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New Books

Mandala Books

...a haven for the soul

November, 2026

Since my house burned down
I now have a better view
of the rising moon.

—Mizuta Masahide

November's Insights from Lisa

Hello Friends and welcome to your reading for the next 4 weeks :) November arrives cloaked in mist and shadow, carrying the ancient wisdom that some things must perish so that something new may one day take root. Beneath a bruised and brooding sky, the trees stand in skeletal forms, their fallen leaves surrendering to the damp, dark earth. The crows gather, the wind whispers through the empty branches, and somewhere beyond the veil of what we know in this realm, something is quietly shifting. There is a certain uneasiness in this season, a sense that the old world is slipping away and that we must follow, whether we are ready or not. Even in the gathering darkness, there is something sacred at work.

What decays nourishes what is yet to come. What is lost makes room for what has not yet been revealed. November reminds us that not every ending is a punishment, not every darkness is something to fear, and not every mystery is ours to solve. Sometimes the most powerful magic begins when we loosen our grip, surrender to the unknown & trust that even the longest shadow holds promise of light.



Look at the colours connecting our three cards: the coyote's tawny coat, the storm-stained gold of the Ten of Swords, Bobcat's russet fur and mossy green. They belong to November's fallen leaves and stripped fields. Mother Nature is releasing what she no longer needs. Perhaps we should too :)

Our first card, The Coyote and Datura (Deceit), invites us into the shadowy world of illusion, where truth and deception are not always easily distinguished. Certainly, there are the lies told by others, the broken promises, the betrayals and the painful realization that someone or something was not what we believed it to be. But perhaps the more profound deception is the one we quietly practise upon ourselves. These are the little untruths we nurture, sometimes for years, because they offer comfort, protection or the illusion of control. If I just try harder, things will change. If I hold on a little longer, everything will work out. If I ignore what I know in my heart to be true, perhaps it will simply go away.

continued on the next page

We convince ourselves that we are being patient, loyal or hopeful, when sometimes we are simply afraid. Afraid of change, of loss, of being wrong, or of discovering that all our efforts have been in vain. This deeply human/mortal need for control makes us incredibly vulnerable to deceit, our own and that of others. We do not always deceive ourselves out of foolishness, but because the truth can demand a courage we have not yet found. Coyote, the ancient trickster, reminds us that appearances can be deceiving and that wisdom is sometimes born from having our illusions shattered. Like the beautiful but poisonous datura blossom, a comforting falsehood can enchant us even as it slowly takes its toll. The question then becomes not simply, "What have I been led to believe?" but, "What am I choosing to believe, and why?".There is no shame in discovering that we have been hiding from the truth. The deeper lesson is recognizing when the stories that once protected us have become the very things keeping us from moving forward. This is a profound realization and takes a lot of courage to accept.

The Ten of Swords suggests that whatever kept this deception alive has reached its natural, perhaps even karmic, conclusion. The lessons have run their course, but the wounds remain. This card holds old grievances, broken trust and the shame that deceit can leave behind. Its ending may be dramatic, but is it really unexpected? Perhaps we saw the writing on the wall long ago. We dreaded the inevitable, avoided it, even prolonged it, hoping against hope that somehow the ending might change.

And sometimes, quite frankly, we have had enough. Enough lessons, enough growth, enough being told that everything happens for a reason! We are tired in body, heart and soul. We have no appetite for another grand revelation. We want to cry, rage, pull the covers over our heads and tell the stars to leave us alone. And why shouldn't we? It is exhausting and infuriating. Grief deserves to be felt, not hurried along toward some common conclusion. Release is a balm, even when it arrives through sorrow. This is why I see the Ten of Swords not simply as an ending, but as surrender. It is the moment we lay down our weapons, unclench our fists and declare, It is what it is. I am done fighting. It may feel like defeat, but something remarkable happens when we stop battling to force one particular outcome. We make room for change. Perhaps only a sliver of space, a tiny spark in the darkness, but room nonetheless.

