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New Books

Mandala Books

...a haven for the soul

March, 2025

"Willpower alone can't change how we feel about money. We can't think our way out of scarcity. Nor can we simply practice abundance thinking or visualize wealth and have it magically appear. Instead, we need to learn how to embody our wealth, which will change our relationship to it. Put simply, we need to find concrete ways to experience wealth from the inside out, using both material and experiential resources to build our relationship to money, transforming it into a guide to well-being."

—from *The Power of Enough. Dining Joy in Your Relationship with Money* by Elizabeth Husserl

March's Insights from Lisa

Welcome to March Friends! I say it every March, there is a sleepy revolution occurring deep underground at this very moment right under our feet. We can't see it yet but the initiation of a great green awakening is in motion. The delightful sorcery that is springtime is stirring and preparing for its magnificent emergence. Being in a dormant state becomes comfortable and easy, not to mention predictable and trusted. The ease of being in stasis is quite frankly addictive and we enjoy the creature comforts that cozy blankets, comfort foods and long nights can bring. However, Mother Nature herself is a merchant of change and it is time to embrace a new realm. Moving from one state of being to another isn't easy when complacency becomes our trusted companion and this month the cards team up with Mother Nature to remind us that movement and metamorphosis are part of what makes our journey exciting, interesting and most of all beautiful. A couple themes repeat from last month as does Bobcat Spirit which is spirit's way of saying these messages still apply, so pay close attention.



#1. Fork in the Road- I think that one of life's greatest pleasures is a true surprise. Yes, it is wise to do our homework before plunging into unknown waters and like any well informed Girl Guide, it is essential to be prepared. Fools do rush in and one does not want to be bamboozled by charlatans. However, we must make room for mystery and leave ourselves open to the glorious riddles that the universe puts out on offer for us. This is where the real meat and potatoes of life lies. The essence of our existence is about experiencing life in a myriad of ways with all the assorted delights that come with the unknown. And, as with any road trip there comes a time when a fork in the road appears and we have to decide which direction to further our quest. There really isn't a right or wrong way per se but this card suggests there is a way that would help make our experience more fulfilling. This card asks that this month we consider ourselves to be at a proverbial fork in the road and we look at what direction might be more advantageous for us at this time. March is a time where a distinct rumbling is occurring deep down and this is true for us as much as it is

continued on the next page

for the seedlings below our feet. As above, so below if you will :) We are asked to look within ourselves and challenge where we have become complacent, a bit too comfortable and dare I say, boring. The cards this month collectively encourage us to shake things up a bit and actively engage in moving forward. Mother Earth is ever so slowly waking everything up this month and that includes us. It is time to consider how we can stretch out of our comfort zones and importantly, how we can have fun doing it. The newness that spring time offers is full of vitality and life. This is our inspiration. The key is to choose a direction and have fun. A change in direction doesn't always mean trepidation or fear. It should come with the tiniest hint of exhilaration combined with adventure, hope, curiosity and if needed, courage. A new path brings unforeseen delights and it is these captivating moments that we remember most fondly. A surprise encounter, the unmistakable joy in finding something new and remarkable and the absolute thrill of unexpected serendipity. These moments sustain us and help propel us to search deeper for meaning, purpose and ever importantly, surprises that inspire us.

