



RIGHTS GUIDE

2020

DEAR COLLEAGUES AND PARTNERS,

We are very happy to present you our Foreign Rights Guide 2020!

Please have a look at this year's titles and get an impression of the whole range of our programme.

For those of you not yet familiar with the Schirner Publishing House – a brief introduction:

Schirner Verlag GmbH & Co. KG is one of the leading spiritual publishing houses in Germany. This successful family business publishes around 100 non-fiction and fiction books, card decks, CDs, DVDs and calendars every year. The topics range from spirituality to life coaching and health.

Please feel free to contact us for more information about those books and products of particular interest to you or of which you would like to receive review copies.

We look forward to hearing from you.

Kind regards,

Heidi & Markus Schirner



For all Foreign Rights inquiries please contact:

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Spirituality

Power bearers, soul comforters and stress blockers – 90 effective bodyguards from the realm of minerals

Already more than
1,600 copies sold

Which area of your life do you wish to see protected by a personal guardian: your home, your loved ones or your health? Only when feeling assured that all these spheres of life are safe and secure we are able to cope with our everyday lives at full strength. Protective stones from agate (for a strong immune system) to zircon (for protection against unredeemed souls) help us restore inner stability, renew our sense of ease and zest for life and re-erect inner protective shields.

»Don't become a target for negative influences in the first place!« is the motto. Ulla Rosenberger has been a healing stone expert for decades and shows in this book how individual all-round protection with healing stones works, whether in emotionally or physically stressful situations, as protection against electric smog, when travelling or to shield against the influences of negative people. We learn which stone is suitable for which issue and how we can maximize its protective effects by using appropriate affirmations.

- › **good protection is the main objective for users of healing stones**
- › **the author is an expert in healing stones and has many years of point-of-sale experience**
- › **powerful and healthy in every circumstance of life**



Ulla Rosenberger
Power and Protection Stones
How to use the energies of
gemstones effectively
From agate to zircon

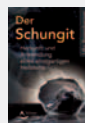
paperback
144 x 205 mm
176 pages
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1421-0

Publication: May 2020

Ulla Rosenberger's works have been
translated into 2 languages.



The Shungite



My Gemstone Book

BACKLIST



Ulla Rosenberger lives in Mühlthal (Hesse). During her goldsmith apprenticeship and mastership, she approached geology, mineralogy and gemmology (classification of gemstones). She finally discovered the lore of healing stones in 1992 and has devoted herself to their powers ever since. Furthermore, she is a yoga trainer specialising in teaching children.

For manifestation, intuition and creativity

Every human being is endowed with an abundance of creative forces. They are the key to a truly fulfilling life in alignment with our desires – a life of peace, health, happiness, love and affluence. With this deck of 60 impulse cards, best-selling author Jeanne Ruland makes room for our wishes and visions to grow. Everything we need to engage in a powerful process of visualization and manifestation they hold in store for us: whether it's about dream work, honing our intuition or directing our energy in an optimal way. With each vision card we pick we take a big step towards the fulfillment of our wishes!

- › plenty of suggestions on how to direct our destiny onto the right track
- › 60 impulses for a powerful visioning work
- › by best-selling author Jeanne Ruland



Action

»No excuses: time to act!«



Thought Control

»At the beginning there is a thought.«



Jeanne Ruland is one of Schirner's best-selling authors. The mother of three lives in Darmstadt and is an angel medium, Huna teacher, seminar leader and travel guide for international spiritual journeys, covering a wide range of themes. She teaches studies in nature, angels and light working as well as ascended master studies and sacred geometry.

www.shantila.de

Already more than
4,200 copies sold



Jeanne Ruland
Wishes and Visions
60 impulse cards

card deck
89 x 127 mm
60 vision cards including instruction
coloured

€ 22,95 (GER)

ISBN: 978-3-8434-9134-1

Publication: April 2020



My Oracle of the
Twelve Nights

BACKLIST

Jeanne Ruland's works have been
translated into 8 languages.

A course in wishing and visioning

Already more than
4,300 copies sold

Do you cherish a vision in your heart you wish to realize? Do you have a dream you want to come true at last? We all can breathe life into our wishes, and you are doing so right now with your feelings, thoughts and words! It is this and other secrets around our creative powers best-selling author Jeanne Ruland reveals in this book. She shows the basic principles of manifestation, explains why wishes not always become reality and tells us what we can do in these cases. Moreover, she provides many impulses and ideas on how we can unleash our own creative forces by using affirmations, designing a vision table or by drawing on the assistance of the medicine wheel, the moon's energies or nature's spirits. Welcome to the world of creativity!

- › extensive basic knowledge on visioning work
- › **after the success of the »Vision Book for the Twelve Nights« (already more than 9,200 readers) now the book of wishing covering the whole year**
- › exercises, meditations and impulses for developing powerful visions and making your dreams come true



Jeanne Ruland
The Book of Wishes and Visions
Exercises and impulses for manifestation, intuition and creativity

softcover
162 x 220 mm
160 pages
colour illustrations throughout

€ 16,95 (GER)

ISBN: 978-3-8434-1410-4

Publication: May 2020

Jeanne Ruland's works have been translated into 8 languages.



Power Animal
Oracle



Vision Book of the
Twelve Nights

BACKLIST



Jeanne Ruland is one of Schirner's best-selling authors. The mother of three lives in Darmstadt and is an angel medium, Huna teacher, seminar leader and travel guide for international spiritual journeys, covering a wide range of themes. She teaches studies in nature, angels and light working as well as ascended master studies and sacred geometry.
www.shantila.de

The world is constantly changing, proving the impermanence of everything outside. But within us there is a force that guides us and untiringly sends us impulses so that we can direct our steps towards the light. Our true power dwells within, and it is the one to be discovered, awakened and lived. In this card deck, 61 masters, their messages and teachings are portrayed. The great masters, male and female, who have been roaming this planet at all times, leaving light traces of wisdom in the form of teachings, texts, exercises and books, help us find closer to ourselves, dive deeper into the mystery of life and gain new insights along the way.

- » the classic card deck (40,000 copies sold of previous editions) on **Ascended Masters**, now extended and featuring 11 additional cards
- » with enchanting pictures by the authors
- » Jeanne Ruland organises master teaching events



Ashtar Sheran
»New dimensions, home in the stars.«



Aurora
»Beginning, Receiving, Being.«

Already more than
2,500 copies sold



Jeanne Ruland & Murat Karaçay
The Presence of the Masters
Initiations to higher worlds on the path of self-mastery

card deck
89 x 127 mm, XL card box
61 cards including paperback
guidebook (115 x 165 mm)
coloured

€ 29,95 (GER)

ISBN: 978-3-8434-9132-7

Publication: June 2020



Jeanne Ruland is one of Schirner's best-selling authors. The mother of three lives in Darmstadt and is an angel medium, Huna teacher, seminar leader and travel guide for international spiritual journeys, covering a wide range of themes. She teaches studies in nature, angels and light working as well as ascended master studies and sacred geometry.
www.shantila.de

Jeanne Ruland's works have been translated into 8 languages.



Murat Karaçay is a media designer, digital artist and photographer. For many years he has been engaged in visualizing spiritual topics ranging from astrology to Zen Buddhism, both at a professional and private level. Together with his wife Jeanne Ruland he works on various media projects aiming to make visible a world that is hidden behind the material veil.
www.spiritualmedia.de

The time for enlightenment is now!

The call of the New Era resounds deep within us – it is the call for enlightenment, for realization of the divine through us. By setting out on this golden path we discover traces of Ascended Masters, our elder sisters and brothers who preceded us and out of eternity have continued to work up to this day.

For all those who yearn for mastery this book is a gateway to the sublime beings of light. By following the blessed paths of the Masters we feel our existence to be richer, more fulfilled, more meaningful and happier and soon will inspire others with our inner glow. The White Brotherhood of Light, the Ascended Masters and other lightful intelligences from higher dimensions as well are constantly sending us messages of light, new exercises and wisdom teachings. All those willing to choose their path can follow it, because it is open to EVERY human being.

- › **the updated compendium with and about Ascended Mistresses and Masters of cultures from around the world**
- › **the author organises Ascended Masters teaching events as well as trips to various power places and places of initiation**
- › **perfect supplement to the card deck »The Presence of the Masters«**



Jeanne Ruland

The Presence of the Masters

Initiations to higher worlds on the path of self-mastery

paperback

162 x 220 mm

296 pages

colour illustrations throughout

€ 26,95 (GER)

ISBN: 978-3-8434-1458-6

Publication: August 2020

Jeanne Ruland's works have been translated into 8 languages.



Jeanne Ruland is one of Schirner's best-selling authors. The mother of three lives in Darmstadt and is an angel medium, Huna teacher, seminar leader and travel guide for international spiritual journeys, covering a wide range of themes. She teaches studies in nature, angels and light working as well as ascended master studies and sacred geometry.
www.shantila.de



Sacred Geometry



Sacred Geometry
in Action

BACKLIST

As happy-go-lucky as an angel

Heavenly support and magical coincidences are something we can always rely on when consulting these cards. Whether we may receive guidance from the angel of courage, the angel of comfort or the angel of wishes: With their 44 loving messages these card deck's enchantingly beautiful soul angels help us let go of any heaviness and anxiety in challenging times. They empathetically respond to all our questions about life, open our eyes for the miracles and blissful moments in our lives – and gently lead us back onto our soul's path. Their light and their love are our most precious gifts to receive!

- › blissful messages for more lightheartedness
- › featuring beautiful motifs of angel artist Eva Gach
- › a wonderful gift for angel fanciers



Angel of Restful Sleep



Angel of Clarity

Already more than
3,900 copies sold



Melanie Missing & Eva Gach
Oracle of the Soul Angels
Heart messages from the
celestial supporters

card deck
89 x 127 mm
44 cards including guidebook
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9135-8

Publication: March 2020



Melanie Missing is among the most popular authors concerned with the topic of »unicorns« in the German-speaking countries. She has published several books, card decks and CDs and is the creator of the prize-winning »unicorn essences«, which she distributes through her own firm »Garten Eden« located in Kassel (Hesse). Among her further areas of expertise are »the legacy of Avalon« and »the energy of the Marys«. www.einhornessenz.de



Eva Gach, an occupational therapist and cranio-sacral therapist, has studied several energetic healing methods. She lives in Niederwinkling (Bavaria). Since her early childhood, painting has been a heartfelt concern of hers, and with her pictures she inspires people around her, conveying to them lightness, zest for life, strength and confidence. www.magie-auf-reisen.de

Lightful helpers from the spiritual realm

Archangels and angelic sovereigns are guardians of great knowledge. Their love and their blessings know no bounds. If we follow their heavenly call, they allow truth, salvation and bliss to flow into our lives. These lovingly designed angel cards open us to the archangels' light messages, we are carried to higher levels of consciousness and are initiated into the mysteries of life. In this way, we become messengers of the divine truth ourselves, with the light of the angels shining through us. Thus, together with the angels, we can connect heaven and earth to create a world full of light and love – for our own sake and that of all beings.

- › with enchanting angel artworks
- › each central theme in life can be overcome with celestial assistance
- › for fans of angels and angel art

Already more than
1,100 copies sold



Ulrike Annyma Kern
Archangels – The Power of the Heavenly Beings
 Messages full of light for healing, blessing and love

card deck
 89 x 127 mm
 40 cards including guidebook
 coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9146-8

Publication: October 2020



Archangel Zadkiel



Ambriel, Angel of Roses



Cards For Healing

BACKLIST



Ulrike Annyma Kern, artist, author and life coach, lives in Herborn (Hesse) and has been accompanying people on their spiritual path for more than fifteen years. In her seminars and trainings as well as through her books, card decks and artwork she conveys the nature of universal divine energies and the way they work. Together with her husband she supports people in finding to themselves and carrying the light of their soul essence into the world.
www.ulrikeannymakern.com

Breathtaking sceneries meet ancient lore

Green expanses that uplift the spirit, endless majestic woodlands, rugged coastlines and craggy volcanoes: such are the features that shape the landscapes of New Zealand. The paradise at »the end of the world« is a place of longing for all those who share a desire for more serenity and a deep sense of being close to nature. No other people on earth lives this more authentically than the Maori, New Zealand's aboriginal people, who are known to be wild, strong and uncompromising. This card deck reveals the spiritual dimension of the island's indigenous people, combining photographs of breathtaking nature, impressive sites and magical places with the history of the Maori. We enter a world full of exciting and enchanting legends that allow us to immerse ourselves deeply into the Maori's knowledge and integrate it into our everyday lives – with the help of spiritual messages, simple exercises and powerful affirmations.

- › everything worth knowing about the culture of the Maori
- › Christiane Schöniger is an expert for guided spiritual tours in New Zealand
- › a must-have for all those devoted to this magical island country



Kakepuku

»Open your heart to love.«



Kawau

»Explore new paths.«

Already more than
1,100 copies sold



Christiane Schöniger

The Maori

Healing messages from the aboriginal people of New Zealand
With a preface by Jeanne Ruland

card deck

89 x 127 mm, XL card box

50 cards including paperback guidebook (115 x 165 mm)

coloured

€ 27,95 (GER)

ISBN: 978-3-8434-9136-5

Publication: February 2020



Christiane Schöniger lives in the Odenwald. She is the editor of the »SPIRIT live & Schirner« magazine as well as a trade fair and event organiser. It was during her first trip to New Zealand that she fell in love with this wonderful country, fascinated by the living culture and tradition of the Maori. Today she offers personally guided round trips for small groups in New Zealand.
www.christiane-schoeniger.de

Use the knowledge of the druids in everyday life

Druids – the mistletoe cutting »shamans« of the Celts – are well-known to us due to a certain little Gallic village and their inhabitants ... In fact druids had a profound knowledge of the healing powers of nature. It is amazing which highly developed treatment methods they were using already hundreds of years ago. Their close connection to Mother Earth helped them gain deep insights into the interrelationship of all being and all beings. They worked with herbs and trees, stones and symbols and embarked on journeys into the otherworld: techniques that today are again of increasing significance.