Notice the three crows standing upon the cliff. These watchful creatures are witnesses to the past, present and future. From their perch they can see beyond the wounded figure below, beyond the dark cliff and into the unsettled future. They offer no explanations. They simply remind us that what we see from our place of pain is not the whole landscape. This is key! There is more than meets the eye.

This is where Bobcat Spirit enters, quietly, on soft padded feet. Life is a mystery. And isn't that maddening when all we want is an explanation? Why did that happen? Why now? What was the point of all that pain? We want answers, preferably delivered promptly, neatly labelled, with no further surprises. But Bobcat does not offer a tidy explanation. Instead, this elusive creature invites us to loosen our grip on certainty. To become curious rather than furious. Not because hurt doesn't matter, or because betrayal should be excused, but because insisting on one answer, one plan, one possible outcome can blind us to everything else. We talked about this last month too and I think that this aspect of curiosity, it has more healing power then seen on the surface. And is perhaps the key, to remembering that curiosity, as embodied by our cat friend here, is the antidote to fixation and obstinate thinking. Two things can be true at the same time. Our beloved feline is soft,cuddly and warm but she is fierce, has murder mittens and is an exceptional hunter. She is to be admired, loved and cherished but she is also to be feared.

We have all known moments when we were absolutely certain we understood what we needed. Nothing could change our minds. Then life took an unexpected turn, and some unlikely person, idea or opportunity appeared. Suddenly a Plan B was on offer that we didn't know existed. Well, would you look at that! We have a light bulb moment extraordinaire sent directly from the heavens :)

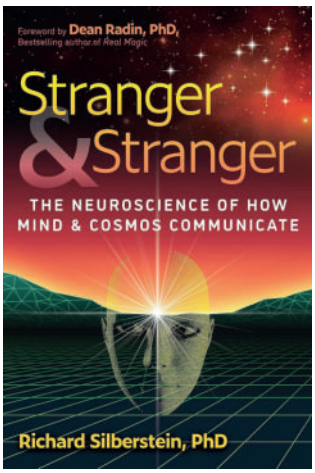
November is not demanding that we leap into renewal. In fact, this turn of the wheel asks that we stay static for awhile. Rest and consider. We need time in the here and now to rest, to release and to just be. Renewal belongs to another season. For now, the land is teaching a quieter wisdom. Leaves decay. Roots rest. What appears to be an ending on the surface is making space for transformation far beneath it. We don't need to know what will grow there. That will show itself in time. Like last month, this is a time to put down what is no longer yours to carry. There are old stories and baggage that needs to be released and left behind. Perhaps we just need time to make peace with that, to get used to the idea that what has been carried (for a long time time!) is no longer required to be carried by you. What really happens if you let go? It is a mystery and this ending may take some time to get used to. This month, give yourself permission to rest in the not-knowing. Grieve what has ended. Release what is simply no longer in your best interest. Let the tears come if they must. And perhaps ask yourself, gently: What story am I still telling myself because I am afraid to let it end? What might become possible if I loosened my grip? The crows are watching and the bobcat plays with mystery. For now, letting go is enough. Speak kindly to yourselves.

Hugs and much love to you all, Lisa xo

Cards Used in this Reading:
1. Woodland Wardens by Jessicca Roux
2. Grimalkin's Curious Cats Tarot by MJ Cullinane
3. The Spirit Animal Oracle by Colette Baron-Reid

STRANGER & STRANGER
The Neuroscience of How Mind & Cosmos Communicate

Richard Silberstein, PhD



Exploring the growing overlap between neuroscience and psi research, cognitive neuroscientist Richard Silberstein provides an overview of experimental evidence that challenges the materialist view of consciousness. He has found that psi abilities, like telepathy and precognition, are not only real but can transform our world.