#2. Strength- Interesting that the snake makes yet another appearance, but this is the year of the snake after all. As mentioned last month, the snake asks us to shed what we have outgrown, to be deliberate about what we take with us going forward and to be clear about what needs to be left behind. It isn't always easy to make this distinction and honestly, we don't always want to. Leaving things, people or places behind can cause tension within us, it feels uncomfortable and sometimes it is painful. Not always but letting go and detaching ourselves from things that are familiar creates an uncertainty. Let's be honest, if it was easy to detach and forge a new path, we would do it more often than we do. Unanswered questions and the fear of getting it wrong often holds us back. For the most part, we would like to embark on a new path that fills us with adventure and joy. We are hardwired to be attracted to novelty and fresh starts. The feeling of accomplishment and joy is off the charts when we clean out our closet, move furniture around or paint a room a new colour, hang fabulous new curtains and display expertly sourced vintage knick knacks. Throwing caution to the wind, making bold quirky colour changes while choosing collectibles and kewpie dolls is the kind of fork in the road we can embrace. However, in this card we have a snake and a mouse that embody a kind of tension that can occur within us when we have to make choices and decisions that we are unsure about. We might feel like the mouse where we could fall victim or be highly vulnerable during a time of challenge, and this of course, puts us at a great disadvantage. If we feel like the snake, we might understand the need for significant growth but are not prepared to shed what should be disposed of. It is here where we feel an awkward push pull within our instincts but the solution to both quandaries is to look at our strengths. This card asks that this month we are to take stock of our strengths and remind ourselves of our past wins. The Strength card speaks to our inner strength and the human spirit's ability to overcome obstacles. We are all stronger than we give ourselves credit for. And, we have all felt like a mouse but have made bold brave moves when faced with adversity. Likewise, we have all felt like the snake and persisted through challenges that leave us feeling exposed and raw. Our strength comes from a deep well of emotion. We don't always know exactly where this well resides within us but we are glad for it when we need to access it, even if we do so with trepidation. The challenge is to not question this inner knowing that swells up in a time of need, but to trust and go with it. Both the snake and the mouse remind us that strength and courage come in many forms. Strength exists within all of us but it will manifest in different ways. Believe in yourself when a situation calls for strength and have compassion for yourself as well. This is essential. Remember that change and growth are intricately connected to intuition, flexibility AND thankfully, release. When you stop struggling, you float :)

#3. Bobcat Spirit; Life is a Mystery- When Bobcat Spirit appears to us she brings a powerful reminder that not all things in life can be explained or understood. No matter how much we try and use clever intellectual notions, some things remain a mystery. Trying to figure things out, find logical explanations or predict what will happen based on reason and facts, will not provide us with the certainty we seek. Bobcat Spirit asks that we trust in the great mystery and let the secrets of the universe reveal themselves to us through direct experience. Bobcat Spirit helps us to understand that the understanding may not come as we would like it to. What comes to us through our intuition will guide us as we try to accept (and enjoy!) that secrecy and mystery is woven into the fabric of our experience. Trust that a fork in the road is an opportunity or a welcomed detour. Choose a path and don't look back.

BONUS for the Spring Equinox: Surrender to Setting Limits- Setting boundaries can be a challenge and so is having the strength to stick with them. When we set boundaries in our life, we self-reflect and as a result, we can better understand our values, limits, and triggers. This self-awareness allows us to make conscious choices aligned with our authentic selves and protect our mental and emotional well-being. Self care is not vanity, it is sanity. Speak kindly to yourselves this month and enjoy your own magical revolution, occurring deep within you. Try to be curious, not furious ;) Hugs, Lisa xo

Cards Used in this Reading:

1. Wisdom of the Oracle by Stacey Demarco
 2. The Guardian of the Night Tarot by MJ Cullinane (beautiful new deck I bought from Sue!)
 3. The Spirit Animal Oracle by Colette Baron-Reid
- BONUS! The Power of Surrender Cards by Judith Orloff, M.D.
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Human divinity is defined as the ability to transcend our perceived limitations—to become more than the limits that we've accepted for ourselves in the past.

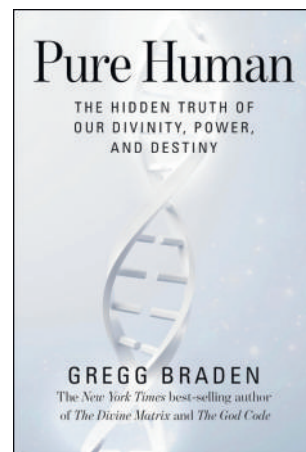
PURE HUMAN
The Hidden Truth of Our Divinity, Power, and Destiny

Gregg Braden

Within each of us is a personal code of divinity to do just that—to unlock our uniquely human technology of neural networks, cell membranes, and heart intelligence that allows us to supercharge our health, to triumph over the fear and darkness that we face in our lives, and give us the evolutionary edge to thrive in our world of uncertainty. New discoveries reveal that our natural abilities equal, and in some ways exceed, the capabilities of Artificial Intelligence (AI), chemical substitutes for our immune system, and lifestyle-modifying nanosensors that we're being encouraged to accept into our bodies. The danger of embracing these technologies is that our natural systems begin to atrophy, and eventually fail, in the presence of the artificial substitutes. We owe it to ourselves to first awaken those extraordinary potentials in our lives, and to know who we are in their presence, before we give ourselves away to someone else's idea of "progress" and high-tech evolution.