With »The Art of Healing of the Celts« Claus Krämer builds a bridge between the knowledge of our European ancestors and the findings of modern science with regard to health and healing. Easy-to-follow suggestions and exercises allow the forces of ancient times to take root in us – as if we had taken a sip from Getafix' famous »magic potion«.

- › healing with the help of stones, plants, sounds, colours, touches, thoughts etc.
- › **more than 52,000 copies sold in the German-speaking world since the first publication**
- › extended by a chapter about Celtic tree-consciousness
- › a bridge between ancient knowledge and modern medicine

Already more than
2,500 copies sold



Claus Krämer The Art of Healing of the Celts

gatefolded paperback
170 x 240 mm
288 pages
colour illustrations throughout

€ 24,95 (GER)

ISBN: 978-3-8434-1412-8

Publication: March 2020

Rights already sold: Czech

Claus Krämer's works have been
translated into 1 language.



When Claus Krämer, at the age of five, discovered in his grandma's cellar an old rickety typewriter he was hooked: He first became a reporter, then a screen- and songwriter and eventually an author of books. Coming from a family in which the ability of subtle perception and energetic healing was passed on to every generation, he has always been interested in traditional healing systems. After having run his own practice until 2016, he now writes, paints and makes music in the Rhineland.

www.claus-kraemer.de

May the force of the crystals always be with you!

Already more than
1,100 copies sold

Crystals are among the oldest treasures of the earth and yet as popular as never before. If used for protection or for the sake of beauty and health: Experts know the positive effects the various gemstones provide. And crystal grids can do even more for us! The laying of patterns bundles the magic of different crystals, grounds ourselves, brings us closer to our goals – and is also fun! With the most important tips on the topic of »laying crystal mandalas« and 20 examples of crystal grids and rituals this book inspires us to try out this lifestyle trend for ourselves.

- › including crystal grids and rituals covering themes such as »the heart's desire«, »abundance«, »manifestation«, »positive thinking«, »healthy boundaries« and many more
- › crystals are currently a top issue in the domain of »spiritual guidance«



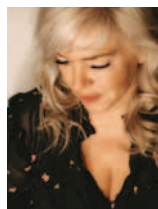
Dennis Möck-Ludwig &
Anne-Mareike Schultz
Crystal Rituals
Design your own crystal mandalas
and rituals

paperback
120 x 170 mm
112 pages
colour illustrations throughout

€ 6,95 (GER)

ISBN: 978-3-8434-5182-6

Publication: February 2020



Anne-Mareike Schultz came into contact with shamanic knowledge and the invisible worlds early on. After completing her training as an alternative practitioner she started, together with her twin sister, a joint practice in Neumünster, Germany. Moreover, she offers seminars, workshops, guided meditations as well as online courses and seminar trips.
www.annemareike.me



Dennis Möck-Ludwig lives in Dreieich, Hesse. He is a trained mental coach and successful blogger. He offers individual sessions and online courses as well as trainings and organises retreats and workshops on the topics of »inner-world journeys«, »shift in awareness«, »Ayurveda« and »modern rituals«.
www.dennismoeck.com

Anne-Mareike Schultz's works have been
translated into 1 language.

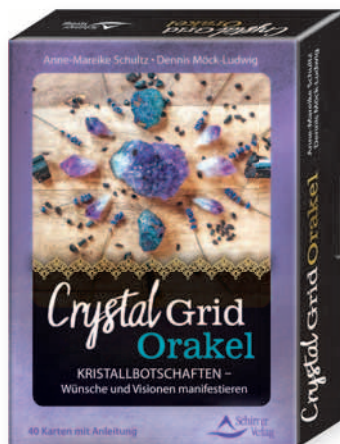
»Crystal Grids« to go

Crystal Grids enhance the power of crystals, the oldest treasures of the earth, by means of sacred geometry – and thus increase the energy levels in every room or place as well as within ourselves. But even if we don't have the specific stones right at hand, we can use these cards to bring into our lives exactly the energy we need: be it inspiration, a support for rituals, a source of energy in everyday life or protection against energy vampires. The magical cards convey the power of 40 crystal grids to create happiness, love, focus, health or inner strength, and with the help of effective activation formulas, we can effortlessly draw all this into our lives.

- › 40 new crystal grids for abundance, inner strength and harmony
- › usable without any crystals
- › for an enchanted spiritual lifestyle



Success



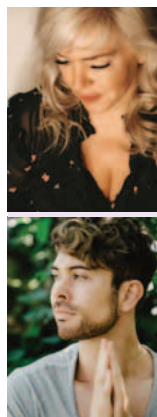
Dennis Möck-Ludwig &
Anne-Mareike Schultz
Crystal-Grid Oracle
Crystal messages to manifest wishes
and visions

card deck
100 x 150 mm
40 grid cards including instruction
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9145-7

Publication: October 2020



Anne-Mareike Schultz came into contact with shamanic knowledge and the invisible worlds early on. After completing her training as an alternative practitioner she started, together with her twin sister, a joint practice in Neumünster, Germany. Moreover, she offers seminars, workshops, guided meditations as well as online courses and seminar trips.

www.anнемareike.me

Anne-Mareike Schultz's works have been translated into 1 language.

Dennis Möck-Ludwig lives in Dreieich, Hesse. He is a trained mental coach and successful blogger. He offers individual sessions and online courses as well as trainings and organises retreats and workshops on the topics of »inner-world journeys«, »shift in awareness«, »Ayurveda« and »modern rituals«.

www.dennismoeck.com

»Your power is strong if you fill it with love. Everything you do is full of purpose if you do it with love.«

It is the story of a unique self-discovery: The young and successful doctor Nida Janusz doesn't know what the world is coming to: Three hours of her life have vanished. But she knows for sure that she has booked a flight to Mongolia. To fathom this mystery she sets out for the journey – a journey that will change herself and her life forever.

»The Paths of the Soul« is a novel and guidebook at the same time. As we follow Nida on her path to her true self, we get to know powerful shamanic techniques and listen to the call of our soul!

- › **more than 30,000 copies sold since the first publication**
- › **exciting novel taking place in Mongolia**
- › **shamanic rituals embedded**

**Already more than
3,000 copies sold**



Ina Ruschinski

The Paths of the Soul

A woman's magical journey to herself

gatefolded paperback

144 x 205 mm

192 pages

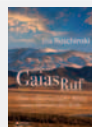
€ 17,95 (GER)

ISBN: 978-3-8434-1413-5

Publication: February 2020



The Letter of
the Shamaness



Gaia's Call

BACKLIST



Ina Ruschinski is a educator, horse-riding educator and Reiki master. She has been devoting herself to shamanism and energy work for many years. A lot of the magical moments in her life, her experiences, developments and emotions are reflected in her novels. She lives in Oldenburg and has been working in a social institution with children, teenagers and horses since 1994.
www.ina-ruschinski.de

Hidden powers at your service

Power animals can be as different as the human beings they come across, with certain spirit animals such as lion, wolf or eagle frequently appearing. But what about the bright beagle or the graceful angora cat? Even ants, robins or the long extinct dinosaurs can appear as personal helpers in particular life situations and give us advice on the way.

In her sequel to »Power Animals Accompany Your Life«, the popular power animal expert and best-selling author Jeanne Ruland presents more than one hundred unusual animal companions, including many dog and cat species, and provides tips and suggestions for our communication with the realm of the spirit animals. In this way, you will even be able to decode and understand the messages of your own pet.

- › **more than 100 extraordinary power- and helper animals**
- › **updated sequel to the bestseller »Power Animals Accompany Your Life« (1297-1)**
- › **perfect addition to »Power Animal Oracle 2«**

Already more than
1,200 copies sold



Jeanne Ruland

Helper Animals

Power animals as companions in special stages of life
With emphasis on cats and dogs

gatefolded paperback
162 x 220 mm
368 pages
colour illustrations throughout

€ 24,95 (GER)

ISBN: 978-3-8434-1437-1

Publication: July 2020

Rights already sold: Czech, Dutch

Jeanne Ruland's works have been translated into 8 languages.



Jeanne Ruland is one of Schirner's best-selling authors. The mother of three lives in Darmstadt and is an angel medium, Huna teacher, seminar leader and travel guide for international spiritual journeys, covering a wide range of themes. She teaches studies in nature, angels and light working as well as ascended master studies and sacred geometry.
www.shantila.de



Power Animal
Oracle 2



Power Animals
Accompany Your Life

BACKLIST

»If we recognize who we are and where we come from, we can accomplish what we are here for.«

Nothing shapes us more than our family of origin. But it is not only our parents and grandparents who influence who we are, which values we live by and which talents we develop. Our roots reach much further into the past, extending to many more levels than we imagine.

This practice book on ancestor work combines the systemic view of our forebearers with the Hawaiian tradition of Huna. It reveals connections between difficult life themes and our ancestral line and at the same time opens our consciousness to the spiritual ancestral realms such as those of animal spirits, plant beings, minerals, angels or the Ascended Masters. Numerous exercises and meditations empower us to let healing happen both on a genetic and spiritual level and to use the ancestral power, our heritage of light, to unfold our full potential. In this way, old family wounds can finally heal; we can free ourselves from burdensome aspects of our inheritance and continue to hand down in love all the blessings that are part of our ancestral line.

- › **difficult life topics often have their origins in the ancestral line**
- › **updated and extended edition of the classic about ancestor work**
- › **trauma and shadow work are effectively combined with working on realizing one's own potential**

Already more than
2,300 copies sold



Jeanne Ruland &
Shantidevi Felgenhauer
Ancestral Healing
Dissolving old family patterns

gatefolded paperback
144 x 205 mm
152 pages
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1438-8

Publication: September 2020

Rights already sold: English



Jeanne Ruland is one of Schirner's best-selling authors. The mother of three lives in Darmstadt and is an angel medium, Huna teacher, seminar leader and travel guide for international spiritual journeys, covering a wide range of themes. She teaches studies in nature, angels and light working as well as ascended master studies and sacred geometry.
www.shantila.de

Jeanne Ruland's works have been translated into 8 languages.



Shantidevi Felgenhauer is an alternative practitioner focusing on trauma work according to Peter Levine, systemic constellations, reincarnation therapy and forgiveness work according to Colin Tipping. With her guided meditations she guides people into the center of their deepest inner being where they experience themselves as unconditional love.
www.shantidevi.de

Every voice and every sound carries a unique vibration ...

... which can cheer you up and give you energy, but also drain it from you. A frequency always affects our inner self – and through us also our environment. Bhagavati P. Hafen is an expert in energetic room cleansing and uses incense as well as the powers of sound and voice in order to supply people and their homes with new energy. In this book she shares with us her extensive knowledge of the effects and application of various sounds – whether produced by drums or singing bowls, those of forceful mantras, whether sounds of nature or even silence – and encourages us to discover the specific power of our own voice. Exercises, useful tips and application examples from the author's daily practice allow us to become active ourselves without much previous knowledge – for a strengthened spirit and a home that provides a sense of security and enhances our energy level.

- › cleansing rituals without the use of incense burning
- › for beginners and advanced users as well
- › the author is an expert for energetic house cleansing



Bhagavati P. Hafen
Energetic Room Cleansing Using Sound and Voice

How to recharge yourself and your home with new energy

gatefolded paperback
 144 x 205 mm
 128 pages
 colour illustrations throughout

€ 12,95 (GER)

ISBN: 978-3-8434-1433-3

Publication: September 2020



Bhagavati P. Hafen works in her own practice for Reiki, light healing and energy work in Hamburg. As a specialist for energetic house cleansing she travels throughout Germany in order to purge people's homes, e. g. by burning incense. She has been concerning herself with energy work and herbal medicine for more than seventeen years and is a certified Reiki teacher, energy trainer and animal kinesiologist. In her seminars on energetic house cleansing she passes on her knowledge to interested people.
www.reiki-lichtheilung.de



Making Room
For Happiness



The Mysticism of
House Numbers

BACKLIST

Offer your soul some time for special moments!

Dancing, a thorough cleaning out, taking things slowly: Doing so sets clear impulses that not only get you out of deadlocked routines but are also effective at a deeper level by reconnecting you with your soul. Escape the monotony of everyday life, because your soul is longing for more! With the help of these 45 unique impulse cards you intuitively uncover your current soul theme, recognize what certain experiences stand for and see the world with new eyes.

- › recognize the true desires of your soul
- › inspiring soul messages meet mystical images
- › author has many years of professional experience in the field of life counselling



The Inner Child



Secrets

Already more than
2,100 copies sold



Marion Anders
Soul Messages
Intuitive answers of the soul

card deck
75 x 110 mm
45 impulse cards including instruction
coloured

€ 14,95 (GER)

ISBN: 978-3-8434-9148-8

Publication: August 2020



Marion Anders is a psychological consultant, has completed various further trainings in the areas of coaching and staff management and runs her own practice for psychological and spiritual life counselling in Bissersheim (Rhineland-Palatinate). She is particularly committed to the topic of »feeling good at home« and helps her clients to recognize and transform the energies in their homes. Since 2015 she has regularly appeared on TV with various live consultations and has been a guest on the show »Leichter Leben« several times.
www.wohntraeume-marionanders.de

The healing energy of the light of Christ

Already more than
1,600 copies sold

Since his early childhood Rade Maric has been accompanied by his abilities of clairvoyance and clairsensing as well as by his deeply rooted devotion to the divine creativity. In this book he speaks openly and in an entirely down-to-earth manner about his gift, his passion for healing and the role his belief plays in his healing work. Apart from his personal experiences with divine creativity he gives an account of his own and his clients' sensations during a treatment, of how the process of transmitting the divine healing energy takes place, and what each of us can do to strengthen our own energy system and get back into balance with ourselves.