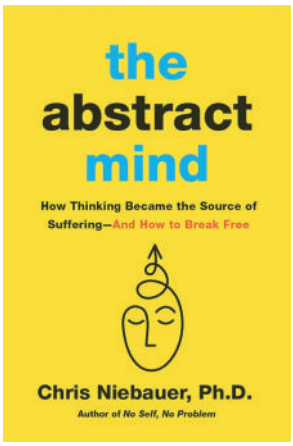
Sharing his own groundbreaking research along with other scientific and medical findings, Silberstein reveals the brain-consciousness relationship and the effects of intention and human thought on the physical world. He explains the philosophy of neutral monism, which states that physical reality and consciousness emerge from a single, deeper reality. Silberstein demonstrates how paranormal abilities are not only integral features of human consciousness but also offer great potential for transformative breakthroughs in the fields of mental health, conflict resolution, environmental stewardship, and collective decision-making.

Looking in depth at the scientific evidence for precognition, Silberstein reveals how consciousness can influence future events. He discusses the power of focused intention and collective consciousness to foster empathy and cooperation as well as address a range of global issues.

ISBN: 979-8888504901 * Park Street Press, 2026 * 224 pages * $26.99

THE ABSTRACT MIND
How Thinking Became the Source of Suffering—And How to Break Free

Chris Niebauer, PhD



Your mind spends most of its time dreaming. It's time to wake up.

Our ability to think abstractly is humanity's superpower. It gave us language, art, science, and civilization. Before a wheel was built, it was imagined. Before a law was written, it was conceived. Abstraction lets us plan, create, and transcend our immediate circumstances.

But this gift has a shadow. The same mind that builds bridges also builds prisons—of worry, comparison, and endless mental chatter. We fret over insults that never came, chase status that can't satisfy, and wage wars over lines on a map. The abstract world, once a tool, has become our cage.

In ***The Abstract Mind***, bestselling author and cognitive neuropsychologist Chris Niebauer illuminates how abstraction creates illusions that interfere with our perception of reality, how these illusions give rise to mental suffering, and how, with a little practice, you can learn to see through them. This book isn't another guide to mindfulness. It's a mirror—one that reveals how deeply we've confused thought for life. Like a dreamer realizing they're asleep, the moment you notice the abstract world is a mirage, the spell begins to break.

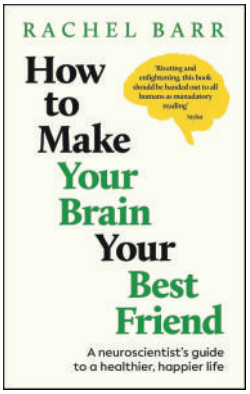
Put down your phone. Feel the air on your skin. Listen to the hum of the world. This is where life happens —not in your head, but here. Now.

Welcome back.

ISBN: 978-1950253715 * Red Wheel Weiser, 2026 * 180 pages * $33.50

HOW TO MAKE YOUR BRAIN YOUR BEST FRIEND
A neuroscientist's guide to a healthier, happier life

Rachel Barr



Always trying to mend itself, and always trying to protect you, the brain is in a constant state of flux — adapting, reconfiguring, finding new pathways . . . And it has an astonishing capacity for recovery.

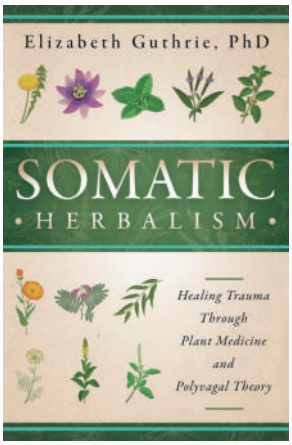
Rachel Barr struggled through years of devastating loss, heartache, and uncertainty until neuroscience gave her the first spark of self-belief she had felt in her adult life — and proof that, because of the brain's near-infinite potential for neuroplastic change, it's never too late to carve out neural pathways to form new habits, new skills, and new ways of thinking.

Whether you want to nerd-out on Neuroscientific acronyms, finally understand what's going on in your head, or take refuge in a book that's like a warm hug for your mind, ***How to Make Your Brain Your Best Friend*** is a delight-filled, evidence-based guide to taking better care of your brain — so it, in turn, will take better care of you.