Prepare yourself to discover why you're not what you've been told, and even more than you've imagined. The science is clear: We are the technology we've been waiting for!

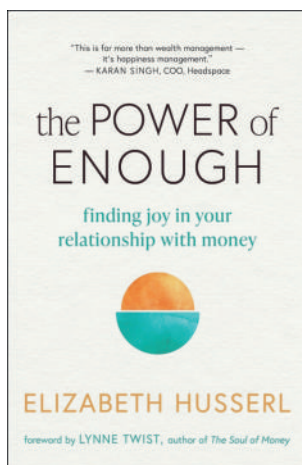
ISBN: 978-1401949365 * Hay House, 2025 * 270 pages * \$34.99



POWER OF ENOUGH

Finding joy in your relationship with money

Elizabeth Husserl



It's easy to feel overwhelmed by money, bewildered by the complexities of building wealth and frustrated by the persistent sense that no matter how much we earn, something crucial feels missing. But what if the key to financial freedom isn't found in striving for more but in redefining what "enough" truly means? Financial growth expert Elizabeth Husserl's *The Power of Enough* invites you to rethink your relationship with money, offering a groundbreaking blueprint that replaces chasing financial success with cultivating a life of meaning, balance, and fulfillment.

This transformative guide reveals how our attitudes toward money shape our well-being, illuminating the ways that financial systems block us from achieving true contentment. Elizabeth helps us embrace wealth as a way of being that is grounded in purpose and our core values rather than something to endlessly accumulate. Through practical exercises, you'll learn to:

- uncover your financial DNA, revealing the inherited beliefs, behaviors, and habits that shape your financial decisions
- create a wealth mandala to redefine your relationship with money
- design a life that honors your whole self, bringing vitality, purpose, and lasting joy

With *The Power of Enough*, you'll have the tools to break free from the cycle of endless striving and create a life that's truly rich — in every sense of the word.

ISBN: 978-1608689422 * New World Library, 2025 * 272 pages * \$29.95

In this essential guide, Dr. Julie teaches her millions of readers and clients how to navigate life's toughest occurrences while they're happening, rather than moments or years after the fact. What if we can learn to harness our emotions and stay present so we can process and choose how to respond to a situation?

OPEN WHEN....
A Companion for Life's Twists & Turns

Dr. Julie Smith

Picking up where *Why Has Nobody Told Me This Before?* leaves off, Dr. Julie shares the research-backed concepts and powerful skills we can use to weather our most vulnerable moments. Learn how to move through any situation with grace, including:

- When it's hard to be with yourself: facing vulnerability alone, dealing with your inner critic, and handling imposter syndrome.
- When it's hard to be with other people: dealing with betrayal and knowing what to do when you (or your parents) got it wrong.
- When it's hard to be with your feelings: coping with loneliness, fear, and hopelessness
- When you're healing from the past: getting out of a trauma response and learning how to stop ruminating about old events.
- When you're looking to the future: preventing making the same mistakes, tackling uncertainty, and finding your path.

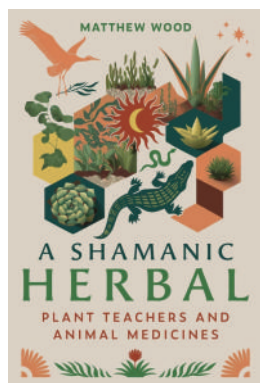
Open When teaches each of us to find and listen to the positive voice within when we need it most, and to care for our future selves and our mental health.

ISBN: 978-0063359260 * HarperOne, 2024 * 325 pages * \$35.99



A SHAMANIC HERBAL
Plant Teachers and Animal Medicine

Matthew Wood



Sharing profound experiences from his long career as well as his first years growing up on a remote Seminole reservation in the Everglades, renowned herbalist Matthew Wood interweaves practical herbalism and the spiritual potency of Nature to deeply explore the plant teachers, animal medicines, and foundational principles of shamanism as a spiritual path.