- › renowned and popular spiritual healer
- › interesting background information on the work of a healer
- › the author regularly gives lectures on the topic of »alternative healing methods and spirituality«



Rade Maric
Healing with the Power of Creation
Insights into my spiritual development
and work

gatefolded paperback
144 x 205 mm
176 pages
colour illustrations

€ 14,95 (GER)

ISBN: 978-3-8434-1411-1

Publication: March 2020



Since 2004 **Rade Maric** has been working in his health center near Stuttgart, Germany. He discovered his gifts of clairvoyance and clairsensing when he was a very young child. His areas of activity include healing through laying-on of hands and psychic counselling. Rade Maric, who is a well-regarded speaker at medical conferences, has been working together with representatives of classic medicine and therapy methods for many years. He regularly organises lecture and healing evenings in the German speaking countries.
www.rademaric.info

Energy images for gaining clarity and opening the heart

Offer yourself and your heart the gift of pure joy and allow the energies of these 40 exceptional mandalas to directly touch your innermost self! With these luminous cards you bring light into your heart's space allowing it to shine while the heart-opening texts provide you with valuable impulses for strengthening your inner soul connection. Step back, take a breath and remember what is really meaningful to you!

In your heart's space you experience perfection and love, and this is where you get the answers to all your questions.

- › mandalas carry energies that expand the heart's consciousness
- › including text messages that touch the soul
- › a beautiful present for all mandala enthusiasts



Realm of Fairies



Grit Müller
Light for Your Heart's Space
 Impulses for centering and recalling

card deck
 100 x 150 mm
 40 mandala cards
 including instruction
 coloured

€ 17,95 (GER)

ISBN: 978-3-8434-9144-0

Publication: April 2020



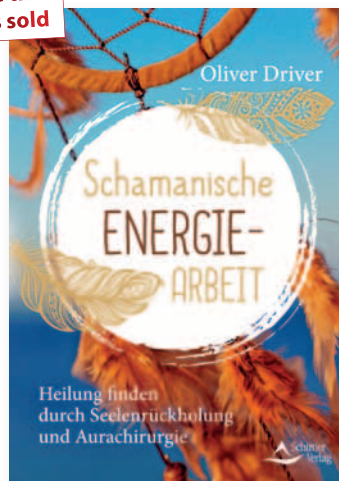
Grit Müller is a certified mindfulness trainer. Her special attention – and passion – is devoted to the emotional work, in which she also applies her clairvoyance that has been accessible to her since childhood. As for 2013 she has been working as a coach and trainer offering seminars and coaching sessions via telephone and in her own practice in Wertheim (Hesse, Germany). Her most beloved occupation has always been painting mandalas, which she publishes under the name of »M'annabellasArt«.
www.herzenswege.eu

How shamanic healing methods work

Discover the shaman within you! Find out how to release burdensome energies that have accumulated in the human energy body as a result of negative experiences. Learn how to retrieve lost aspects of your soul and how to meet your power animal. The experienced shaman and coach Oliver Driver offers you in this book all the relevant knowledge about a shamanic healing session, a lot of background information and practical energetic exercises – and thus introduces you to the shamanic energy work in easy-to-follow steps.

- › shamanic healing methods are recognized by the WHO (World Health Organisation)
- › all the relevant knowledge to perform a shamanic healing session
- › with a detailed anamnesis sheet to identify the issues to be worked on
- › especially designed for self-treatment

Already more than
1,200 copies sold



Oliver Driver

Shamanic Energy Work

Finding healing through soul retrieval and aura surgery

paperback

144 x 205 mm

168 pages

colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1441-8

Publication: September 2020

Oliver Driver's works have been translated into 2 languages.



Huna Healing



Self-Healing Practice

BACKLIST



Oliver Driver worked as a manager in the construction and real estate industry before he came into contact with shamanism in 2006. He was taught by several shamans and practiced for a number of years as a shamanic coach himself. After the encounter with a shaman of the Colombian Kogi Indians he decided to support them in their efforts to heal the earth and started the project »CAFÉ KOGL« together with them. He is the founder of the »Urwaldkaffee« company in Cologne, which supports the Kogi in buying back sacred places.
www.urwaldkaffee.de

Experience the Twelve Holy Nights guided by the runes

Already more than
2,600 copies sold

Oracles, mystical rituals, visions ... together they shape the Twelvenights, those legendary nights of review and outlook between the years, which are considered the most significant oracle time of the year. From time immemorial, the runes as a source of wise inspiration have been consulted as well, because they allow deep insights into the past, present and future.

- › **first book about the powers of the runes in the Twelvenights**
- › **with simple rituals and effective meditations**
- › **the Twelvenights are the most important oracle time of the year**



Antara Reimann & Peter Eckel
The Twelvenights and the Power of Runes

Old traditions in modern times

gatefolded paperback
144 x 205 mm
200 pages
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1432-6

Publication: October 2020



Antara Reimann is a certified shamanic healer according to the guidelines of the T.C.O.T.S. Shamanic Healing of the »Bridget Healing Centre« in Glastonbury, UK. She began to concern herself with Celto-Germanic traditions as early as 1995, and runes have become part of her life ever since. She offers lectures, readings and one-day workshops dealing with the power of the runes. Her further fields of activity include coaching sessions, treatments and rituals.
www.lichtfocus.de



Peter Eckel, a native of the Sauerland, has been dealing with shamanism, spirituality and indigenous healing knowledge for more than 20 years. His passions include guided meditations and working with healing stones, especially rock crystals. As an experienced medium, the support and guidance of the spiritual worlds is available to him, among other things through the powers of the runes.

The classic on energetic room cleansing – revised & extended

If there is a positive atmosphere in your home, it will be transferred to you and give you strength, harmony, security and inner peace. But what should you do if you no longer feel comfortable in your four walls or have not arrived after moving into your new home? Often it is hidden stressful energies in the form of bad experiences, parts of the soul of the previous owner or electromagnetic vibrations that have settled in your home and have a negative impact on your life.

Georg Huber, the well-known expert for energetic house cleansing, shows how you can get rid of these burdens of the past step by step with simple means such as incense, energy sprays and power symbols and bring back positive energy into all rooms. This turns your home into an oasis of wellbeing and a place of power.

- › **more than 66,000 copies sold since the first publication**
- › **now with a chapter on »earth rays« and »electromagnetic pollution«**
- › **by the well-known incense expert Georg Huber**
- › **energetic room cleansing is a powerful technique to improve well-being**

Already more than
1,400 copies sold



Georg Huber
Energetic Room Cleansing
With the aid of herbs and angels

paperback
134 x 175 mm
136 pages
colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1440-1

Publication: October 2020

**Rights already sold: Czech,
Hungarian, Polish**

Georg Huber's works have been translated into 3 languages.



Incense Guide

BACKLIST



Georg Huber is a spiritual advisor and Reiki teacher. He has been interested in ancient cultures and mysteries since his youth. He dedicates himself intensively to energy work, herbal medicine and aromatherapy and has been gaining practical experience in these areas for many years. He passes on his extensive knowledge on the subjects of »health«, »spirituality« and »psychology« in his guidebooks and numerous CDs, at events and in consultations.
www.jeomra.de

The emotional power of colours is omnipresent

We let ourselves be cheered up by a yellow smiley, dress in deep red if we want to look particularly dynamic, or wear black to protect ourselves.

But colours can do even more: They open the gates to our soul and reveal our essence and our potential. We have been associated with a certain colour since the beginning of our existence. It determines our basic energy and the mission of our soul across all lives. For each incarnation, we also choose another colour that shows us our talents and gifts for this very life. Those who know their colours have it much easier in life and in their spiritual development. For example, if red is our soul colour, the focus is on connecting us to mother earth, welcoming our body, drawing boundaries and working powerfully for unconditional love.

The well-known aura-soma and colour expert Barbara Heider-Rauter introduces the twelve colours each of soul and incarnation and explains what they mean and how we can use this knowledge for the development of our true selves.

- › colours reveal the essence and potential of our soul
- › with a test to find out the personal soul colours and with exercises to explore them
- › by one of the world's leading aura-soma experts



Barbara Heider-Rauter
Colours – the Gate To Your Soul
 What colours reveal about your soul's mission

paperback
 162 x 220 mm
 200 pages
 colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1436-4

Publication: October 2020

Barbara Heider-Rauter's works have been translated into 4 languages.



Flower of Life



The Power of the Lemnicate

BACKLIST



Barbara Heider-Rauter is a qualified pedagogue and therapist with years of practical experience and one of the world's leading Aura Soma experts. In her work, the wellbeing and highest development potential of every student or client has always been her primary concern. She offers meditation evenings, holds seminars for personal growth and organises seminar trips to England and Ireland. In Salzburg, Austria, she has been operating a shop specializing in spirituality for more than 15 years.

www.avalon-spirit.com | www.barbara-heider-rauter.com

Following Merlin to the origins of the Avalon myth

A cloak, a long white beard and an oakwood wand: The legendary mage Merlin is still alive in the tales about Avalon and Camelot. However, their true origin lies in Brittany. Breton places such as the legendary Brocéliande forest, the Barenton spring or the ancient soul tree are the origins of the famous Avalon saga. These 44 impulse cards give us an insight into that legendary and magical world and, with inspiring messages, reveal many a secret about the famous druid Merlin. In addition, effective fire rituals with druid herbs give us the opportunity to let Merlin's unique healing and vision powers rise in magical smoke.

- › secrets, legends and places connected with the most famous druid in the western world
- › featuring the spiritual roots of the celebrated Avalon saga in Brittany



Palace of Glass



Merlin & Viviane



Jeanne Ruland travelled the world for many years. This allowed her to become acquainted with the various aspects of the divine creation from different perspectives. She loves exploring the deeper meaning of life and wants to share this knowledge with her readers.
www.shantila.de



Melanie Missing is among the most popular authors concerned with the topic of »unicorns« in the German-speaking countries. Among her further areas of expertise are »the legacy of Avalon« and »the energy of the Marys«.
www.einhornessenz.de



Jeanne Ruland & Melanie Missing & Petra Arndt

Merlin Oracle

Unveil the magic of the great druid

card deck
89 x 127 mm
44 cards including guidebook
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9147-1

Anticipated Publication:
December 2020



Since her childhood **Petra Arndt** has been receiving and painting light pictures. She works as a freelance painter, designer und illustrator, offers intensive art therapy for patients, conducts painting classes and is a lecturer at the Sasel-Haus in Hamburg.
www.petra-arndt.de

The new novel by Ina Ruschinski, a story that awakens a deep awareness of Mother Earth

Times of change: In a vision the old shamaness Guai Yaga hears Gaia's call. She sets out immediately, leaves behind the familiar yurt and takes a path that is known only to herself: the way to the heart of the earth. Every day is a ritual of healing, every step is a prayer. But the shamaness is not alone. The places of power on earth are networked. Far away from the Mongolian steppe, the artist Alexandra and her 21-year-old daughter embark on a journey as well. While one person reveals the mission to heal her mother's ancestral line, the other faces the unknown and finds much more than she would have dared to dream.

Three women, three generations, three journeys and the most important mission of the time ... The author puts into words what many people are now feeling. A touching novel that retains its lightness to the end, against the background of the current topics of »self-healing through reconnection to Mother Earth«, »dissolving the family trauma«, »recognizing your own roots« and »on the move to something new«.



Ina Ruschinski

Gaia's Call

A shamanic journey to the heart of the earth

gatefolded paperback
144 x 205 mm
200 pages

€ 17,95 (GER)

ISBN: 978-3-8434-1431-9

Publication: November 2020



Ina Ruschinski is a educator, horse-riding educator and Reiki master. She has been devoting herself to shamanism and energy work for many years. A lot of the magical moments in her life, her experiences, developments and emotions are reflected in her novels. She lives in Oldenburg and has been working in a social institution with children, teenagers and horses since 1994.
www.ina-ruschinski.de



The Letter of
the Shamaness



The Paths
of the Soul

BACKLIST

In her search for the great connections between life and the magic in this world, Anna Katmore discovered a gift that is open to all of us:

Interacting with the Spiritual World

But whoever begins to look behind the mystical mists and deal with the light beings will soon have many questions: »How do I communicate with my Guardian Angel?«, »Can I fully trust my inspiration?«, »And what about the karma again?«

In her first guidebook, the successful novelist gives answers to these and many other questions of the kind in short chapters. In these delightfully simple instructions for our very personal path with angels, power animals and energy work or dealing with wishes and previous incarnations, we learn which messages the light beings have always wanted to give us and how we sensitize our awareness in a targeted manner. The ideal introduction to a powerful connection with the spiritual world.

- › 52 wonderfully simple lessons for the personal spiritual path
- › with many examples and instructions



Anna Katmore **Light Beings**

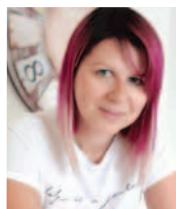
The invisible world around us
An inspiring instruction for your connection to the world of angels, fairies and many more companions

paperback
162 x 220 mm
216 pages
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1456-2

Publication: November 2020



Anna Katmore from Austria is a best-selling author with over a million novels sold worldwide. She discovered her passion for telling and writing stories as a child and began her writing career at an early age. She is best known as a writer of fantasy and romance novels. In her private life, too, she always moves on the threshold between fantasy and reality and enjoys her spiritual life openly.
www.annakatmore.com

The best time for wishes to the moon is now!

Already more than
1,200 copies sold

And this practical book contains everything we need to make them come true. With interesting facts about the lunar forces, inspiration for magical lunar ceremonies as well as effective rituals and meditations, it is the ideal companion for a fantastic life in the rhythm of the lunar course. In harmony with the lunar forces, we can grow on all levels, because there is a suitable moon ceremony for every phase of life and every concern. The Aries full moon is suitable for directing fiercely flaring passions in the right direction, and the Scorpio new moon for training intuition. Beautifully designed and rich in tips and recommendations for crystals and essential oils, this book is a must-have for »moonstruck« people.