ISBN: 979-8217139569 * DK RED, 2026 * 285 pages * $17.99

SOMATIC HERBALISM
Healing Trauma Through Plant Medicine and Polyvagal Theory

Elizabeth Guthrie, PhD.



Featuring more than 100 hands-on activities, this book's unique approach combines herbalism, polyvagal theory, and somatic therapy for profound healing and post-traumatic growth.

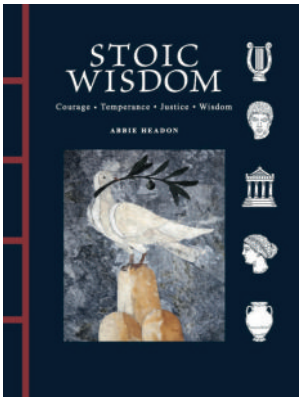
Elizabeth Guthrie, PhD, gently leads you along your own wellness journey, revealing which plant allies will calm your vagus nerve and usher your nervous system toward a more restorative state. These botanicals, paired with therapeutic exercises, create a customized support system for coping with stress and processing negative experiences.

Through breathing techniques, journal prompts, meditations, and more, you will learn what it means to listen to your body and what its sensation language can tell you about your emotional responses. With guidance from herbs like rose and dandelion, you will cultivate safety and shift your paradigm, allowing yourself to build resilience and reconnect with your body, mind, and spirit.

ISBN: 978-0738780696 * Llewellyn, 2026 * 245 pages * $25.95

STOIC WISDOM
*Courage * Temperance * Justice * Wisdom*

Abbie Headon



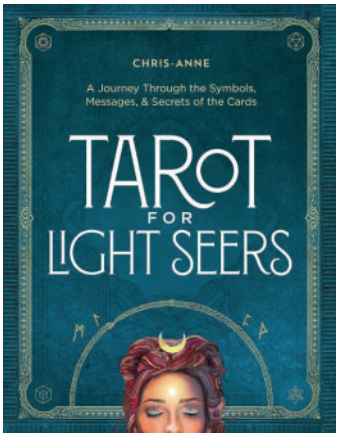
Beautifully produced in traditional Chinese binding, this selection of quotations from Stoic philosophers is the perfect compact volume of quotes to inspire readers.

Stoicism is a school of philosophy founded by Zeno of Citium in ancient Athens in the 3rd century BC. It is an outlook that teaches self-control, acceptance of fate, virtue over pleasure, and focusing only on what you can control, not external events. Embraced by Roman emperors as well as cognitive behavioral therapists and business leaders today, Stoicism has been an influence on thinkers, rulers and politicians throughout the centuries, and is currently undergoing a cultural resurgence. Divided thematically, ***Stoic Wisdom*** contains more than 80 quotes from key thinkers, including ancient philosophers such as Zeno of Citium, Cleanthes, Diogenes of Babylon, Seneca and Marcus Aurelius, as well as more modern adherents of the Stoic way of life, including Michel de Montaigne, Rudyard Kipling, Friedrich Nietzsche and William B. Irvine. This compact collection will give the reader many emotional and practical tools for living a better life.

ISBN: 978-1838867188 * Amber, 2026 * 96 pages * $25.99

TAROT FOR LIGHT SEERS
A Journey Through the Symbols, Messages & Secrets of the Cards

Chris-Anne



This book will expand the guidebook of *The Light Seer's Tarot*—a deck that has shipped nearly 260K copies since late 2019—from a 20K-word "little white book" to a fully realized tarot-readers guide filled with interpretations, keywords, prompts, and spreads in a playful, bright, full-color format.

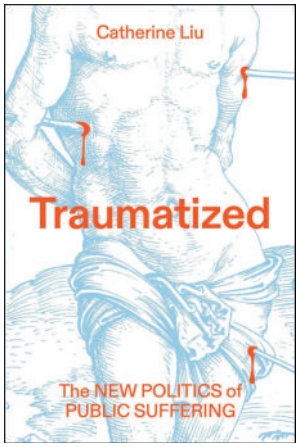
Taking a deep dive into the symbolism woven through the illustrations on each card and pointing out the traditional Rider-Waite-Smith imagery that inspired the contemporary artwork, this book will feature a breakdown of the symbolism on each card and share the traditional card art for comparison.