Wood describes a universal “language of the shamans,” based on direct, sometimes supernatural experiences as well as case studies from his practice. He examines the alphabet of Nature and spiritual lessons personified in animals and plants, especially “animal medicines”—when the plant looks like an animal. He shares accounts of Turtle Medicine plants for self-examination, Bear Medicine plants to open the imagination, and Wolf Medicine plants for wholeness and magic. He explores the plants of Alligator Medicine for healthful prosperity, Horse Medicine plants to bring the conscious self in harmony with the animal self, Badger Medicine plants to strengthen gut instincts, and many other herb and animal teachers. He also looks at plants associated with journeying to the spirit world through the medicine of Crane, Dragon, and Bat.

Revealing the shamanic roots of his herbal teachings, Matthew Wood provides not only an inside view of his lifelong spiritual path but also an immersive and experiential guide to the shamanic wisdom of countless plant and animal teachers.

ISBN: 979-8888500200 * Healing Arts Press, 2024 * 408 pages * \$37.50

The modern practice of seated meditation is in serious need of reformation. What began as a living, vibrant, and felt practice—the primary practice of the Buddhist path to spiritual realization—has painted itself into a corner of frozen stillness, divorced from lived, bodily experience.

THE RADICAL PATH OF SOMATIC DHARMA
Radiant Body, Radiant Mind

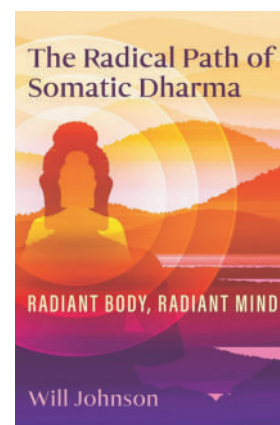
Will Johnson

Presenting an accessible and deeply felt guide to sitting meditation as an active exploration, Will Johnson offers a revitalized understanding of this essential spiritual practice through deeper connection with the body. Johnson argues that the thought-focused mode of consciousness of modern rigid seated meditation introduces patterns of holding and tension into our bodies and virtually guarantees that awakening will not occur. He explains how our focus on thought, rather than embodied experience, results in a numbing of our connection to our physical self and the dimming of the body’s natural somatic radiance, which in turn leads to the nagging presence of chronic pain, a general sense of malaise, and the inability to get comfortable in our own bodies.

However, this “consciousness of separation” can be overcome. Johnson presents a wide range of practices, including 14 meditations, to support the awakening of breath and presence in the body, drawing on techniques from Buddhist, Sufi, and somatic wisdom traditions as well as methods from his studies with Ida Rolf and Judith Aston.

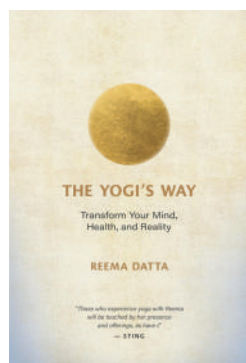
Through the radical path of conscious sitting, Johnson shows how to transform your sitting meditation practice into a fully natural mudra of greater grace from which radiance will naturally flow.

ISBN: 979-8888500484 * Inner Traditions, 2025 * 134 pages * \$21.50



THE YOGI'S WAY
Transform Your Mind, Health, and Reality

Reema Datta



Celebrated yogi Reema Datta presents her world-renowned twelve-week course in book form—an accessible and practical method for cultivating mental and emotional well-being, physical health, and spiritual nourishment. She combines ancient yogic wisdom and practices with cutting-edge science and personal stories to offer insightful solutions to the challenges of modern life. Her holistic program integrates movement and breathwork with visualization, meditation, and awareness practices. *The Yogi's Way* will help you overcome challenging thoughts and emotions such as fear and anxiety, awaken your creative potential, and connect with consciousness—the deepest and most powerful part of yourself.

Those who experience yoga with Reema will be touched by her presence and offerings, as have I.
—Sting

ISBN: 978-1608689408 * New World Library, 2025 * 279 pages * \$30.95

On January 21, 2025, many Americans were introduced to Bishop Mariann Budde thanks to what The New York Times called “an extraordinary act of public resistance.” During her prayer service for Donald J. Trump’s second inauguration, Bishop Budde addressed the president directly, imploring him “to have mercy on the people in our country who are scared now,” from those who are part of the LGBTQ+ community to immigrants and refugees.