- › the practical guidebook about the lunar year
- › effective full- and new moon rituals for every month
- › how to always choose the right time for projects and wishes



Anne-Mareike Schultz &
Dennis Möck-Ludwig

Moon Rituals

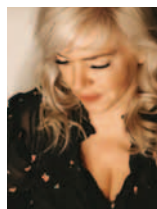
Working with the powers of the
phases of the moon

gatefolded paperback
162 x 220 mm
152 pages
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1435-7

Publication: October 2020



Anne-Mareike Schultz came into contact with shamanic knowledge and the invisible worlds early on. After completing her training as an alternative practitioner she started, together with her twin sister, a joint practice in Neumünster, Germany. Moreover, she offers seminars, workshops, guided meditations as well as online courses and seminar trips.

www.annemareike.me



Dennis Möck-Ludwig lives in Dreieich, Hesse. He is a trained mental coach and successful blogger. He offers individual sessions and online courses as well as trainings and organises retreats and workshops on the topics of »inner-world journeys«, »shift in awareness«, »Ayurveda« and »modern rituals«.

www.dennismoeck.com

Anne-Mareike Schultz's works have been
translated into 1 language.

»Nature is the strongest force.
While in harmony with it you are
never lost.« (preface, Jeanne Ruland)

Everything in nature lives, grows and changes in an everlasting cycle. If we recognize ourselves as part of this cycle, we find support, orientation and strength in all situations. In her basic work on the Celtic annual holidays, the experienced seminar and ritual leader Brigitta de las Heras shows ways to connect with nature and thus gain a deep awareness of one's own growth and development. Numerous suggestions for the organisation of the annual holidays, information on astrological and mythological backgrounds, rituals, exercises and meditations make this book a valuable companion on the journey called life.

- › the classic in a new design
- › linking old traditions with modern everyday life
- › a must-have for everyone who wants to consciously shape life in harmony with nature



Brigitta de las Heras
The Journey through the Circle of the Year

Rituals, inner journeys and dances for the eight Celtic annual holidays

softcover
170 x 240 mm
288 pages
colour illustrations throughout

€ 24,95 (GER)

ISBN: 978-3-8434-1439-5

Publication: December 2020



Brigitta de las Heras was a qualified sociologist and alternative practitioner for psychotherapy and worked for many years as a Gestalt therapist in her own practice and as a trainer at the Gestalt Institute in Heidelberg. In this context she led workshops, rituals and seminars and trained ritual leaders for annual holidays.

Brigitta de las Heras' works have been translated into 1 language.

A woman stands in a field of tall grass, her arms raised high in a gesture of joy or triumph. She is wearing a light blue tank top and dark pants with a red jacket tied around her waist. The background is a soft, golden glow from a low sun, creating a hazy, dreamlike atmosphere. The overall mood is one of freedom, hope, and personal achievement.

Self-Help / Counselling

Energetic self-protection – anywhere and at any time

There are days when we feel more thin-skinned than usual and just want to turn in on ourselves. If we do need to leave the house, however, and mix with people, it is crucial to have some tools at hand that allow us to take care of ourselves at an emotional and spiritual level. Otherwise we easily fall victim to the haste, the anxiety and the challenging energies of others.

In this book, Susanne Hühn and Mo Moberg present many exercises that help us protect our inner resources and gain new strength. We learn how to preserve our mental balance, become free to make conscious decisions on whom to give how much of our energy, and draw the line against dark and draining forces.

- › more than 25,000 copies sold of the previous edition »Spiritual Protection For Everyday Life«
- › conscious or unconscious transgressions by other people, among them »energy vampires«, are something we are exposed to every day
- › with many simple and effective exercises and tips

Already more than
3,400 copies sold



Susanne Hühn & Mo Moberg
Emotional Protection

The best clues on how to protect your soul and claim your inner strength

gatefolded paperback
144 x 205 mm
176 pages
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1414-2

Publication: February 2020



Susanne Hühn lives in Reinheim (Hesse) and is a trained life coach, holistic physiotherapist and a successful author of spiritual self-help books. Since 1986 she has been supporting people on their way to a fulfilled life. With her numerous books and CDs she is among Schirner's best-selling authors. Furthermore, she conveys her knowledge in speeches, seminars and web seminars in Germany and abroad.
www.susannehuehn.de

Susanne Hühn's works have been
translated into 8 languages.



Mo Moberg lives in Kulmbach (Bavaria) as an artist, writer, designer, musician and spiritual coach. He studied the techniques of rebirthing, holistic massage and energetic healing. His wide range of practical experiences allowed him to create his own techniques designed to deepen his clients' self-knowledge and healing processes.

Allowing our courage to surface and freeing ourselves from fears

Already more than
1,500 copies sold

Fear is part of our everyday life and can sometimes even be life-saving. But when it takes on a life of its own, it can become a paralyzing burden. Often we even fear things that may never happen, ending up overwhelmed by our emotions. In this exercise book, the popular psychological-spiritual counsellor and Zen master Sandy Taikyu Kuhn Shimu shows us how we can dissolve the power of our fears. A practice program consisting of exercises in movement and at rest, journeys leading us into our safe inner world, valuable lifestyle tips and a first-aid kit make it easy for us to understand our own fears and venture out into life again with confidence.

- › coping successfully with our fears
- › staying grounded within ourselves in challenging times
- › including an emergency program designed to break free from the grip of fear
- › extended version, e.g. with valuable tips on the way of life
- › perfect supplement to »Courage – Have Faith in Your Own Power«



Sandy Taikyu Kuhn Shimu
Fear Starts in Your Mind – Courage and Zest for Life As Well!

A workbook for more self-confidence and independence

paperback
144 x 205 mm
152 pages
colour illustrations

€ 14,95 (GER)

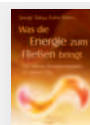
ISBN: 978-3-8434-1451-7

Publication: May 2020

Sandy Taikyu Kuhn Shimu's works
have been translated into 5 languages.



Simply Mindful



What Makes
Energy Flow

BACKLIST



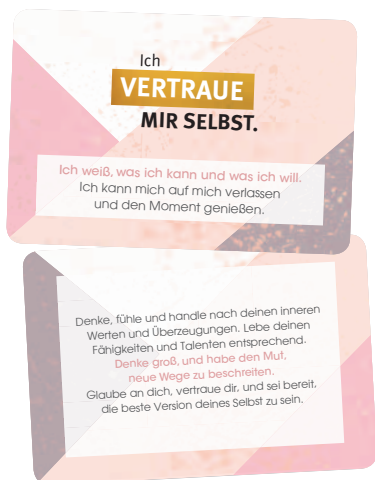
Sandy Taikyu Kuhn Shimu, born and raised in Zurich, is a Swiss author, Zen master and teacher for Asian arts of life and movement. She writes and teaches in Switzerland and abroad and lives and works in alignment with the WULIN principle she developed herself.
www.taikyu.ch | www.wulin.ch

Facing fear with the full potential of your soul's strength!

Fears are part of life. For many people, however, it is often difficult to courageously oppose them, get out of the treadmill of negative thoughts and break destructive thought and habit patterns.

These powerful impulse cards give you security, clarity and trust in uneasy and changeful times by inviting you to understand and accept your fears and to face them at eye level. Thus fear loses its terror and becomes a helpful friend allowing you to grow and learn to embrace the unexpected. Think in a new and courageous way and trust your inner strength!

- › perfect addition to »Fear Starts in Your Mind – Courage and Zest for Life As Well«
- › how to grow by facing up to the own fears
- › successful author with a large fan community
- › essential messages for tranquility and clarity in challenging times



»I trust myself.«



Sandy Taikyu Kuhn Shimu
Courage – Have Faith in Your Own Power

Impulse cards for a life in freedom and full of self-confidence

card deck
100 x 150 mm
40 cards including instruction
coloured

€ 17,95 (GER)

ISBN: 978-3-8434-9154-9

Publication: July 2020



Sandy Taikyu Kuhn Shimu, born and raised in Zurich, is a Swiss author, Zen master and teacher for Asian arts of life and movement. She writes and teaches in Switzerland and abroad and lives and works in alignment with the WULIN principle she developed herself.
www.taikyu.ch | www.wulin.ch

Sandy Taikyu Kuhn Shimu's works
have been translated into 5 languages.

Easily overcome negative thought patterns

No sooner do you have some peace and quiet to enjoy your life than worries and ponderings rush into your head. The relaxation is gone and you go round and round in the treadmill of thought. Even late in the evening, a restful sleep is not to be thought of. Does this sound familiar to you?

However, this does not have to be the case: You can influence how and what you think! The alternative practitioner and coach Christine Wunderlich has developed a large repertoire of effective exercises that do not take up much time and can perfectly be integrated into your everyday life. With the help of these exercises you can easily overcome negative thought patterns. Thanks to mindfulness methods, emergency anchors, disengaging exercises, routine breakers and self-care techniques, you take control so that serenity may enter your mind and finally the lust for life awakens again!

- › many people lose their zest for life due to worries
- › broad selection of simple exercises
- › excessive brooding has been proven to affect health

Already more than
2,000 copies sold



Christine Wunderlich
Finally Finding Peace of Mind
55 effective practical exercises to escape the mental rat race

gatefolded paperback
144 x 205 mm
168 pages
colour illustrations throughout

€ 16,95 (GER)

ISBN: 978-3-8434-1444-9

Publication: July 2020



Christine Wunderlich is an alternative practitioner (psychotherapy) and mindfulness trainer who works in her own practice near Nuremberg. She also holds training courses in companies and is a lecturer in alternative practitioner training for psychotherapy. As she found with many of her clients, brooding is a main reason for a lack of zest for life. This prompted her to develop a large repertoire of techniques for dealing with one's own thoughts in a health-promoting way.
www.christine-wunderlich-coaching.de

40 cards to enrich your life

Already more than
1,000 copies sold

A life of fulfilment and in alignment with your own values – this is possible if you develop the virtues that lead to harmony and success. The well-respected Publisher and renowned author Markus Schirner has been concerning himself with different philosophical and psychological schools for many years. In this card deck, he has gathered the crucial advice that will help you reach your goal. In a nutshell, you will find everything you need in order to develop gratitude, justice, will power and many more character strengths. This is how to truly achieve your visions and with contentment!

- › exercises for the development of the various virtues that can easily be integrated into everyday life
- › the best tips for abundance and authenticity
- › internationally successful and well-known author



Patience



Markus Schirner The Golden Rules

Wisdom and values for a happy and successful life

card deck
100 x 150 mm
40 cards including instruction
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9151-8

Publication: August 2020

SELF-HELP / COUNSELLING

Markus Schirner's works have been translated into 9 languages.



Applying
Essential Oils



Pendulum Worlds

BACKLIST



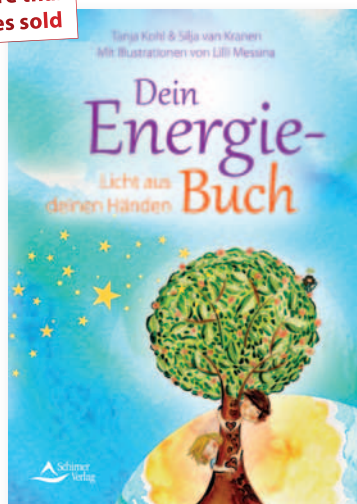
Markus Schirner is a trained teacher for kinesiology, »Brain Gym« and »Touch for Health« as well as a massage therapist. Among his further areas of expertise are aroma and herbal lore, meditation and breathing therapy as well as Buddhist philosophy. The Schirner Verlag, founded by Markus Schirner and his wife Heidi Schirner, is among the most important spiritually oriented publishing houses in Germany.
www.schirner.com

Energy is all around

Already more than
1,500 copies sold

It surrounds us, flows through us and we can direct it to others. But what actually is »energy«? A tingling sensation in the body? The warm gut feeling when we are happy or hugging someone we love? In this children's book Reiki teacher Tanja Kohl and speech therapist Silja van Kranen track down the secret and make energy palpable for small hands. In simple words and with great sensitivity they show children how to discover their energy in a playful way and use it for protection, healing and self-grounding. Step by step and with the help of many colourful illustrations, the little ones learn not only how to build up their own energy and share it with others but also how to strengthen their self-confidence and body awareness.

- › Reiki introduction for children of age 5 up to 8 years
- › strengthens self-confidence and body awareness
- › child-oriented explanations and exercises
- › with pictures by the popular children's book illustrator Lilli Messina



Tanja Kohl & Silja von Kranen & Lilli Messina

Your Energy

Light emanating from your hands
Reiki for children

paperback
170 x 240 mm
80 pages
colour illustrations throughout

€ 12,95 (GER)

ISBN: 978-3-8434-1426-5

Publication: February 2020



Tanja Kohl, who lives with her family and her dogs in Lower Saxony, works as a Reiki teacher and NLP-hypnosis coach in her own practice. For many years now she has been touching people with her books and supporting them in courageously following their own path.
www.energie-zentrum-kohl.de



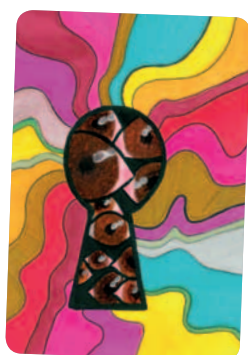
Silja van Kranen, who lives with her husband and her three children in Hesse, offers Reiki therapies in her own logopaedic practice where she creates a special atmosphere that makes children's eyes light up.
www.logopaedie-buedingen.de



Lilli Messina publishes picture books and novels and illustrated over the years many picture and children's books that have been translated into numerous languages. She lives with her husband and her children in Berlin.
www.spur-imnetz.de

Unresolved emotions put a strain on body and soul, control us unconsciously and diminish our zest for life. Especially negative emotions from traumas of our past or of our ancestors' heritage hinder or burden our liveliness. However, it is easy to free ourselves from them and to strengthen positive feelings: the alternative practitioner (psychotherapy) and expert in constellation work Anneliese Tschenett compiled 38 positive and negative feelings on expressive cards. Picked intuitively, they show us where we can create more emotional balance. With the help of the exercises as explained in the guidebook we enter a state of authentic feeling, can free ourselves from burdening emotions and gain inner freedom, peace and joy of life.