Explore this collection of dreams, archetypes, and stories as you walk the path of darkness and sunshine, living the lessons and channeling the messages of the Light Seer. The relatable, contemporary characters will allow you to easily and intuitively translate the message of the cards. As you connect with their magic, they will become trusted guides that will bring you to your own inner landscapes and knowing.

ISBN: 978-1401996611 * Hay House, 2024-1st edition, 2026-2nd edition * 296 pages * $33.99

TRAUMATIZED
The New Politics of Public Suffering

Catherine Liu



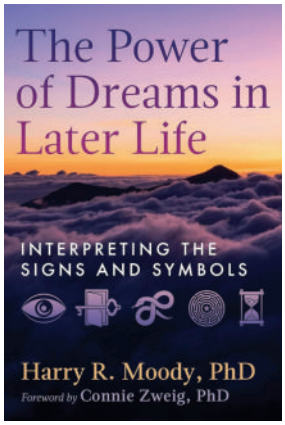
What happens when an idea born of genuine suffering is weaponized as a tool of social control? ***Traumatized*** is the story of how shell shock became PTSD, how Oprah turned pain into profit, and how "authenticity" became the ultimate brand. It is a history of surveillance capitalism's greatest coup: convincing us that wounds define us and that accommodating each other's trauma is more important than challenging the powerful.

Catherine Liu delivers an unflinching diagnosis of our current crisis, rooted as it is in the collapse of liberal politics, the ascendance of performance fragility, and the rise of emotional display as a surrogate for political action. Sharp, provocative, and urgently necessary, ***Traumatized*** argues that we must reject a politics of permanent victimhood since it destroys solidarity and leaves us defenseless against the systems that cause real harm.

ISBN: 978-1804296745 * Verso, 2026 * 182 pages * $33.95

THE POWER OF DREAMS IN LATER LIFE
Interpreting the Signs and Symbols

Harry R. Moody, Ph.D



Drawing on more than fifty years of research, teaching, and personal dreamwork, Harry R. Moody reveals how dreams can support psychological development and spiritual insight after midlife. Unlike the early phases of life, the second half often unfolds without clear direction. Moody shows how dreams can offer an inner roadmap for navigating aging, identity, and mortality.

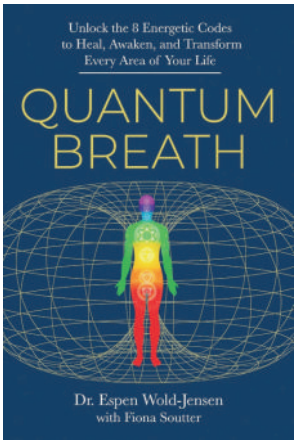
With more than 100 case studies and personal accounts, Moody details how dreams reflect the key stages of aging. He explores midlife transitions, late-life depression, illness and caregiving, and the inner work of grief, forgiveness, and life review. Presenting a range of dream types, including recurring dreams, nightmares, and symbolic dreams, Moody explains their relevance to healing and self-understanding. He also provides tools for how to access the unconscious dimensions of your aging process and identify where change may be needed.

This book offers a practical framework for engaging with the unconscious as you grow older. By treating dreams as a form of guidance, you can uncover unfinished emotional work, strengthen your sense of purpose, and reclaim the imagination as a vital force for personal transformation.