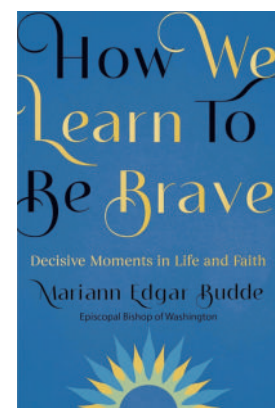
But for Bishop Budde, this moment was the culmination of a lifetime spent thinking about those pivot points when we’re called on to push past our fears and act with strength. With *How We Learn to Be Brave*, she teaches us that being brave is not a singular occurrence; it’s a journey that we can choose to undertake every day.

Here, Bishop Budde explores the full range of decisive moments, from the most visible and dramatic (the decision to go), to the internal and personal (the decision to stay), to brave choices made with an eye toward the future (the decision to start), those born of suffering (the decision to accept that which we did not choose), and those that come unexpectedly (the decision to step up to the plate). Drawing on examples ranging from Harry Potter to the Gospel According to Luke, she seamlessly weaves together personal experiences with stories from scripture, history, and pop culture to underscore both the universality of these moments and the particular call each one of us must heed when they arrive.

ISBN: 978-0593539217 * Avery, 2023 * 201 pages * \$37.99

HOW WE LEARN TO BE BRAVE
Decisive Moments in Life and Faith

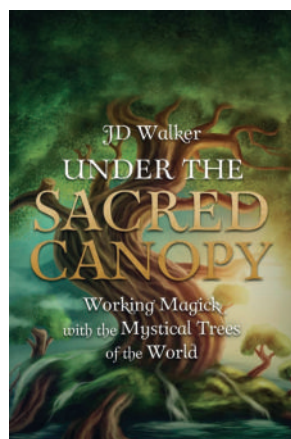
Mariann Edgar Budde



UNDER THE SACRED CANOPY

Working Magick with the Mystical Trees

JD Walker



Learn to tap into the magick of sacred trees around the world with the knowledge in this book.

From the Norse Yggdrasil and the Christian Tree of Knowledge to the Buddhist bodhi tree and the Jewish Sefiroth, mystical trees have become intertwined with our history and spirituality. This book invites you to not only explore the deep roots of their influence throughout time and across continents, but also use their spiritual energy in your magickal practice.

Under the Sacred Canopy introduces you to Universe Trees, as well as Trees of Life and Wisdom from an array of cultures, including the Mayan ceiba tree, Mesopotamian huluppa tree, and Greek oracle oaks. JD Walker also provides modern ways to celebrate these trees and connect with your local landscape. Featuring in-depth information on tree spirits, botanical terminology, and magickal uses for more than a dozen common trees, this book helps you engage with arboreal symbology for a more enchanting and harmonious life.

ISBN: 978-0738765440 * Llewellyn, 2023 * 239 pages * \$28.50

When the Spirit speaks to him in his daily prayers, Choctaw elder and spiritual explorer Steven Charleston takes a pen and writes down the messages. He then shares these thoughts with thousands on social media. In these musings, Charleston taps into the universal questions that draw us to prayer, no matter our spiritual background: Why am I here? Where do I belong? Where am I going?

This stunning collection of more than two hundred meditations introduces us to the *Spirit Wheel* and the four directions that ground Native spirituality: tradition, kinship, vision, and balance. The life we inhabit together has been called many things by Indigenous people: the Spirit Wheel, the hoop of the nations, the great circle of existence, the medicine wheel. We are all on that ever-turning wheel, Charleston says—all of creation, people and animals, rocks and trees, the whole universe. Together we can turn toward the wisdom of our ancestors, kinship with all of Mother Earth's creatures, the vision of the Spirit, and mindful balance of life. We are all searching for belonging and a vision of the world that makes sense. We can meet those longings as we ponder the blessings of *Spirit Wheel*, in the breathtaking moments when insight becomes an invitation to wonder.