- › a simple and efficient way to free yourself from emotional blockages
- › with many suggestions and exercises for clarifying your own emotional world
- › expressive, emotional images
- › also suitable for therapeutic work



Curiosity



Anneliese Tschenett & Noémie Sommer
Getting Out of the Emotions – and Into the Feeling

Free yourself from stressful emotions and strengthen positive feelings

card deck
 100 x 150 mm
 38 cards including instruction
 coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9155-6

Publication: October 2020



Anneliese Tschenett lives in Alsace and is an alternative practitioner (psychotherapy). She completed a master training in hypnotherapy according to Milton H. Erickson and is trained in family constellation work according to Bert Hellinger as well as in shamanism. Furthermore, she regularly offers group constellations as well as individual therapies, shamanic journeys and guided meditations.

www.duchnapur.com



Noémie Sommer lives and works as a hotel manager in London. Already as a child she was passionate about painting and drawing and still is so today. Capturing the different emotions in her pictures in a unique way, she illustrated her mother's texts for this card deck with great sensitivity.

Anneliese Tschenett's works have been translated into 1 language.

A stay in the woods, by a lake, on the beach or on a flowering summer meadow helps us relax deeply and gather new strength. But nature as a »coaching space« has so much more to offer: Here we find the answers to urgent life issues, can let go of old emotional or mental baggage, overcome fears, come into contact with our bodies again, make decisions more easily or realign ourselves. With the help of these practice cards you will find it easy to combine a walk with a short self-coaching session and to understand the impulses you receive from nature. Just follow your intuition, let yourself be surprised and inspired – and arrive at yourself!

- › including 12 new exercises for couples and working with feelings
- › forests are important power places, and nature is a unique advisor
- › forest bathing and self-coaching in one
- › perfect addition to »Nature as a Coaching Space«



My tree



After graduating from her sport studies in Mainz, **Kerstin Peter** had been active in the domains of popular-, health- and fitness sports for a long time. In 2004 she completed her training as an alternative practitioner (psychotherapy) and has from then on been conducting seminars on self-awareness resp. self-experience. Through her further training as »nature coach« and core-dynamics therapist she was able to expand her professional repertoire. One of her main concerns is to help people find a new and lasting access to their inner truth through nature. www.therapie-coaching-mainz.de

Already more than
1,900 copies sold



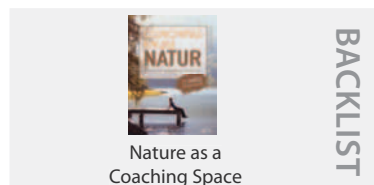
Kerstin Peter
Nature as a Coaching Space
How to Stock Up Strength, Realign Yourself and Find the Right Answers
Self-coaching practice cards

card deck
100 x 150 mm
40 cards including instruction
coloured

€ 17,95 (GER)

ISBN: 978-3-8434-9141-9

Publication: March 2020



Nature as a
Coaching Space

28 inner-world journeys for a fulfilled life

Wouldn't it be marvellous to break free from the spell of our hidden negative beliefs and our unconscious ways of acting in order to get closer to realizing our desires and goals – and finally get healed? Sylvia Bieber, an expert in inner-world travelling, knows: Healing meditation can help us give our lives direction and open up new worlds since it is our imagination that alone creates new realities. With each meditation, she leads us deep and deeper inside ourselves and guides us to our sources of healing. Whether intended to open the heart, gain inner strength, induce healing processes on different levels or find more inner peace – each meditation takes us a bit further along our path.

- › many purposeful, plainly instructed meditations
- › suitable for therapists and instructors as well
- › perfect addition to »Journeys into the Land of the Soul«



Sylvia Bieber
Journeys to the Inner Fountains of Cure

Meditations to open the heart, find peace and let wishes come true

paperback
 144 x 205 mm
 184 pages
 colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1418-0

Publication: June 2020



Sylvia Bieber works as a self-employed coach in her own practice. In several institutions and private academies she acquired her qualifications as a certified mental trainer, psychological counsellor, energy therapist (according to Dr. Banis), hypnotherapist, inner-world therapist and coach. She has been conducting seminars on the topic of »BewusstSEINentwicklung« (development of conscious being) and has been training instructors, inner-world therapists and coaches for more than 25 years.
www.sylvia-bieber-coaching.de



Journeys into the Land of the Soul

BACKLIST

»Your souls have an appointment, and your reunion will be guided by Higher Spheres.«

When soul mates meet, the most beautiful, exciting and enlightening time in life begins, which is also a challenging one because true love finds its way into the heart. And changes everything.

Soul partners touch each other on all levels, mutually reflecting their unredeemed issues and thus – like a caterpillar that develops into a butterfly – initiating a profound transformation. In this intensive time of change the valuable impulses of this card deck provide strength, support, trust and orientation.

- › soul partnerships often fail due to fear of change
- › for couples who want to share and support each other in their spiritual growth
- › **the author is an expert on the spiritual imago process**



»Stay true to yourself, just because your love is so deep.«



»Relax. All is well.«



Susanne Hühn lives in Reinheim (Hesse) and is a trained life coach, holistic physiotherapist and a successful author of spiritual self-help books. With her numerous books and CDs she is among Schirner's best-selling authors.
www.susannehuehn.de

**Already more than
1,100 copies sold**



Susanne Hühn
When Soulmates Meet Each Other
You and I – two souls, one love

card deck
89 x 127 mm
48 text cards including instruction
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9149-5

Publication: September 2020



The Spiritual
Imago Process

BACKLIST

Susanne Hühn's works have been
translated into 8 languages.

Imaginary journeys are precious oases of peace, especially for children

Dancing with fireflies, resting in mother caterpillar's apple house or meeting a little dragon – in this book Susanne Hühn takes children on journeys into the realm of imagination.

Nowadays, where even kids are faced with great demands in kindergarten or school and busy schedules, guided imaginary journeys are unique sources of peace and relaxation. At the same time, they offer parents and their children the opportunity to have a great time together. While the adults read the stories, the young listeners may immerse themselves in the magical dream worlds they evoke and embark on exciting adventures. This is how they develop confidence while feeling protected and deeply relaxed.

- › for children of age 5 up to 9 years
- › more and more children suffer from restlessness and attention deficit disorder
- › contains shorter and longer imaginary journeys
- › provides tips for parents and (kindergarten) teachers

Already more than
1,100 copies sold



Susanne Hühn
Dream Islands for Children
What little souls need
Imaginary journeys for relaxation

paperback
134 x 175 mm
128 pages
colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1416-6

Publication: February 2020

Susanne Hühn's works have been translated into 8 languages.



Guided Imaginary Journeys
to Oases of Tranquility



Healing the
Inner Child

BACKLIST



Susanne Hühn lives in Reinheim (Hesse) and is a trained life coach, holistic physiotherapist and a successful author of spiritual self-help books. Since 1986 she has been supporting people on their way to a fulfilled life. With her numerous books and CDs she is among Schirner's best-selling authors. Furthermore, she conveys her knowledge in speeches and seminars in Germany, abroad and online.
www.susannehuehn.de

Consciously taking time for relaxation – time for ourselves!

Already more than
1,000 copies sold

Constantly requiring our attention, our demanding everyday lives often leave little space to take regular breaks. So how can we manage to switch off every now and then and just unwind? With her guided meditations and imaginary journeys the yoga teacher Ines Leue offers us precious moments of well-being and oases of inner peace.

Moreover, the 28 relaxation texts compiled in this book allow us to spiritually grow and develop our soul. They show us how to unconditionally accept our feelings, release blocked chakras and embrace the present moment, thus finding inner peace and tranquility. And they are a source of inspiration for all those who lead meditations themselves, guiding others on the path to relaxation and self-discovery. That is why they are ideally suited for yoga teachers and relaxation therapists as well.

- › **imaginary journeys are proven to have a positive effect on body, mind and spirit**
- › **meditations and fantasy journeys everyone can easily perform**
- › **also suited for yoga teachers, relaxation and meditation trainers**



Ines Leue

At a Calm Lake ...

Meditations and imaginary journeys for reading to others and practicing yourself

gatefolded paperback
144 x 205 mm
176 pages
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1448-7

Publication: July 2020



Ines Leue studied psychology and educational science and completed trainings as a mediator, GORDON family trainer and yoga teacher. In her work she focuses on coaching, supervision and personal development. Aspects of her energy and healing work are reiki, aura therapy, systemic family constellations, energetic house cleansing, spiritual counselling and energy field work. She lives and works – employed as well as self-employed – in Osnabrück, Germany.

Light Warriors are the pioneers of a new age of peace

With their whole being, true lovers bring light into the world. They have an unconditional love for themselves and each other and leave one another the space both partners need. Many people wish they could live their relationships on this level of understanding. But how can this be achieved? As soon as we begin to recognize our true self, live more mindfully and unfold our awareness we will find that all our relationships, including our intimate partnership, can benefit from this shift. Bettina Kyrala Belitz shows us that the changes involved in this process do not have to result in mutual estrangement but offer us the chance to raise our relationship to a higher level of loving care and freedom instead. This is how we can meet as soul mates in completely new ways.

- › guidance for a loving partnership on equal terms
- › for all those who wish to enhance their partnership through spiritual awakening
- › by the well-known author Bettina Kyrala Belitz



Bettina Kyrala Belitz

When Light Warriors Love

Raising couples' relationships to a new level

gatefolded paperback
162 x 220 mm
192 pages
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1415-9

Publication: March 2020



After finishing her studies in history, literature and media science, **Bettina Kyrala Belitz** worked as a journalist, editor and freelance writer before she dedicated herself completely to writing books in 2010. Since then she has published several novels for teenagers and young adults. As an expert in crystal sound healing she offers workshops and seminars and organises crystal sound events. In 2017 she started her trainings as an animal psychologist and animal behavioural therapist. www.chiimori.de | www.bettinabelitz.de



The Sound of Your Soul

BACKLIST

How trees inspire and guide us

The relationship between human beings and trees has always been a unique one. There is a constant exchange that is not only maintained through our breath but also takes place on the inner levels where for instance maple, ginkgo or magnolia give us strength, stability and enlighten us.

Claudia Köller is connected with our siblings from the realm of plants in a particularly sensitive way. In 70 profound and inspiring messages birch, eucalyptus, olive tree and many other tree species from all over the world become our teachers and companions on the path of healing and development.

Connect with the power of the trees and open your soul for the great fabric of being! In this way you will be able to fully embrace your gifts in this life and create a loving environment in which all living beings can live together in mutual respect and dignity.

- › **very personal book on the trend topics of »trees« and »forest bathing«**
- › **providing extensive background knowledge regarding the spiritual connection between human beings and trees**
- › **featuring photos of magnificent trees from all over the world**
- › **gaining self-recognition and healing one's soul in harmony with nature**
- › **perfect addition to »The Power of Trees on our Soul's Path«**

Already more than
1,400 copies sold



Claudia Köller
The Power of Trees in Your Soul's Mirror
Nature's wisdom teachers and companions

paperback
162 x 220 mm
224 pages
colour illustrations throughout

€ 17,95 (GER)

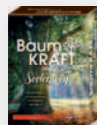
ISBN: 978-3-8434-1427-2

Publication: June 2020

Rights already sold: Dutch



Living in the Taunus area, **Claudia Köller** has been working as an alternative practitioner with a focus on vibrational medicine, herbal medicine and personal development since 2001. For more than ten years she devoted herself mainly to the study of the trees' healing powers, a research that resulted in the development of 76 homeopathic essences. A high degree of empathy, sensitivity and self-reflection allows her to accompany her clients on their way to healing and individual development.
www.schwingung-potenziert.de



The Power of Trees on our Soul's Path

BACKLIST

Dwelling in harmony with living

Whether living room, kitchen or bedroom: Each room has its own energies and therefore influences our daily life in all areas. In this clearly arranged guidebook for beginners Helga Schaub explains how we can direct the energy flow (the Chi) in our home by even small changes, e.g. a new painting, fresh scents or purposefully placed plants and light sources. By means of descriptive examples the experienced Feng Shui consultant summarizes the most important principles of the Chinese harmony theory. In this way, health, a happy partnership or financial security can permanently take up residence in our four walls.

- › the basic principles of Feng Shui at one sight
- › with many detailed and easily actionable suggestions
- › the ideal gift for people who are moving



Helga Schaub

Feng Shui

The best tips for harmonious rooms

paperback

134 x 175 mm

128 pages

colour illustrations

€ 9,95 (GER)

ISBN: 978-3-8434-1447-0

Publication: August 2020

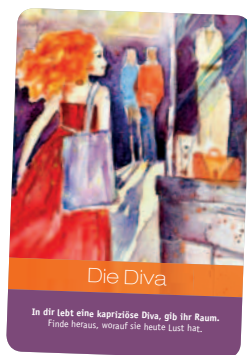


Helga Schaub lives in Switzerland and is not only a certified Feng Shui consultant, but also a Grand Master and instructor of the traditional Japanese healing method Reiki according to Dr. Mikao Usui as well as Karuna and Shamballa Reiki. She is also a renowned healer specializing in spiritual intervention and clearing. In her area of expertise she is considered to be the pioneer in the German-speaking world, who also applies Feng Shui in the development of logos and the design of advertising.
www.helga-schaub.de

»Today a diva, tomorrow a heroine, forever a goddess«

Female power has many face(t)s! Sometimes it manifests as a heroine, then as a friend or perfectionist, yes, even as a diva or shrew it shows up every now and then. These artful cards remind us to accept and live all these marvellous aspects of our femininity – and sometimes even to grow by embracing them. Being courageous, overcoming doubts, quieting the inner critic, naturally putting oneself in the limelight – with these cards we discover 40 good reasons to celebrate our womanhood every day anew.