ISBN: 979-8888503409 * Park Street Press, 2026 * 275 pages * $30.99

QUANTUM BREATH
Unlock the 8 Energetic Codes to Heal, Awaken, and Transform Every Area of Your Life

Dr. Espen Wold-Jensen
with Fiona Soutter



In ***Quantum Breath***, global speaker, neuroscience & quantum physics researcher, peak performance & longevity expert, and conscious entrepreneur Dr. Espen Wold-Jensen provides a blueprint for awakening through his signature method, *Quantum Experience*—which blends the science of consciousness with ancient wisdom and cutting-edge personal development for readers to reach their highest potential across eight core domains:

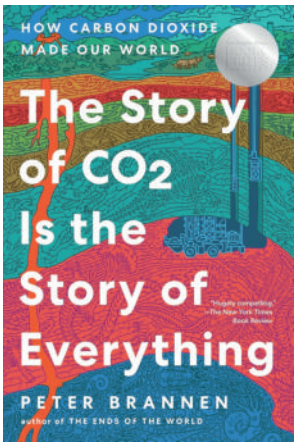
- Physical health
- Emotional intelligence
- Mental clarity
- Relationships and love
- Time and productivity
- Financial empowerment
- Purpose and mission
- Spiritual connection

The book contains breakthrough practices, breathwork exercises, sound activations, and integration processes to help readers unlock balance and alignment in the body's eight Energy Centers and gives readers the tools to rediscover their Quantum Selves.

ISBN: 979-8318604485 * Hay House, 2026 * 195 pages * $24.99

THE STORY OF CO2 IS THE STORY OF EVERYTHING
How Carbon Dioxide Made Our World

Peter Brannen



Every year, we are dangerously warping the climate by putting gigantic amounts of carbon dioxide into the air. But CO2 isn't merely the by-product of burning fossil fuels—it is also fundamental to how our planet works. All life is ultimately made from CO2, and it has kept Earth bizarrely habitable for hundreds of millions of years. In short, it is the most important substance on Earth. But how is it that CO2 is as essential to life on Earth as it is capable of destroying it?

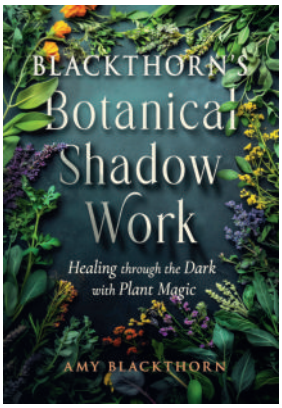
In ***The Story of CO2 Is the Story of Everything***, award- winning science journalist Peter Brannen reveals how carbon dioxide's movement through rocks, air, water, and life has kept our planet's climate livable, its air breathable, and its oceans hospitable to complex life. Starting at the dawn of life almost 4 billion years ago, and working all the way up through today's global climate crisis and beyond, he illuminates how CO2 has been responsible for the planet's many deaths and rebirths, for shaping the evolution of life, and for the development of modern human society. And he argues that it's only by reckoning with this planetary-scale history that we can understand the cosmic stakes of our current moment on Earth—and how dangerous our experiment with the climate really is.

Drawing on groundbreaking research and with a clear- eyed perspective, Brannen shows how a deep exploration of the carbon cycle can shed light on the way forward for humanity as we try to avert environmental catastrophe in the future. And it all begins with a richer understanding of the critical role of CO2 in our world.

ISBN: 978-0063036994 * Ecco, 2026 * 494 pages * $27.00

BLACKTHORN'S BOTANICAL SHADOW WORK
Healing through the Dark with Plant Magic

Amy Blackthorn



Our Shadow consists of all of the unpleasant, even traumatic experiences that we encounter in our lives. It is where we store the pain of things that happen to us and how they subconsciously affect our behavior. With ***Blackthorn's Botanical Shadow Work***, readers journey with Amy Blackthorn—herbalist, aromatherapist, and witch—to face their fears, wishes, and desires, and find harmony within themselves.

Amy teaches ways to cultivate a daily relationship with plant spirits through aromatherapy, meditation, journaling, and other practices. She also helps us to center ourselves and our magical practice so that we can be of service to others. The book provides both soothing words and practical advice on how to use the power of plant spirits for healing. Featuring prompts, exercises, and encouragement for doing the hard work of confronting the Shadow and realizing the power that it can offer for personal growth, ***Blackthorn's Botanical Shadow Work*** provides a foundation for connecting our spiritual development, therapy, and magic.