ISBN: 978-1506486659 * Broadleaf Books, 2023 * 264 pages * \$29.50

SPIRIT WHEEL
*Tap Into the Healing Power of Nature
for Health, Longevity, and Vitality*

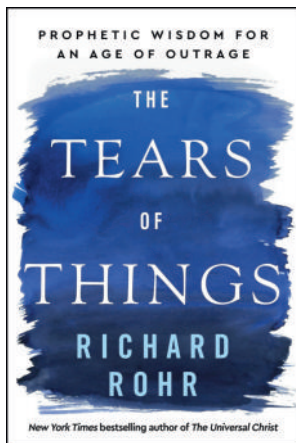
Steven Charleston



THE TEARS OF THINGS

Prophetic Wisdom for an Age of Outrage

Richard Rohr



How do we live compassionately in a time of violence and despair? What can we do with our private disappointments and the anger we feel in such an unjust world? In his most personal book yet, Richard Rohr turns to the writings of the Jewish prophets, revealing how some of the lesser-read books of the Bible offer us a crucial path forward today.

The prophets' writings reflect the full spectrum of human maturity. In almost every case, their initial rage and their accusatory words evolve into a profound pathos and lamentation about our shared human condition and the world's suffering. Through astute critiques of culture and institutions, and their journey from anger to sadness, and ultimately compassion, the prophets exemplify what Rohr calls "sacred criticism"—a distinct approach to confronting evil and injustice that acknowledges the wholeness of history, the interconnectedness of every living being, and the reality of a divine and universal love. In this, they set the stage for Jesus, who follows this identical pattern.

Drawing on a century of biblical scholarship and written in the warm, pastoral voice that has endeared Rohr to millions, *The Tears of Things* breathes new life into ancient wisdom. It paves a path of enlightenment for anyone seeking a compassionate way of living in a hurting world.

ISBN: 978-0593735817 * Convergent Books, 2025 * 173 pages * \$37.00

ENDING UNNECESSARY SUFFERING

How to Create a Powerful, Complete, and Peaceful Life

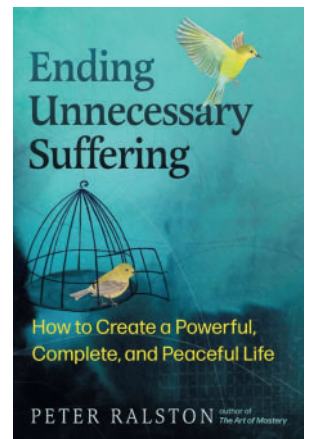
Peter Ralston

Most of us believe that suffering is inevitable. Stress, shame, depression, grief, loneliness, disappointment, the feeling that life is incomplete—every negative experience contributes to the emotional and psychological pain that impedes our ability to live happy, fulfilling lives. But what if most suffering could be avoided? Is there an antidote to inner turmoil that can be learned and applied to everyday life?

In this groundbreaking work, Peter Ralston reveals how to free yourself from mentally created suffering. He explains how most creatures don't experience suffering the way we do. They don't worry or fret, fear the future, or imagine they are somehow flawed or less than they should be. Exploring the dynamics of the mind that set the stage for distress and that get us into trouble, he explains how mental states of suffering are created, how to recognize when you cause them, and how to stop suffering-inducing thought patterns and beliefs.

Sharing contemplative practices and exercises to help you end your inner turmoil and foster growth, awareness, and freedom, Ralston provides an empowering way to create a more complete, powerful, and peaceful life experience.

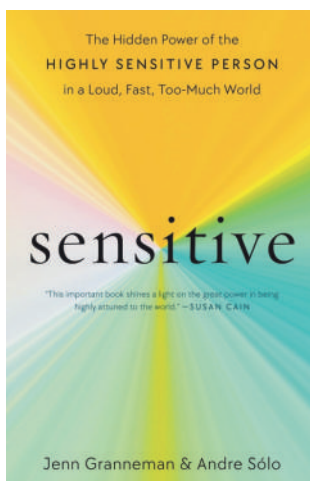
ISBN: 979-8888501184 * Park Street Press, 2025 * 246 pages * \$24.99



SENSITIVE

The Hidden Power of the Highly Sensitive Person in a Loud, Fast, Too-Much World

Jenn Granneman
Andre S3lo



Everyone has a sensitive side, but nearly one in three people have the genes to be more sensitive than others—both physically and emotionally. These are the people who pause before speaking and think before acting; they tune in to subtle details and make connections that others miss. Whether introverted or extroverted, they tend to be bighearted, creative, and wired to go deep, yet society tells them to hide the very sensitivity that makes them this way. These are the world's "highly sensitive people," and *Sensitive* is the book that champions them.