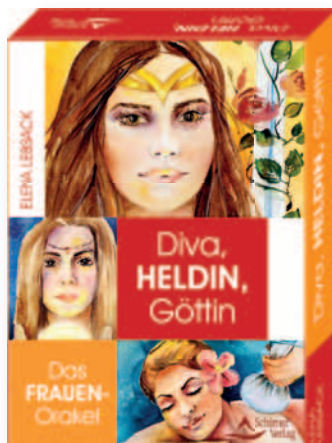
- › many women do not dare to fully accept themselves
- › showing aspects of womanhood exclusively featured in this card deck
- › expressive aquarelles of different facets of femininity



The Diva



The Youthful



Elena Lebsack
Diva, Heroine, Goddess
 The woman-power oracle for every day

card deck
 100 x 150 mm
 40 cards including instruction
 coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9150-1

Publication: September 2020



Elena Lebsack is a graduate communication designer, artist and illustrator who regularly exhibits her work. She has already been present at numerous exhibitions in Ukraine, Russia, Italy and Germany. Nature is Elena Lebsack's great source of inspiration. When portraying a woman, she feels the feminine energy shining through the eyes and shows in her paintings: Every woman is a goddess.
www.lebweb.de

Spirituality makes children grow strong

Mary is 10 years old and life is not always easy for her. She is bullied at school, her mother often has no time for her, and since her parents separated she sees her father far too seldom. But then something happens that changes everything: She meets her guardian angel! With him at her side, she reveals the secrets of life. She learns how to deal with her emotions, understands the law of attraction, learns what chakras are and how to purify the aura, and she meets Archangel Michael. Even death becomes less of a threat. With childlike ease and angelic support, Mary manages to strike a new path that leads her to self-love and her true greatness – her path of the heart.

- › for children of age 8 up to 11 years
- › essential spiritual correlations of life presented in a story specially targeted at children
- › valuable support in case of problems at school or with family, friends, classmates and teachers



Nikola Adler
Mary and the Mysteries of Life

paperback
210 x 210 mm
96 pages
colour illustrations

€ 11,95 (GER)

ISBN: 978-3-8434-1452-4

Publication: July 2020



Chapter 6: The Laws of Life



Nikola Adler is an elementary school teacher and intuitive guide. It is a heartfelt concern to her to teach adults and children what really matters in life: to accept and love themselves how they are, for which purpose she offers individual sessions and seminars. She lives with her patchwork family in Greven (North Rhine-Westphalia).
www.geh-deinen-herzensweg.de

SELF-HELP / COUNSELLING

»Live more, be yourself. Love more, yourself and the whole world. Laugh more, since you are unique.«

These 50 cards remind us how strong, free and infinitely valuable we truly are. With their inspiring wisdom and loving thoughts they show us the way to more mindfulness and self-love. In everyday life they offer us small soul-nurturing breaks and remind us of what really matters. Let us spend more time to discover and fully enjoy the wonderful moments of life!

- › inspiring wisdom and loving impulses that nourish the soul
- › beautiful pictures to dream and recharge your batteries
- › living a modern lifestyle in a playful way
- › perfect supplement to the book of the same title



»You are what you have been looking for.«



»Forget about who you are supposed to be. Remember who you are.«



Alexandra Molina
Live more, love more, laugh more

card deck
75 x 110 mm
50 impulse cards including instruction
coloured

€ 16,95 (GER)

ISBN: 978-3-8434-9152-5

Publication: September 2020



Alexandra Molina from North Rhine-Westphalia worked for several years in the personnel management and marketing division of an international corporation. Following her interest in psychology, personality development and spirituality she completed trainings as a certified staff and business coach, as a Journey Practitioner according to Brandon Bays as well as a children and youth coach. She supports women in reconnecting with their intuition, building trust, gaining inner freedom and finding their soul's purpose.
www.amo-coaching.de

It doesn't take much to be happy

It takes only a moment of contemplation or a few loving and encouraging words to better sense ourselves again and enjoy the wonderful moments of life. With inspiring impulses, poems and mindfulness exercises, this book strengthens our inner sense of lightness and self-love – it is a real balm for the soul and power food for the spirit. »Live more, love more, laugh more« soon has become our new mantra for happiness and a relaxed and fulfilled life.

- › **69 ways to a happy and unburdened life**
- › **offers many impulses and exercises towards self-reflexion**
- › **for all those who live a modern spirituality and mindfulness**
- › **perfect addition to the card deck of the same title**



Alexandra Molina

Live more, love more, laugh more

paperback

144 x 205 mm

144 pages

colour illustrations throughout

€ 12,95 (GER)

ISBN: 978-3-8434-1445-6

Publication: September 2020



Alexandra Molina from North Rhine-Westphalia worked for several years in the personnel management and marketing division of an international corporation. Following her interest in psychology, personality development and spirituality she completed trainings as a certified staff and business coach, as a Journey Practitioner according to Brandon Bays as well as a children and youth coach. She supports women in reconnecting with their intuition, building trust, gaining inner freedom and finding their soul's purpose.
www.amo-coaching.de

Intuitive access to 50 different feelings of success

Already more than
1,700 copies sold

At a specific point in life, everyone of us makes up her or his mind and decides to change something, e. g. »From today on I will take better care of my health«, »I will take truly self-reliant decisions« or »I will always keep order«. A few days later, however, we come to realize: »Once again I have failed.«

The trick is not to pressure ourselves to change things for good once and for all, instead only this time – just for today! Without the strain of being obliged to succeed in the long run, it is much easier to try out something new while we are free to decide if we want to renew our decision. In this way, we all can learn to stray from well-trodden paths and treat ourselves mindfully, respectfully and with compassion.

- › how to become anchored in the here and now – step by step
- › many suggestions for everyday life everyone can put into practice
- › for a mindful and fulfilled life



Petra Schäfer
Just for today
Awareness for everyday life

card deck
75 x 110 mm
50 text cards including instruction
coloured

€ 14,95 (GER)

ISBN: 978-3-8434-9140-2

Publication: March 2020



»Just for today, my »yes« means yes and my »no« means no.«



»Just for today, I myself am my very best friend.«



Petra Schäfer is a graduated pedagogue as well as a certified Huna- and PraNeoHom® counsellor. The mother of two grown-up daughters lives and works in Rhineland-Palatinate as a freelance counsellor/coach in the fields of »awareness education«, »stress management«, »relaxation« and »motivation«.

Gratitude changes our perspective and is the key to abundance and contentment.

A heartfelt »thank you« touches us deeply; it gives us positive energy and makes us shine from within. The 45 inspiring messages on the lovingly designed cards give us valuable impulses for more mindfulness and awareness, opening us to abundance and contentment. They let us recognize the gifts of life, embrace our being with all its facets and manifest happiness in every moment.

Let us say »thank you« to ourselves and the universe every day from the bottom of our hearts: for all that is, and for all that is still to come!

- › carefully designed cards that inspire and motivate us for the better
- › ideal gift for a beloved person
- › thankfulness and mindfulness are always en vogue



»Thank you«



»... for letting me serve life, now.«



Sabine Takiwa

Feeling gratitude

Recognizing the gifts of life and manifesting happiness

card deck

75 x 110 mm

45 impulse cards including instruction coloured

€ 16,95 (GER)

ISBN: 978-3-8434-9153-2

Publication: October 2020



Sabine Takiwa lives in Lauf an der Pegnitz (Bavaria) where she works as a spiritual graphic and web designer. Her innate high sensitivity has developed over the years into clairvoyance. She completed a training as a life coach and has been concerning herself intensively with the topic of »healing« for 18 years.
www.takiwa-soulart.de

How to activate your will power

Even dealing with the small challenges of our everyday lives requires will power: getting up early in the morning, making up our mind to live a healthier life or being consistent in one respect or another ... All our long-term goals are achieved by our mental attitude! In this card deck, Claudia Fabian combines 40 inspiring exercises and impulses which offer an effective training for developing stamina and inner strength. By challenging your will power in a playful way, you constantly expand it through small experiences of success and a growing sense of achievement. Thus, you will soon be able to tackle – and achieve – even your biggest goals with courage and self-confidence!

- › will power allows to achieve long-term goals – and leads to success in general
- › for all those who wish to be more resolute
- › the author provides seminars and coachings
- › perfect addition to »Will Power – The Great Strength within You«



»Communication can be weakening or strengthening. It is up to you!«



Claudia Fabian is a trainer for appreciative, nonviolent communication (according to Marshall B. Rosenberg), a mediumistic/holistic life coach as well as an energy and healing worker. Empathy and mindfulness in human relationships are among her main concerns. She passes on her knowledge in seminars and coaching sessions.
www.claudia-fabian.de



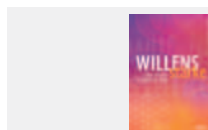
Claudia Fabian
Practise Your Will Power
 Exercises making you going into action

card deck
 100 x 150 mm
 40 impulse cards including instruction coloured

€ 17,95 (GER)

ISBN: 978-3-8434-9138-9

Publication: July 2020



Will Power – The Great Strength within You

BACKLIST

Confident children have it easier!

Already more than
2,500 copies sold

»The way I am, I am exactly right.« Nothing strengthens children more than this certainty. With this card deck, they can playfully train their self-confidence and positive thinking. It offers encouraging messages that children can use to build confidence in their own strength and internalize how adorable and wonderful they are. Whether as a motivation booster for school, as a soul comforter in case of problems or simply in between to get good thoughts – there is the right impulse for every situation.

- › for children of age 8 up to 12 years
- › positive messages promote self-esteem and confidence in children
- › valuable support in case of problems with family, friends, classmates or teachers



»I may trust my feelings.«



»I may defend myself«



Susanne Hühn & Mo Moberg &
Anna-Rahel Morgentau
Encouragement Cards
Confidence-boosting messages
for kids

card deck
100 x 150 mm
40 cards including instruction
coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9137-2

Publication: April 2020



Susanne Hühn lives in Reinheim (Hesse) and is a trained life coach, holistic physiotherapist and a successful author of spiritual self-help books. With her numerous books and CDs she is among Schirner's best-selling authors.
www.susannehuehn.de



Mo Moberg lives in Kulmbach (Bavaria) as an artist, writer, designer, musician and spiritual coach. He studied the techniques of rebirthing, holistic massage and energetic healing. His wide range of practical experiences allowed him to create his own techniques designed to deepen healing processes.



Anna-Rahel Morgentau lives in Gundelfingen (Baden-Wuerttemberg). She studied psychology and works in the management of a psychosocial online crisis counselling service. She loves to create new worlds with art.
www.anna-morgentau.de

How we regain basic trust and empathy

More than 1,000
copies preordered

Empathy is a universal language given to all living beings. Thus everyone has the power of empathy, but in most cases it has been forgotten. The experienced spiritual healer Hartmut Lohmann explains in a comprehensive way how empathy can be awakened by clearing one's own feelings and energies. Furthermore, he shows how a heart-to-heart connection enables us to really understand the feelings and thoughts of the other person. And not only that: we can also communicate with babies, pets, plants and the deceased in this way. This enables a new community full of appreciation both locally and globally, in which our soul and that of all living beings can fully flourish.

- › one of the most famous spiritual healers in Germany with a large media presence and worldwide activity
- › developing emotional intelligence (EQ) easily
- › enables an appreciative, nonviolent coexistence of all living beings
- › including 7 QR codes to special video tutorials by the author



Hartmut Lohmann
How Hearts Talk To Each Other
The universal language of empathy

gatefolded paperback
162 x 220 mm
200 pages
colour illustrations

€ 19,95 (GER)

ISBN: 978-3-8434-1453-1

Publication: November 2020

Hartmut Lohmann's works have been translated into 1 language.



Chi Healing

BACKLIST



It was as early as during his studies in psychology that **Hartmut Lohmann**, when in a state of deep meditation, discovered his gift of healing and seeing energies. Meanwhile, his visionary powers are so well-developed that he can grasp another person's health condition and energy level within seconds. He is one of Germany's most successful psychics and spiritual healers and his Chi Healing approach enjoys an increasing popularity among his many followers. Hartmut Lohmann works in his own practice in Bochum (North Rhine-Westphalia).
www.chi-heilung.de

Shamanic coaching

Already more than
1,500 copies sold

It is often difficult to make the right decisions. The more conscious we are, the more complex things seem to get. However, there is a solution that is as simple as it is ingenious, allowing us to look at a matter from all perspectives in order to gain clarity: We question the five elements in the medicine wheel. The forces at work there reflect our own energies and enable us to recognize, feel and classify all aspects of a topic.

Whether we want to put a classic medicine wheel in nature, are interested in constellation work, get along well with inner journeys and images or prefer specific coaching questions: everyone will find their personal way in this book to realign themselves in the balance of inner forces and thus make optimal decisions.

- › **rediscovered as the most original coaching tool: the medicine wheel**
- › **self-awareness and decision making made easy**
- › **the medicine wheel can either be placed or just be visualised**



Susanne Hühn

The Compass of Life

Coach your life with the help of the medicine wheel

gatefolded paperback
162 x 220 mm
184 pages
colour illustrations throughout

€ 18,95 (GER)

ISBN: 978-3-8434-1443-2

Publication: October 2020

SELF-HELP / COUNSELLING

Susanne Hühn's works have been translated into 8 languages.



Shamanic Journeys



The Inner Adult

BACKLIST

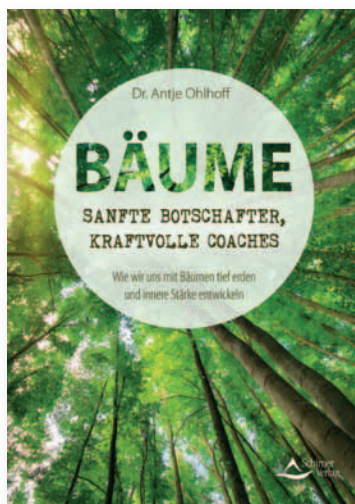


Susanne Hühn lives in Reinheim (Hesse) and is a trained life coach, holistic physiotherapist and a successful author of spiritual self-help books. Since 1986 she has been supporting people on their way to a fulfilled life. With her numerous books and CDs she is among Schirner's best-selling authors. Furthermore, she conveys her knowledge in speeches and seminars in Germany, abroad and online.
www.susannehuehn.de

Trees bestow clarity and strength upon us

Trees fascinate and impress us as guardians of life with their shape, their size, their age. With their strength and wisdom, they are ideal advisors and coaches when we want to solve our blockages, have to make important decisions or are looking for orientation on the path of our life. And we always find them close-by for a dialogue: the paternal oak, the independent spruce, the patient apple tree. Nature coach Dr. rer. nat. Antje Ohlhoff portrayed 22 native trees with their special features. She shows the reader how to get in touch with the green friends, how to be strengthened and coached by them.

