Accessible Practice for Empowering Body and Mind

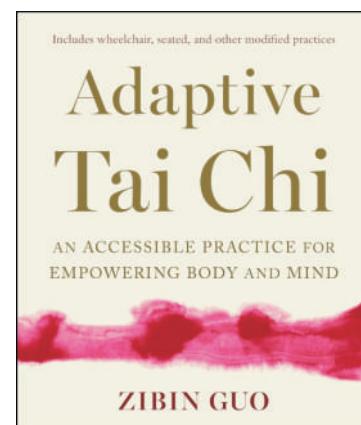
In Tai Chi Chuan, the traditional Chinese martial and healing art, we learn to overcome challenges by empowering the mind and transforming the body. ***Adaptive Tai Chi*** offers an innovative approach that speaks to this powerful idea and makes Tai Chi accessible and beneficial to people with a range of physical conditions or ambulatory impairment.

Zibin Guo

The slow, circular, flowing, and graceful movements of Tai Chi require little space and no equipment, making it an ideal practice for people with different physical abilities (it's been included in the Paralympics since 2008). ***Adaptive Tai Chi*** introduces readers to the culture, philosophy, and physiology of Tai Chi—and gives readers four completely illustrated practices, each modified for different physical abilities, including conventional standing/moving, stationary standing, seated, and wheelchair sequences.

Along with the complete illustrated adaptive Tai Chi sequences, Guo includes notes and philosophical insights into each practice. The complete program offered in ***Adaptive Tai Chi*** allows everyone to access the profound benefits of Tai Chi practice.

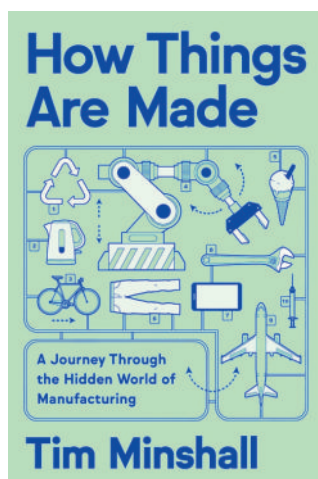
ISBN: 978-1645472735 * Shambhala, 2025 * 190 pages * \$28.95



HOW THINGS ARE MADE

A Journey Through the Hidden World of Manufacturing

Tim Minshall



We live in a manufactured world. Unless you are floating naked through space, you are right now in direct contact with multiple manufactured products, including furniture, technology, clothing, and even food. And yet the processes by which these things appear in our lives are virtually invisible. How often do we stop to think: Where do the things we buy actually come from? How are they made, and how do they make their way into our hands?

The answers can be found in ***How Things Are Made***, which traces the surprising paths taken by everyday items to reach consumers, from design to creation to delivery. Innovation expert Tim Minshall takes us on a journey through the manufacturing world, from the smallest job shops to mega-factories, from global shipping hubs to local delivery at your door, revealing the inner workings of the system that runs 24-7-365 to make and deliver the things we need—or want—to live our daily lives, including cars, cakes, phones, planes, drugs, and medical devices. Along the way, he explores how we can improve the fragility of our global manufacturing system and the impact it has on the natural world, presenting a path to a truly sustainable future.

Brimming with energy and lively examples, ***How Things Are Made*** maps the awe-inspiring global system of manufacturing that enables virtually every aspect of our existence. By making sense of this surprising and hidden world, we are able to make better choices for ourselves, our communities, and the planet.

ISBN: 979-0063434653 * Ecco, 2025 * 312 pages * \$37.00

SPIRITUAL MEANING OF BIRDS ORACLE DECK

Discover the Wisdom & Insight of These Divine Winged Messengers

Birds can be important messengers—if you know what to look for. Now, gaining the wisdom from these wise creatures is easier than ever with this deck of 50 oracle cards. From the bestselling author of *The Green Witch* and *The Green Witch's Oracle Deck* Arin Murphy-Hiscock comes insight inspired by birds of all shapes and sizes.