ISBN: 978-1578638314 * Red Wheel Weiser, 2026 * 221 pages * $30.50

ASTROLOGY FOR CHANGEMAKERS
Find Your Strength, Fuel Your Purpose, and Lead With Your Stars

Leslie Tagorda



In ***Astrology for Changemakers***, learn how your birth chart becomes your guide to confidence, purpose, and making your mark on the world. A changemaker is anyone who dares to shift the story and do things differently. But making the world better starts by turning inward and shifting your story. What makes a changemaker isn't about status or fame, but rather aligning with your innate strengths as expressed through the unique planetary patterns in your birth chart.

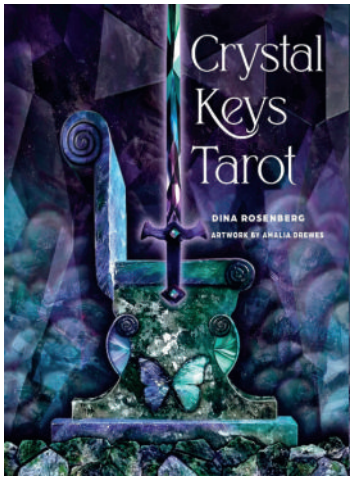
Change happens when you stop fighting yourself, claim your lived experience as expertise, and attune to your astrological design—the cosmic imprint you were born with. To be a changemaker is to reframe old stories and wounds into wisdom, discovering the one-of-a-kind leadership style that only you can embody. Through a blend of empowering reflections and practical tools, ***Astrology for Changemakers*** offers practical guidance for living and leading with integrity.

You're not here to fit into someone else's mold—you're here to create your own. Guided by the wisdom of your chart, ***Astrology for Changemakers*** helps you discover that the way to change the world is to lead with your constant—your True North, your energetic design written in the stars.

ISBN: 978-1578639069 * Weiser, 2026 * 279 pages * $34.95

CRYSTAL KEYS TAROT

Dina Rosenberg
Amalia Drewes, Artwork



Anchored in the tradition of the Rider-Waite tarot deck, ***Crystal Keys Tarot*** pairs the symbolism of the cards with the colorful imagery of powerful crystals from all over the world. Each card, beautifully rendered as if seemingly carved from the stone itself, echoes the energy, aura, and texture of a crystal specifically chosen to match the card's archetype and imagery.

With ***Crystal Keys Tarot***, the tarot reader will now learn about the metaphysical properties of a variety of crystals, while those interested in crystal healing can use the relationship with precious stones to learn the ways of all seventy-eight cards. By combining tarot and crystals, you can better comprehend the archetypes of each card and discover something new.

ISBN: 978-1578639052 * Red Wheel Weiser, 2026 * 78 gilt-edged cards & guidebook * $45.95



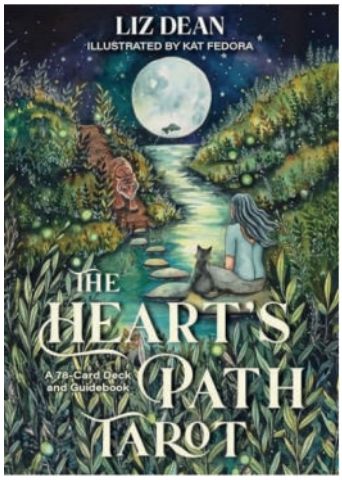






THE HEART'S PATH TAROT

Liz Dean
Kat Fedora, Artwork



In a world often preoccupied with logic, this tarot deck offers a refreshing return to heart-centered wisdom. Learning to read tarot from the heart helps us to tap into the universe's collective energy and open ourselves up to profound insights for personal growth, clarity and empowerment. The guidebook offers a variety of heart-centred techniques to deepen your connection before you begin a reading, from a heart chakra connection ritual to using your heartbeat to attune to the deck. Liz also shares her unique spreads designed to provide specific advice.

ISBN: 978-1837824144 * Hay House, 2026 * 78 cards & guidebook * $39.99









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