- › effective coaching tools in connection with the power of trees
- › focused on native trees
- › with tips for trips to powerful and special trees



Dr. Antje Ohlhoff
**Trees – Gentle Mentors,
 Powerful Coaches**
 How to earth oneself and evolve
 inner strength

paperback
 170 x 240 mm
 200 pages
 colour illustrations throughout

€ 19,95 (GER)

ISBN: 978-3-8434-1454-8

Publication: November 2020



Dr. rer. nat. **Antje Ohlhoff** had a special relationship with wood and trees from childhood through her father, who was a carpenter. The university professor for mathematics and computer science has been on the spiritual path for 30 years. During training to become a systemic coach, oneness trainer and spiritual teacher, her ability to communicate with trees was shown. She uses it in meditations, workshops and consultations in her practice for coaching and energy work in Bielefeld (North Rhine-Westphalia) called »KraftQuell« (well of power).
www.antje-ohlhoff.de

There is a basic truth in every story

We are all looking for happiness, for success, for love, for abundance ... Sylvia Bieber, expert in holistic life coaching and counselling, uses the power of stories to stimulate healing processes and develop solution strategies. In this book she summarizes numerous case studies from her practice, in each of which she used a tale of wisdom to track down the blockages behind it. Concrete, practical tips and exercises can be implemented immediately without any effort. Whether more satisfaction at work, in the relationship or in the family – there is a suitable solution for every need.

- › numerous inspiring tales with an eureka effect
- › valuable and immediately applicable practical tips
- › also suitable for therapists and trainers



Sylvia Bieber

The Lair of Wisdom

Stories to raise mindfulness, self-love, serenity and clarity

paperback
144 x 205 mm
184 pages
colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1446-3

Publication: November 2020



Sylvia Bieber works as a self-employed coach in her own practice. In several institutions and private academies she acquired her qualifications as a certified mental trainer, psychological counsellor, energy therapist (according to Dr. Banis), hypnotherapist, inner-world therapist and coach. She has been conducting seminars on the topic of »BewusstSEINentwicklung« (development of conscious being) and has been training instructors, inner-world therapists and coaches for more than 25 years.
www.sylvia-bieber-coaching.de



Journeys into the Land of the Soul

BACKLIST

A person is seen from behind, standing on a wooden dock and performing a yoga pose. Their arms are raised high with hands clasped, and their right leg is lifted and bent. The scene is set on a wooden pier with two log posts, overlooking a calm lake. In the background, there is a dense line of trees and a bright, hazy sunset sky. The overall mood is peaceful and serene.

Body in Balance

Energize body, mind and soul

Already more than
6,300 copies sold

Energy and zest for life, physical and mental agility, charisma and spiritual development: All this is within your reach by practicing the »Five Tibetans« a few minutes every day. For centuries monks in Tibet have been practicing this sequence of five simple physical exercises, keeping themselves youthful well into their old age.

For Barbara Simonsohn, a sought-after expert and pioneer in health subjects, this practice has been a daily ritual for more than thirty years. Based on her rich wealth of experience she introduces the vividly illustrated techniques and describes their effects on body, mind and soul. Just get started and experience exuberant vitality in an ageless body!

- › with step-by-step illustrations
- › including detailed explanations on how and at which levels the exercises work
- › just a few minutes of daily exercise activate the flow of energy and improve your well-being



Barbara Simonsohn
The Five Tibetan Rites easily done
Basic exercises for vitality, health and youthfulness

softcover
162 x 220 mm
168 pages
colour illustrations throughout

€ 17,95 (GER)

ISBN: 978-3-8434-1422-7

Publication: February 2020

Rights already sold: Polish

Barbara Simonsohn's works have been translated into 3 languages.



The Reiki School
for Beginners



Acidosis Therapy

BACKLIST



Barbara Simonsohn is a sought-after health expert and best-selling author. The graduated social scientist lived and worked in the Findhorn community in Northern Scotland where she came in contact with the authentic Reiki as conveyed by a lineage of Reiki teachers directly tracing back to its originator Dr. Mikao Usui. Since she got acquainted with the »Five Tibetans« more than thirty years ago she has been practicing them on a daily basis. She teaches in Germany and abroad.
www.barbara-simonsohn.de

»The air weaves the universe,
the breath weaves the human
individual.« (Upanishads, Atharva-Veda)

Our breath connects us with the world. When applied correctly, it will energize us and give us back health, strength and clarity of mind. But many people no longer know how to breathe properly – they lose their vitality and get sick. Learn how to benefit from the right use of your breath in any given situation.

From easy exercises such as feeling the diaphragm, to breathing meditations such as directing the Prana energy into certain areas of the body, to advanced techniques such as breath retention or the connected breath: The proven breathing techniques, as compiled by expert Markus Schirner in this extended edition of the classic on the healing power of our breath, are easy to perform and work immediately.

- › exercises covering three levels of difficulty, thus suitable for each level of experience
- › the classic (44,000 copies sold) in an extended and revised edition featuring 18 additional breathing techniques
- › a breathing course specifically designed for improving our health
- › a handy register serves as a quick finder for choosing the right breathing technique
- › ideal addition to the card set of the same title

Already more than
1,400 copies sold



Markus Schirner

Breathing Techniques

Simple breathing exercises for self-healing, rejuvenation and harmonisation

paperback

144 x 205 mm

144 pages

colour illustrations throughout

€ 12,95 (GER)

ISBN: 978-3-8434-1430-2

Publication: July 2020

**Rights already sold: Czech, Dutch,
French, Italian**

Markus Schirner's works have been
translated into 9 languages.



Pendulum Kit



Applying
Essential Oils

BACKLIST



Markus Schirner is a trained teacher for kinesiology, »Brain Gym« and »Touch for Health« as well as a massage therapist. Among his further areas of expertise are aroma and herbal lore, meditation and breathing therapy as well as Buddhist philosophy. The Schirner Verlag, founded by Markus Schirner and his wife Heidi Schirner, is among the most important spiritually oriented publishing houses in Germany.

www.schirner.com

Breathing properly is true healing

Already more than 1,600 copies sold

If you know how to breathe properly you can use your breath in whatever challenging situation you may find yourself. It holds the potential to not only harmonize the body, give us strength and reduce stress but to rejuvenate and connect us with higher levels as well. The practical working cards explain the beneficial effects of 40 simple yet highly effective breathing techniques and how they are performed. They show you how to relax with the help of a couple of breaths, enhance your awareness and activate your self-healing powers.

- › internationally successful and well-known author
- › simple techniques that don't require any prior knowledge or equipment
- › easy-to-understand working cards to start practicing right away
- › ideal supplement to the internationally well-known book of the same title



Solar Breath
(Surya Bhedana Pranayama)



BODY IN BALANCE

Markus Schirner
Breathing Techniques
Breathing exercises for self-healing, rejuvenation and harmonisation

card deck
100 x 150 mm
40 text cards including instruction coloured

€ 19,95 (GER)

ISBN: 978-3-8434-9143-3

Publication: May 2020

Markus Schirner's works have been translated into 9 languages.



Pendulum Kit



Pendulum Worlds

BACKLIST

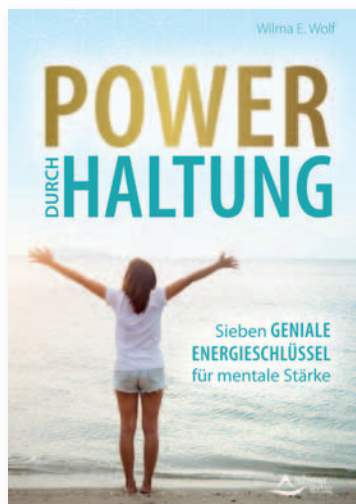


Markus Schirner is a trained teacher for kinesiology, »Brain Gym« and »Touch for Health« as well as a massage therapist. Among his further areas of expertise are aroma and herbal lore, meditation and breathing therapy as well as Buddhist philosophy. The Schirner Verlag, founded by Markus Schirner and his wife Heidi Schirner, is among the most important spiritually oriented publishing houses in Germany.
www.schirner.com

Discover the body posture that offers you right now the most effective mental support!

Standing bolt upright with their hands on their hips – superheroes burst with energy and self-confidence. But also ordinary mortals like us can use this and many other body postures in order to activate their inner power and self-healing forces. As we know today, certain postures not only have a healing effect on our bodies but improve our emotional well-being as well. In studying different cultures alternative practitioner Wilma E. Wolf discovered 18 body postures that strengthen body and mind: The »posture of the pharaohs« provides us with energy on stressful days and is good for our back, the »heart key position« connects us with our emotions, and the »prayer posture« helps us let go of challenging issues.

- › for all those wishing to bring more mental strength into their lives through mindful body postures
- › exercises everybody can easily perform
- › as studies have shown, certain body postures have a positive impact on the mind
- › ancient knowledge from various traditions brought together



Wilma E. Wolf

The Power of Posture

Seven ingenious energy keys for mental strength

paperback
170 x 240 mm
160 pages
colour illustrations throughout

€ 16,95 (GER)

ISBN: 978-3-8434-1417-3

Publication: April 2020



Alternative practitioner **Wilma E. Wolf** is trained in Traditional Chinese Medicine (TCM) and combines modern and traditional therapy approaches with her longstanding meditation experience. She completed further trainings in foot reflexology, manual lymphatic drainage, cupping therapy, Psycho-Kinesiology and hypnotherapy. She runs a small therapy center in Munich and gives lectures and seminars focusing on health topics and spirituality.
www.naturheilpraxis-wilma-wolf.de

From the author of the »Yoga Book of the Year 2011« and the »Yoga Book of the Year 2014«

Already more than
1.300 copies sold



Fasciae – as a fibrous network they stretch throughout our body from head to toe, giving it its shape, stabilizing it and improving its self-awareness and -coordination. Due to a lack of exercise or unilateral muscle activity, however, they can agglutinate and harden, frequently resulting in back and neck pain as well as aching shoulders and joints.

Yin-Yoga expert Stefanie Arend shows us gentle yet highly effective exercises that can help us strengthen our fasciae and improve their elasticity. Instead of using the fascia roller, fascia balls are applied that work more specifically, allowing the treatment even of particularly persistent trigger points. Many illustrations make it easy to perform these exercises at home. Yin-Yoga sequences that are perfectly adapted to your fasciae's needs, instructions for massage techniques such as cupping therapy as well as nutritional tips complete this valuable guide.

- › **trend training »fascia massage« revolutionized the fitness sector**
- › **elastic fasciae are the key to health, fitness and a great figure**
- › **for all those who want to improve their body awareness and agility**



Stefanie Arend **Vitality and Health through Fascia Massage**

Self-help exercises for gaining strength and agility and becoming free of pain

paperback
162 x 220 mm
168 pages
colour illustrations throughout

€ 16,95 (GER)

ISBN: 978-3-8434-1424-1

Publication: April 2020

Rights already sold: Dutch, Spanish

Stefanie Arend's works have been translated into 5 languages.



The Sun Salutation



Yin Yoga

BACKLIST



Stefanie Arend lives in Wiehl (North Rhine-Westphalia). She runs her own yoga school and is experienced in teaching in Germany and abroad. She is an approved yoga teacher and learned Yin Yoga from the co-founders and leading yoga experts Paul Grilley and Sarah Powers. She completed an additional training in nutritional counselling.
www.yin-yoga.de

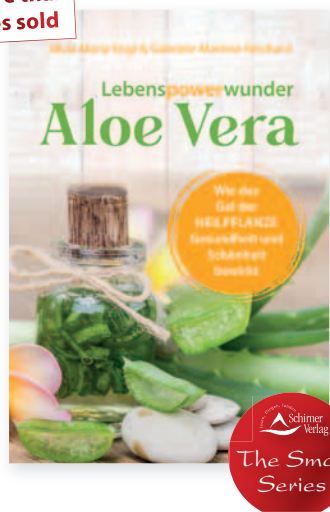
The vitality boosting miracle plant

Who would have thought that we become vitalised by consuming the gel of aloe vera? Or that this remarkable medicinal plant affects our mood and makes us more courageous and creative?

Aloe vera is a true gift of mother nature: It provides health and beauty, has a cooling effect after suffering injuries, supports digestion and much more. Tasty recipes and useful beauty tips allow us to spoil ourselves from within and without. Actually, this vitality-boosting miracle shouldn't be missing in any household!

- › **already a classic – now extended**
- › **all about the healing plant aloe vera**
- › **including a plenty of tips and suggestions for application**

Already more than
1,100 copies sold



Silvia Maria Engl &
Gabriele Martine Reichard
Aloe Vera
How the medicinal plant's gel
supports health and beauty

paperback
120 x 170 mm
112 pages
colour illustrations throughout

€ 6,95 (GER)

ISBN: 978-3-8434-5185-7

Publication: December 2019

Rights already sold: French



Silvia Maria Engl lives in Munich (Bavaria) and knows from her own personal experience how to free oneself from old patterns and live a self-determined life. As a coach and counsellor she guides people on their individual way to freedom. Moreover, she is an expert in aloe vera products of which she herself is an ardent user.

www.silvia-maria-engl.com

Silvia Maria Engl's works have been
translated into 3 languages.