From the creators of the world's largest community for sensitive people, *Sensitive* teaches us how to unlock the potential in this undervalued strength and leverage it across the most important areas of our lives: friendships and intimate relationships, the workplace, leadership, and parenting. Through fascinating research and expert storytelling, Jenn Granneman and Andre S3lo—sensitive people themselves—show us that the way to thrive as a sensitive person is not to hide our sensitivity but to embrace it, and how to do that in every area of life. Weaving together actionable advice, relatable anecdotes, and the latest scientific research, the authors demonstrate how leaning into sensitivity unlocks a powerful boost effect to propel us ahead in life. They hand us the tools and insights we need to thrive as sensitive people in a loud, fast, too-much world.

A powerfully validating, destigmatizing, and practical book, *Sensitive* plants a gently fluttering flag in the ground for sensitive people everywhere. This inspiring book has the power to change, once and for all, how we see sensitive people—and how they see themselves.

ISBN: 978-0593235034 * Harmony Trade, 2024 * 273 pages * \$24.95

BUTTERFLY TRANSFORMATIONS

*Affirmations to Energise
Miraculous Manifestations*

Alana Fairchild

These powerful affirmation cards will connect you with the butterfly wisdom that exists within your heart as a courageous, intuitive instinct guiding you towards fulfillment. This inner intelligence will help you make the decisions that yield the best outcomes, and encourage you to be true to yourself so you can transform into the human being you wish to be. Though the transition from caterpillar to butterfly is natural and miraculous, it requires courage and confidence. These messages have been crafted to tap into your inner wellspring of natural wisdom, where you will find the inspiration, energy and strength to live bravely, brightly, and beautifully.

ISBN: 978-0738779157 * Llewellyn, 2025 * 44 cards & guidebook * \$35.95



SEA SOUL JOURNEYS ORACLE CARDS

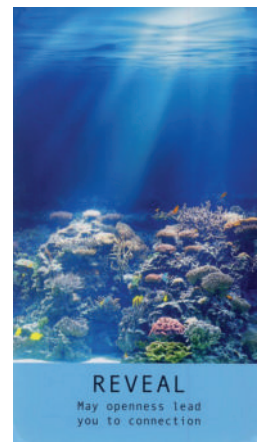
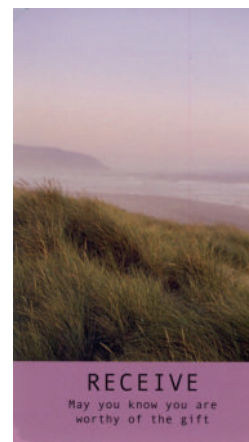
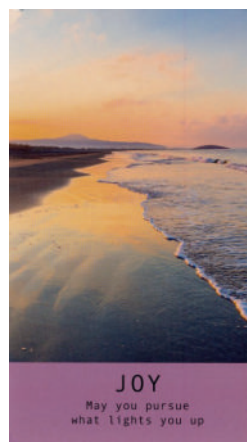
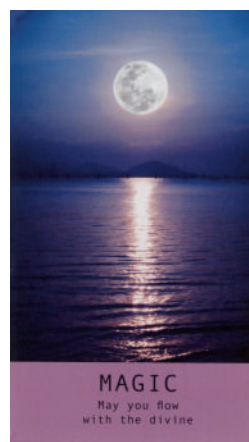
Connect with the Healing Power of the Ocean

Pippa Best



Featuring powerful pictures of the sea and split into four themes - Letting Go, Self-Compassion, Moving Forward and Gratitude - each card features a key word along with a meditation mantra, helping you to nurture a regular self-compassion practice. The supporting guidebook contains expanded explanations and prompts for each card and provides ideas on how to use the deck in different ways, daily, weekly, monthly or randomly on a card-by-card basis. Each card features an image of the ocean, allowing you to pause and inviting you to dive in and experience its majesty.

ISBN: 978-1801290739 * Welbeck Balance, 2022 * 48 cards & guidebook * \$29.95



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