Arin Murphy-Hiscock

These are birds you'll likely find in your very backyard or neighborhood, from the blue jay whose own chattiness reminds you to take a closer look at your own communication, to the gull who suggests that you might be taken as a fool and should think carefully about what you believe to be true. You'll even find an informational booklet that details how to use the cards, interpret them, and even which spreads to choose.

ISBN: 978-1507223772 * Adams Media, 2025 * 50 cards & guidebook * \$32.00



THE COMFY COZY WITCH ORACLE

Jennie Blonde

Jennie Blonde has created a deck that represents her singular brand of authentic and comforting witchcraft. Jennie has used divination to tell fortunes since childhood: Her mother introduced her to the runes, her grandmother to spirit boards, and all of the women in her extended family—her mother, grandmother, and aunt—often sat around the kitchen table together, reading each other's cards. This deck is Jennie's way to process those cherished memories into a warm and gentle method for understanding the past, present, and future. The cards represent qualities, tools, and spiritual and animal energies. A regular practice working with this deck will help develop intuition and self-knowledge, as well as a feeling of protection that will strengthen any user's path forward through the world. Each card is accompanied by keywords, a mantra, a message, and a prompt for introspection that can make readings multifaceted and rewarding in a unique and special way.

ISBN: 978-1454961055 * Union Square, 2025 * 47 cards & guidebook * \$35.99

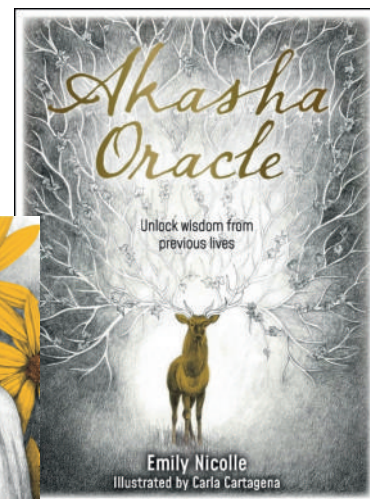
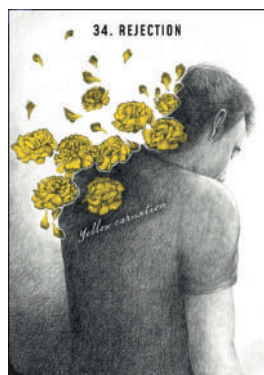


The Akashic Records, a universal library containing all the memories of humanity, including each soul's individual journey, have been known and explored by many civilizations throughout history. When we access the Records, the Masters and Teachers deliver what we need to know to evolve positively in our current incarnation. Included are 48 beautifully illustrated cards, a guidebook and two divining boards. These elements will provide you with keys to help you understand the nature of your personal blocks, obtain precise and dated information on your past lives, discover your life purpose and the potentialities you are called to develop, or even just undertake a more traditional divinatory reading.

AKASHA ORACLE
Unlock wisdom from previous lives

Emily Nicolle
Carla Cartagena, Illus.

ISBN: 978-1923208193 * Rockpool, 2025 * 48 cards & guidebook * \$35.95



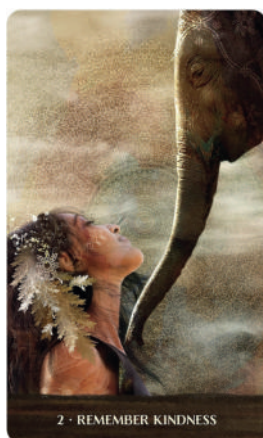
WILD WOMAN RISING
Oracle Deck & Book Set

Angie Sullins
Jena DellaGrottaglia, Illus.

Thrival, Not Survival

You've made your way to this deck, which means Wild Woman is alive in you. Use these 44 cards and 104-page guidebook as a siren's cry to connect with her, court her wisdom and conjure her presence as it lives in your own wildish nature. Though she has been trivialized and truncated, Wild Woman comes when called. May this deck be a battle cry and a peace song as it companions your courtship. In an era when so many are clamoring that the end is at hand, the truth is that the beginning is near. For there is no force more powerful than a woman determined to rise. It's your time. Rise, woman.

ISBN: 978-1646711086 * U.S. Games, 2022 * 44 cards & guidebook * \$41.95



Mandala Book Shop

190 Central Avenue, London, Ontario
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