Gabriele Martine Reichard lives in Poing (Bavaria) and is a successful alternative practitioner and businesswoman. The encounter with the healing powers of aloe vera changed her life. Today she shares her in-depth knowledge about the queen of medicinal plants and her long-standing practical experience with people all over the world as an entrepreneur and business coach.

www.gabrielereichard.com

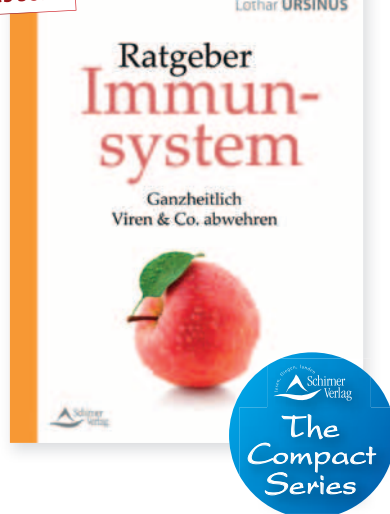
»A healthy person has a thousand wishes, but a sick has only one.« (Indian proverb)

Already more than
1,500 copies sold

Today, an efficient immune system is more important than ever. It is the decisive factor in whether we stay healthy or get sick. What keeps us healthy and how we can maintain or mobilize our immune defences is demonstrated by Lothar Ursinus, an expert in holistic naturopathy, by focusing on a fundamental insight: The pathogen alone, such as a virus or bacteria, does not do anything. What is relevant is the cell metabolism – hence the individual lifestyle.

The connections between nutrition, lifestyle and metabolism are explained in a comprehensible way and you will find many useful hints and practical tips for your everyday life. Based on this knowledge, you can take direct action to strengthen your immune system and improve your health right away!

- › holistic tips on the top issue »healthy immune system« that can immediately be put into practice
- › the author is among the leading experts in naturopathy in the German-speaking world
- › more than 120,000 copies sold internationally of the author's books on the topics of »health« and »nutrition«



Lothar Ursinus
Guidebook Immune System
Holistic defence against viruses & co.

paperback
134 x 175 mm
120 pages
colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1457-9

Publication: August 2020

Lothar Ursinus' works have been translated into 6 languages.



The Way to a
Healthy Metabolism



The Organ Clock

BACKLIST



For more than 35 years **Lothar Ursinus** has been among the leading German experts in naturopathy. He developed a system for a holistic interpretation of laboratory testing results. In numerous seminars and lectures he passes on this knowledge to alternative practitioners and medical doctors. His longstanding laboratory experience in terms of vital and metabolic analysis laid the foundation for his individualized nutritional program »gesund + aktiv« (healthy and active).
www.ursinus.de

Understand and balance the chakras and gain inner strength

Strengthening the root chakra through the conscious connection with the earth, stimulating the sacral chakra with a detox cure or clearing the third-eye chakra with the scent of lavender – the possibilities of harmonizing our subtle energy centers are very extensive. The experienced energy worker Susanne Steidl introduces us to the world of chakras which have a great influence on our physical, mental and spiritual well-being. Whether we want to promote our health, invigorate our relationships or promote our personal development: With the versatile exercises and tips, it is very easy for us to activate the energy of the chakras and let them flow freely. In this way we can draw on unlimited resources at all levels and give our life new momentum.

- › the perfect addition to the successful card deck of the same title
- › from lifestyle magazines to social media: the topic of »chakras« has arrived in the mainstream and is sought after by a broad audience
- › for everyone who is looking for a practical access to the energy of the chakras



Susanne Steidl
**Chakra Energy –
 Guidebook For Everyday**
 Activate your life energy and unfold
 your potential

paperback
 144 x 205 mm
 176 pages
 colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1455-5

Publication: November 2020



Chakra Energy

BACKLIST



Since 2003 **Susanne Steidl** has been working as a trainer and coach in the fields of energy work, awareness-raising and personal development. She passes on her experiences in seminars and individual counselling. She works for and with people who take care of themselves and their heart's desires, willing to develop and take their lives into their own hands.
www.susanne-steidl.com

»Your eyes are the gateway to your soul.«

It is this connection between our most important sense and our innermost being the well-known eye trainer and master optician Caroline Ebert has been exploring in a holistic way. Be it long- and short-sightedness, astigmatism or squinting, we can learn a lot about ourselves and our soul's path by paying attention to our eye-sight and its disorders – in which iris analysis can be of valuable help. Likewise, we can overcome vision defects by dealing with the underlying emotional strains. Exercises as based on the vision training according to Bates, which are tailored exactly to our individual needs, lay the responsibility for our eyes back into our own hands. In this way, we regenerate and maintain our vision and take big steps on the path of our personal development as well.

- › **extended new edition of the popular title – including a new chapter on iris analysis**
- › **the author is a master optician as well as an eye trainer according to Bates**
- › **Caroline Ebert also holds eye training seminars in many organisations**
- › **already more than 33,000 sold copies of the author's books on the field of eye health**

Already more than 1,000 copies sold



Caroline Ebert

The Messages of the Eyes

A new view on short- and long-sightedness, astigmatism or squinting

paperback
144 x 205 mm
152 pages
colour illustrations throughout

€ 13,95 (GER)

ISBN: 978-3-8434-1423-4

Publication: March 2020

Rights already sold: Czech

Caroline Ebert's works have been translated into 1 language.



Eyes Love Herbs



Every Child Has a Good Vision

BACKLIST



Caroline Ebert is a master optician, holistic eye trainer and eye kinesiologist. The techniques she teaches allowed her to successfully treat her own short-sightedness. She runs the eye school »Eyeland« where she already could help many patients and regularly holds eye training courses in companies.
www.augenschule-eyeland.de

Get a better understanding of the processes in your body

Nothing will function properly in our bodies without hormones, which are also responsible for our emotional state. In this card deck, proven hormone expert Sabine Hauswald introduces to us the 40 most important messenger substances and explains the physical and mental relationships between parathyroid hormone, insulin, growth hormones and many others.

Find out how hormone deficiencies or surpluses can affect your well-being and what you can do about it. Equipped with this knowledge, you will no longer be controlled by your hormones but be in control of your vitality and zest for life instead!

- › intuitive access to the highly complex topic of »hormonal system«
- › suited for alternative practitioners, doctors and therapists as well



Oxytocin



Sabine Hauswald
My Hormones and Myself
 The interrelations of 40 major neurotransmitters approached holistically

card deck
 100 x 150 mm
 40 cards including instruction
 coloured

€ 17,95 (GER)

ISBN: 978-3-8434-9142-6

Publication: July 2020

Sabine Hauswald's works have been translated into 2 languages.



The Thyroid



Hormones Move My Life

BACKLIST



Sabine Hauswald has more than 20 years of experience in the field of traditional medicine. After completing numerous advanced trainings and gathering experiences in TCM, naturopathy, Ayurveda, energy work, astro medicine and astrology she now works as an astrologist and coach. Having suffered from a thyroid disease herself, she was able to gain deep insights into the holistic correlations of the hormonal system.
www.happyhormones.eu | www.schilddruese-in-harmonie.de

The fastest way to inner clarity

Inner journeys are not only relaxing, they can do even more! Steffen Keim shows how a breathing journey into three inner spaces allows us to gather new strength for the demands of everyday life: in the emotional space we transform our feelings, in the clarification space we get rid of old baggage, and in the wishing space we let our visions take shape. Conscious breathing, combined with words and images, creates a meditative state making it easy to be focused. After this replenishing break from everyday life you will be able to restart bursting with energy!

- › **innovate meditation technique, easy to perform and adjust individually**
- › **simple method to gain clarity**
- › **visualise wishes and transform emotions with imaginary journeys**
- › **the sequel to »Visualised Breathing Meditation«**



Steffen Ulrich Keim

Visualised Breathing Journeys

Three inner spaces in which to find new clarity and inner strength

paperback
134 x 175 mm
128 pages
colour illustrations throughout

€ 9,95 (GER)

ISBN: 978-3-8434-1419-7

Publication: February 2020



Dr. phil. Steffen Ulrich Keim lives in Markgroeningen (Baden-Wuerttemberg) where he teaches German, French and theatre. Following a year-long training course in »Mindfulness-Based Stress Reduction (MBSR)« and his training as a systemic coach, he now offers systemic constellation work in the coaching practice »GlücksImpulse« (impulses to happiness). During this work he realized that his »mini-vacations« are ideally suited to be applied in the context of his day-to-day pedagogical work as well as a preparation and support for the systemic work.
www.gluecksimpulse.de



Visulised Breathing
Meditation

BACKLIST

Rejuvenation is possible!

Stopping the ageing process, staying physically fit and looking attractive for a lifetime – all this need not remain a mere wish. In this practice book the alternative practitioner Anneliese Tschenett presents the most effective techniques and exercises from psychology, shamanism, energetic healing, yoga and naturopathy from all over the world. By reversing restrictive beliefs, with the help of mental reorientation, easy-to-perform cell programming methods and light exercises for physical fitness and detoxification, you will naturally stay young, vital and healthy from the inside out.

- › simple exercises for body and mind
- › effective energetic methods for rejuvenation
- › for all those who are interested in natural ways of anti-ageing



Anneliese Tschenett
The Secret of Self-Rejuvenation
 Rediscover the fountain of youth in yourself

paperback
 144 x 205 mm
 136 pages
 colour illustrations throughout

€ 14,95 (GER)

ISBN: 978-3-8434-1429-6

Publication: July 2020

Anneliese Tschenett's works have been translated into 1 language.



Anneliese Tschenett lives in Alsace and is an alternative practitioner (psychotherapy). She completed a master training in hypnotherapy according to Milton H. Erickson and is trained in family constellation work according to Bert Hellinger as well as in shamanism. Furthermore, she regularly offers group constellations as well as individual therapies, shamanic journeys and guided meditations.
www.duchnapur.com



Hidden Dynamics and Treasures within the Family System

BACKLIST

Embracing life anew

People who have survived a life-threatening illness or emerged from a deep crisis usually have to rearrange their whole existence. What is of vital importance for them now is to regain confidence in life and their own bodies.

When Martina Kahlert was diagnosed with cancer she could draw strength from this experience and even find meaning in what she went through. In this book, the alternative practitioner (psychotherapy) combines professional know-how with personal experiences and insights. With a gentle look at how sensitive and empathic people think and feel, with healing exercises and meditations, recommendations for appropriate nutrition, exercise and self-care, the holistic and sensitive guide shows how to start over after a crisis. This lovingly conceived book is a real source of confidence and hope.

- › **sensitive and holistic advice for a life after emerging from a deep crisis**
- › **the author is a cancer survivor herself**
- › **the time following a medical treatment patients are often left alone**



Martina Kahlert

New Roots for our Vital Force

Taking unusual paths for striking a new balance after overcoming a serious illness

paperback

162 x 220 mm

168 pages

colour illustrations throughout

€ 16,95 (GER)

ISBN: 978-3-8434-1428-9

Publication: May 2020



Martina Kahlert, who lives in Neuhausen (Bavaria), is an alternative practitioner (psychotherapy) and medically approved in TCM dietetics. When she fell seriously ill with cancer in 2014 it opened to her a pathway to an even deeper wisdom of life. Today, she sees herself as a mentor for people in crisis situations, helping them redefine their inner boundaries in a very gentle way and find their way back into balance. She regards body, mind and soul as equal partners in the healing process. In courses, individual coaching sessions, lectures and also as an author she passes on her knowledge and insights.

www.martinakahlert.com

Everyone has healing hands

When we bruise our leg, we intuitively hold the painful area. Something in us seems to know: Our hands are able to get the life force to flow in order to restore harmony. Impressive healing successes on a physical and mental level are possible by the laying-on of hands, and for this we neither need any aids nor special talent nor initiation.

In this book, Uwe Alexander Goller has compiled numerous techniques that he himself has been practicing successfully for years. Together with the physician Dr. med. Wieland Gauß he shows how anyone can support blood circulation, organs and muscles in this way, promote relaxation and self-confidence, and counteract or prevent numerous diseases. Whoever unfolds the healing power of his hands will touch souls.

- › instructions for healing with the energy of the hands
- › vivid photos of the postures
- › with medical background knowledge



Uwe Alexander Goller &
Dr. med. Wieland Gauß
How to Heal by Laying-On of Hands
The healing power of touch

gatefolded paperback
144 x 205 mm
152 pages
colour illustrations

€ 16,95 (GER)

ISBN: 978-3-8434-1449-4

Publication: October 2020



Since his childhood, **Uwe Alexander Goller** has had a high level of sensitivity which helps him empathize with his counterpart. After training in reiki, massage and meditation techniques, he opened a practice in Göppingen (Baden-Wuerttemberg). There he began to develop his own methods with which he could already help numerous clients, including many seriously ill.
www.uwegoller-entspannung.de



Dr. med. Wieland Gauß studied medicine and worked in the fields of radiology, (heart) surgery, internal medicine and geriatrics, among other things. He is now working as a medical expert at the health department of Reutlingen (Baden-Wuerttemberg). In addition to conventional medicine, he has always been fascinated by spiritual healers, clairvoyants and enlightened people. He sees his spiritual home in Tibetan Buddhism in particular.
www.wieland-gauss.de

Sleeping better for improved quality of life and health

Had another sleepless night? From the wrong mattress to electric smog to circling thoughts: There are many possible reasons for poor sleep, yet there are efficient solutions as well! Did you know, for example, that the position of the bed and a strong liver are decisive for the quality of our sleep? Or that colours and essential oils can help us reduce stress and allow us to drop gently off to sleep?

Susanne Orrù-Benterbusch provides us with plenty of holistic tips and simple exercises allowing everybody to compose their personal sleep-well program. For a healthy life full of energy and a well-rested awakening after a good night's sleep!

- › **one in three people has difficulties falling asleep and sleeping through**
- › **sleeping disorders affect our health, increase the risk of accidents and error rates while working**
- › **for all those who want to say »no« to sleeping pills**



Susanne Orrù-Benterbusch
Sleep Like an Angel

A holistic guide for a restful sleep

gatefolded paperback
120 x 170 mm
136 pages
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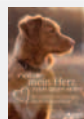
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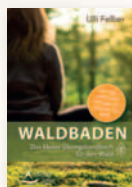


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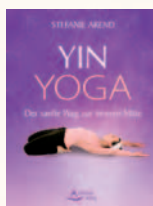
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